#ThisIsPE
Cricket — One handed catch
SECONDARY KEY STAGE 3 PE // STRIKE/FIELD

Content outline
This activity aims to focus on the correct technique to perform a one-handed underarm catch – which can be applied to Cricket
• Correct body position
• Catching with one hand at waist height and below
• Accuracy – aiming for targets
• Resilience

Space
• Increase the distance from the wall (to make the task more difficult)
• Decrease the distance from the wall (to make the task easier)

Equipment
• Change size of ball
• To increase difficulty, use a larger targets on the wall
• To decrease difficulty use smaller targets on the wall

Task
• Throwing the ball using your dominant hand
• To increase difficulty, try to throw the ball using your non-dominant hand
• Add targets to the wall to aim for to increase the difficulty of the task or to create a different scoring system
• Throwing the ball at the wall harder (to increase speed of the ball to catch) will also increase difficulty

People
• If you have another person in your house, try to compete against each other – who can catch the most wall rebounds in 1 minute?
• You could also create your own competition if aiming for targets
• Challenge a friend with an online competition

Learning intention
Physical:
• To develop the technique of catching under-arm

Personal:
• Resilience
• Performing under pressure

Learning questions:
• Describe the position of your hand when catching
• Identify 3 coaching points for catching a ball one-handed below waist 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?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary