Catching 2.4: Catch and pass
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.

Why is it important to “get behind the ball” when you are catching?
**Warm-up: Colour tag (5 - 8 minutes)**

- Leader divides children into 4 equal groups.
- Each group is wearing a different colour pinnie.
- Leader will call out a colour that will be “it” and a locomotor movement (walk, run, gallop, skip).
- The team that is “it” tries to tag members of the other teams.
- When a child is tagged they must freeze in a “star” position.
- To rejoin the game, another team member must “high-five” the star and then crawl under the star’s legs.
- Leader changes what colour is “it” every 2 minutes.

**Demonstration: Catching (2 - 3 minutes)**

- Leader demonstrates the elements of catching by throwing a ball against a wall and catching it.
- Leader should demonstrate throwing the ball at different heights against the wall.
- 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)
• Children spread out around perimeter of activity space facing the wall.
• Each child has a ball.
• Children practice throwing the ball against the wall and then catching it.
• After 2-3 minutes, leader places children in pairs with one ball.
• One child throws the ball against the wall and the partner tries to catch it.
• The partner then throws the ball for the first child to catch.
• Leader can challenge children in different ways:
  » Can you do this 5 times without the ball touching the ground?
  » How many times can you throw and catch the ball in 30 seconds?

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: Catch and pass (10 - 12 minutes)
• Leader sets up badminton nets.
• If badminton nets are not available, gym mats can be used as an obstacle to throw over.
• Leader divides children into two teams. Leader explains:
  • One team throws the ball over the net and the other team must catch it.
  • The child who catches the ball then throws it to one of their teammates.
  • Continue throwing to each other until everyone on your team has caught the ball.
  • The last teammate then throws the ball back over the net.

TIPS FOR INSTRUCTION
• Teams should have no more than 3 or 4 children.

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

Can you think of any games that are similar to the game “Catch and pass”?