

Hit and catch

Form pairs. One partner hits a ball so the other one can catch it without moving from a spot.



What you need

- > A suitable striking implement — 1 per pair
- > 1 lightweight or soft core ball per pair
- > Witches hats/ropes/hoops
- > Optional: bean bag – 1 per pair

What to do

- > In pairs, one player hits a ball to their partner.
- > The partner attempts to catch the ball while standing inside a hoop (or a designated space).
- > Start with players standing 5 metres apart.
- > Swap roles after 5 hits.

Scoring

- > Score 2 points for each catch, 1 point for a ball that lands in the hoop.
- > Pairs try to beat their own score.

ALTERNATIVES



Safety

- > Ensure players only use half swings or a chipping action.

LESSON LINK

Hit and catch is a game that is easy to set up and introduces the basic skill of striking. It can lead into other target games by modifying the target, distance and/or striking action used.

Hit and catch

Skills > Hitting · accuracy · control

change it...

Coaching

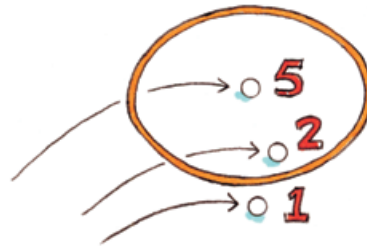
- > Use role models to highlight good technique.
- > Players with less developed skills can be coached on the side.

Game rules

- > Place restrictions on the hitter or the catcher e.g. have the hitter stand on one leg (front then back).
- > Place a bean bag on the hitter's or catcher's head.
- > Catcher — keep one foot stationary, balance on one leg, or catch one-handed.
- > Hitter — hit using one hand only. Swap hands.

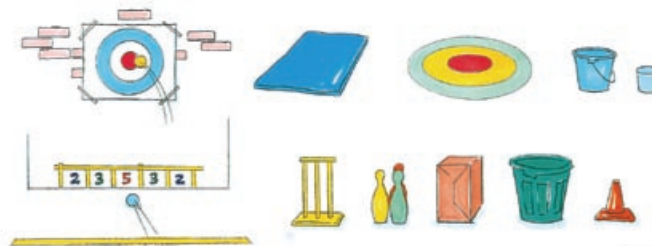


- > Remove the catcher and change the scoring system (e.g. only score points for successful hitting — 5 points for hitting into the middle of the hoop, 2 points for the edge, 1 point for just missing the hoop).



Equipment

- > Vary the ball type and/or the hoop size according to ability. (Easier — tennis ball, larger hoop. Harder — smaller ball, smaller hoop.)
- > Change the target



Playing area

- > Vary the distance between the hitter and the catcher according to ability. (Harder — after each successful catch, both players take one step backwards.)

Safety

- > Ensure a safe distance between pairs (at least 3 metres) and use a safety formation.
- > Use soft or lightweight balls.

ASK THE PLAYERS

- > How can you make the ball go in the air?
- > How can you make sure the ball lands/stops in the hoop?
- > How can you get the best score?