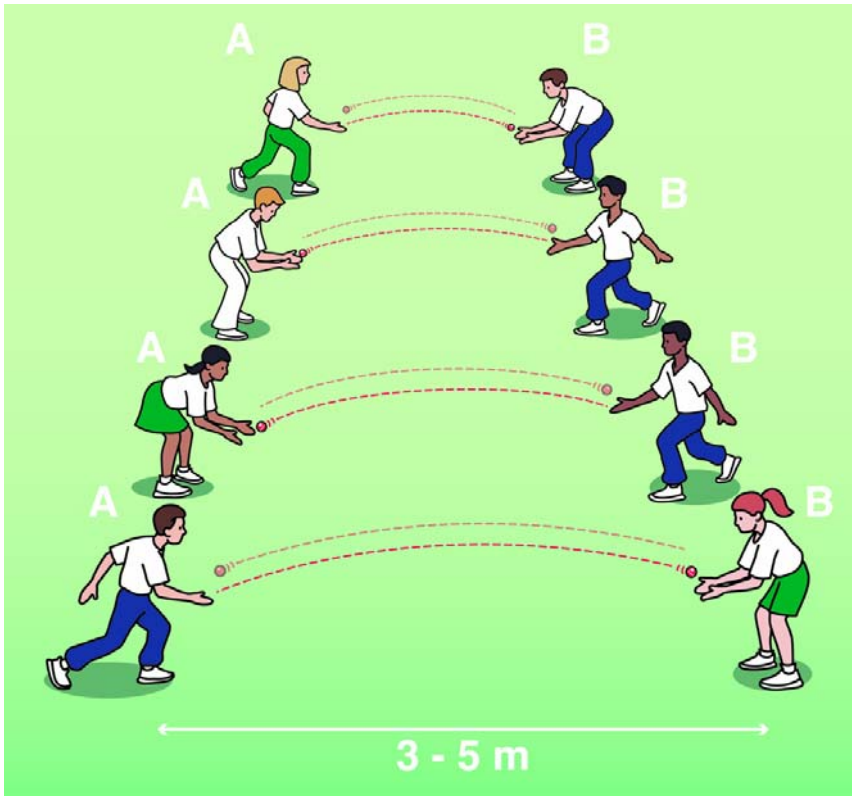


Fielding - 3. Close Catching

Equipment



15 minutes



COACHES CORNER

This close catching exercise is a good way to monitor progression through increased performance. Also, apply pressure through time restrictions and verbal & visual distractions.

- Partner catch
- Straight, right, left, vary
- Different heights
- “Mixed Service”
- Game

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Complete 10 successive catches with partner



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Complete 15 successive catches with partner



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Complete 20 successive catches with partner, while moving side to side between cones positioned five metres apart



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Completes 30 successive catches with partner while moving side to side between cones positioned five metres apart in 45 seconds. Also, try the same exercise one-handed using strong hand



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Completes 50 successive catches with partner while moving side to side between cones positioned five metres apart in 60 seconds. Also, try the same exercise one-handed using both strong and weak hand