



LEEDS WELL SCHOOL PARTNERSHIP DODGEBALL COACHING CARD

Inspire • Develop • Compete

CARD 02 – CATCHING & DECISION MAKING



SESSION FOCUS
Catching



YEARS
3–6



DURATION
15 MINUTES

3

WALL CATCH

Develop reaction and catching rebounded balls from a wall.



15
MINUTES



OBJECTIVE

Develop reaction and catching rebounded balls from a wall.



EQUIPMENT

- 8–12 Foam Dodgeballs
- Wall
- Cones
- Court markers



SET UP

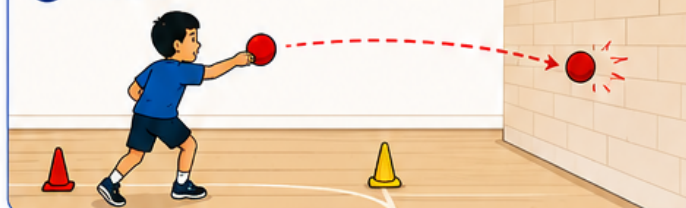
Players stand 2–3 metres from a wall in a line or spaced out.

HOW TO PLAY

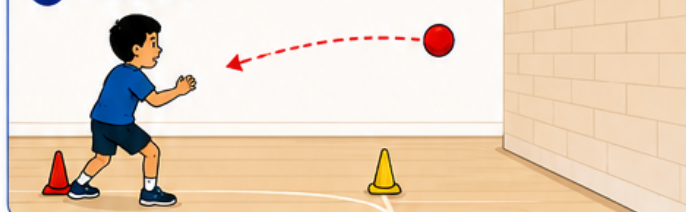
- 1 Player throws the ball at the wall.
- 2 The ball rebounds off the wall.
- 3 Player reacts quickly and catches the ball before it hits the ground.

Repeat with different players and change the distance.

1 THROW



2 REBOUND



3 CATCH

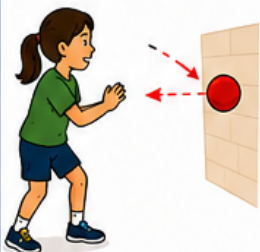


★ COACHING POINTS



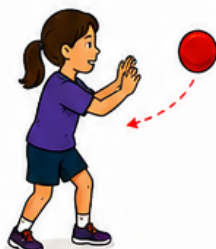
EYES ON THE BALL

- Watch the ball as it comes off the wall.



READY HANDS

- Hands up and in front, ready to catch.



SOFT HANDS

- Give with the ball – soft hands to cushion the catch.



QUICK FEET

- Move your feet to get in the best position for the catch.



RESET QUICKLY

- Return to ready position and repeat.



COMMON ERRORS

- Hands down or behind the body.
- Watching the thrower, not the ball.
- Standing still.
- Catching too far from the body.
- Not getting in line with the ball.



SUPPORT

- Start closer to the wall.
- Use slower throws.
- Give more time to react.
- Demonstrate the technique.
- Work with a partner or in small groups.



CHALLENGE

- Increase the distance from the wall.
- Use faster throws.
- Change the angle.
- Add a fake before the throw.
- Set a target number of catches.

