



Description of Activity

Arrange pupils in pairs with two tennis balls per pair. The pair stand facing each other, one metre apart, with one pupil holding a tennis ball in each hand at eye level. The pupil with the tennis balls drops one of them, at a time of their choosing. The other pupil must wait with their hands on their hips until a tennis ball is dropped and try to catch it before it bounces a second time.



Variations

- Pupil A drops two tennis balls and nominates which should be caught - left or right.
- Vary the height from which the tennis ball is dropped.
- Pupil A stands behind the catcher on a bench and drops a tennis ball from above the catcher's head to fall in front of their face. With hands on their hips, the catcher looks forwards and catches the tennis ball as it comes into view.

Equipment

One tennis ball per pupil



- **Pause the activity at intervals to focus on the specific teaching points for catching in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform catching during the activity.**
- **Ensure pupils are well spaced and that there are no obstacles in the playing area.**



- **Play this game at home with a rolled up pair of socks.**



- **málaí pónairí • i mbeirteanna • trasna óna chéile • lig don mhála titim • lámha ar na cromáin • í a ghabháil**