

Cricket — Over-head catch

SECONDARY KEY STAGE 3 PE /// STRIKE/FIELD

Content outline

This activity aims to focus on the correct technique to perform an over-head catch – which can be applied to Cricket

- Correct body position
- Catching with both hands from height
- Footwork – moving underneath the ball



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the distance from the ball feeder (to make the task more difficult)
- Decrease the distance from the ball feeder (to make the task easier)



Task

- To increase difficulty, try to throw the ball higher, or attempt to catch using only one hand
- If you do not have someone to work with, this task can be completed individually
- You could also use a high wall to throw the ball against to add variety to the activity



Equipment

- Change size of ball
- To increase difficulty, use a smaller ball
- To decrease difficulty, use larger ball



People

- If you have another person in your house, try to compete against each other – who can successfully catch the most high catches?
- You could also create your own competition – what challenges could you create?
- Challenge a friend with an online competition

Learning intention

Physical:

- To develop the technique of catching over-head

Personal:

- Resilience
- Performing under pressure
- Tactics and strategies

Learning questions:

- What direction do your hands need to face when catching?
- Describe the position of your hands when catching
- Identify 3 coaching points for catching a ball above head height
- How can you ensure that the ball does not 'pop' out of your hands whilst catching?
- When would you choose to use this type of catch during a game of Cricket?