

Further & Further

Individual & Group Scoring

What other ways can you make catches more challenging for yourself?



Fielding Energiser

▶ Aim:

1. Improve catching at a range of distances
2. Improve throwing over a range of distances
3. Challenge reaction catches
4. Work on picking up a moving ball

▶ Equipment:

One ball per pair and 3 lines of cones depending on how many you have available

▶ Organisation:

1. Pairs stand roughly a metre away from one another with a thrower holding a ball a catcher facing away.
2. The thrower calls "turn" and throws the ball to the catcher who turns and attempts to catch the ball.
3. If successful the catcher takes a further step away and repeats the process.
4. Players swap places if they drop a ball or if the catcher makes 5 catches in a row.
5. Develop the activity to include running out to retrieve a rolling ball and turning on the far cone to catch the ball moving.

▶ Change it - Easier/Harder

Easier: Start facing the thrower. Thrower allows time for the catcher to turn and set themselves before release. Throw slowly and at an easy height to catch.

Harder: Thrower releases the ball quicker on the turn from the catcher. Harder/faster throws. Catch one handed. Thrower varies height and direction of throws.

Understanding the game

Talk to your Dynamos about how different fielding positions might have to make different types of catches. (i.e close fielding positions making reaction catches and deeper fielding positions having to sometimes move a longer distance to make a catch.

Get the adults involved:

As a pairs drill, this is a great activity to involve kids working with their grown up.