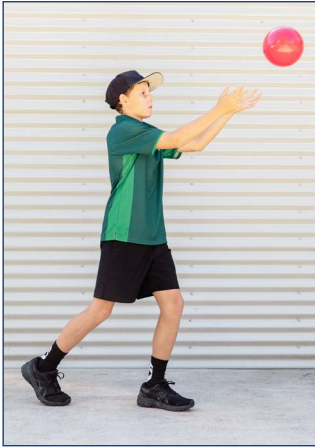


Catch



Skill components

(Introductory components marked in **bold**)

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

Teaching cues

- Eyes on the object.
- Soft fingers.
- Butterfly hands: thumbs together and fingers pointing up for objects being caught above the waist.
- Wiggly worms: fingers pointing down for objects being caught below the waist.
- Move hands to the object.

Common errors

- Trapping the object on the chest.
- Turning head away from the object or closing eyes.
- Stiff and extended arms.

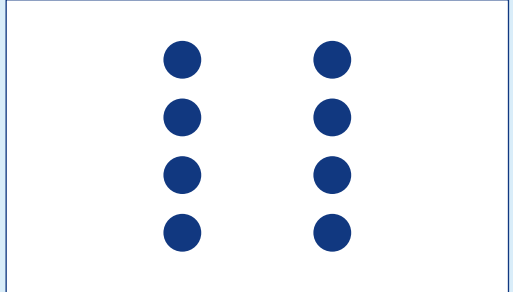


Game: Captain ball



Set-up

- For each group, place two markers 1 metre apart.
- Aim for small group sizes such as four students per group.



Equipment

- Cones or markers
- A range of balls and beanbags

How to play

1. Students line up in teams behind their marker, with a 'captain' standing on the marker opposite to their team.
2. The captain throws the ball to the first student in the line, who then throws the ball back and sits down.
3. The captain throws the ball to the next student, who throws the ball back and sits down.
4. This continues until all students have had a turn and the captain moves to the front of the line.
5. The last player catches the ball, and runs to the captain to replace them. The game continues.

Variations

Make it easier

- Use a larger, light ball such as a volleyball or beanbag.
- Start with the lines closer together.

Make it harder

- Use a smaller ball such as a tennis ball.
- Increase the distance between the captain and the line.