

Content outline

This activity aims to focus on the correct technique to perform an underarm catch – which can be applied to Cricket

- Correct body position
- Catching with both hands at waist height and below
- Accuracy – aiming for targets
- Resilience



Space

- Increase the distance from the wall (to make the task more difficult)
- Decrease the distance from the wall (to make the task easier)



Task

- Throwing the ball using your dominant hand
- To increase difficulty, try to throw the ball using your non-dominant hand
- Add targets to the wall to aim for to increase the difficulty of the task or to create a different scoring system
- Throwing the ball at the wall harder (to increase speed of the ball to catch) will also increase difficulty



Equipment

- Change size of ball
- To increase difficulty, use a larger targets on the wall
- To decrease difficulty use smaller targets on the wall



People

- If you have another person in your house, try to compete against each other – who can catch the most wall rebounds in 1 minute?
- You could also create your own competition if aiming for targets
- Challenge a friend with an online competition

Learning intention

Physical:

- To develop the technique of catching under-arm

Personal:

- Resilience
- Performing under pressure

Learning questions:

- What direction do your hands need to face when catching?
- Describe the position of your hands when catching
- Identify 3 coaching points for catching a ball below waist height
- How can you ensure that the ball does not 'pop' out of your hands whilst catching?
- When would you choose to use this type of catch during a game of Cricket?



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education