



Catching 2.1: Basic ball catching

5 - 8 year olds

Introduction (1 - 2 minutes)

Ask children to name different sports and activities that require catching.

Tell them that knowing how to catch will help them enjoy different activities.

Warm-Up: Individual toss and catch (5 minutes)

- Each child takes a ball and finds a space next to a wall.
- Each child practices catching by tossing their ball against the wall above them.
- Ask children to explore different ways to catch the ball:
 - » *catch it with two hands.*
 - » *let the ball bounce before catching it.*
 - » *toss the ball at different heights or aim for a target on the wall.*
 - » *catch the ball with one hand and then the other.*

TIME: 30 minutes

SKILL: Object Manipulation

EQUIPMENT: Soft balls of different sizes (foam, rubber, inflated)

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

Demonstration: Catching (2 - 3 minutes)

- Demonstrate the elements of catching.
- Keep your eyes on the object until it arrives in your hands.
- Get your body behind the object (i.e. in front of its flight path).
- If you see the ball passing to one side, move your whole body to the side. Don't just reach your arms out to the side.
- If the object is arriving above your waist, your palms face forward, your fingers point up, and your two thumbs should be touching.
- If the object is arriving below the waist, your palms face forward, your fingers point down, and your two pinky fingers should be touching.
- As you receive the object with your hands, you should bend your arms and bring the object in towards your body.

Practice: Partner toss and catch (8 - 10 minutes)

- Repeat the warm-up activity with children grouped in pairs.
- Children can use a wall or simply toss the ball to each other.

Game: Trick catch (8 - 10 minutes)

- Children organized in pairs, and every child has a ball.
- Partner 1 tosses the ball up in the air and does a trick before catching (e.g. clapping hands).
- Partner 2 tries to do Partner 1's trick.
- Next, Partner 2 does a trick that Partner 1 has to imitate.
- Leader signals for children to find a new partner and start again.
- Extra fun: Leader can do a trick and ask all children to imitate it, or leader can pick a child to do a trick for the entire group to imitate.

Wrap-up (2 minutes)

When you reach out to catch an object, what things do you need to remember to do?

TIPS FOR INSTRUCTION

- At this age, the ball will touch the ground many times.
- Praise children if they use even one key element of catching (see Cues).

CUES

- *Eyes on the ball*
- *Get "behind the ball"*
- *Hands together (pinkies or thumbs touch)*
- *Bring to body*