Fielding

19-20	Low Catch
21-22	Shoulder High Catch
23-24	High Catch
25-26	Stopping the Ball with Two Hands
27-28	Picking up One Handed & Throwing
29-30	Throwing
31-32	Chasing & Throwing
33-34	Wicketkeeping

skill Low Catch

Time

Aim

15 min

To catch a ball between waist and ankle height

Equipment 1 tennis/soft ball pe

2m 39 73 明白配月

Organisation

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!

First pair to achieve 10 clean catches win.

- (i) Count how many clean catches can be achieved in 30 seconds.
- (ii) Another 30 seconds. . . Pairs attempt to beat their previous total.

'5-4-3-2-1- STOP'

After 5 clean catches, pairs put the ball down and switch places with their partner. Then, 4 clean catches put the ball down and switch places, then 3, 2 and 1. First pair sitting down having finished win.

Introduce a harder ball where safe and appropriate.



skill Shoulder High Catch

Time

15 m

Aim

Equipment

To catch

Organisation 2m





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.

CatchphraseStand tall to catch this ball

First pair to achieve 10 clean catches win.

- (i) Count how many clean catches can be achieved in 30 seconds.
- (ii) Another 30 seconds. . . Pairs attempt to beat their previous total.

'5-4-3-2-1- STOP'

After 5 clean catches, pairs put the ball down and switch places with their partner. Then, 4 clean catches put the ball down and switch places, then 3, 2 and 1. First pair sitting down having finished win.

Introduce a harder ball where safe and appropriate.



skill High Catch

Time

Equipment

Aim

🕨 15 mi

To catch a ball dropping from above head height

Organisation

1 tennis/soft ball per pa

6m 2m





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!

Increase/decrease distance apart.

Increase/decrease the height of catches.

Before catching the ball:

Clap once, twice, etc.

(ii) Perform a skill, e.g. call your name or touch the ground with 2 hands, etc.

Make the catcher move by looping the ball slightly to the right or left.

Introduce a harder ball where safe and appropriate.



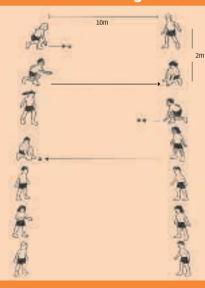
skill Stopping the Ball with Two Hands

Time Aim 15 mins

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

Equipment

Catchphrase Get your knee to the floor to stop a 'for



Organisation

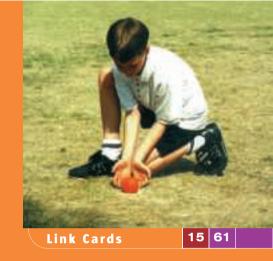
Instructions

- 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.

The ball must be **rolled underarm**, not bounced along the ground.

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.



Children should move into the line of the rolling ball before going down on their knee. To practice this, pairs roll the ball very slightly to the left or right of their partner.

Stopping the ball and then throwing to partner:

- One of the pair rolls the ball out, the other stops the ball using 2 hands and body as a barrier, then quickly stands up and throws gently overarm one bounce to partner. Repeat 3 times each , then change.
- (ii) If space is available, allow for a harder throw by increasing the distance apart.
- (iii) Throw to partner without bouncing, (i.e. for partner to catch).
- Pairs roll the ball faster to test if their partner can stop it cleanly.



Ficking up One Handed & Throwing

Time

Equipment

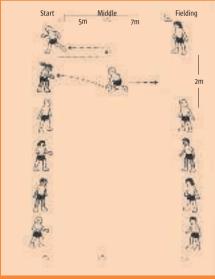
27

Aim To

the run

15 mins

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



Organisation

Instructions

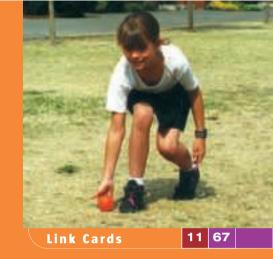
- 1 Pairs stand opposite each other.
- 2 Person on the start line has the ball and runs out placing it on the middle line and then returns quickly to the start line.
- 3 Now, person on the fielding line runs towards the ball

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'.
- \cdot Pick the ball up by the outside of your foot.
- Staying low, throw the ball underarm keeping your head still and arm straight.



- Set a time limit, (i.e. 2 minutes). 1 point is scored for each successful pick up and throw. The point only counts if the ball is caught. Highest pair score wins.
- Person on start line gently rolls the ball out for fielder to run, pick up and throw the 'moving' ball back to the person on the start line. Person on the start line rolls again only when the fielder has returned to fielding line. First pair to have 3 successful turns each win.



skill Throwing

Time

Equipment

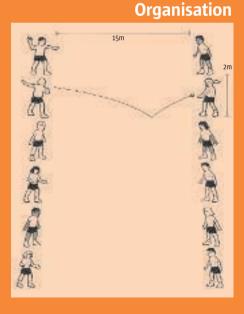
Aim

15 mi

To throw a ball overarm with power and accuracy

1 tennis/soft ball per pair

Swing your arm back and bend it, look at your target then send it! 29





Link Cards

31 62 64

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 at partner.
- \cdot 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.

Increase distance apart.

Use a hoop 2m in front of partner as a target. 5 attempts each. 1 point for each successful one bounce attempt. Highest pair score wins.

Throw the ball directly for partner to catch without bouncing.



skill Chasing & Throwing

Time

Aim Equipment

🕨 15 mii

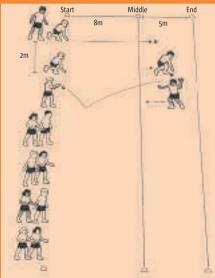
To chase and return a ball 1 tennis/soft ball per pair, 6 cones / existing lines





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.

C Catchphrase Turn and spin then throw it in

- Chaser throws the ball to partner without bouncing, i.e. partner catches.
- Increase distance of throw by moving middle and end line further from start line.
- Set a time limit (i.e. 2 minutes). 1 point is scored for each successful chase and return. The point only counts if the ball is picked up between the middle and end line. Change after each turn. Highest pair score wins.
- Repeat with pairs attempting to beat their previous score in the set time.



skill Wicketkeeping

Time

Equipment

Aim

Organisation

Instructions

- 1 Pairs throw the ball overarm one bounce to each other.
- 2 Stand when throwing. rise catching the ball with two hands.

Teaching Points

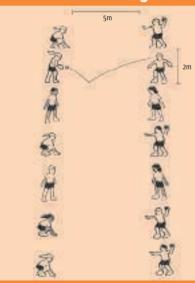
- Hands together, fingers touching the ground.
- Weight on balls of your feet.
- Rise with the bounce of the ball.
- · Catch with two hands at waist height.



Link Cards

a

33



- Vary the throw slightly to the partner's left or right.
- Set a time limit, (i.e. 1 minute). Pairs must stand when throwing and crouch when receiving. The pair with the highest number of successful one bounce attempts win.
- Increase the distance and speed that the ball is thrown.
- (i) Introduce wickets/skittles/chairs in front of one of the pair (wicketkeeper). Partner deliberately throws to miss the wicket. The wicketkeeper rises to catch the ball in two hands and as quickly as possible touches the wicket. Change after 3 turns each.
- (ii) Where appropriate, partner may bowl instead of throwing.

