

# 6

## Developing

### Circle Catch

**Learning Outcome:** Catching a ball approaching at different angles, levels and speeds and passing and throwing.

#### Setup

- A variety of small and large balls. Each group of six-seven, with one ball, stands in a circle in a grass or hard area.



#### Throw & Catch

The player with the ball throws it to anyone in the circle other than an adjacent player. The thrower then runs round the circle to the catcher's position while the catcher throws and runs.

#### Catchers Against Runners

The player with the ball throws it to one of the adjacent players, then runs around the circle back to their place. The remaining players pass the ball around the circle to see how many catches they can make before the runner gets back. If the first pass is dropped, the runner starts again.

#### Your Ball

The thrower with the ball stands in the middle of the circle and throws the ball high, calling a player's name. That player moves into the circle and the thrower takes up the player's position in the circle. The named player catches the ball, then throws it up while naming another player to catch. Continue.

#### You Could Ask...

- How would you have your hands to catch a high ball?
- Sometimes the ball pops out of our hands. How can you keep the ball in your hands?
- Where should you position your body to receive a catch?

## Safety

Awareness of spacing to avoid collisions.



## Can you see?



Eyes on the ball, catch with soft fingers, fingers pointing up for a ball above the waist, pointing down to catch a ball below the waist, getting under the ball to catch it.

## Equipment



A variety of balls



Defined grass or large area

# Fastest Squash Ball:

# 280KM/

# PER HOUR



**Nix's Fun Fact!**

## Fast Hitting!

At the 2011 US Open, Australian world top 20 squash professional, Cameron Pilley broke John White's fastest squash hit of 276.8 km/hour with a shot of 281.6 km/hour – as fast as a Ferrari!