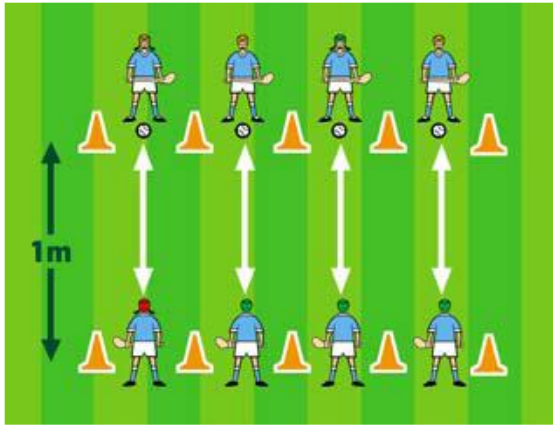


### Basic Drill



#### Partner Catch

Throw the ball for partner to catch

### Chest Catch

#### Key Points

1. Adopt the Ready Position
2. Release non-dominant hand
3. Move to meet the ball
4. Cushion the ball on impact between chest and cupped hand

#### Head - Hands - Feet

#### STEP - Vary the activity

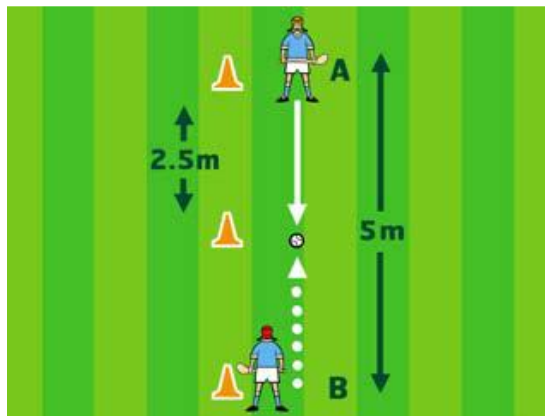
Vary Space

Vary Task

Vary Equipment

Vary Players

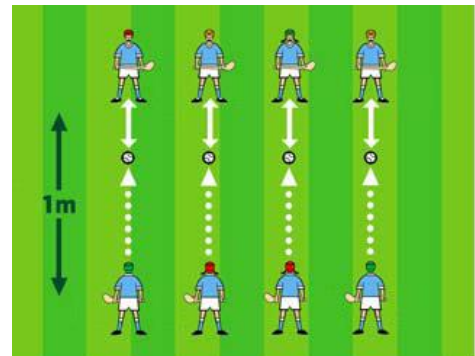
### Intermediate Drill



#### Move to Catch

B runs to catch the ball A throws.

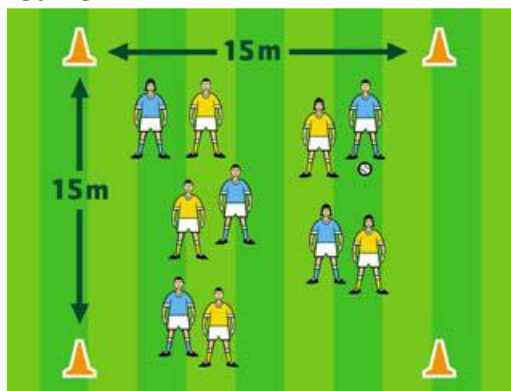
### Intermediate Drill



#### Move and Catch

Players move to receive the ball from their partner while moving across the field

### Fun Game



#### Keep Ball

No hurley; Players maintain possession by throwing the ball for a team mate to chest catch.

### Fun Game



#### Beat the Circle

Team A throws the ball around the circle while Team B runs around the circle in relay