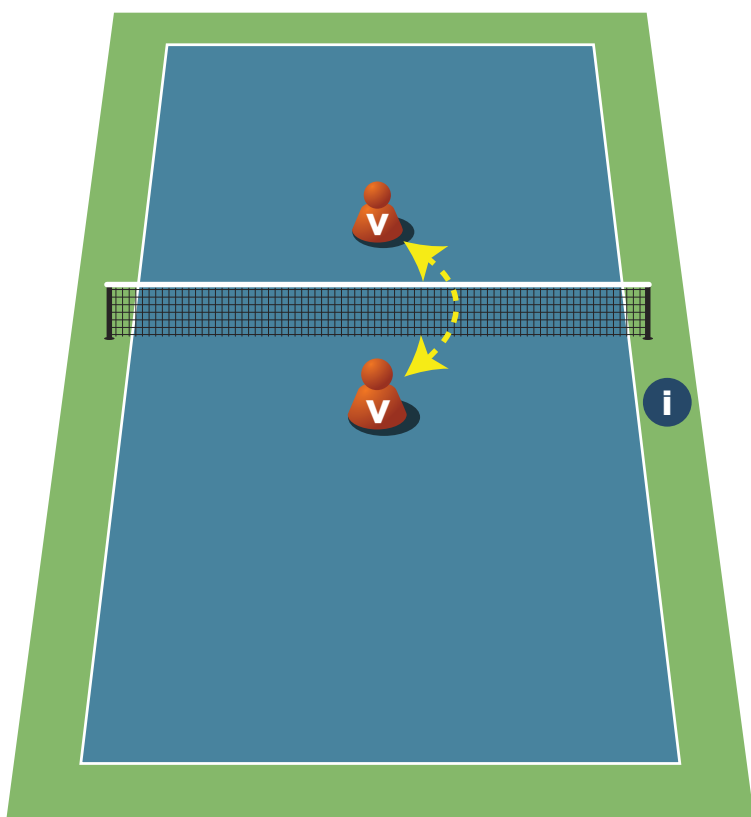


Catch Ball**TACTIC:**

Keeping the ball in play longer than the opponent.

ACTIVITY:

Players in pairs cooperatively **throw underhand** back and forth either cross-court or down the line. Players must be close to the net and **catch the ball with one hand before bounce**.

The rally is over when:

- The ball bounces on the floor.
- The ball goes out of the designated play area.
- The ball goes in the net.

Fundamental Teaching Points:

1. Player must **recover** to a marker placed in the appropriate recovery position (Home base).
2. Player must catch the ball in a **sideways position** in front of their leading foot.

LESS CHALLENGING:

1. Decrease the size of the playing area.
2. Allow players to block, drop and catch the ball with dominant hand on FH and non dominant hand on BH.
3. Allow players to catch the ball with both hands.

MORE CHALLENGING:

1. Increase the size of the playing area.
2. Catch the ball with non dominant hand on BH.
3. Throw and catch with non-dominant hand.