



Catching

LESSON GOALS AND OBJECTIVES:

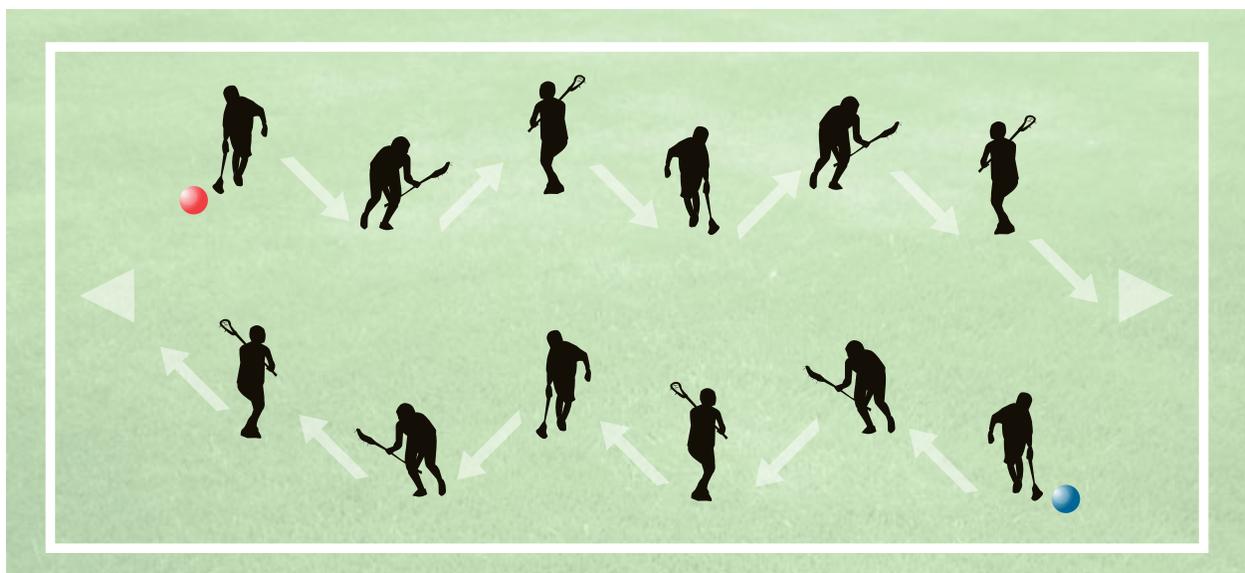
- To develop athletes' passing and catching skills.

SUMMARY OF LESSON SKILLS:

Passing, catching.

A Passing Basketball

ACTIVITY TYPE	Warm-up
TIME	5 min
SKILLS	Passing, catching
DESCRIPTION	<ol style="list-style-type: none">1. Divide the athletes into even numbered teams.2. Set up a goal at each end of the playing area.3. Athletes pass the ball from one teammate to another like basketball.4. Athletes are not allowed to run with the ball once they have it.5. Object is to pass the ball to the opposite end of the floor without dropping it.6. A dropped ball is turned over to the other team at the spot where the ball was dropped.7. Add more balls as the game goes on.

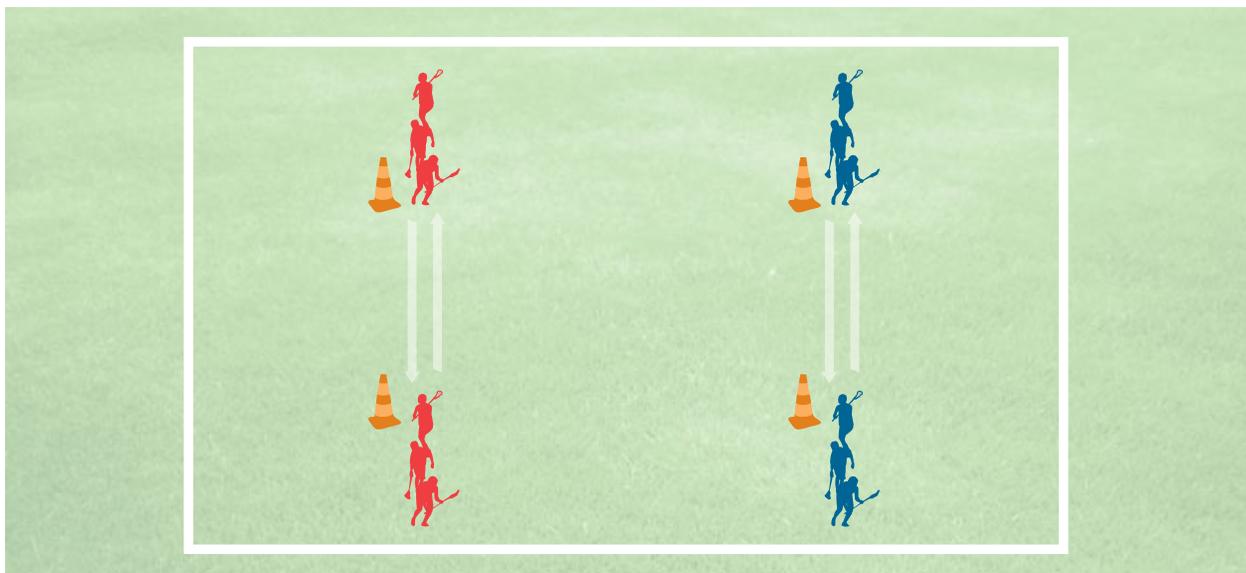




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B Shuttle Relay (with stick)

ACTIVITY TYPE	Skill Development
TIME	8 min
SKILLS	Running
DESCRIPTION	<ol style="list-style-type: none">1. Mark out a distance of 20m with cones.2. Divide athletes into two even teams, half at one end of the 20m and the other half at the other end.3. First athletes in line on one side run to the opposite side. Once there, the first athlete on the opposite side goes.4. Activity continues until all athletes are back at their starting position.

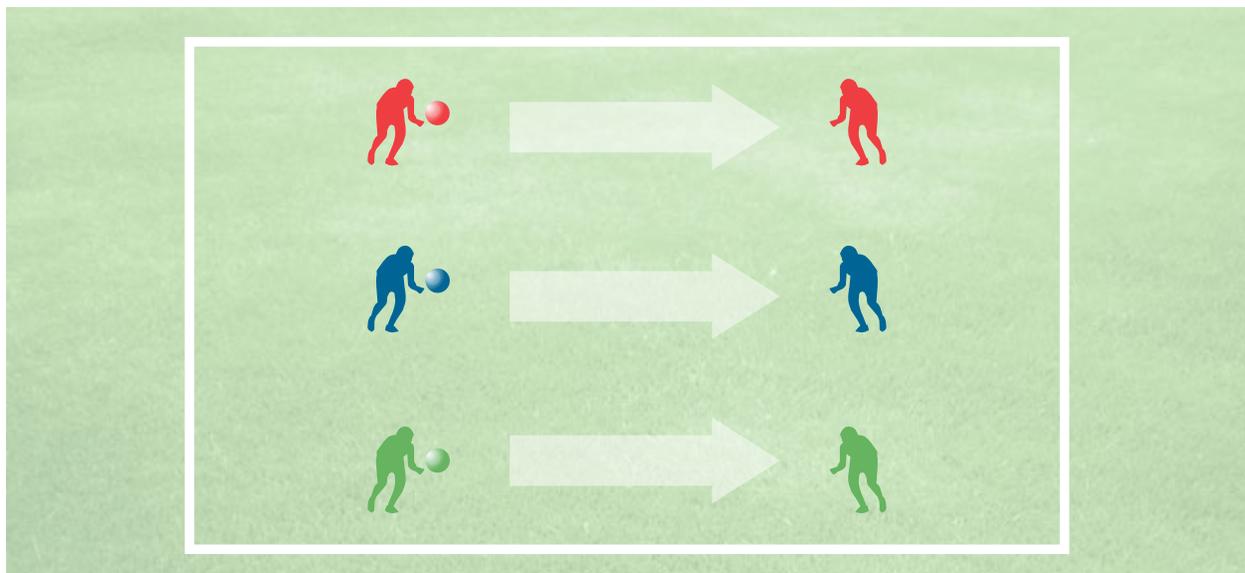




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C Stationary Pass and Catch

ACTIVITY TYPE	Skill Development
TIME	8 min
SKILLS	Passing, catching
DESCRIPTION	<ol style="list-style-type: none">1. Line athletes up across from their partners, 10 feet apart.2. One athlete passes the ball underhand (no stick) to their partner.3. Do this 5 times and then switch partners.
PROGRESSION	Have athletes pass and catch with their sticks

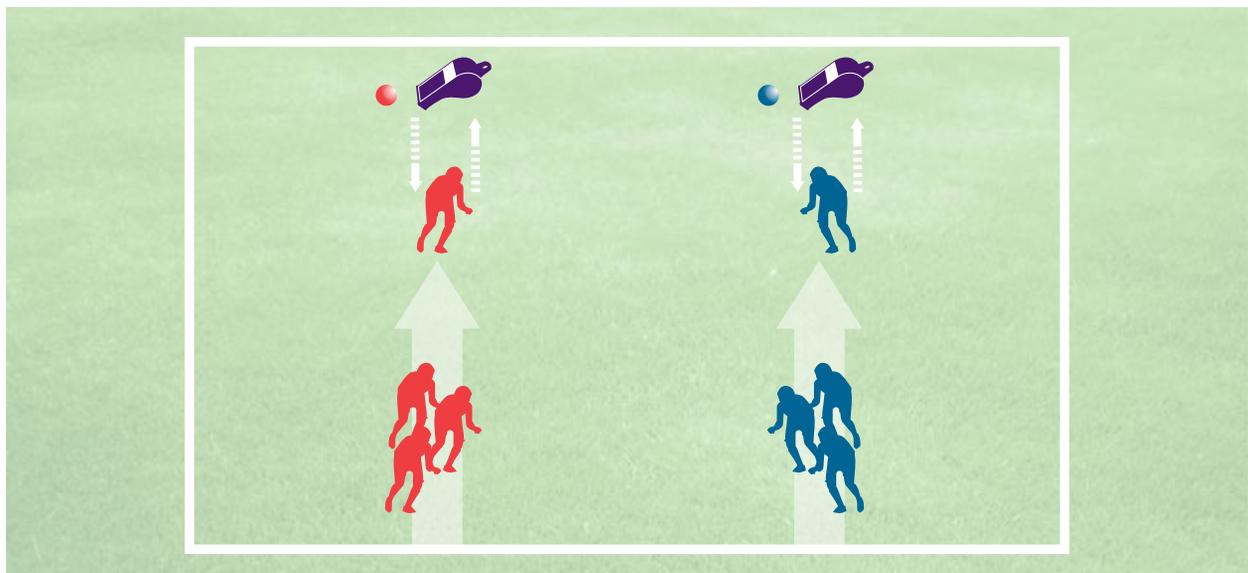




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D Pass and Catch Relay (no stick)

ACTIVITY TYPE	Skill Development
TIME	8 min
SKILLS	Running, catching, passing
DESCRIPTION	<ol style="list-style-type: none">1. Line the athletes up in groups (max = 5).2. Mark out an area 20m in distance.3. At the end of each line is a coach/volunteer.4. Athlete runs to the coach/volunteer at the end of their line.5. Coach/volunteer tosses ball to athlete for them to catch.6. Athlete tosses ball back and then runs back to the end of their line.





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E Pass and Catch Relay (with stick)

ACTIVITY TYPE	Game
TIME	8 min
SKILLS	Running, catching, passing
DESCRIPTION	<ol style="list-style-type: none">1. Line the athletes up in groups (max = 5).2. Mark out an area 20m in distance.3. At the end of each line is a coach/volunteer.4. Athlete runs to the coach/volunteer at the end of their line.5. Coach/volunteer tosses ball to athlete for them to catch with their stick.6. Athlete tosses ball back and then runs to the back of their line.

