



HOWZAT!

Games – Warm Ups

Name: Catching Relay

Aim:

To warm player up physically and mentally.

To acquire and develop catching skills, throwing skills and movement skills.

To evaluate and improve catching skills, throwing skills and movement skills by thinking about the best way to catch, throw and move during physical activity.

To understand the benefits of being fit and healthy to perform consistently well.

Organisation:

Players number themselves 1 – 5. 1 – 3 stand behind a cone; 4 to 5 stand behind the opposite cone. Number 1 starts with the ball and throws underarm to the person opposite. Once they throw the ball the player must walk to the back of the other line.

Technique:

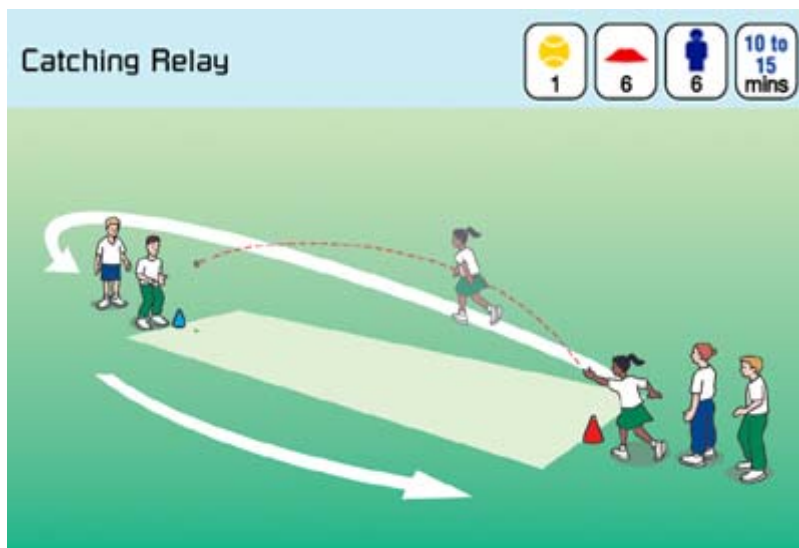
Players adopt the ready position – comfortable stance shoulder width apart – knees bent;

Hands ready fingers pointing down; Head level; Watch the ball; “Give” with the ball; Underarm throw with body weight transferring to the target.

Adaptation/Variation:

Increase the throwing distance; Decrease the throwing distance; Consider the feed e.g. the ball may be rolled or bounced; Consider how players move to the back of the line e.g. side steps skipping, working through cones; Consider running technique e.g. head up, pumping of arms, working on ball of feet, eyes forward.

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



Equipment:

Players: in groups of 5;

Balls: 1 tennis ball per group

Cones: 2 per group

Time: 10 – 15 mins.