Catching 3.2: Catch it
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.

oday we are going to practice how to catch.

Can you name a sport where you would have to know how 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.
- Every 1-2 minutes, 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 4-5 metres apart from each other 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: 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 practice 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.
  - Take a step back to increase the distance between partners.
  - Speed up the rate of passing (e.g. as soon as you catch the ball, toss it to a partner).

**TIPS FOR INSTRUCTION**

- Time and practice is needed to develop the skill of catching.
- Praise children for what they are doing well.
- Remind children of the cues.

**CUES**

- Eyes on ball
- Get “behind the ball”
- Hands together (triangle or bowl)
- Bring ball to body
**Game: Catch it (10 minutes)**

- Leader divides group into teams of 3-4 children.
- Leader pairs teams to play against each other.
- Using cones, leader marks a rectangular “zone” for each team measuring approximately 4x5 metres.
- Each team must stay in their own zone.
- Zones can be 5-10 metres apart depending on available space and skill levels.
- One team throws the ball to the other team’s zone in an attempt to hit the floor or ground in their opponent’s zone.
- If the ball hits the ground, the throwing team scores a point.
- If the receiving team catches the ball, they score a point.
- If the ball is thrown outside of the receiving team’s zone, the receiving team scores a point.
- To make the game more challenging, a second ball can be added.

**CUES**

- *Eyes on ball*
- *Get “behind the ball”*
- *Hands together (triangle or bowl)*
- *Bring ball to body*

**Wrap-up (2 minutes)**

Call the children back into a circle or designated lines 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?*