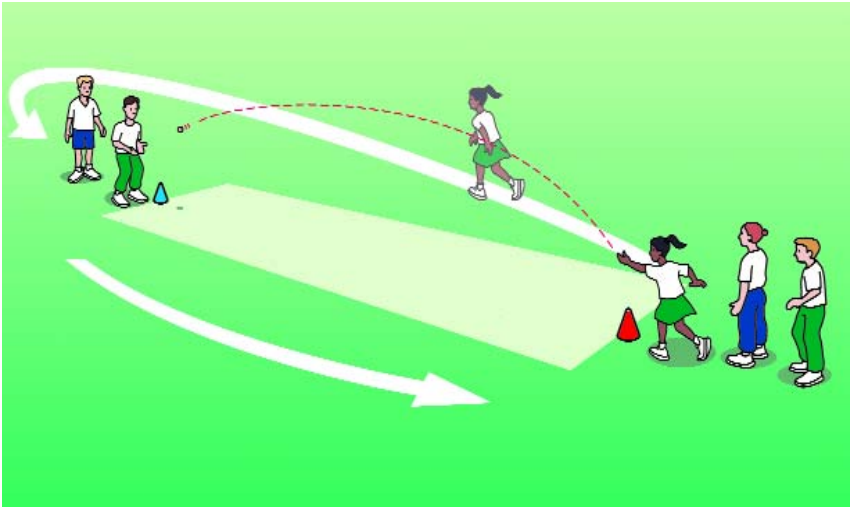


Fielding - 4. Catching Relay

Equipment



10 minutes



COACHES CORNER

It's not just about the catching; the throwing has to be good too. Award points according to the team's success and to increase competition between the groups.

- Players number themselves 1 to 5
- 1 to 3 stand behind the red cone
- 4 to 5 stand behind the other cone
- Number 1's fetch a ball & rejoin group
- Underarm throw to the person opposite
- Once you have thrown the ball walk to the back of the other line

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- One complete group run through with no drops



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Two complete group run throughs with no drops



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Three complete group run throughs with no drops



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Four complete group runs throughs with no drops. Use time restrictions to apply pressure according to group size. Also try the same exercise one-handed with strong hand



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Five complete group runs throughs with no drops. Use time restrictions to apply pressure according to group size. Also try the same exercise one-handed with both strong and weak hand