

CATCHING

FROM INCLUSION TO GLORY

FEATURED ATHLETES



WOMEN'S RUGBY 7s TEAM
RUGBY

The enjoyment of the rights and freedoms set forth in this Olympic Charter shall be secured without discrimination of any kind, such as race, colour, sex, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth or other status.

Fundamental Principles of Olympism, The Olympic Charter (2019)



SCHOOL PROGRAM

ICE - BREAKER

Silent ball

Today's Olympic value is inclusion. Athletes come in all different shapes, sizes, abilities, and sports!

Activity Type: Circle Game

Group Size: Large group (of 5 or more)

Age Group: 6-12

Length of Activity: 10 minutes or more, make sure to cut the activity at the peak of enjoyment

Objective: To have fun and include/engage all participants through teamwork.

Equipment: 3 multipurpose balls

BEFORE YOU START

1. Discuss how it feels when you are excluded from an activity. Ask the participants what inclusion in sport looks like. Discuss how they can be inclusive of others.
2. Make sure everyone understands how to play. Remind participants to ensure everyone is included in the game and gets a turn with the ball.
3. The one rule is that you can only communicate silently. If the instructor sees a participant communicating vocally, they can ask the participant to "remain silent and try again."

SET UP

Participants form a circle standing up 2 metres apart.

How to Play

- Instructor counts down "3, 2, 1, silent".
- Participants pass the ball to any participant in the circle but can only use non-verbal communication. The idea is to ensure everyone has a turn passing and catching the ball, but participants can only use non-verbal communication and therefore must pay close attention to who has had a turn or not. Participants must also find effective, nonverbal, ways to communicate with the person they're passing to, so that the ball is not dropped.
- If a participant drops the ball, makes a bad pass, or makes noise, they must stand on one foot. They can keep playing, but must play standing on one foot.
- Depending on age and skill level of participants, you can increase the challenge by using different size balls and/or adding more than one ball at a time.

WARM - UP

Like an olympian

Group Size: Large group (of 5 or more)

Age Group: 6-12

Length of Activity: Spend 10 minutes or more for the warm-up. Cut the activity at the peak of enjoyment.

OBJECTIVE

To have participants attempt a variety of warm-ups performed by Olympic athletes

EQUIPMENT

10 cones, 7 multipurpose balls

Warm-Up Like...

A BASKETBALL PLAYER	A HANDBALL PLAYER	A RUGBY PLAYER
<p>Set up one cone 20m in front of a start line. Pair up participants and give each pair a basketball.</p> <p>Partner chest pass- participants stand 2 metres apart facing their partner on the start line. Partner's chest pass a basketball back and forth while side shuffling to the cone and back</p> <p>Repeat with partners spaced 4 meters apart and again spaced 6 meters apart.</p>	<p>Set up one cone 20m in front of a start line. Pair up participants and give each pair a ball.</p> <p>Partner pass- participants stand 2m apart from their partner on the start line. Partner's overhand pass a ball back and forth while jogging to the cone and then back.</p> <p>Repeat with partners spaced 4m apart and again spaced 6m apart.</p>	<p>Split participants up into two lines 2 metres apart.</p> <p>Two lines pass- participant passes the ball by holding onto the sides, and rotating their hands as they let go in a forward motion (spin pass) with a ball to participant in another line, and then follows their pass.</p> <p>Participants waiting to receive the pass should be in the "ready position" (slightly bent knees and butt slightly back) with their hands out in front ready to catch.</p>



SCHOOL PROGRAM

FEATURED *Athletes*

FROM ADVOCATING FOR CHANGE TO GLORY

WOMEN'S RUGBY 7s TEAM

SPORT: RUGBY

The Canadian women's rugby team may have missed out on repeating a medal at the Tokyo 2020 Olympic Games, but they demonstrated that advocating for inclusion is an important aspect of the game by incorporating orange into their uniforms, showing solidarity with Indigenous peoples. The colour choice was a nod toward reconciliation with Canada's Indigenous population.



Photo by Leah Hennel/COC

Physical Literacy Tip

CATCHING

Catching is used across numerous physical activities and sports, and is fundamental to the success of many team sports. For example, if you miss a pass in basketball, the other team could gain possession and score a basket. Here are some cues to remember when catching. When the ball is coming high, keep your thumbs together and your fingers to the sky. If the ball is coming in low, keep your pinkies together and your fingers to the ground.

Playing catch with a friend is a great way to practice this skill. If you are just beginning, start close together with a larger ball. As you get better, move further apart, and decrease the size of the ball. For an extra challenge, try catching a tennis ball with one hand, with your non-dominant hand, and from different directions (high, low, and to the side).

Being able to catch a ball with ease will not only grow your confidence, but also improve your success in many team sports. You will feel motivated to try sports like rugby, basketball, football, softball, baseball, and handball.

GAME #1

Rubber Band

OBJECT

To throw and catch a ball with a partner.

EQUIPMENT

- Various balls (Beach balls, foam balls, tennis balls, wiffle balls, etc.)

SET UP

- Place participants into pairs and have them face each other two meters apart.
- Give each pair one ball (allow them to choose which type of ball based on their comfort level, they can always change balls throughout activity).

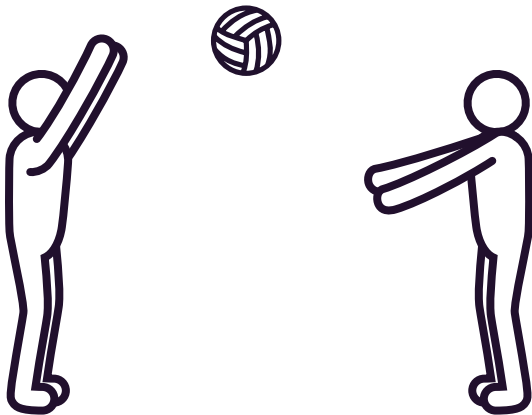
RULES

Take one step backwards when you catch the ball.

How to Play

- One partner begins with the ball and throws it to their partner.
- If their partner catches the ball, they both take one step backwards.
- They repeat this until someone drops the ball.
- If someone drops the ball, the pair starts back at the beginning two meters apart.

DIAGRAM



COACHING

Good cue words to coach catching are “Keep your eyes on the ball”, “Thumbs together if ball is high”, and “Pinkies together if ball is low”.



GAME # 2

Circle Catch

OBJECT

To practice throwing and catching in a group.

To help participants gain respect for the sporting abilities of athletes with a movement impairment.

EQUIPMENT

- Balls (one for each five or six participants)

SET UP

- Place participants into groups of 5-6, and have them form a circle with two metres between every participant.
- Have students sit in a circle.
- Give each group one ball.

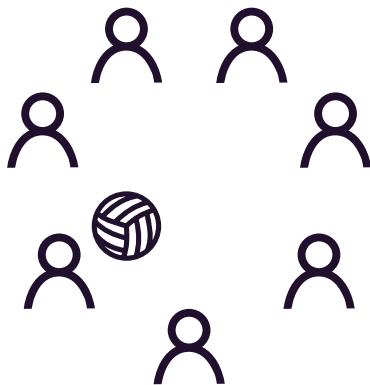
RULES

- You must try your best to give good throws.
- You cannot throw back to the person who threw it to you.
- You cannot throw to the same person twice in a row.
- You cannot throw to the person next to you.

How to Play

- Participants must throw the ball to others in the circle.
- If you drop the ball, you must leave your circle and join another circle.
- For an added challenge, add more balls to the circles, use some smaller balls, or catch using the non-dominant hand or only one hand. Try making the circle larger by stepping back a metre.
- Encourage the thrower to say the name of the participant to whom they are throwing the ball.

DIAGRAM



COACHING

Good cue words to coach catching are “Keep your eyes on the ball”, “Stay focussed”, and “Absorb the ball as it comes into your hands”.

