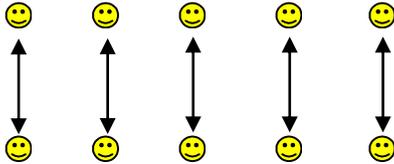


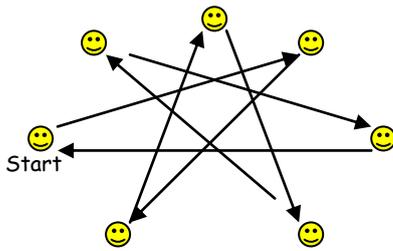
Close Catching

These drills will help hand eye coordination, concentration as well as the young players catching ability. Make sure they assume the correct posture when carrying out the drills. They may find they have a little more mobility/agility if their feet are slightly pigeon toed. Where possible split the players into groups and introduce a competitive element into the drill(s) to help concentration. Make it fun. Stand where you can see everything going on.

😊 Player ↔ Path of ball



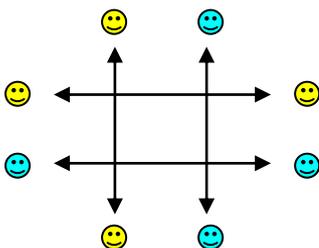
Divide players into pairs. Make them stand $1\frac{1}{2}$ to 2 M apart, facing each other. Start with one ball catching. Once they have mastered progress to two balls, then three and if possible four! To make it more interesting and difficult why not use different coloured, sized and types of ball (tennis, slaz, golf, squash, cricket, trainer, bean bags etc). Get them to use just one hand, or their non-dominant hand, close one eye, set time limits and number of catches without dropping the ball(s). Use your imagination!



Arrange the players into group(s), uneven numbers. Start the drill from one player, who throws the ball to another, who throws it to another around the circle until the ball ends up back with the player who started the drill. Repeat the drill until the players get used to it, knowing where the ball is coming from and whom they throw it to. Then introduce a second ball and repeat. Introduce a third ball and so on. If you can set up two or three groups and make it competitive. Use different colour balls to reduce the confusion. Set a time limit. Tip - make them face the direction the ball they are going to catch is coming from and focus on catching.



Stand the players in a line, in groups of three about 2M apart. Players one and 3 have a ball each. Player 2 faces player 1. Player 1 throws player 2 the ball and player 2, after catching it, throws it back to player 1. Player 2 then turns around and faces player 3. Player 3 throws player 2 the ball who after catching it throws it back to player 3. Player 2 then turns around to face player 1 and you repeat the drill. Set a time limit or number of catches, and then swap the players around. Use different types, colours, sizes of ball etc.



Pair the players off. Initially start with 2 😊 pairs set up as shown. One player of each pair has a ball and he throws it to his partner. One of the pairs throw the ball to each other at a slightly different height to the other pair so the balls do not hit. Progress the drill to two balls per pair. Use different colour, sized balls, one hand catching etc. Increase the difficulty by introducing two 😊 more pairs of players.