



netsetgo!

JUNIOR NETBALL



NetSetGo! Coaching Resource CATCH

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Holden. Go better.



Catch

Progressions

Progressions for the fundamental skill of catching are as follows:

- Thrown by self
- Thrown from a partner
- Increase complexity e.g. catch under pressure of competition or multiple balls working at once
- Catch after movement
- Increase complexity e.g. add a defender, multiple balls, competition

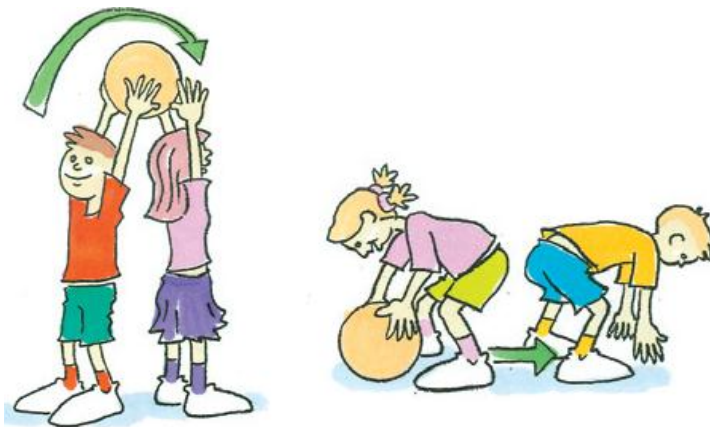
Coaching Points

- Eyes on the ball
- Hands towards the ball
- Fingers forward and spread and thumbs behind the ball ('W' formation)
- Pull ball towards the body

**Illustrations: Glenn Robey
Australian Sports Commission**

Activity 1 - Over and Under

Objective: Develop ball control whilst passing the ball to a partner.



What to do:

- Players stand back to back. Ball is passed overhead then between legs; therefore ball travels in a circle.
- Reverse direction after a period of time or certain number.

Change it:

Easier – Use a beanbag.

Harder – Stand further apart.

What you need:

Partners

Ball

Activity 2 – Twisting

Objective: Develop ball control whilst passing the ball to a partner.



What to do:

- Players stand back to back. Ball is received from one side of body and passed to other side; therefore ball travels in a circle.
- Reverse direction after a period of time or certain number.

Change it:

Easier – Sit down back to back; Make a circle and pass ball around the circle

Harder – Stand further apart.

What you need:

Partners

Ball

Activity 3 - Body Wrap

Objective: Develop ball control whilst moving the ball from one hand to the other.



What to do:

- Wrap the ball around the waist, knees or head.
- Work for period of time or set number of wraps.
- Repeat in the opposite direction.

Change it:

Easier – Use a beanbag.

Harder – Wrap the ball around the body while moving it up and down.

What you need:

Partners

Ball

Activity 4 - Figure 8

Objective: Develop ball control whilst moving the ball from one hand to the other.

What to do:

- Wrap ball around each leg alternately in a figure 8 pattern.
- Work for a period of time or set number of wraps.
- The pattern can be repeated alternating a figure 8 pattern around a single leg lift.

Change it:

Easier – Use a beanbag; Wrap one leg at a time.

Harder – Introduce a competition.

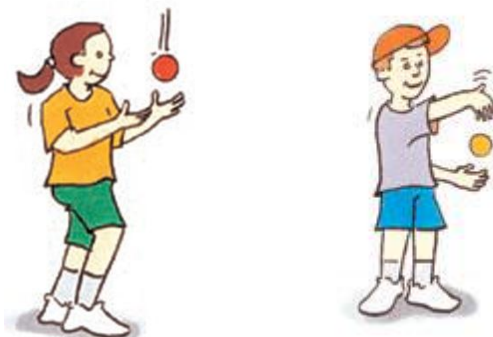
What you need:

Partners

Ball

Activity 5 - Throw to Self-Using a Bean Bag

Objective: Ability to catch beanbag in controlled environment.



What to do:

- Complete some/each of the following:
 - Throw bean bag from hand to hand – high/low
 - Throw to self in the air and catch in the palms
 - Throw to self in the air and catch on the back of the hands
 - Throw to self in the air and catch with favourite hand
 - Throw to self in the air and catch with the other hand
 - Throw to self and clap once before catching
 - Repeat extending the number of claps
 - Throw to self and jump to catch it
 - Throw to self and turn 180 degrees before catching
 - Throw to self and touch the ground before catching

Change it:

Easier – Select the easier activities.

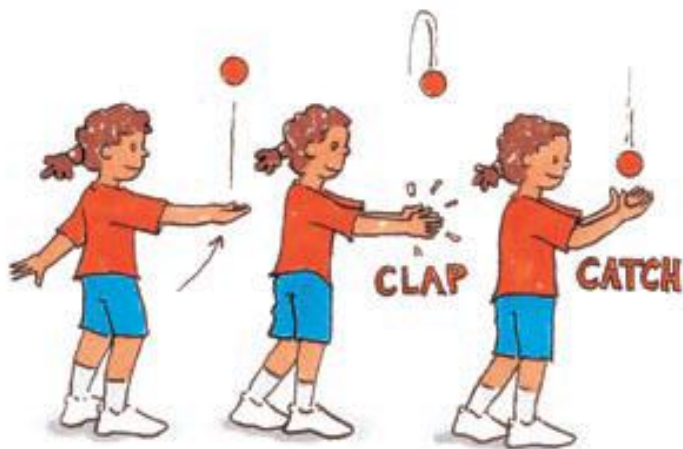
Harder – Combine a number of activities in sequence.

What you need:

Bean bags

Activity 6 – Throw to Self-Using a Ball

Objective: Ability to catch the ball in controlled environment.



What to do:

- Complete some/each of the following:
 - Bounce ball with two hands and catch
 - Throw to self in the air and catch
 - Throw to self and clap once before catching
 - Repeat extending the number of claps
 - Throw to self and turn 180 degrees before catching
 - Throw to self and touch the ground before catching

Change it:

Easier – Use a softer ball.

Harder – Combine a number of activities in sequence.

What you need:

Ball

Activity 7 - Scatter Bounce

Objective: Ability to catch the ball in controlled environment.

What to do:

- Each player to hold a ball and stand in an area with hoops scattered around the area (minimum of one hoop per player).
- Players move around area e.g. run, hop, skip.
- When coach calls a number the player should move to a hoop and bounce their ball in the hoop that number of times.

Change it:

Easier – Share a ball with a partner and take in turns to catch it after bouncing in the hoop.

Harder – Increase the difficulty of the activity e.g. bounce, clap then bounce.

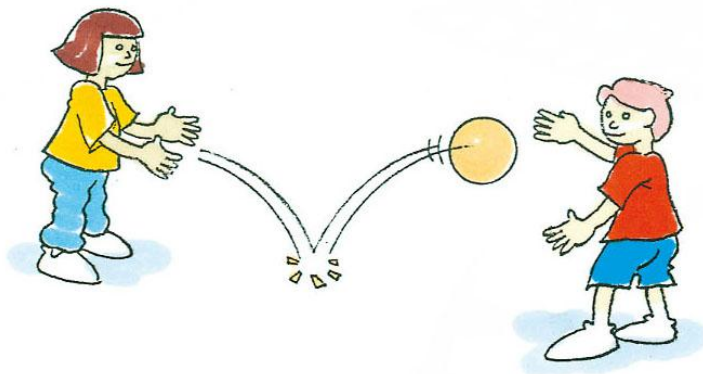
What you need:

Ball

Hoops

Activity 8 - Catch the Bounce

Objective: Learn to catch various types of passes.



What to do:

- Players stand approximately 2m apart.
- Throw ball so it bounces once before partner who then catches the ball

Change it:

Easier – Use a softball ball.

Harder – Move further apart; Bounce ball more than once.

What you need:

Ball

Partners

Activity 9 - Wall Sequence

Objective: Develop catching ability in a controlled environment.

What to do:

- In groups of three players stand in a line 2m from the wall, front person has a ball
- The first person performs the following activities until they make a mistake, the next person then has their turn
- When the first person is back at the front of the line, they begin the sequence from where they made the mistake
 - 10 x Throw ball onto the wall and catch
 - 9 x Throw ball at a wall, jump then catch
 - 8 x Alternate throwing ball onto the floor so it bounces on the wall and catch then onto the wall so it bounces on the floor and catch
 - 7 x Throw ball onto the wall, bend down and touch the ground then catch
 - 6 x Throw ball onto the wall and clap then catch
 - 5 x Throw ball onto the wall and catch it after it bounces once
 - 4 x Throw ball under one leg onto the wall and catch (2 each side)
 - 3 x Throw ball at a target and catch
 - 2 x Bounce ball on the ground so it rebounds on the wall and catch
 - 1 x Throw ball onto the wall and spin around to catch

Change it:

Easier – Use a softball ball; Decrease the complexity and/or the number of activities.

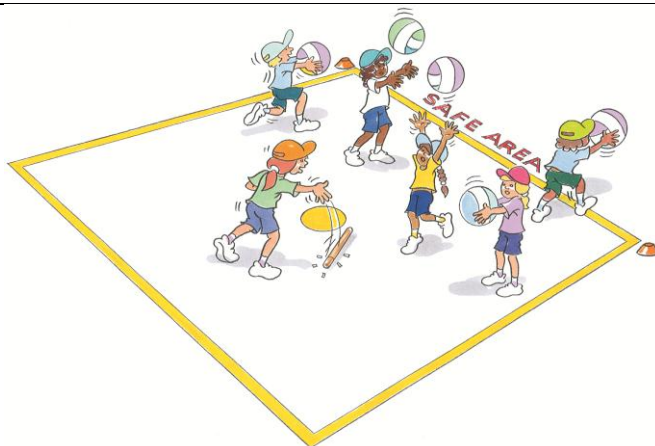
Harder – Player starts again so that all activities are completed at the one time.

What you need:

Ball
Wall

Activity 10 - Wicked Witch

Objective: Develop catching skills under pressure.



What to do:

- All players have a ball and the wicked witch holds a stick as a wand.
- The wicked witch calls out commands to the players e.g. bounce the ball, throw ball in the air.
- When the wicked witch drops their wand (after 2-3 orders) they chase the players to their 'safe' zone (all players must carry their ball).

Change it:

Easier – Coach acts as the witch so that simple ball skills are called.

Harder – Skills called are more complex.

What you need:

Balls

Wand (stick, bib, whistle)

Activity 11 – Hear and Catch

Objective: Increase reaction speed and ability to catch the ball under pressure.

What to do:

- Partner stands with back towards player with ball.
- Player drops ball, when partner hears ball bounce they turn and catch it before it bounces a second time

Change it:

Easier – Call partner as ball is dropped so they turn earlier.

Harder – Release the ball lower to the ground; Move further away.

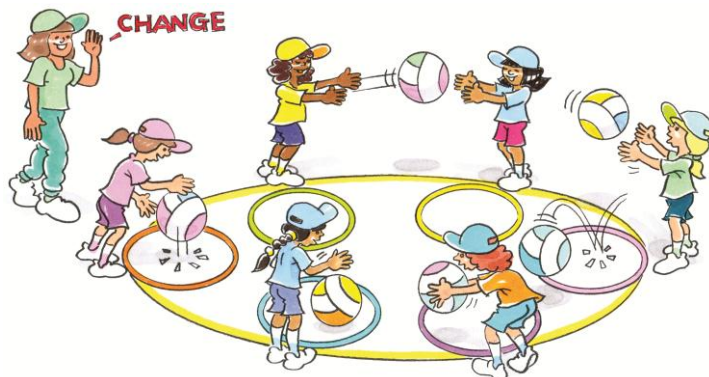
What you need:

Ball

Partners

Activity 12 – Circle Pass

Objection: Ability to catch under pressure.



What to do:

- Each player stands in a circle with a ball (can place a hoop in front of each player if required).
- Each player bounces the ball in the hoop continuously until the coach calls change, the players then all pass the ball to their left and then bounce the new ball in the hoop.

Change it:

Easier – Give ball to partner.

Harder – Continuous pattern e.g. 4 bounces then pass left, 4 bounces then pass right.

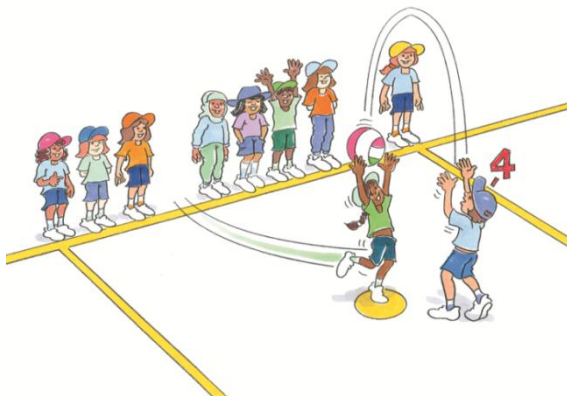
What you need:

Balls

Hoops

Activity 13 – Catch It

Objective: Ability to catch under pressure.



What to do:

- Groups of approximately ten players are numbered consecutively and each given three 'lives'.
- A player with the ball starts the game by throwing the ball in the air and calls a number.
- The player whose number is called, runs in to catch the ball before it hits the ground.
- If the ball hits the ground the player loses a 'life'.
- The person then throws the ball in the air and calls another number.
- Game ends after a period of time or when a person loses all of their 'lives'.

Change it:

Easier – Ball can bounce before it's caught.

Harder – Play Frozen Ball (Activity 14 – Catch).

What you need:

Ball

Group of players

Activity 14 – Frozen Ball

Objective: Increase reaction speed and ability to catch the ball under pressure.

What to do:

- Groups of approximately ten players are numbered consecutively and each given three 'lives'.
- A player with the ball starts the game by throwing the ball in the air and calls a number.
- The player whose number is called, runs in to catch the ball and calls 'freeze'.
- All players stop and keep feet on the ground, ball is thrown at the legs of a player, this player may try to catch the ball.
- If the ball hits the player they lose a 'life', if the ball misses or is caught by the player then the person who threw the ball loses a 'life'.
- The person who loses a 'life' throws the ball up and calls another number.
- Game ends after a period of time or when a person loses all of their 'lives'.

Change it:

Easier – Use a softer ball.

Harder – Ball must be caught on the full or the player also loses a 'life'.

What you need:

Balls

Group of players

Activity 15 - Bounce Ball between Legs

Objective: Catch ball rebounding from various positions.

What to do:

- Bounce the ball between the legs from front to back (catch behind).
- Repeat bouncing the ball from back to front.

Change it:

Easier - Use a softer ball; catch a partner's ball so catch is in front of the body.

Harder – Bounce the ball repeatedly from front to back then front.

What you need:

Balls

Partners

Activity 16 – Partner Pass

Objective: React to movement of ball and catch with ball rebounding from various positions.



What to do:

- Catch the ball released by a partner in the following way:
 - Dropped
 - Thrown in the air
 - Rebounded off the wall
 - Bounced on floor then wall
 - Bounced on wall then floor
 - Surprises

Change it:

Easier – Release the ball higher/bounce it harder etc to give the player more time.

Harder – Release the ball more quickly.

What you need:

Balls
Partners
Wall

Activity 17 – Turn and Catch

Objective: Increase pressure on catch as decreased time to track ball.

What to do:

- One player stands with back to person with ball who stands 3m away.
- Person with ball calls players name; they turn and catch ball.
- Ball can be placed high, low and bounced in front.

Change it:

Easier – Use a softer ball.

Harder – Release the ball more quickly or further away.

What you need:

Balls

Partners