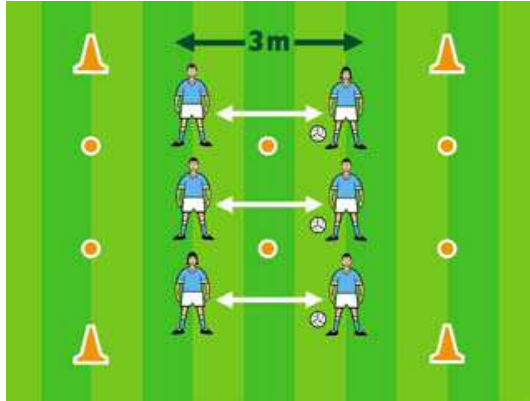


### Basic Drill



#### Throw and Body Catch

Each Player in turn throws the ball for their partner to catch

### Body Catch

#### Key Points

1. Move to receive the ball
2. Extend arms out in front of the chest
3. Relax chest on impact to cushion the ball

#### Head - Hands - Feet

**STEP** - Vary the activity

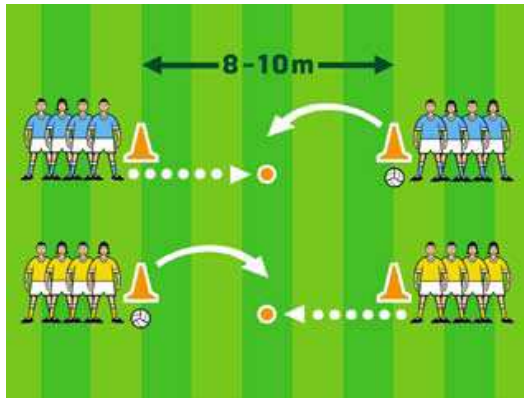
Vary Space

Vary Task

Vary Equipment

Vary Players

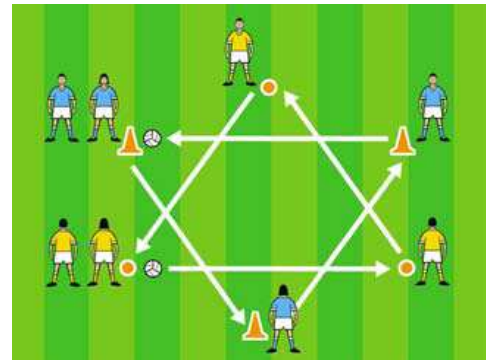
### Intermediate Drill



#### Handball Bob

Player throws the ball for opposite player to run on and catch at the halfway marker.

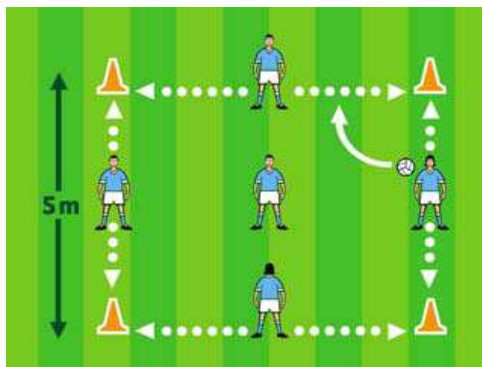
### Intermediate Drill



#### Star Drill

A player throws the ball for the second player on their right to catch and runs to the back of that line.

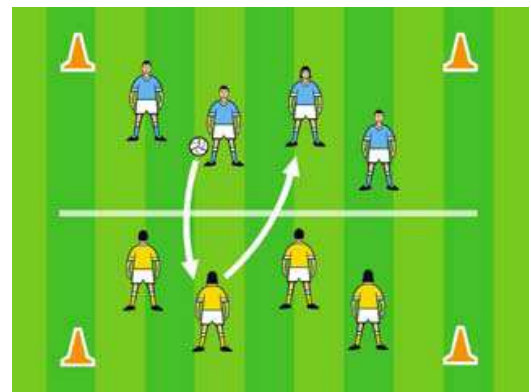
### Fun Game



#### Piggy in the Middle

Middle player tries to intercept the ball while the outer players throw the ball to each other

### Fun Game



#### Over the River

Throw the ball to make it difficult for the opposition to Body Catch