



LEARNING OBJECTIVE

Develop catching technique and decision making skills to catch with confidence and return to play effectively.



SUCCESS CRITERIA

- Use soft hands to catch the ball.
- Move into the line of the ball.
- Keep eyes on the ball.
- Catch consistently under pressure.
- Return to play quickly and safely.



EQUIPMENT

- 8–12 Foam Dodgeballs
- 20 Cones
- Bibs (2 colours)
- Stopwatch
- Whistle
- Court markers



SESSION JOURNEY

Time	Activity	Focus
10 mins	Round the Clock	Catching & Reaction
15 mins	Fast Catch	Quick Reactions
15 mins	Wall Catch	Rebound Catching
15 mins	Supercatch	Game Application
5 mins	Reflection	Review Learning



WARM UP – ROUND THE CLOCK

Purpose: Improve catching technique and reaction through paired passing.
Organisation: Half the group forms an outer circle, the other half an inner circle facing them. Players pair up (one outside, one inside) with one ball between each pair. Outer player passes to inner player who catches and touches the centre cone. Outer then moves clockwise one position. Continue for 60 seconds.

COACHING CUES

- Present your hands.
- Eyes on the ball.
- Soft hands – give with the ball.
- Quick feet.

SUPPORT

Use lighter throws
Increase distance
More time

CHALLENGE

Faster passes
Smaller circle
One-handed catches



SKILL BUILDER – FAST CATCH

Purpose: React quickly and catch under pressure.
Organisation: Groups of 4–7. Players stand 2–4 metres apart in a square or circle. Player A calls a player's name and throws. The called player turns as quickly as possible and attempts to catch.
Introduce: Add fakes, vary the speed and direction.

COACHING CUES

- React quickly.
- Turn your body.
- Get behind the ball.
- Catch in front of your body.

SUPPORT

Slower throws
Closer together
More space

CHALLENGE

Faster throws
Add fakes
Longer distance



SKILL CHALLENGE – WALL CATCH

Purpose: Develop reaction and catching rebounded balls.
Organisation: Catcher stands 3–4 metres from a wall facing the wall. A thrower moves around the catcher throwing the ball at the wall. The catcher reacts to the rebound and attempts to catch.
Progress: Catcher turns around to take direct throws.

COACHING CUES

- Watch the ball hit the wall.
- React quickly.
- Move feet to get in line with the ball.
- Cushion the catch.

SUPPORT

Closer to the wall
Slower throws
Call the direction

CHALLENGE

Further from wall
Quicker throws
Direct catches



CONDITIONED GAME – SUPERCATCH

Objective: Use catches to bring eliminated players back into the game.
Organisation: Play Dodge Five. Eliminated players go behind their back line. If they make a catch, they can return to the game. A 'supercatch' is a catch made by a player still in the game – when this happens, all of their team's eliminated players return.
Game lasts 5 minutes.

CONDITIONS

- Below shoulder throws only.
- Respect all players.
- Use safe catching technique.
- Encourage quick returns.

COACH FOCUS

- Catching technique
- Movement into space
- Communication
- Quick decision making



REFLECTION

1. How did you make sure you were in line with the ball?
2. What helped you to react quickly?
3. How did a good catch help your team?
4. What will you focus on next lesson?

COACH'S CORNER



OBSERVE

- Are pupils presenting their hands?
- Are they moving into the line of the ball?
- Are they watching the ball?
- Are they making good decisions?



COMMON ERRORS

- Hands down or behind the body.
- Watching the thrower not the ball.
- Standing still.
- Catching too far from the body.



SUPPORT

- Demonstrate technique clearly.
- Slow down throws.
- Reduce distance.
- Provide more space.



EXTEND

- Increase speed of throws.
- Add fakes and change direction.
- Increase distance.
- Challenge with catching on the move.



ASSESSMENT

Skill	Emerging	Developing	Secure
Ready position	☐	☐	☐
Catching technique	☐	☐	☐
Reaction time	☐	☐	☐
Decision making	☐	☐	☐
Team contribution	☐	☐	☐