

Fielding

Low Catch **19-20**

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Skill

Low Catch

Time

15 mins

Aim

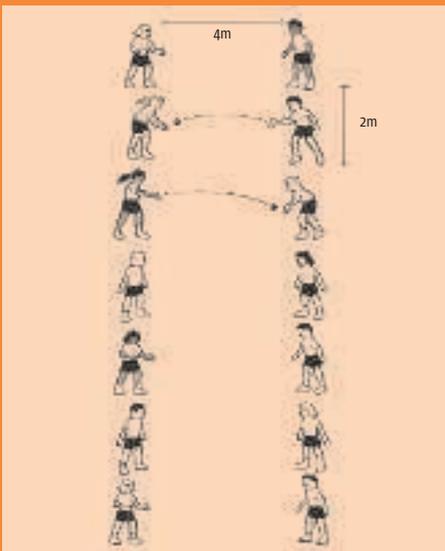
To catch a ball between waist and ankle height

Equipment

1 tennis/soft ball per pair



Organisation



Link Cards

13 63

Instructions

- 1 Pairs gently underarm the ball for each other to catch.
- 2 Serve with one hand, catch in two.
- 3 The ball should arrive between waist and ankle height.

Teaching Points

- Hands together, fingers pointing down.
- Feet, shoulder width apart.
- Bend your knees and keep your bottom high.
- Watch the ball into your hands.

Catchphrase

Relax, don't snatch!

19

Skill

Shoulder High Catch

Time

15 mins

Aim

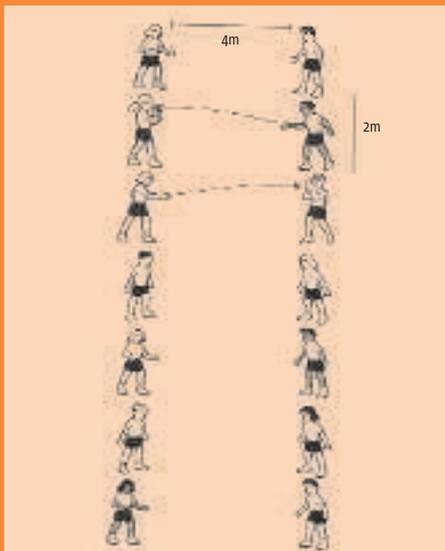
To catch a ball at shoulder/head height

Equipment

1 tennis/soft ball per pair



Organisation



Instructions

- 1 Pairs gently underarm the ball for each other to catch.
- 2 Ball should arrive at shoulder/head height.

Teaching Points

- Hands up, palms facing forwards.
- Thumbs crossed, fingers pointing up.
- Catch, letting hands go with the ball over one shoulder.

Catchphrase

Stand tall to catch this ball!

Skill

High Catch

Time

15 mins

Aim

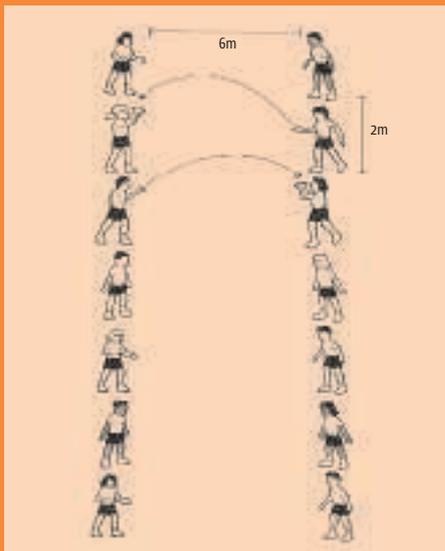
To catch a ball dropping from above head height

Equipment

1 tennis/soft ball per pair



Organisation



Instructions

- 1 Pairs loop the ball underarm for each other to catch.
- 2 Try to make the ball drop near partner's head.

Teaching Points

- Watching the ball all the time, move to where it is dropping.
- Cup hands together, little fingers touching.
- Hands up early, palms facing upwards
- Catch at eye level, then relax arms.

Catchphrase

Catches win matches!

Skill

Stopping the Ball with Two Hands

Time

15 mins

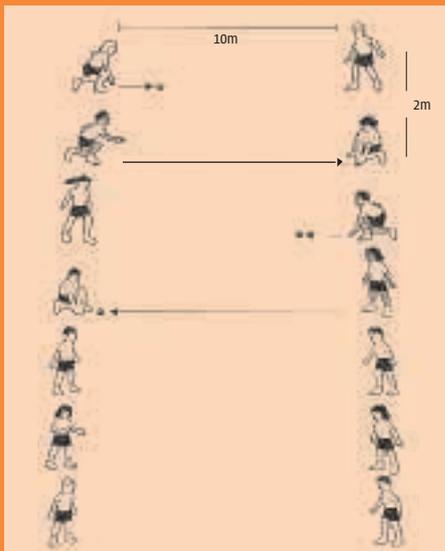
Aim

To stop a fast moving ball using two hands and the body as a barrier

Equipment

1 tennis/soft ball per pair

Organisation



Instructions

- 1 Pairs **roll** the ball in a straight line for partner to stop using two hands.
- 2 Having stopped the ball they stand up and roll the ball back for partner to repeat.

Teaching Points

- Stand side on, so the arm you roll the ball with is furthest from your partner.
- As the ball approaches get down on the knee nearest your partner.
- Stop the ball alongside your knee, with hands together and fingers pointing down.



Link Cards

15 61

Catchphrase

Get your knee to the floor to stop a 'four'!

25

Skill

Picking up One Handed & Throwing

Time

15 mins

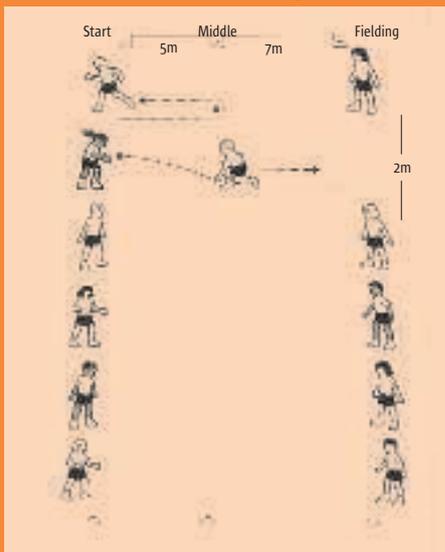
Aim

To pick up and throw a ball underarm on the run

Equipment

1 tennis/soft ball per pair, 6 cones / existing lines

Organisation



Instructions

- 1 Pairs stand opposite each other.
- 2 Person on the start line has the ball and runs out placing it on the middle line and then returns quickly to the start line.
- 3 Now, person on the fielding line runs towards the ball and picks it up one handed, then throws it underarm for person on the start line to catch.
- 4 While fielder runs back to fielding line, person on start line repeats for next turn.
- 5 Change after 3 turns each.

Teaching Points

- Shape throwing hand like a 'scooper'.
- Pick the ball up by the outside of your foot.
- Staying low, throw the ball underarm keeping your head still and arm straight.



Link Cards

11 67

Catchphrase

Say low when you throw!

Skill

Throwing

Time

15 mins

Aim

To throw a ball overarm with power and accuracy

Equipment

1 tennis/soft ball per pair



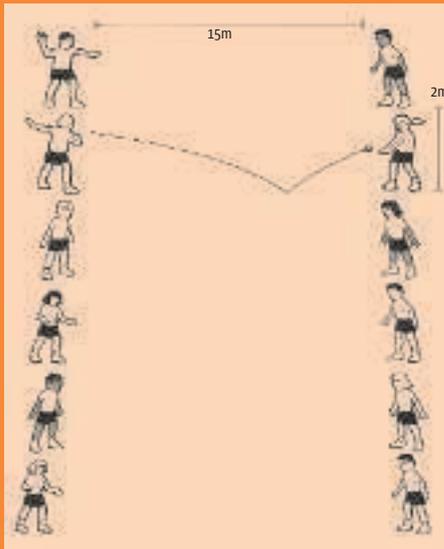
Link Cards

31

62

64

Organisation



Instructions

- 1 Pairs throw the ball powerfully overarm **one bounce** to each other.
- 2 The ball should be bounced so that it arrives at waist height.

Teaching Points

- Stand side on.
- Point non-throwing arm to partner.
- Lift your throwing arm up and bend it at the elbow.
- Rock back then forward, releasing the ball quickly to your partner.
- Keep your eyes fixed on the target.

Catchphrase

Swing your arm back and bend it, look at your target then send it!

29

Skill

Chasing & Throwing

Time

15 mins

Aim

To chase and return a ball

Equipment

1 tennis/soft ball per pair, 6 cones / existing lines

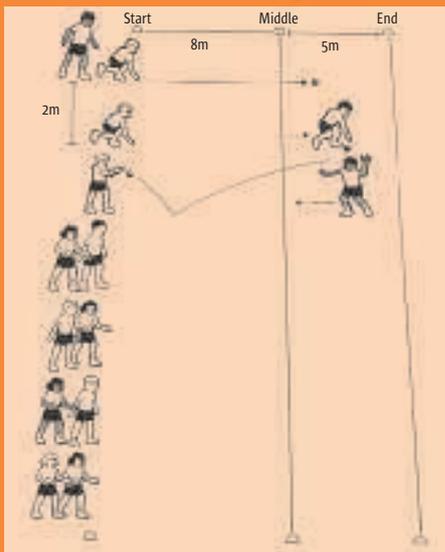


Link Cards

29

64

Organisation



Instructions

- 1 Pairs stand beside each other on the start line.
- 2 One of the pair **gently rolls** the ball out straight for partner to chase and pick up between the middle and end line.
- 3 Chaser throws the ball overarm **one bounce** back to partner.
- 4 When chaser returns, repeat.
- 5 Change after 3 turns each.

Teaching Points

- Chase and catch up with the ball.
- Let the ball roll into your throwing hand, by the outside of your foot.
- To turn, spin on the balls of your feet towards partner.
- Balance and throw.

Catchphrase

Turn and spin then throw it in!

31

Skill

Wicketkeeping

Time

15 mins

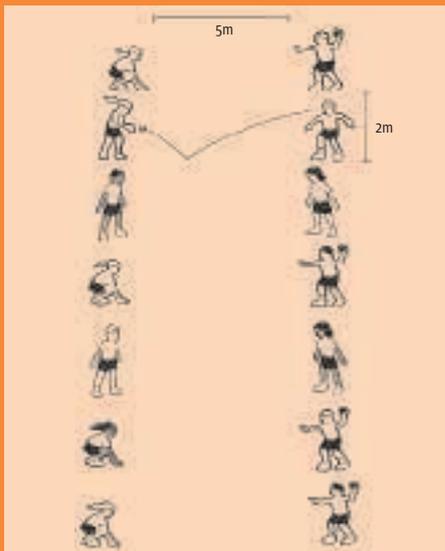
Aim

To catch a bouncing ball, from a crouched position

Equipment

1 tennis/soft ball per pair

Organisation



Link Cards

65

Instructions

- 1 Pairs throw the ball overarm **one bounce** to each other.
- 2 Stand when throwing.
When receiving, crouch and rise catching the ball with two hands.

Teaching Points

- Hands together, fingers touching the ground.
- Weight on balls of your feet.
- Rise with the bounce of the ball.
- Catch with two hands at waist height.

Catchphrase

As the ball lands, watch it into your hands!

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