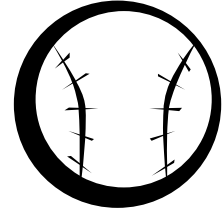


Lesson Objective:

- To develop the skills associated with catching ground balls.

Equipment Required:

- 1 soft ball (foam ball, wiffle ball, etc.) for each student.
- 4 large balls, volleyball, etc.



Safety Considerations:

Check playing area for any hazards. Make sure students are dressed properly for active movement. When fielding ground balls make sure students keep their fingers pointing down. Use soft foam balls until students get used to the movement.

Entry Activity:

Have students jogging around the gym and when the teacher blows a whistle the students stop and have to bounce and catch the ball using different actions (standing tall, crouching low, through one leg, etc.). The teacher will specify what activity the students will perform on each whistle.

Skill Development:

Teacher should demonstrate for students the proper positioning for fielding ground balls. Have the students practice in pairs, rolling the ball to each other and fielding the ball. Make sure they focus on the proper execution (see focus points). The teacher should move around the gym and provide feedback on stance and position.

Game: CIRCLE BALL

a) Divide class into groups of 8-10 students. Each group forms a circle standing with their feet wide apart touching the foot of the other person. Students bend over and clasp their hands together like an elephant's trunk. A large ball may be used for this activity. The ball is moved around the circle by swinging the trunk (arms) to keep the ball from going between a person's legs.

b) Remain in the circle from above, except one student who is in the centre of the circle. (Try using different size balls. Smaller balls will make it more difficult.) The centre player tries to roll the ball between the circle players' legs. The circle players use their legs and hands to try to stop the ball from going through as in fielding ground balls. Once the ball goes through a player's legs, that person exchanges places with the person in the centre. Try to give the students enough time so everyone has a chance to be in the middle. If the circle is taking a long time, ask them to switch.

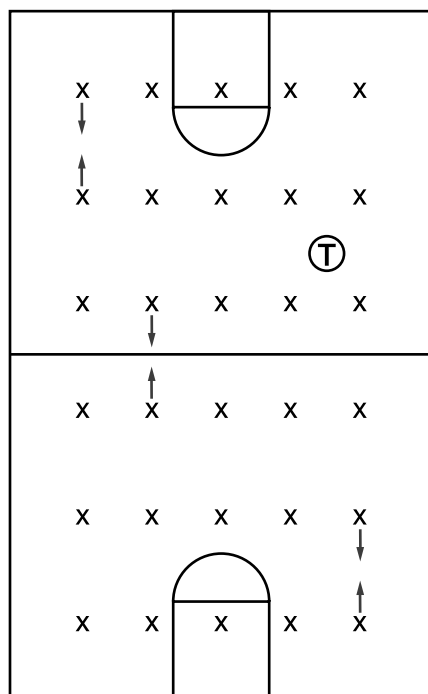
Cool Down:

Have the students walk around the gym and at every line they come to, have them put their feet together, then crouch down low, stand back up and continue walking. Once they have completed one lap have the students get a partner and face each other sitting on the floor with their legs stretched out in front of them. Each pair should have a ball. Have the one student roll the ball to his/her partner and when he/she has released the ball, touch his/her toes and hold the stretch for 10 seconds. The partner that receives the ball must hold the ball high over his/her head and stretch holding it for 10 seconds. The partner with the ball then rolls it back and they switch roles. Have the students do this activity 5 times.

Focus Points: FIELDING GROUND BALLS

- Keep feet shoulder width apart with weight on the balls of the feet.
- Bend knees and hips so the back is parallel to the ground. Keep hands down and slightly forward, just touching the ground with the palms up.
- Keep the head down and watch the ball all the way to hands.
- Bring the ball into the middle of the body.
- Field ball directly in front of body if possible.

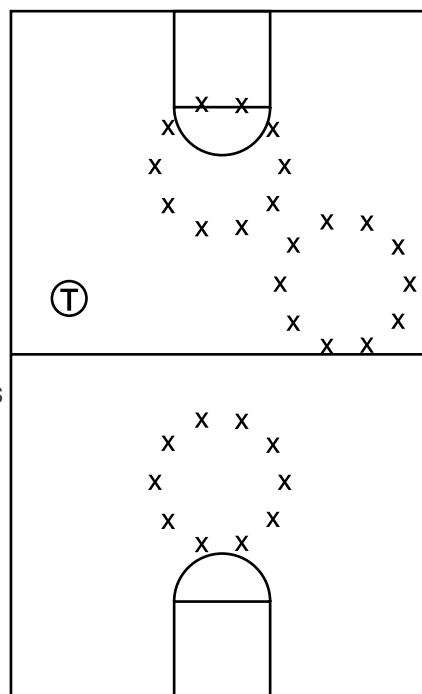
Diagrams: FIELDING GROUND BALLS



ROLLING, BOUNCING SOFT
BALLS TO EACH OTHER
EMPHASIZING TECHNIQUE
(SEE FOCUS POINTS)

ELEPHANT
BALL
&
CIRCLE
BALL

USE VARIOUS
SIZES
OF BALLS



LEGEND

- X STUDENTS
- Ⓣ TEACHER
- ↓ DIRECTION OF BALL