

Beyond Basic Fielding - Lesson Plan 5

CATCHING LONG DISTANCE

- Move into position as quickly as possible (high catches).
- Keep head still, eyes on ball.
- Fingers point down, up or to side
- Catch with soft hands, giving with the ball.



OUTFIELD CATCHING



To start: Select two teams of 2-5 players, who position themselves at either end of the playing field.

The game: Players throw the ball to land in opposition's zone. A point is scored if opposition drops the ball or throws it out of the zone.

