**Catch**

*Catch is a traditional game that helps reinforce throwing and catching skills.*  
The activity also is helpful in developing eye-hand coordination.

---

**LEARNING**

- Throwing skill development  
- Catching skill development  
- Improved eye-hand coordination

**MATERIALS**

- A ball for each set of partners (tennis ball or rubber ball)  
- Open area

**STEPS**

1. Assign children partners and have them stand 6 to 25 inches apart depending on their level of development.  
2. Have one child throw the ball using the following techniques:  
   - Place the opposite foot forward as the ball is being thrown.  
   - Keep an eye on the target while throwing the ball.  
   - Have your fingers point towards the target.  
   - Shift your body weight from your back foot to your front foot as you throw.  
3. Have the second child catch the ball using the following techniques:  
   - Watch the ball all the way.  
   - Keep your thumbs together if catching above the waist and your pinkies together if catching the ball below the waist.  
   - Relax your hands upon impact of the ball.  
4. Have children play catch at close distances until they are successful before moving to greater distances.

---

**ACCOMMODATIONS**

- Larger plastic balls could be used with younger children.  
- The distance between partners can be adjusted for the children's ability level.  
- Children who have more advanced throwing skills could be paired up with children who are still in the beginning stages of throwing development.

**EXTENSIONS**

- Different-size balls could be used. Children could use large balls for practice catching balls with two hands, small balls for practice catching with one hand.  
- As children develop they could use two balls at one time.  
- Balls with different textures and weights could also be tried: tennis, Nerf, beanbags, etc.  
- For extra fun, water balloons could be used.