

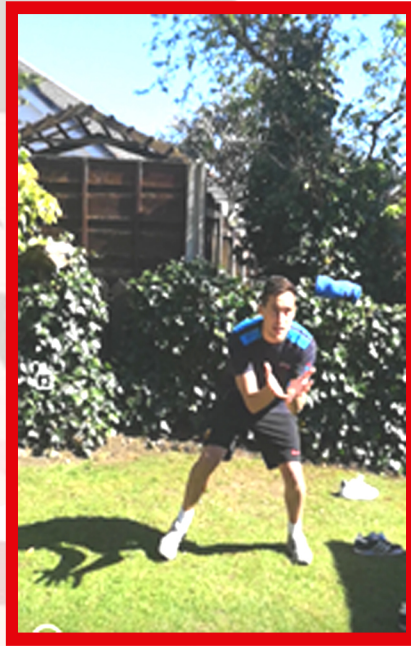


Fielding exercise- Catching lesson

Equipment needed- Equipment needed- 4 cones/shoes (markers), a tennis ball or a pair of socks. This game can be played inside or outside.



Development 1- Firstly, you will need to put the four cones or shoes down as markers, this is where you are going to perform your catches. You will need someone else to help you, as they will throw the ball for you. If you catch the ball you can move back to the next marker.



Development 2- The thrower can make it harder this time by throwing the ball at different heights, the thrower should throw the ball above your head or below your knee to challenge you. This part of the drill works on catching and your reaction time. Remember if you don't catch the ball you can't move on to the next marker.

