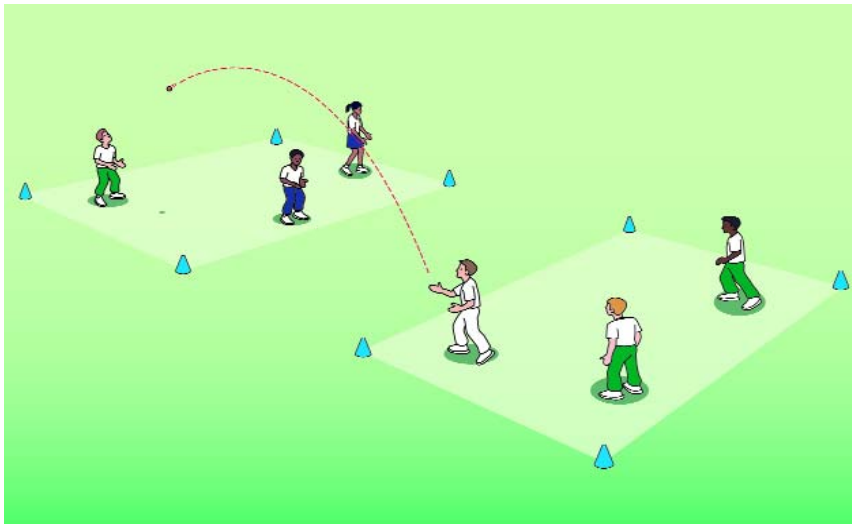


# Fielding - 5. Catching Tennis

Equipment



15 minutes



## COACHES CORNER

A good team exercise. Award points according to the team's success and to increase competition between the groups. Increase the size of the playing area to test agility and increase difficulty.

- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce
- If they succeed they score a point
- Players in the other zone try and do the same
- Players to maintain athletic 'ready' position
- Players to decide amongst themselves where to stand within coned area

Notes

## Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Consistently able to catch the ball



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently able to catch the ball one handed (strong hand)



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently able to catch the ball one handed with either hand