

These are fun Catching and Passing exercises

EXERCISE 1 SIT AND BOUNCE

ORGANISATION

- The players sit on the floor with legs astride
- Bounce and catch a small ball in between the legs
- Begin by dropping the ball before progressing to bounce it

KEY POINTS

- Wait for the ball to reach the top of the bounce before catching it
- Use two hands to catch the ball at first



EXERCISE 2 BOUNCE AND CATCH

ORGANISATION

- Each player has a ball
- Bounce the ball with two hands and catch it again using two hands
- Progress to bounce the ball with one hand
- Continue to catch the ball with two hands

KEY POINTS

- Using the fingers, push down through the ball to bounce it
- Extend the arms towards the ball to catch it



EXERCISE 3 HIGH BOUNCE AND CATCH

ORGANISATION

- Each player has a ball
- Bounce the ball high above the head
- Catch the ball at the highest point
- Vary the exercise by tapping the ball higher at the top of the bounce before catching it at the new highest point

KEY POINTS

- Bounce the ball using two hands at first and then one hand
- Extend the arms towards the ball to catch it; keep the thumbs behind the ball forming a 'w' shape with the index fingers



EXERCISE 4 BOUNCE, MOVE AND DRIBBLE

ORGANISATION

- Each player has a ball
- Bounce the ball after every 4 steps while moving around the playing area
- Use a two-handed bounce; then progress to a one-handed bounce
- Finally dribble bounce the ball continuously while moving around the playing area; use two hands at first and then one hand

KEY POINTS

- Using the fingers, push down through the ball to bounce it
- When using a one-handed bounce step forward with the leg on the opposite side



LEVEL 2 CATCHING & PASSING

EXERCISE 5 LOW BOUNCE



ORGANISATION

- Each player has a ball
- Bend the knees and back to bring the head over the ball
- Using a 1-handed bounce practise first in the stationary position and then while moving
- Finally dribble bounce the ball continuously using one hand while moving around the playing area

KEY POINTS

- Using the fingers, push down through the ball to bounce it
- When using a one-handed bounce step forward with the leg on the opposite side

EXERCISE 6 TARGET BOUNCE



ORGANISATION

- Set out different targets such as markers or hoops on the floor
- The players move around the playing area attempting to bounce the ball to hit the targets as they pass them

KEY POINTS

- Using the fingers, push down through the ball to bounce it
- Extend the arm behind the ball in the direction of the target

EXERCISE 7 BOUNCE PASS



ORGANISATION

- The players work in pairs approximately 5 metres apart
- In turn bounce the ball for your partner to catch

KEY POINTS

- Extend the arm behind the ball as you bounce it; aim for approximately midway between you and your partner
- Extend the arms towards the ball to catch it

EXERCISE 8 ONE-HANDED BOUNCE & CATCH



ORGANISATION

- Each player has a small ball
- Bounce the ball with one hand and catch it again using one hand
- Begin in a stationary position before introducing movement
- Practise the technique on both sides

KEY POINTS

- When catching, cup the hand and allow the ball to fall into it
- Progress to catching the ball with the fingers facing down