Catching 2.2: Triangle toss and catch
5 - 8 year olds

Introduction (1 - 2 minutes)
Call the children into a circle or into designated lines and greet them.

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

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

*Today we are going to practice how to catch.*

*Can you think of sports or games where you have to catch?*
Warm-up: Obstacle course (5 - 8 minutes)

- Leader arranges a variety of equipment (e.g. ropes, hoops, foam blocks, bean bags) around activity space.
- Leader explains: When the music plays, you have to move around the activity space.
- When you come to the hoops, I want you to jump in and out with two feet. When you come to the foam blocks, I want you to hop over with one foot.
- For safety, remind children they should not step or jump on any of the equipment.
- Leader can suggest different locomotor skills (run, skip, gallop) to move around activity space.

Demonstration: Catching (2 - 3 minutes)

- Leader chooses one child to help demonstrate catching.
- Leader and helper stand about 2-3 metres apart from each other and throw and catch a ball.
- Leader reminds the children of the following tips:
  - Keep your eyes on the ball until it arrives in your hands.
  - Get your body behind the ball (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 to the side.
  - If the ball is arriving above your belly button, your palms face forward and your fingers point up, and your two thumbs point toward each other (triangle).
  - If the ball is arriving below your belly button, your palms face forward and your fingers point down, and your two pinky fingers are close together (bowl).
  - As you receive the ball with your hands, you should bend your arms and bring the ball in towards your body.
Practice: Triangle toss and catch (5 - 8 minutes)
• Leader divides children into groups of three.
• Children spread out around activity space and form a triangle with their group.
• Each group has a ball.
• Children begin by tossing the ball clockwise and practicing their catching.
• Leader can suggest the following:
  » Change the direction (i.e. counterclockwise).
  » Toss to either partner.
  » Toss and catch below the waist.
  » Toss and catch above the waist.
  » Toss with your other hand.

TIPS FOR INSTRUCTION
• Time and practice is needed to develop the skill of catching.
• 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 ball
• Get “behind the ball”
• Hands together (triangle or bowl)
• Bring ball to body

Game: Hot potato tag (8 - 10 minutes)
• Leader divides children into pairs.
• Each pair has either a ball or a bean bag.
• Leader explains: When I yell “cold potato”, partners throw to each other.
• When I yell “hot potato”, whoever has the ball (or is about to catch the ball) must toss it in the air to themselves 3 times.
• When you finish tossing to yourself, you must run to try to tag your partner.
• When I yell “cold potato” again, start tossing and catching with your partners again.

TIPS FOR INSTRUCTION
• Tell children to switch partners after 2 or 3 rounds.
• Remind children of their “space bubble” and to look up when they are running.

Wrap-up (2 minutes)
Call the children back into a circle and review what they learned today.

Who can show me what your hands look like when you are catching a ball below the belly button? Above the belly button?