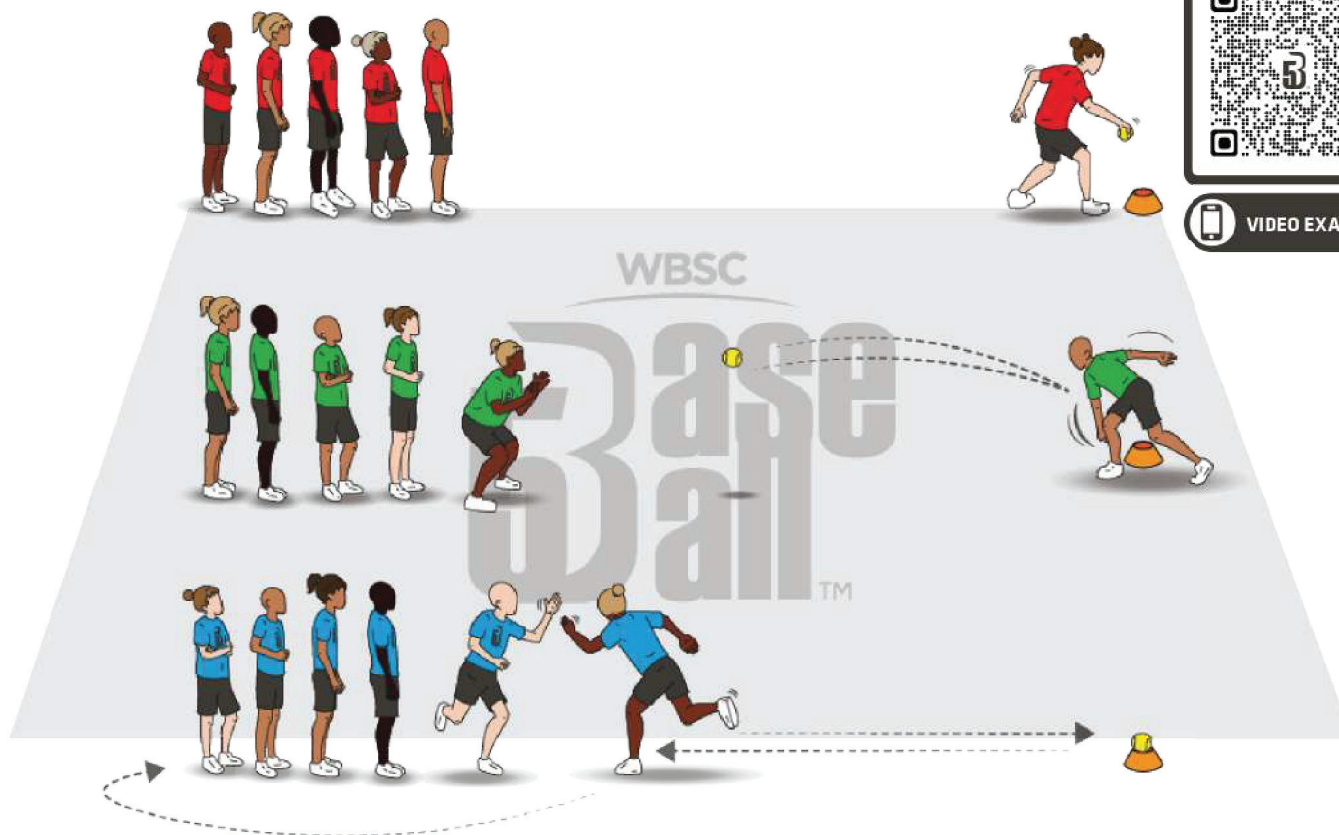


Catch, Throw, & Run



VIDEO EXAMPLE



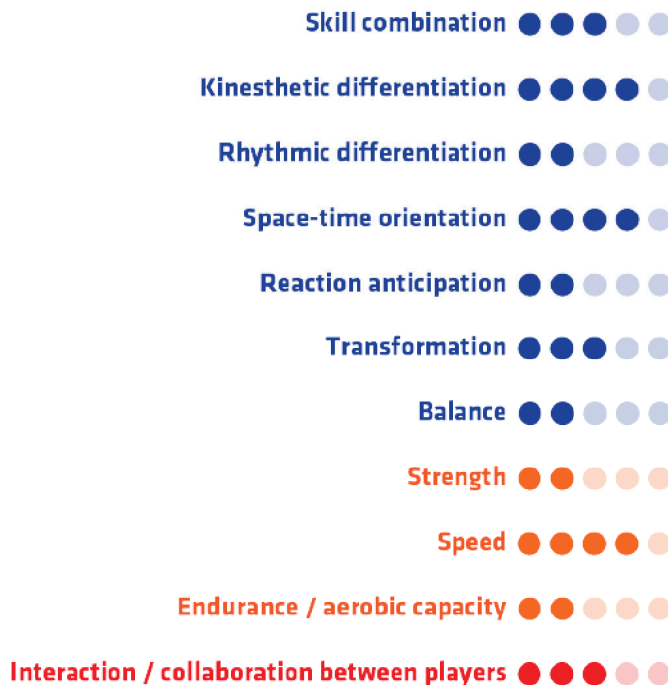
THE GAME

Each team lines up behind a starting line in a single row. About 10 m away, in front of each team, a cone (or circle) is placed with a ball on/in it.

The first player in the row, at the "go" of the instructor, sprints forward, takes the ball and throws it towards the teammate now positioned at the beginning of the row, waits for him/her to throw it back and puts it back on the cone. Then he runs back, with a "high-five" he/she passes the turn and goes to the end of the row. The moment the second player receives the "high-five": the player can leave to repeat the same sequence.

The team that first returns to the original starting order, wins.

DEVELOPED SKILLS



SPECIFICATIONS

Fast and accurate
throwing and catching

Level of skill required



Number of players:
3 to 8 players per team



Material:
rubber balls, cones

VARIANTS

At each round, the player who removes the ball from the cone throws it back to his/her teammate, waiting at the starting line, in different ways: overhand throw, rolled on the ground, with two or three bounces, overhand throw and the teammate performs a catch by simulating a force play, overhand throw and the teammate simulates a tag play.

SUGGESTIONS

- Always use relatively soft balls, such as tennis-ball or sponge-ball, as an out-of-control throw could hit a teammate in a row.
- Adjust the distance between the starting line and the positioning of the ball with the level of catching and shooting skills of the players.