# CATCHING ACTIVITIES

FOCUS AREA: CATCHING TECHNIQUE & DECISION MAKING

## CATCH ME IF YOU CAN

PLAYERS MUST CATCH BALLS THROWN BY THEIR PARTNER OVER A RANGE OF DISTANCES USING DIFFERENT TECHNIQUES.

## INSTA-CATCH (Primary School Lesson Plans)

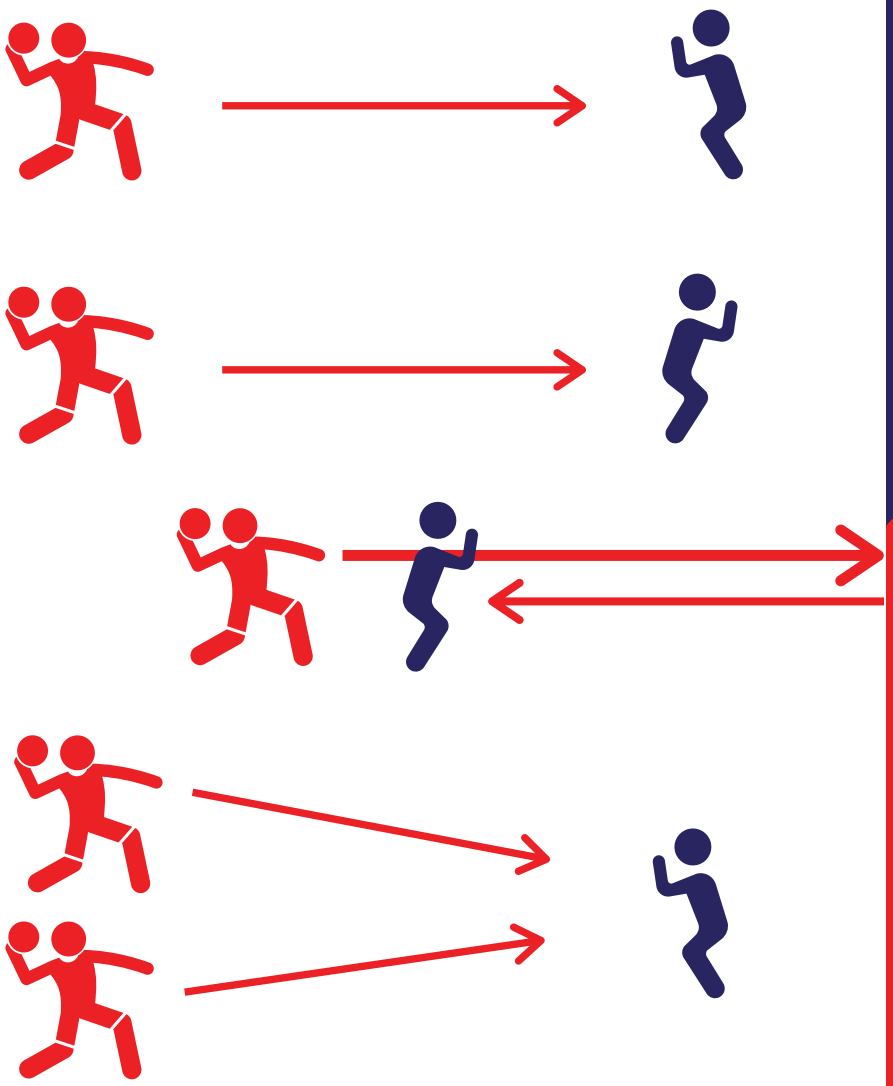
PLAYERS MUST FACE AWAY FROM THEIR PARTNER. WHEN THEIR NAME IS CALLED, THEY MUST TURN AROUND AND MAKE A CATCH.. PLAYERS SHOULD LEAVE THROWS NOT ON TARGET.

## WALL CATCH (DodgeFive Remixed)

PLAYERS MUST FACE A WALL AND TRY TO CATCH BALLS THROWN BY THEIR PARTNER OFF THE WALL. PLAYERS SHOULD LEAVE THROWS NOT ON TARGET.

## SLOW-MOTION DODGEBALL (Primary School Lesson Plans)

PLAYERS FACE A TWO BALL ATTACK THROWN SLOWLY UNDERARM. THEY MUST TRY TO CATCH THE FIRST BALL AND DODGE/BLOCK THE SECOND BALL. SPEED UP THROWS AS THE PLAYER IMPROVES.



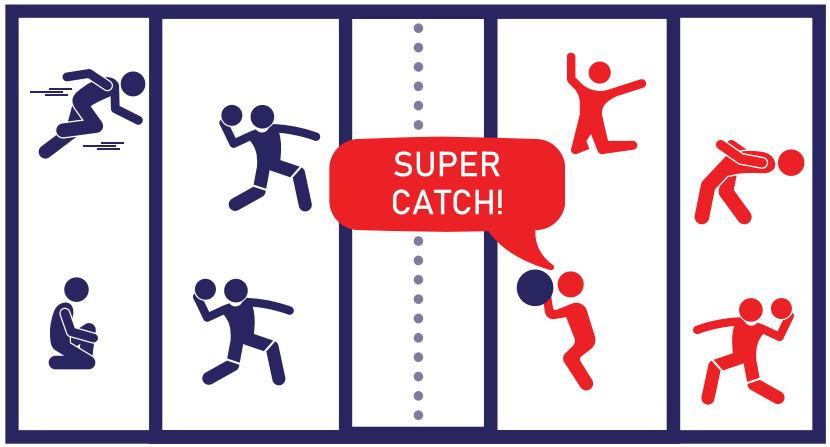
# CATCHING CONDITIONED GAMES

BRITISH DODGEBALL

FOCUS AREA: CATCHING TECHNIQUE & DECISION MAKING

## SUPER CATCH (DodgeFive Game On)

IF ANYONE MAKES A CATCH, THEY MUST SHOUT SUPERCATCH AND ALL ELIMINATED TEAM MEBERS CAN RETURN TO PLAY. FOR LESS ABLE PLAYERS, COACHES CAN THROW SLOW BALLS TO GIVE THEM CATCHING OPPORTUNITIES. PROGRESS TO REQUIRING DIFFERENT CATCH TYPES OR PLAYERS NEEDING TO SHOUT SUPERCATCH BEFORE THEY MAKE THE CATCH.




## PRISON BALL (High School Lesson Plans)

WHEN ELIMINATED, PLAYERS MUST GO TO PRISON. THIS IS A SPACE BEHIND OR TO THE SIDE OF THEIR OPPONENTS HALF. TO RETURN TO PLAY, PLAYERS MUST CATCH A BALL THROWN BY THEIR TEAMMATES.

