Catching 2.3: Gopher ball
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.

*How are your hands different when you catch a ball below your belly button compared to when you catch above your head?*
Warm-up: Throw it up (5 - 8 minutes)

- Children spread out around activity space.
- Each child has a bean bag.
- Leader explains: When I say “go”, you have to walk around and throw your bean bag up in the air and catch it.
- If you drop your bean bag, you have to lie down on the floor, count to 5, and then get up again and continue.
- Leader can suggest the following:
  - Run, hop, gallop or skip around activity space.
  - Clap hands before catching your bean bag.
  - Go down on one knee before catching your bean bag.
  - Jump up before catching your bean bag.
  - Spin around before catching your bean bag.
  - Throw your bean bag up with one hand and catch it with the other.

Demonstration: Catching (2 - 3 minutes)

- Leader chooses one child to help demonstrate catching a ball thrown to them below the waist, above the waist, and bounced to them.
- Leader and helper stand about 3 metres apart and throw and catch a ball.
- While demonstrating, leader reminds the children:
  - 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: Partner catch (5 - 8 minutes)
• Leader divides children into pairs.
• Each pair has a ball.
• Partners stand facing each other along two designated lines so that all balls are being thrown in the same direction.
• Leader explains that the children are going to practice throwing and catching the ball.
• With your partner, I want you to try to catch the ball 5 times in a row.
• After you have caught the ball 5 times, take a step back.
• Leader should encourage children to be creative and throw the ball to their partner in different ways (e.g. high, low, bounce pass).

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: Gopher ball (8 - 10 minutes)
• Leader divides children into groups of 4.
• 3 of the children are “gophers” lying on their stomachs beside each other and are numbered 1 to 3. The fourth child stands facing them.
• When I call out a number, “1, 2 or 3” the person standing will bounce the ball.
• If your number is called, you must get up and catch the ball before it bounces a second time.
• You get one point every time you catch the ball before it bounces again. The first child to reach 5 points wins.
• After one child wins, they become the thrower and the game starts again.

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

Was it easier to catch a ball that was thrown to you, or a ball that was bounced to you?