

Catching Lesson: "Sidewalk Challenge"

-Using rolled up sock, stress ball, tennis ball, squishy, football, etc.-

Cues for Success

- reach for ball
- hands the size of the ball (thumbs together=chest level or higher / pinkies together=below chest)
- track ball into hands
- squeeze ball and absorb force at contact (bend elbows during catch)

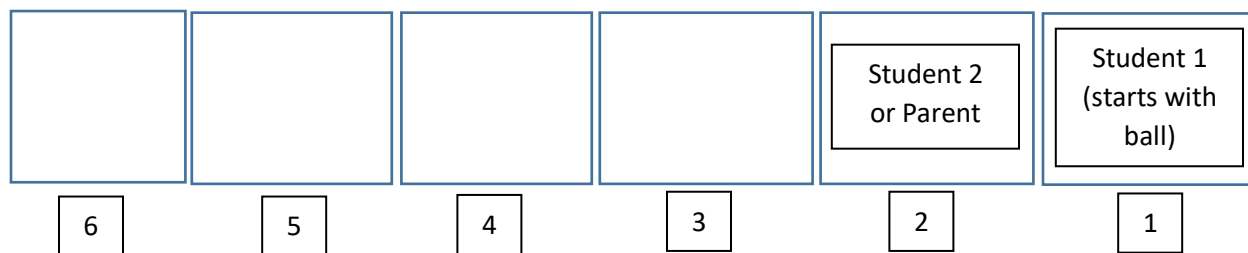
Warm-Up: "Magic Club" (self-throw and catch)

- 1) Dominant toss, above where hands can reach, catch (10x)
- 2) Non-dominant toss, above where hands can reach, catch (10x)
- 3) Toss, 3 claps, catch (10x)
- 4) Toss, head-shoulders-knees-toes, catch (10x)

Skill Practice:

Sidewalk Challenge (partner throw and catch):

-in a group of two, students (or parent/student) toss and catch, back and forth from close distance (blocks 1 & 2, see below). *What type of throw would be best? Why?* If you complete both catches (2 in a row), switch places (Student 2/Parent goes to block 1) but Student 1 moves to block 3 (blocks 1 & 3). Attempt to complete (2 catches in a row) and continue, working your way down the sidewalk (1 & 4, 1 & 5, 1 & 6, and so on). If you have a drop, simply pick the ball up and try again from that level (do not go back to the start (blocks 1 & 2). How far can you go? *Did you switch your throwing style from underhand to overhand at any point? Why?*



Closure Choices: (1) have a student-led discussion of catching cues, (2) students use sidewalk chalk to write down cues or draw diagrams, (3) paper/pencil to write down catching cues. Fill in the holes for whatever they might miss.