

★ ACTIVITY / CATCH & STEP

FOCUS:

CATCHING, BALL HANDLING, HAND-EYE COORDINATION

DURATION: 6 MINUTES MAX.

EQUIPMENT:

1 BALL PER PAIR



DESCRIPTION:

- ▶ Split participants into pairs

- ▶ Pairs stand opposite each other about 2 yards apart

- ▶ On the coaches command the person with the ball passes to their partner

- ▶ On completion of a successful catch the person takes a step backward

- ▶ Pairs continue passing and catching, taking a step backward on each successful catch

- ▶ After a pre-determined period the winner is the pair with the greatest distance between them

MAKE IT EASIER:



- ▶ Use a scorching ball

- ▶ Ball can be rolled rather than thrown

MAKE IT HARDER:



- ▶ If the ball is dropped the pairs must go back to where they started

- ▶ Participants must clap before catching

- ▶ One handed catches

