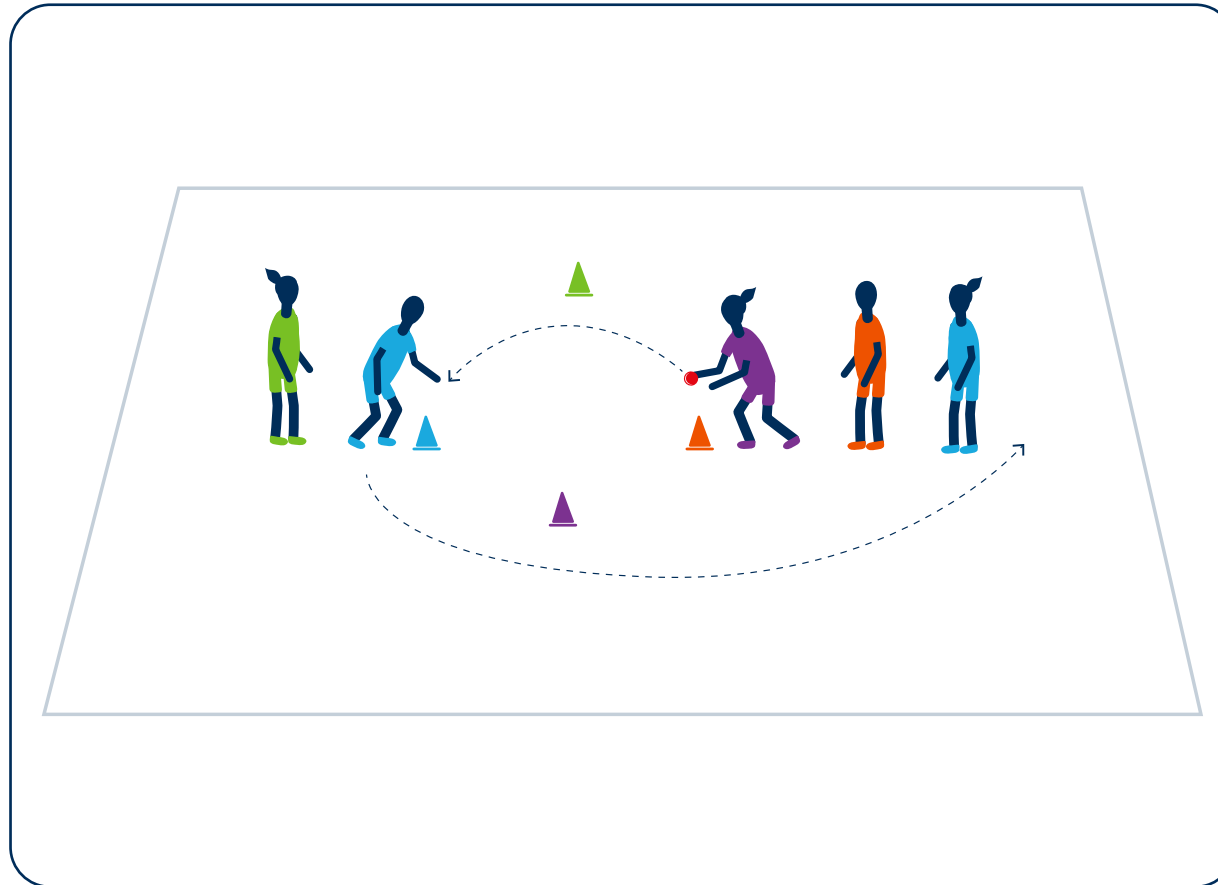


# CATCHING RELAY



## Equipment

Per group:

Balls: 1+

Cones: 4

## Aim

To warm players up physically and mentally

To acquire and develop catching skills, throwing skills and movement skills

To evaluate and improve catching skills, throwing skills and movement skills by thinking about the best way to catch, throw and move during physical activity

To understand the benefits of being fit and healthy to perform consistently well

## Organisation

Players, in groups of 5, numbers themselves 1-5

1-3 stand behind a cone

4-5 stand behind the opposite cone

Number 1 starts with the ball and throws under-arm to the person opposite

Once they throw the ball the player must run to the back of the other line

## Adaptation/variation

Increase the throwing distance

Decrease the throwing distance

Consider the feed eg the ball may be rolled or bounced

Consider how the players move to the back of the line eg side steps, skipping, working through cones

Consider running technique eg head up, pumping of arms, working on balls of feet, eyes forward

## If used as a cool down:

Perform at a slower pace

Add static stretches

Reflect on session

Players to re-hydrate



Download **icoachcricket** for free now on Android and iOS.

[icoachcricket.ecb.co.uk](http://icoachcricket.ecb.co.uk)