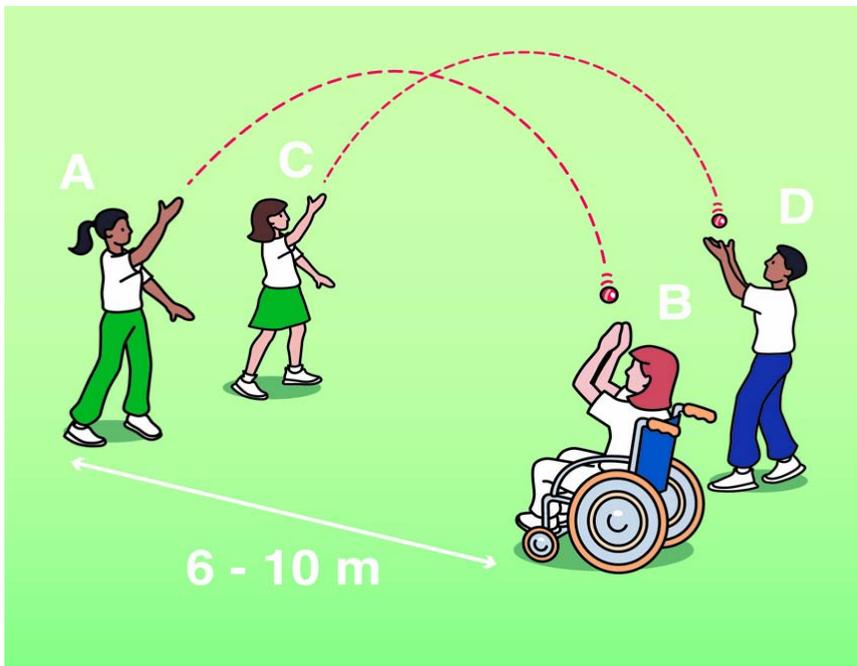


Fielding - 6. High Catching

Equipment



10 minutes



COACHES CORNER

Test throwing as well as catching. A good exercise to work on general fitness too.

- Continuous catching
- Different heights
- Service to draw catcher forwards
- Catcher stands closer and service to send catcher backwards
- "Mixed Service" organisation picture

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Complete 3 successive high catches and return accurately



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Complete 5 successive high catches and return accurately



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Complete 10 successive high catches and return accurately



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Complete twenty successive high catches - 10 static, 5 moving side to side and 5 to be chased with ball thrown from behind - and return accurately



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Complete thirty successive high catches - 5 static, 10 moving side to side and 15 to be chased with ball thrown from behind - and return accurately