



Skill Card 4

Teach kids to catch

Catching is a skill that involves being able to absorb and control the force of an object with a part of the body, preferably the hands. The ability to catch is important to most sports and games that involves an object, for example, cricket, football codes, netball, basketball, rhythmic gymnastics and playground games.

What to look for:

- Eyes focused on the object throughout the catch
- Feet move to place the body in line with the object
- Hands move to meet the object
- Hands and fingers relaxed and slightly cupped to catch the object
- Catches and controls the object with hands only (well-timed closure)
- Elbows bend to absorb the force of the object





GAMES CARD

4

Fun Catching Games

Catching Variations (↑♣♠) – different types of balls, (even rolled up socks), one handed, one bounce, high balls, rolled balls, consecutive catches, bounced off a wall, thrown while catchers back is turned, turn quickly on command and attempt catch, vary distances

Bean Bag Drop (♣♠♠) – Stand facing the child about 1 metre in front. Hold a beanbag in each hand at about eye height. Drop one, child tries to catch before it reaches the ground.

Tricky Catches (↑♣♠) – Partners take turns throwing the ball up for themselves making up a tricky catch eg throw, clap twice, catch

Hot Potato (♣♠♠)

Step Back (♣♠♠) – Take one step back each time a successful catch is made. How far can you go?

Spot the Difference (♣♠♠) – Thrower has three different balls or other objects to throw. Keep them hidden from partner. Throw one at a time. Catcher has to name the object before catching it for a point.

Shrink and Grow (♣♠♠) – In pairs, take 10 catches in a row – take a step back, drop the ball once – go to one knee, drop twice – 2 knees, third drop – sit. Successful catch means person comes back up in reverse order.

Sevens (↑♣) – Throw a tennis ball against a wall and catch. Make up a sequence of ever more difficult throws and catches. First throw and catch do once, 2nd throw and catch do twice, continue until the 7th throw and catch which needs to be completed 7 times eg. 1 x 2 hands, 2x right hand, 3 x left hand, 4 x one bounce, 5 x 2 claps and catch etc

KEY: ↑ = can be played by one person, ♣ = needs more than 1 player, ♠ = some equipment needed, • = organisation required, ♠ = can be played inside