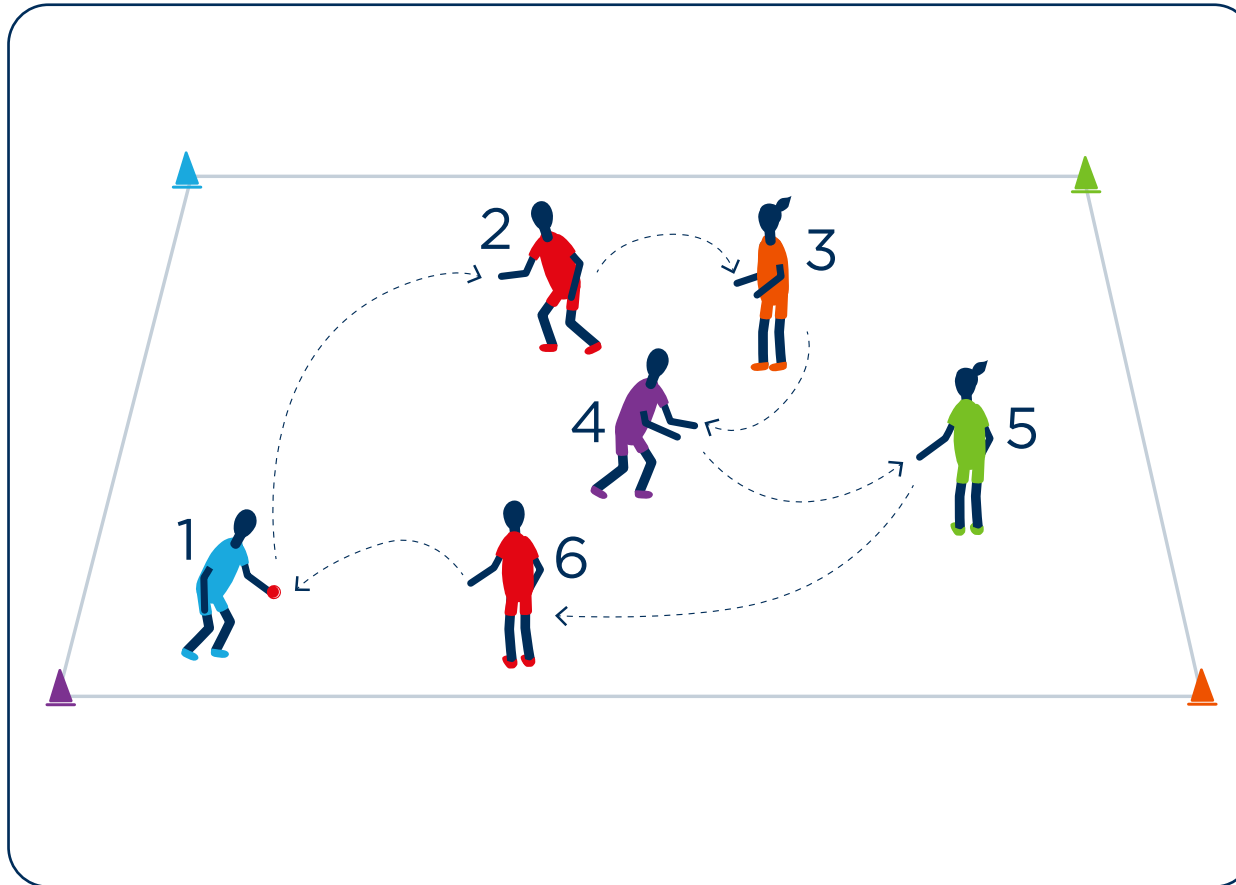


CATCHING BY NUMBERS



Equipment

Per group:

Balls: 1+

Cones: 4

Aim

To warm players up physically and mentally

To acquire and develop a range of movement skills, catching skills and communication skills

To select and apply skills and tactics to effectively catch and move

To evaluate and improve performance by thinking about what key catching and moving/spatial awareness skills need to be consistently delivered to increase performance

Organisation

A ball is passed in order between team mates numbered 1-6, once completed start again from number 1

Players must move around in the coned area whilst ball is being thrown

Adaptation/variation

Increase the size of playing area

Decrease the size of playing area

Increase the amount of players

Reduce the amount of players

Add another ball

Add another group from another coned area

Change direction

Add side steps, hopping, skipping, jumping, walking

If used as a cool down:

Perform at a slower pace

Add static stretches

Reflect on session

Players to re-hydrate



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