



HOWZAT!

Games – Warm Ups

Name: Catching by Numbers

Aim:

To warm players up physically and mentally.

To acquire and develop a range of movement skills, catching skills, and communication skills.

To select and apply skills and tactics to effectively catch and move.

To evaluate and improve performance by thinking about what key catching and moving / spatial awareness skills need to be consistently delivered to increase performance.

Organisation:

A tennis ball is passed in order between team mates numbered 1 – 6, once completed start again from number 1. Players must move around in the coned area whilst the ball is being thrown.

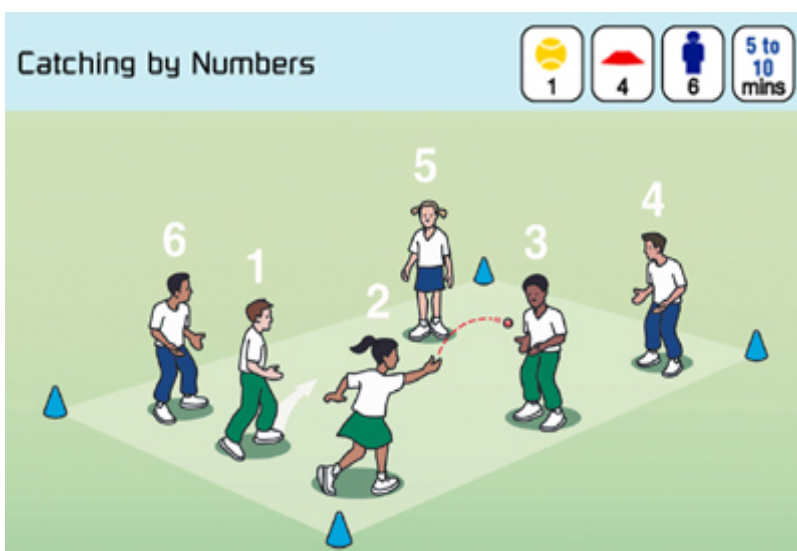
Technique:

Maintain a balanced position; catch the ball; Hands ready; Communicate – call out names; call for catch.

Adaptation/Variation:

Increase the coned area; Decrease the coned area; Increase the amount of players; Reduced the amount of players; Add another ball; Add another group from another coned area; Change direction; Add side steps, hopping, skipping, jumping, walking.

If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.



Equipment:

Players: 6+ per group;

Cones: 4 per group;

Tennis Balls: 1+ per group;

Time: 5 -10 mins