



Catch This



be fit for life
moving alberta

Equipment

- Open activity space
- 1 foam ball per pair

Activity Description

- Separate the participants into pairs with 1 ball per pair. Have the partners stand in parallel rows.
- Have them take turns thinking of a challenging toss and/or catch to practice with their partner.
- Once the entire group has practiced 1 idea, have the next pair think of a challenge. Encourage creative ideas in order to keep this fun!



Throwing and Catching Ideas

- Catch the ball between your legs
- Throw the ball with your non-dominant hand
- Throw the ball underhand as high as possible to your partner
- Pass the ball backwards
- Pass the ball to your partner keeping it as low to the ground as possible without touching the ground
- 1-handed catch

Skills Explored

Overhand throwing, underhand throwing, catching

Tips...

- Focus on your target when throwing
- Have your hands point towards the target at the end of your throw
- Follow the ball's path when you're catching

Safety

- Provide lots of room between the pairs so stray balls won't hit others
- Make sure suggestions are appropriate for this skill level; provide ideas to make them more successful

Remember...

Learning the basics of throwing is critical in many activities. Therefore, if one fails to develop this skill, future involvement may be restricted.

Variations...

- Use different sized balls to create added challenges. Smaller balls will increase the difficulty of catching.
- Partners pass the ball back and forth and when the instructor blows a whistle or signals for the participants to stop, the partner with the ball attempts to walk away. The partner without the ball pursues and tries to tag his or her partner – both still walking only. Once tagged, the partners return to passing. When 3 whistles are blown, all partners stop and pass.

