

Learning Outcomes:

- Catch a ball arriving at a variety of heights
- Catch a ball correctly, safely and consistently

Starter

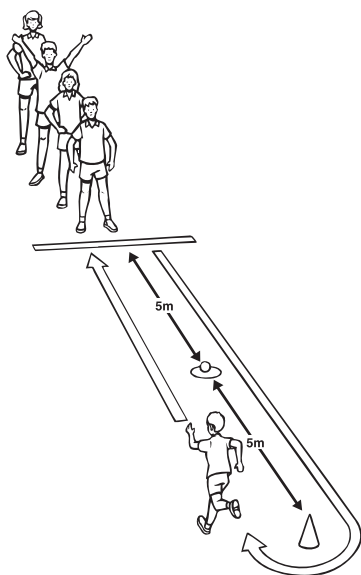
Brainstorm in pairs all the words you can think of in association with catching then spend two minutes composing the first verse of a poem about the 'Winning Catch'.

Warm-up and Stretching

Think of some suitable warm-up exercises to prepare you for catching.

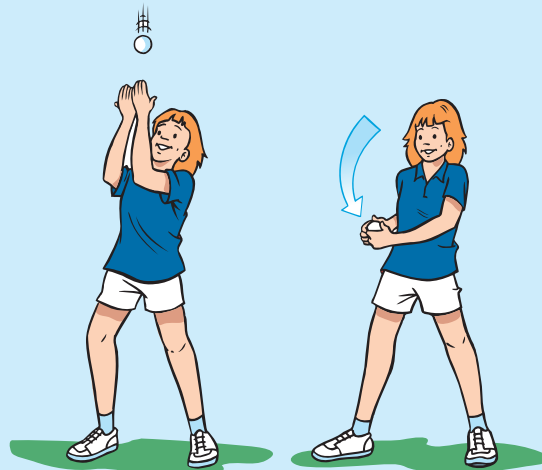
Once you have completed your basic cardiovascular warm-up and stretching exercises, you could try this warm-up game.

'Hot Potato'



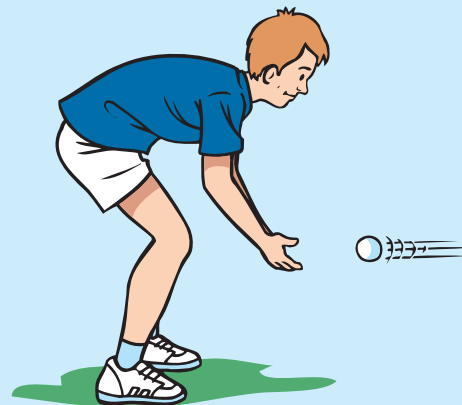
- Stand in teams behind a straight line.
- Mark a spot 5m in front of each team and place a cone for each team 10m away from the line.
- The first player runs with a ball, places it on the 5m spot, then continues to run forwards and around the cone.
- On the way back, the player stops to pick up the ball and gently throws it to the next team member to catch.
- The catcher repeats the exercise. The first team to finish wins.

Skill: Catching



- Place your hands together to form a cup or a bowl with little fingers touching.
- Hands and fingers should be relaxed, not rigid.
- Watch the ball all the time.
- As the ball falls into your hands move your hands backwards and relax arms.

More Catching Tips



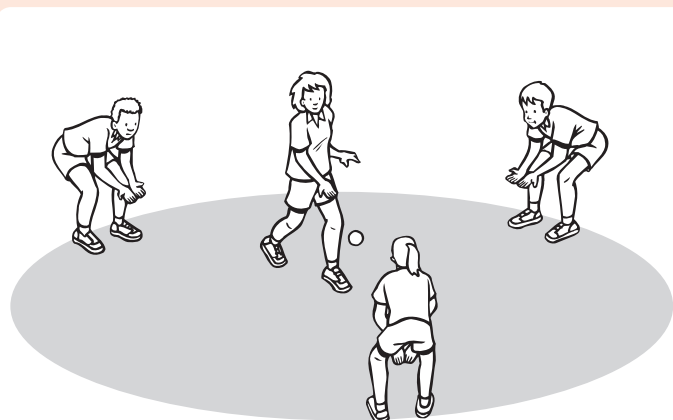
- To catch a low ball (between waist and ankle height), stand with feet shoulder width apart, bend your knees and keep your bottom high. Cup hands together with fingers pointing down.

Curriculum Link: Science - Forces/Momentum/Shock

Why should you move your hands backwards as you catch the ball? Can you think of any other example of absorbing this type of force?

Have a go

- Work in groups of four. Nominate a thrower to stand in the middle of a circle of 'catchers'.
- The thrower throws the ball underarm to each of the catchers in turn. The ball should arrive between waist and ankle height.
- A dropped ball means the catcher must drop to one knee and try to catch the next ball from that position. If the next catch is dropped the catcher must drop to both knees and if the catcher fails to catch the ball the next time, they are out.
- The winner is the catcher with most lives left.



Assessment Opportunities

- The team should work together to observe and comment on the technique employed by each catcher.
- The team should also work together to agree whether each throw is acceptable. For example, if a ball does not arrive between waist and ankle height the catcher does not lose a life if the ball is dropped.
- Think about how you can use this information to improve your performance in both throwing and catching.

Extensions

- Repeat the game. This time the thrower should aim to make the ball drop near to the catcher's head so that they can complete a comfortable high catch.
- Observe how others are doing and use verbal reasoning to assess their performance.

Inter Cricket – with a difference

- Introduce a new scoring rule to a short game of Inter Cricket. Score an extra point for your team for each successful catch.

Rather than throwing the ball directly to the wicket keeper, you may want to see if you can get an extra catch in between your team mates to gain some extra points.

- Or, if the ball is retrieved by a fielder in the outer pitch, the team must throw the ball between at least two players on its return to the wicket.

Some Fielding Rules

Fielding Team – Scoring

3 runs are scored each time a batter is out.

The team with the highest combined batting and fielding score wins. A tied game is acceptable.

If a winner must be determined, use a bowl-out competition as follows:

- Three bowlers from each team bowl one ball alternately at three stumps.
- The ball may be a full toss or bounce once only.
- The team scoring most hits after that sequence is declared the winner.
- If the scores are still tied after three balls per team then 'sudden death' applies.