

## Catch-Nets

Item #17689



- **Overview.** A unique twist on regular toss/catch and paddle games! These fun catch-nets feature foam handles with attached netting for catching balls, beanbags and more. Set includes 6 catch-nets, 1 each in red, blue, green, yellow, orange and purple, plus 6 matching colored balls. 15½”L x 9”W
- **What Are the Educational Applications?**
  - By giving an opportunity to practice catching accuracy, the instructor is helping to develop a life skill as well as a basis for many different sports. Throwing to a target and catching are skills used not only in sports but in everyday life. It is often more efficient to toss an object to someone than to walk and hand it over.
  - Throwing and catching activities are important components at any level in Physical Education. When teaching these types of activities, accuracy should be an important point for discussion. By focusing students on the target area to throw at when stationary or moving, a higher level of success is usually achieved.
  - Helps teach shapes and colors to younger students.
  - Allows individual development in a group activity session.
  - Easy to incorporate as a differentiated instruction tool.
- **How Can I Use This Product With My Students?**
  - **Where:** Can be used indoors or outdoors.
  - **Age:** Can be used with various ages and skill levels but recommended for beginners and/or younger individuals.
  - **Group Size:** 1-12
  - **Basic Skills Needed:**
    - Prior to using, teachers should teach underhand and/or overhand throwing cues.
    - Catching in a progression from two hands, one hand and then with an object are important lead up skills.
- **Setup/Instructions:** Make sure the distances to toss and catch from are appropriate for the given age group.

### The Games/Activities

- **Activity #1: Fielding Catches**
  - a. **Objective:** To learn to practice throwing skills in a non-sport setting.
  - b. **How to Play:** Since the Catch-Net has a large opening and deep pocket, students are more likely to catch a ball if they have the correct eye tracking of where the object is going. Students often struggle when first learning to catch because a typical mitt or the hand cannot grip the ball correctly, and although the placement is correct, the catch is not successful. The Catch-Net eliminates this element so the student can focus on tracking correctly then work on catch gripping later.
- **Activity #2: Lacrosse Techniques - Scooping**
  - a. **Objective:** Learning the Lacrosse technique of scooping.
  - b. **How to Play:** When scooping, use this cue set to describe the motion:
    - Step: same foot as Catch-Net, hand beside ball
    - Stick: dominant hand side
    - Ice Cream Scoop: Catch-Net pointed down
    - Slide the Sprinkles on Top: Scrape knuckles along ground
    - Time to Eat: Bring Catch-Net upward toward face. This can be done as an individual station.

c. Extension: London Bridge Drill: Players must pick up the ball while running beneath a bridge formed by a partner. Ball is placed just slightly in front of the bridge for set up.

• **Activity #3: Lacrosse Techniques - Cradle**

- a. Objective: In lacrosse, cradling involves having the ball in the net of the stick and moving the stick from side to side while in motion to keep the ball inside the net.
- b. How to Play: The Catch-Net can be used to lead up to this skill by using the dominant hand only to cradle. It features a deeper net than the lacrosse stick, allowing the ball to stay inside the net while the student works on the cradle technique.

• **Activity #4: Lacrosse Scoop and Cradle Roundup**

- a. Objective: Applying the main techniques to an activity.
- b. Set Up: Start by marking off the play area. Spread balls all over the play area. Place crates or buckets in different edges of play area such as corners, and divide students into equal teams.
- d. How to Play: On the “go” signal all students run out into the play area and scoop a ball using the Catch-Net then cradle the ball back to crate and place ball in the crate. When all balls are gone, see which team collected the most.
- e. Extension: This can also be done as a relay race where one student at a time from each team runs out to scoop and cradle.



• **Activity #5: Throw the Yard**

- a. Objective: This activity is another throwing building block. Students are given the option of throwing an object while moving or standing still even though the target remains stationary. In addition, this is an opportunity to work on offense and defense because both sides are aiming for the other team’s target while guarding their own.
- b. Set Up:
  - Divide the area into four equal-sized “yards,” using cones if needed.
  - Divide the students into teams, choosing students of varying abilities so that the teams are evenly matched. This same game can be played with two team yards instead of four if equipment or space is limited.
  - Place the same number of crates, large and small boxes, and large garbage cans in similar places in each of the “yards.” Give each team the same number of objects to use for throwing (e.g., yarn balls, “gator” balls, foam balls, etc.).
- c. How to Play:
  - On the “go” signal, students try to throw balls from their area into the containers. Students may pick up items from the ground, but may not remove objects from containers. Assign one student to each container to be a “blocker.” Blockers use Catch-Net Set to try blocking and catching the object so that they do not get into the team’s container. On the teacher’s “stop” signal, have students divide the balls up so each team once again has an equal number of balls, switch blockers, and begin the game again.

• **Safety Issues & Concerns**

- Students should be aware and alert when retrieving objects from area where others are using the Catch-Net Set and throwing objects. They should look out for each other, and objects moving in their direction from varying angles.
- Students should only aim objects at Catch-Net Set or another object, not other people.

## Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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