

CATCHING



TOO HOT TO HANDLE

COACHING TIPS

- ▶ Keep your eyes on the object throughout and hands out in front of you in a cupped position to meet the object.
- ▶ Feet move to place your body in line with the object.
- ▶ Arm and hands extend to meet the object.
- ▶ Catch and control the object with both hands
- ▶ Bend elbows and bring hands to chest to absorb the force of object.

THE GAME

Get your family in a circle, or as a pair standing opposite each other, roughly 2 metres apart.

Starting with both hands, see how many times can you throw and catching the ball without dropping it?

DIFFICULTY LEVEL

Tricky

Try catching with one hand (dominant and non-dominant).

Trickier

Take a step back after each complete rotation – see how far you can go back.

Trickiest

Thrower calls out the hand(s) you have to catch the object with whilst it's in the air.

