

Description of Activity

Arrange pupils in pairs, pupil A and pupil B. Line all pairs up along the edge of the playing area, all facing in the same direction into the playing area. Pupil A stands behind pupil B and throws the ball over their shoulder. Pupil B must try to catch it before it bounces a second time. When pupil B has caught the ball, they return it to pupil A who repeats the activity five times. Pupils then swap roles and play again.



Variations

- Arrange pupils in groups of three, with pupil A standing behind the other two pupils. The two pupils must now compete to catch the ball after pupil A has thrown it over them.
- Throw a reaction ball instead of a tennis ball.
- Use a variety of balls of different sizes and shapes.

Equipment

A hard playing surface, tennis balls, reaction balls, cones



- Encourage the catcher to face forward and not to preempt the throw.
- Remind pupils to keep their eye focused on the ball as the bounce is unpredictable.
- Encourage the throwers not to throw the ball too far away from the catchers.



- At home, use a ball or beanbag to practise catching on the spot. Throw the ball high up above you and catch it when it comes back down, without letting it bounce.



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