



# HOWZAT!

## Games – Warm Ups

**Name: Home & Away**

**Aim:**

To warm up physically and mentally.  
To acquire and develop close catching skills.  
To evaluate close catching skills by thinking about how to improve catching technique.

**Organisation:**

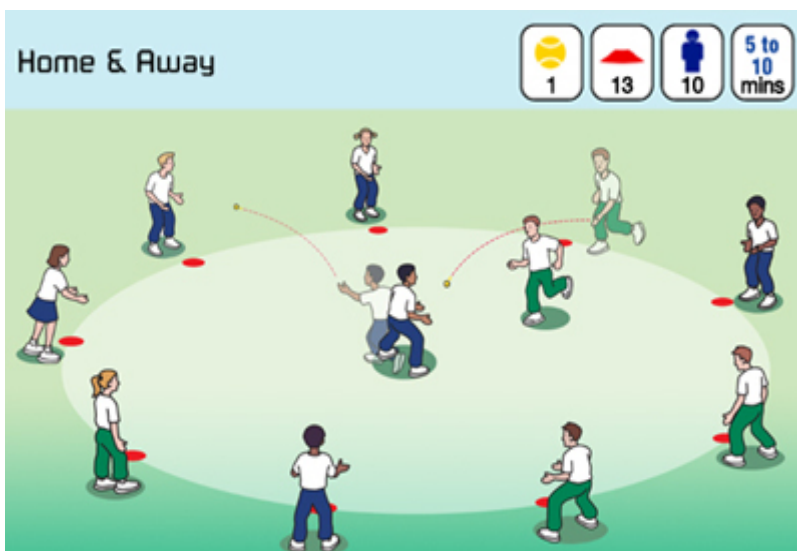
Groups of 10 players begin with the ball on the outside of the circle. Player 2 on the outside of the circle throws the ball underarm to player 1 who is positioned in the centre of the circle. Player 2 follows the throw. Player 1 catches the ball and throws the ball to player 3 again following the ball. This repeats with all other players in the group.

**Technique:**

Hands ready – together; Knees flexed; Head level; Watch the ball; Reverse hands if necessary; Give with the ball.

**Adaptation/Variation:**

Increase / decrease the size of the circle; Use a bigger ball; Add over arm throws; Use side steps, skipping, jumping; Catch one handed. *If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.*



**Equipment:**

**Players:** 10 per game;

**Cones:** 9 per game;

**Tennis Balls:** 1;

**Time:** 5 -10 mins