

LEVEL: SINGLE

SINGLE – RECEIVING

With a partner or a coach standing in front of the athlete at 10 feet, throw the ball in the air at approximately 15 feet. Look for athletes who will catch the ball using both hands. To succeed, the athlete must catch three fly balls out of the five balls thrown.

Below is an activity that can be used to prepare for this skill:

ACTIVITY SKY BALL

[Click here](#) for video demonstration

Goal: Teach and reinforce the proper way to receive a fly ball

Description: One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

- 1 Catching a higher thrown ball each time
- 2 Number of consecutive catches

VARIATIONS AND PROGRESSION:

- A. Standing alone, athletes toss a badminton birdie and let it bounce on their head
- B. Standing alone, athletes toss a badminton birdie and catch it with their hat
- C. Standing alone, athletes toss a ball in the air and try to catch it barehanded
- D. Coach throws the ball
- E. Coach hits a badminton birdie
- F. With or without a glove

Equipment: Various balls or objects to catch

KEY POINTS

- *Hands together slightly above forehead*