

CATCH ME IF YOU CAN!

Games and Activities To Help Develop Catching Skills

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BOUNCE, SLIDE AND CATCH

Tired of the old bounce or toss and catch in self space? To spice it up add a little movement! This will also increase the level of skill needed to be successful. Give each student 2 cones and a ball that bounces (tennis ball, spalding sponge ball, etc...). The student determines how far apart to space the cones - the further apart the more difficult the challenge. When ready the student bounces the ball and tries to slide-step to one cone and back to the middle, catching the ball before it touches the ground. Repeat sliding to the opposite direction.

Variations:

1. Allow for multiple bounces (lower skill level).
2. Bounce, slide and catch continuously for 30 seconds. 1 minute?
3. Toss up, slide and catch.
4. Perform with a partner, catching each other's ball.
5. Bounce a ball at the 1st cone, slide to the 2nd cone and bounce a 2nd ball. Slide back to the 1st cone, catch 1st ball and slide back to the 2nd cone - catching the 2nd ball.
6. Do the above challenge continuously. (Highest skill level!)

BOUNCE AND CATCH SWITCHEROO

Starting in pairs, each player bounces a ball and attempts to catch his/her partner's ball.

If successful 5 times in a row (optional), increase the group size to 3. With more success increase the group size. Is it possible to do a class size group?

Variations:

1. Add challenges to perform before catching (ie clap 2 Xs, turn around)
2. Increase the group size for each successful round - decrease when a miss is made.
3. Set a time limit. How many successful attempts within the time limit?

CLAP OFF CHALLENGE

Students challenge each other to a "clap off". Player A begins by tossing a ball over the head, clapping once and then catching the ball. Player B must do the same. If each is successful, Player A attempts to toss and catch with 2 claps. Player B attempts the same. Play continues until one player misses the catch or cannot clap enough times. **RULE #1:** The tossed ball must travel over the head! Encourage the higher skilled catchers to toss the ball higher or give them a smaller/lighter ball to catch (more challenging).

"200"

Split the class into small groups - 2's and 3's work best. Give each group a ball and an information sheet prepared ahead of time. On the sheet write the words "ground ball" and "fly ball" next to the numbers 1-6. Each group decides who will start as the "batter" and fielder. The teacher rolls the die. The batter throws a ball that is indicated by the number on the info sheet (ie 1 = fly ball). If the the fielder catches the ball s/he receives points - 50 for a ground ball, 100 for a fly ball. Play continues until the fielder scores 200 points and then roles are switched .

ROCKET LAUNCHERS

This activity helps develop catching skills. Students place an object on the end of launcher. By stomping down on the opposite end, the object is projected into the air. Students attempt to catch the object! Following are some possibilities of activities:

- 1) Launch and catch 1 object;
- 2) Launch 2 objects at the same time and attempt to catch both objects;
- 3) Partners: 1 launcher and 1 catcher;
- 4) Partners: 1 launcher and 1 blindfolded catcher
- 5) Team Launch: 2 vs 2 Challenge another pair to catch your launched objects

PARTNER CATCH COUNT DOWN

Each group of partners is given a rocket launcher, space station and 8 balls of the same color. Placing the launcher on the space station, the groups have 3 minutes to catch all 8 balls before time runs out. **VARIATION:** Players may be allowed to catch the bounce, or not.

PARTNER CATCH COUNT DOWN - Bonus Ball Edition

Each group of partners is given a rocket launcher, space station and 8 balls of the same color. Placing the launcher on the space station, the groups have 3 minutes to catch all 8 balls before time runs out. Have a second bucket of

balls ready. If a group catches all 8 of the original balls, the group may start catching the "bonus balls". **CLASS GOAL VARIATION:** Challenge the groups to have "20" bonus balls caught as a class.

TEAM CATCH COUNT DOWN

Each group of partners is given a rocket launcher, space station and 8 balls of the same color. Placing the launcher on the space station, the groups have 3 minutes to catch all 8 balls. If a group finishes before time runs out, they may go to another team and ask if help is needed. Only one group may help another group. If helping, the group brings the ball back to its own launching area.

AGILITY CATCHING

Player A and Player B stand facing each other, 8-10 feet apart. Player A rolls a ball to the side of player B. Player B slides to the side and attempts to catch. After catching s/he tosses the ball back to player A. Player A rolls the ball to the opposite side of B. Continue for 20-30 secs. Try this with 2 balls (very advanced).

TWO PASSES

Divide your class into four groups. Assign each group a color using pinnies. The objective is to complete 2 passes with a partner. If successful, score 100 points! One of the groups will play defense. The defense tries to intercept or knock down any passes. If a ball touches the ground or is intercepted, the offense must find a new ball to throw. If successful, the partners put the ball down and find a new ball to throw. Rotate the defense. Variations:

- (1) Increase the number of passes as the skill level increases;
- (2) After being successful with one partner, must find a new partner (score 100 bonus points for using every player on your team);
- (3) Passing partners must be from other teams;
- (4) Assign different point values for different balls.
- (5) Dictate the type of pass that must be thrown (ie. bounce passes, chest passes)
- (6) Add different types of balls. Each ball indicates the skill used. For example, picking up a basketball would dictate a basketball pass would have to be used; pick up a football - a shot gun snap or spiral pass.

REACTION CATCHING

Player A has the ball. Player B stands 10-15 feet away with his/her back turned. Player A rolls the ball and yells "NOW!". Player B turns, locates the ball and attempts to catch. This can be played with fly balls also.

PROGRESSIVE PICK UP JACKS

An old "playground" game. Give each students a small ball such as a rubber ball or golf ball. In addition, supply each student with 5-6 "jacks". Jacks may be anything from the traditional little pointy things to small blocks, gold coins or small marbles - anything that a student can easily hold 5-6 of in one hand. Working alone each student bounces the ball with one hand and attempts to pick up 1 "jack" with the other hand AND then catch the ball before it bounce again. If successful, the student places 2 jacks down and tries to pick up the two jacks. With each successful pick up and catch, the student increases the number of jacks.

Variations:

1. Have the players switch hands (right catch, left pick up and left catch, right pick up).
2. Give the players a variety of balls to choose from: ping pong, golf, rubber, etc...
3. Challenge the students to stack their jacks (coins?). How high can they stack the jacks and successfully pick them up before the ball bounces a second time?

PARTNER JACKS CHALLENGE 1:

Played with a partner or in small groups. Give each group a die (or a set of playing cards). Playing "Progressive Pick Up", one player rolls the die. If an EVEN number turns up players must play the round catching with the right hand and picking up with the left. If an ODD number turns up, the left catches and the right picks up.

PARTNER JACKS CHALLENGE 2:

One player rolls a die. The number on the die indicates the number of jacks each player attempts to pick up. The successful player(s) receives one point. Play 5 rounds, switch partners, start a new game. Each round consists of one roll of the die, with each player playing the number that turns up.

PARTNER JACKS CHALLENGE 3:

One player rolls the die. The number on the die indicates the number of chances a player has to pick up as many jacks as possible. The die is rolled for each player during each round. Consequently, the number of chances the players have each round may be different - it depends on the roll of the die!

MULTI BOUNCE JACKS CHALLENGE:

Played with a partner or small groups. For each round the players determine the number of jacks that have to be picked up. One player rolls the die. The number that turns up indicates the number of bounces the ball takes for each turn. The player has that number of bounces to pick up ALL the jacks AND still catch the ball. The waiting partner counts aloud the number of bounces the ball takes. The game may be played with a one or two hand pick up.

MEGA BOUNCE JACKS CHALLENGE:

Played with a partner or small groups. One player rolls the die. The number that turns up indicates the number of bounces the ball takes. The player has that number of bounces to pick up as many jacks as possible AND still catch the ball. The waiting partner counts aloud the number of bounces the ball takes. The game may be played with a one or two hand pick up.

CATCH 22

Split the class into 2 groups with each group on opposing sides of the net. The students throw the balls over a net placed at an appropriate height. When a student catches a ball before it hits the ground s/he records it by giving the teacher a high five, a point is awarded to his/her team. When a team reaches 22 start a new game. Only overhand throws count. Balls thrown under the net or are "spiked" are considered "chicken throws" and a point is awarded to the opposite team.

Variations:

- (1) Change the size and type of ball;
- (2) Designate the throwing and/or volleying skills to be used.
- (3) Try punting;
- (4) Raise the net to work on flyball catching!
- (5) Place collection buckets behind each group. Instead of playing to 22, have students place caught balls into the buckets and play for a specific time period.

ROUNABOUT

Split the class into several teams (4-7 students per team). Set up the playing area as depicted below. Position at least one player on each mat (it doesn't matter on what team they play for...for now). One team plays defense. Defenders are not allowed on or over the mats. The OBJECTIVE is to pass the ball from the "home" mat to the "scoring" mat. Offensive players located on the mats MUST stay on the mats regardless of where a ball may end up. The offense may retrieve any ball as long as they DO NOT leave the mat.

Defenders may intercept, knock down and/or collect any ball. Defense scores by collecting balls and putting them in their bucket. After 2-3 minutes, rotate another team on defense.

No slapping or taken the ball out of someone's hands.

1 ball in hand at a time (defense or offense)

The ball must be passed to players on the scoring mat (and caught) for a score to count

Variations:

If you have color mats, the offense must pass to a different color mat each time

Allow the players on the scoring mat to leave the mat to collect errant balls. However, the ball must be brought back to the home mat.

