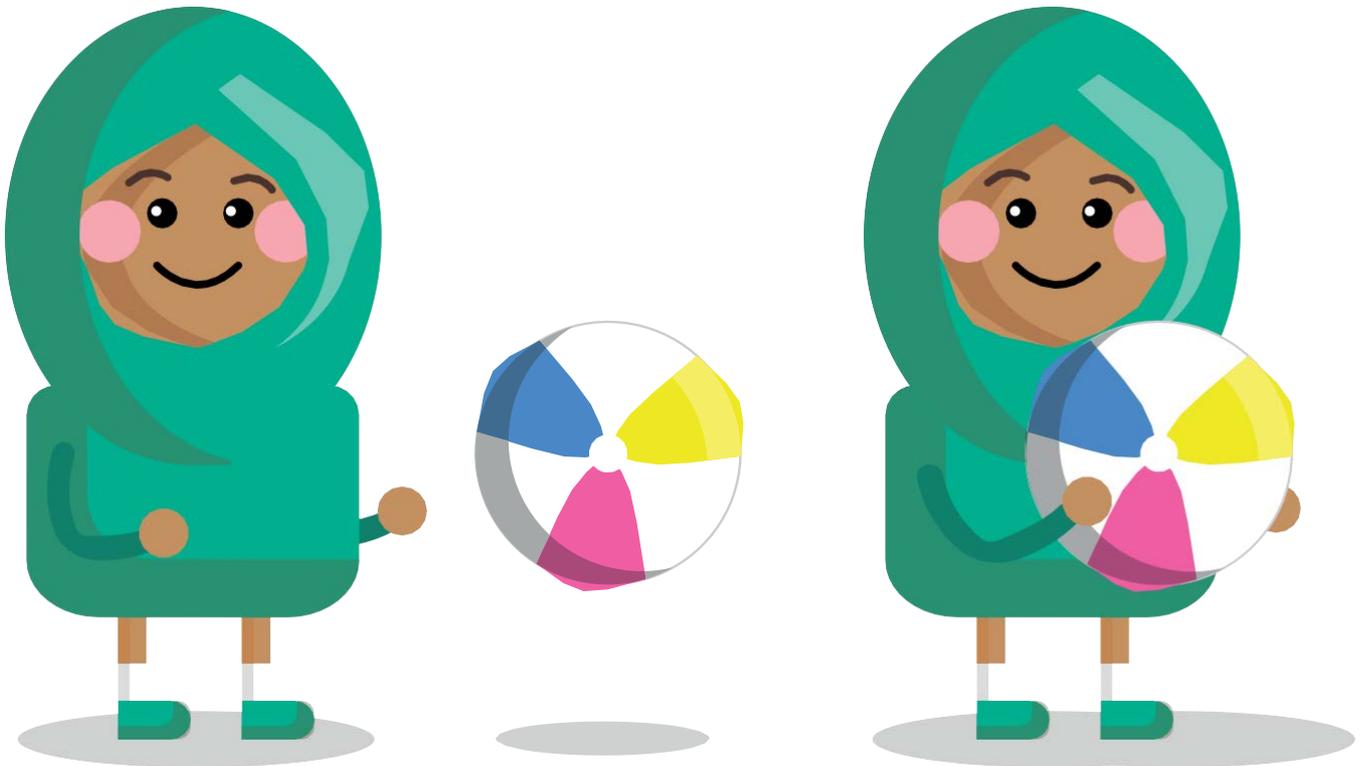


CATCHING

Catching is a skill to bring an airborne object under control by using hands and arms, and is a commonly used skill in sports, games and lifetime activities. Catching has five stages of development.



What stage is your child?

Once your child has mastered the stages of catching they move into the utilisation and proficiency stages of catching.

Utilisation Phase of Catching

Catch the ball on the move in different directions (may be less consistent on non-dominant side)

Catch the ball during less complex game environments

Catch the ball with their hands away from the body

The goal during this phase is to slowly get your child to catch in more complex situations starting with simple partner drills and leading up to small-sided catching games. Your child will show lots of variability at this stage.

Proficiency Phase of Catching

Catch the ball with their hands and away from their body on a consistent basis in a drill or game

Catch the ball on the move in all directions including non-dominant side during a game

Catch and quickly throw

Be able to focus on the tactics of the game and not the mechanics of catching

Be very consistent in their ability to catch the ball in many different environments

The goal of this phase is to get your child to the point where they do not consider the actual act of catching, instead they are more focused on the tactics of the game. Children have confidence in their ability to catch in a wide variety of challenging situations.

CATCHING

Why is catching important?

Tracking skills

Balance is the ability to maintain the equilibrium of the body when it is placed in various positions. It is an important skill as balance is required for playing sport and physical activity.

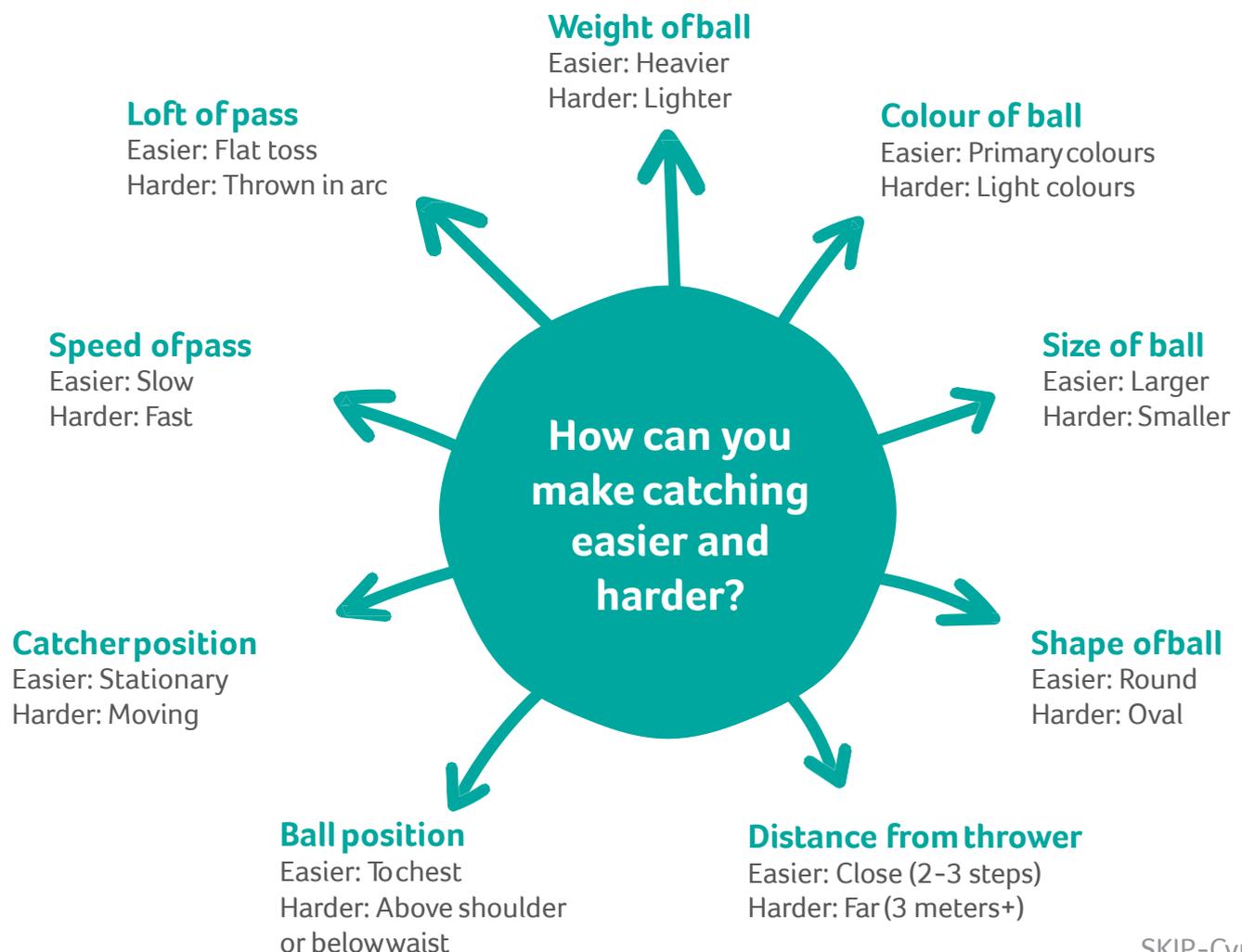
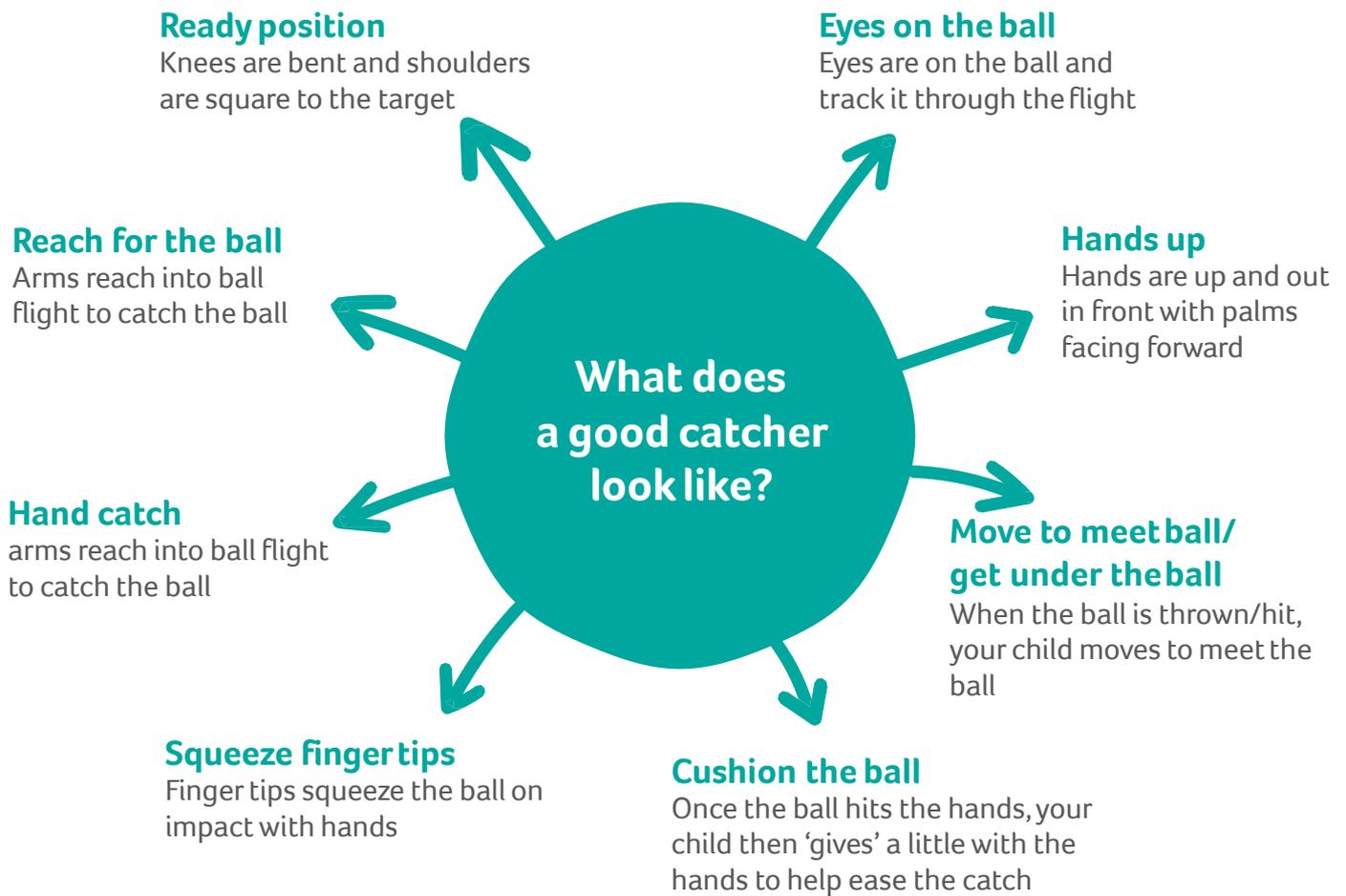
Eye-hand coordination

This is how your child moves their legs and hands in opposition (right hand throws, left foot steps). Moving in opposition is important as it helps your brain develop and grow. It sends messages across the mid-brain and to both sides of the body.

Fine motor skills (fingerskills)

This is how your child can use both their legs and arms at the same time. It is a complex skill and helps with brain growth and development.





CATCHING

What equipment should I use?

Large light balls

- Bright 6-inch foam balls
- 8-inch rubber playground balls
- Beach balls



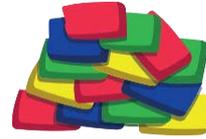
Scarves/Balloons

- These can be placed in tights to avoid choking hazard
- Good as they move slowly



Beanbags

- These are good as they are easy to grip



Soft Toys

- Again, these are easy to grip



What you say to your child...

Teaching cues for catching

“Eyes on the ball”

“Pull to chest”

“Reach for the ball”



