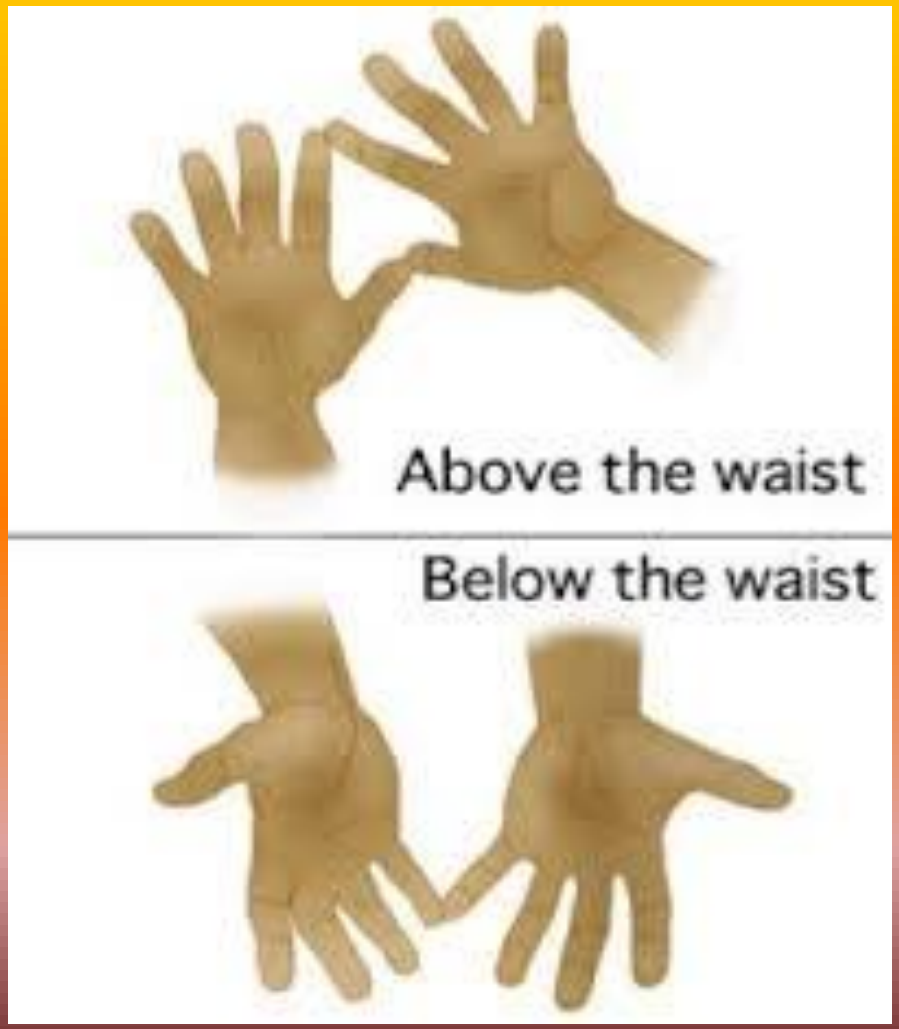
KS2 Ball Skills

Lesson 3

Todays Lesson Aim:
To continue to develop catching skills



Be sure to check out the demonstration videos, which are on Sea Saw. These will help you understand the tasks.

Task 1- Clap Catch

What you need…

- A ball or a pair of rolled up socks.
- A timer
- A safe clear space

What to do…

1. For 3 minutes, practice throwing the ball in the air, when the ball is in the air, try and clap before catching it. How many claps can you do?
2. For 1 minute, how many claps can you do with each throw? What was your biggest number of claps? What was your total number of claps?
3. In between each throw, clap 2 times, how many catches can you do in 30 seconds?

Coaching Points:

1- Throw high enough to give yourself time to clap
2- Watch the ball until it is in your hands
3- Don't snatch at the ball, use cup catch to catch the ball.

Too tricky?	Too easy?
1-Take the clap away, focus on catching the ball 2-Use a bigger ball	1- Try 5 claps 2- Catch the ball with one hand

Task 2- Chillax and Catch!

What you need…

- A ball or a pair of rolled up socks.
- A timer
- A safe clear space on the floor

What to do…

1. Lying down on your back, practice throwing the ball above your head and then catch the ball. Practice for 3 minutes.
2. How many catches in a row can you do whilst lying down, you have 2 minutes. If you drop the ball, start again and try to beat your previous score.
3. Whilst lying down on your back, you have 30 seconds to do as many throw and catches as you can

Coaching Points:

1- Spend time practising the throw, throw straight above your head, not behind you!
2- Watch the ball until it is in your hands
3- Start off by throwing the ball just above your head, then make the throws higher.

Too tricky?	Too easy?
1-Sit up slightly 2-Practice with a tea towel to get the throw right	1- Add in a clap before your catch 2- Catch the ball with one hand

Task 3- Grab Catch

What you need…

- A small ball or a rolled up sock.
- A timer
- A safe clear space

What to do…

1. For 3 minutes, practice throwing the ball in the air, when the ball reaches its highest point, grab the ball with one hand.
2. For 1 minute, how many catches can you do in a row, using the grab catch technique. If you drop the ball, start again and try and beat your previous score.
3. Using the grab catch technique, how many catches can you do in 30 seconds? Make sure the ball is at least head height.

Coaching Points:

1- With your catching hand, spread out your fingers to make your catching hand bigger

2- Eyes on the ball until you have caught it

3- Move your hand towards the ball to catch

Too tricky?	Too hard?
1-Use two hands 2-Practice by throwing a T-shirt and catch it.	1- Alternate the hand you catch with. Right hand then left hand. 2-Add a clap in between the throw and the catch

Lesson Recap

Try to answer these questions without looking at the previous slides!

- What 3 throws did we learn today?
- What were some of the coaching points?
- Which ones did you find the hardest?
- Which task did you find the easiest?

Let me know your answers, email sports@holyportprimaryschool.co.uk