

## ACTIVITY: THROW, HIT, CATCH



### LEARNING OBJECTIVE

To play the stroke with control

- Hit the ball back to your partner to catch
- Correct grip

### EASIER

- Use a bigger ball, sponge balls or balloons
- Bounce and catch each time
- Bounce with the favourite hand and move slowly

### HARDER

- Increase distance between partners
- Remove the bounce and hit immediately from throw
- Both players have a bat

## ACTIVITY

- Players stand approximately 2 metres apart
- Player A throws the ball underarm to their partner a metre in front
- Once the ball has bounced player B will hit the ball back player A to catch
- A point is scored for each catch

### ORGANISATION

- Equipment: ball and bat between two
- Define playing area
- Position players in the area to demonstrate

## DISCOVER

- How do you control direction of the ball?
- Where should the face of your bat be aiming?
- How can you have greater control over your shot?