

Wade'n'catch

Fundamentals

Primary component: throwing
Additional component/s: catching, running, speed

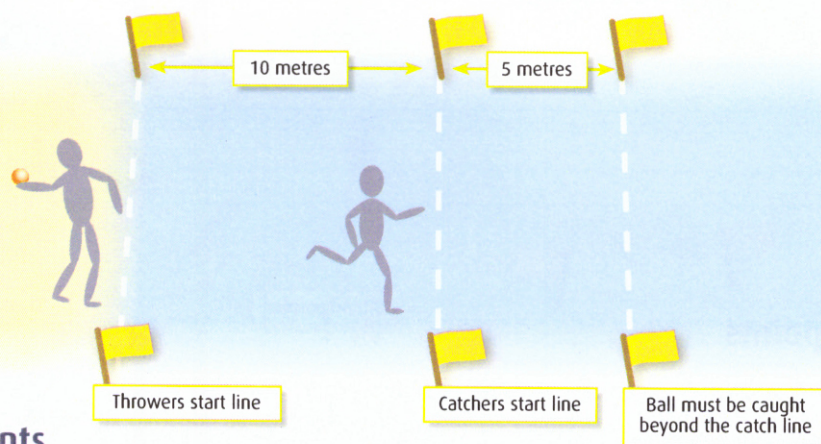
Description

One member of the pair stands on the water's edge (thrower) and the other member of the pair in the water at ankle depth (catcher). The 'thrower' throws the ball as high as possible towards the water and the 'catcher' has to run/wade to attempt to catch it. The catcher then returns to the throwers position. Thrower and catcher then reverse roles. The pair have 4mins to get as many catches and throws in as possible.

Equipment/location required

Ocean location, balls, timer

Diagram 7. Wade and catch course layout



Coaching points

Encourage hip abduction as well as high knee and arm lift when wading.

Variations:

Can be undertaken on the beach using beach flag start position.