

Catch 5

A fast-paced, small sided game that gets students working together to move to open spaces, defend players, and make good throws and catches.



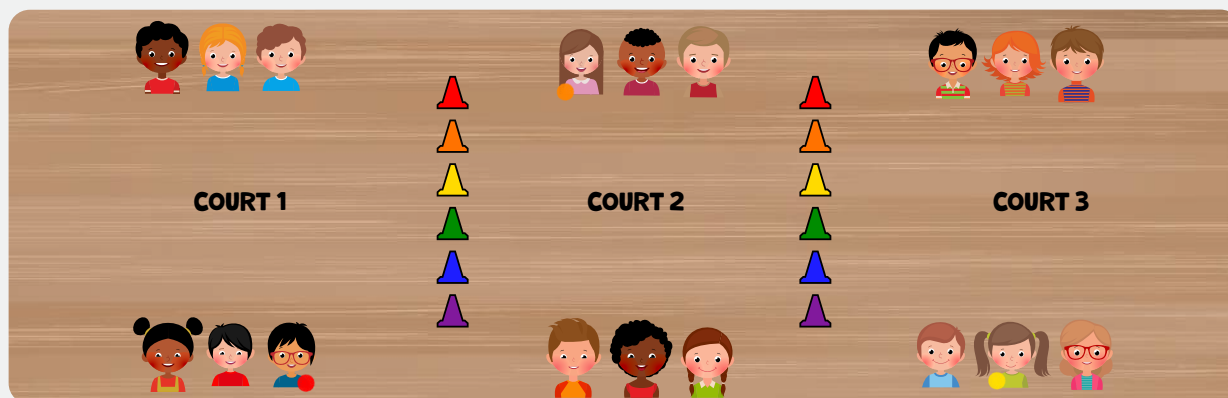
Standard Aligned:

- **PREK-2:** 2.2.2 Identifies simple strategies in chasing and fleeing activities.
- **3-5:** 2.5.2 Demonstrates knowledge of offensive strategies in small-sided invasion practice tasks.
- **3-5:** 2.5.3 Demonstrates knowledge of defensive strategies in small-sided invasion practice tasks.
- **Plus:** Throwing (1.2.9 & 1.5.10) & Catching (1.2.8 & 1.5.12)

Equipment:

- 3 Balls (Koosh recommended)
- Cones for boundaries
- Pinnies/jerseys

Game Set Up: Use cones to divide playing area into 3 sections. Divide students into 6 groups where each team has a different color jersey (or have one team wear them on each court).



Directions:

1. On the signal, the team that starts with the ball (offense) attempts to make 5 consecutive throws & catches.
2. When a player has the ball, they cannot run, only pivot or pass.
3. Offensive players should continue to move to an open space to receive a pass.
4. Defensive players should guard the offensive players and attempt to intercept or knock down the ball causing a turnover.
5. If a team successfully makes 5 consecutive throws and catches, they earn one point and give the ball to the other team.
6. Anytime the ball hits the ground (dropped pass, errant throw, or knockdown) or the ball is intercepted, a turnover occurs.
7. Play for a certain amount of time or number of points before rotating teams and playing again.

Best Practices:

- Focus on continuous movement. The offense should focus on the give and go by moving to open spaces.
- The defense should focus on guarding the open players, not the thrower.
- There should be no contact between players and no grabbing/knocking the ball out of a thrower's hand.
- Teach this game as the first in the series followed by Hoop Ball, then Pin Ball as these are both progressions/layers that build on the game play of Catch 5.