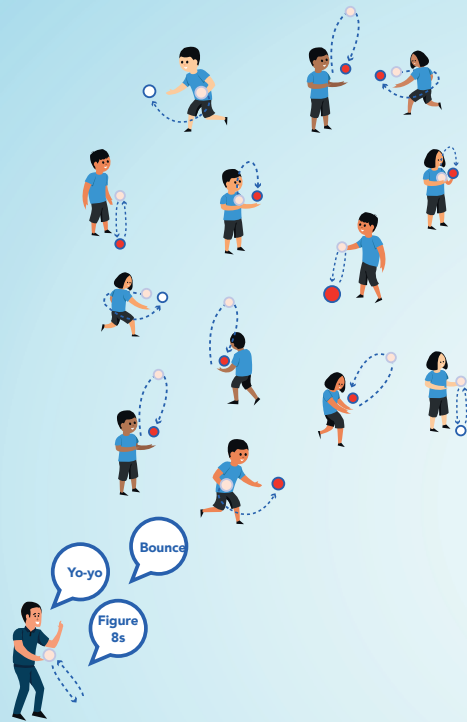


STAR SKILLS



FIELDING

Aim

- ✓ Different whole-body movements
- ✓ Watch and catch a ball.

Equipment



Organisation

- ✓ Ensure every player has a ball or beanbag
- ✓ All activity should happen whilst moving continually
- ✓ Start by instructing players to try different skills – eg low catch, bounce and catch, roll and retrieve
- ✓ Develop skills that require interaction – eg place your ball on the floor and collect someone else's, swap balls with a partner
- ✓ Encourage players to create the next challenge or skill.

CHANGE IT! Adaptation / Variation

Easier:

- Start with simple skills where the ball doesn't leave the body – ie 'roll it around your belly'
- Start with players standing still to perform the skills
- Decrease the size of the space
- Use larger ball.

More Challenging:

- Increase the amount of and speed of commands
- Move around the space in different ways, such as hopping or sidestepping
- Introduce one-handed catching
- Designate different skills numbers rather than names.

COMPETITION CORNER

See how many times an All Star can perform a designated skill in 20 seconds. Repeat the exercise to see if they can beat their own personal best.

GET THE ADULTS INVOLVED

Kids can be really challenged to be creative by pairing up with their adults and asking each to come up with a skill that their partner can copy.