Catching 3.1: Catching and throwing review
8 - 12 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Balls of different sizes and shapes to explore catching

Introduction (2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

Can anyone name some sports or games where throwing and catching is important?
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 your 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 throw and catch (8 -10 minutes)

- Children are grouped in pairs.
- Children gently throw underhand or overhand to each other.
- Children should throw the ball gently enough that their partner can catch it.
- Ask children to explore different ways to catch (change balls if you wish):
  » catch 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 catch with the other.

CUES

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

TIPS FOR INSTRUCTION

- The focus of this lesson is catching, but the leader can provide throwing cues as well (see Throwing 3.1).
- Praise children for using the key elements of catching (see Cues).
Activity 2: Catchers against runners (5 minutes)

- 5-8 children stand in a circle.
- The child with the ball throws it to one of the adjacent players, and then runs around the circle back to their place.
- Meanwhile, the other children throw the ball between them and count how many catches they can make before the runner gets back.
- If the first pass from the runner is dropped, the runner starts again.

Activity 3: Your ball (5 minutes)

- 5-8 children stand in a circle.
- One child starts in the middle of the circle with the ball.
- Child with the ball throws it straight up and calls another player’s name.
- The player named moves quickly into the middle of the circle to catch the ball.
- The thrower takes the named player’s position in the outer circle.
- The named player throws the ball straight up again and names another player to catch.
- Play continues.

Wrap-up (2 minutes)

Call the children back into a circle or designated lines and review what they learned today.

Remind them how their catching skills will be “handy” in life.