



Description of Activity

Arrange pupils in groups of five. Each group has its own station comprising two spot markers, two cones and a ball (as indicated in the diagram). One pupil stands at spot A, another pupil stands between the two cones and the remaining pupils line up at spot B. The pupil at the two cones sprints forward to catch the ball thrown from spot A. They pass the ball straight back to spot A and rejoin the line at spot B. The next pupil steps forward to the cones and repeats the process. Regularly rotate the pupil at spot A.



Variations

- Vary the size of the ball used.
- As pupils become more proficient, increase the speed of the throw.
- Vary the throw to ensure a high catch, low catch and chest catch are practised.
- Invite pupils to run around one of the two cones before sprinting forward to catch the ball to encourage approaching the catch from different directions.

Equipment

Spot markers, cones, tennis ball or large ball, defined playing area



- It may be useful to use a whistle to signal the next catcher in each group.
- Ensure pupils waiting in line are aware of missed catches.
- Encourage pupils to step towards the ball and catch with bent elbows.



- Practise React and Catch in the yard.



grúpaí • staisiún • liathróid a ghabháil • pas a thabhairt • rith ráibe