5) Bowling and Catching

Factfile

Category
Striking and Fielding

Competition Type
Alternate, integrated, opposed

Area Dimensions
3m x 10m - 5m x 15m

Number of Players
4

Time Per Game
5 - 10 minutes

Objective
To bowl/throw accurately and block/catch the ball.

Equipment

- 26 Marker Cones
- 2 balls

Created using SoccerTutor.com Tactics Manager

Rules

- 2v2. In each pair, 1 player stands in a grid with their partner stood behind.

- 1 player bowls/throws the ball from their grid to land in the other grid. As they bowl/throw, they swap with their partner.

- The receiver catches the ball before it bounces twice before bowling/throwing back and swapping with their partner.

- 1 point is scored if: the opponent's throw doesn't land in the grid, they drop the ball, the opponent throws outside the grid or the ball bounces twice.

Safety Tips

- Be ready at all times to defend yourself from the ball, even if you are not in the grid.

- Hold your hands up early to catch the ball and to prevent injury.
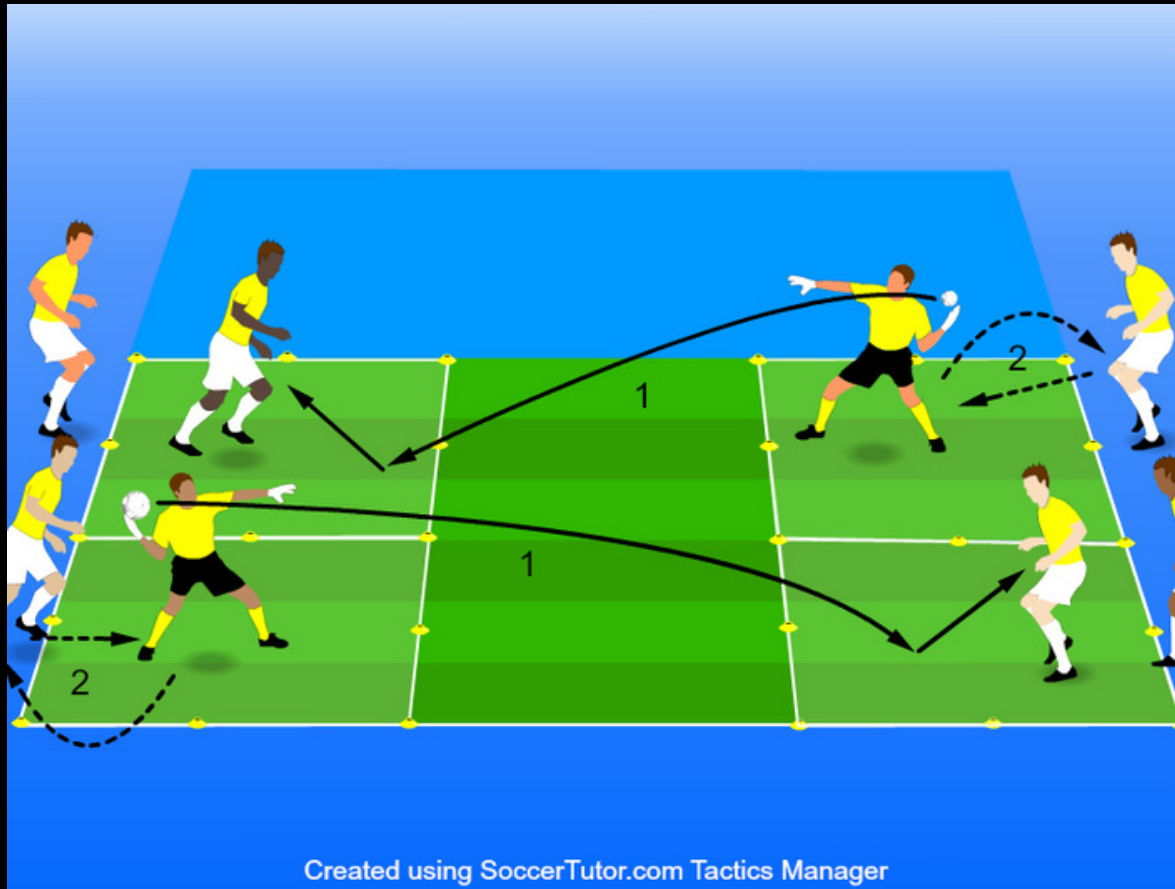
Tips For Success

- Aim away from the opponent to make it tricky for them but not so far away that you miss the grid.
- Hold your hands out early with bent elbows and relax your hands before closing them on impact.
- Move sidewards to be behind the ball.

Independent Personalisation

- Use a smaller/larger ball.
- Keep swapping partners.
- Adapt the pace and spin of your throw according to the level of the receiver.
- Throw/bowl from behind your grid to challenge yourself.