Ball Skills- Lesson 1 Catching

Today's Lesson Aim: To develop catching skills. **I can:** I can catch a ball consistently, using different catching techniques.

Catch 1

Crocodile Catch

Catch 2

Triangle Catch

Catch 3

Cup Catch

Draw arrows to match the type of catches with the position of the ball?

Triangle Catch	Ball below the chest
Crocodile Catch	Ball above the head
Cup Catch	Ball above the chest

Task 1	**Task 2**	**Task 3**
Practice each skill for 3 minutes	How many catches in a row can you do in 3 minutes? If you drop it, start again and try and beat your current score	How many catches can you do in 30 seconds? Try this with all three catching techniques

Too Easy?	**Too Difficult?**
1. Allow the ball to bounce first 2. Set yourself a realistic target **3.** Use a bigger ball	1. Try clapping before catching 2. Set yourself a difficult target **3.** Use a smaller ball

Coaching Points

1. **Keep your eyes on the ball**
2. **Move hands towards the ball**
3. **Keep the hands in correct position to catch the ball**