

# LESSON 1: THROWING AND CATCHING

## Grade-Level Outcomes

### Primary Outcomes

**Throwing:** Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base). (S1.M2.6)

**Catching:** Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks. (S1.M3.6)

### Embedded Outcomes

**Accepting feedback:** Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. (S4.M3.6)

**Working with others:** Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. (S4.M4.6)

## Lesson Objectives

The learner will:

- demonstrate the proper technique for a backhand throw.
- demonstrate the proper technique for catching a disc, using both the two- and one-hand catch.

## Equipment and Materials

- 1 disc for every 2 students
- 1 hoop for every 2 students or as space allows; larger target for students who need it
- Recording device for every 2 students or as many as possible

## Introduction

*During this module, we will learn how to catch and throw a disc as well as play the exciting game of ultimate. Who has played ultimate with any type of equipment before? Do you know the names for any of the disc throws?*

Show students a video of people playing ultimate disc and how to perform the backhand throw and one- and two-hand catch.

## Instructional Task: Throwing and Catching (Stationary)

### ■ PRACTICE TASK

With a partner, students will practice throwing the disc back and forth about 7 yards or meters apart, working on the critical elements of the backhand throw and two-hand catch (sandwich) or one-hand catch.

### Extensions

- Repeat with the thrower aiming a couple of steps to the receiver's right or left so the receiver must catch on the move.
- Repeat with the receiver varying the height of the target.
- In groups of four, have two of the students video-record the others. Using a checklist or rubric, have students evaluate how they are throwing and catching related to the critical elements.

**EMBEDDED OUTCOME: S4.M3.6.** Pass back peer evaluations. Have students review their evaluations and videos of throwing and catching. In groups, have students discuss how to implement the feedback from their evaluation sheets to improve their skill.

## Student Choices/Differentiation

- The distance between the partners can be lengthened or shortened based on correct technique and how comfortable they are with catching.
- Students may catch with one or two hands.
- Students may use the foam or wire and fabric discs until they feel comfortable with catching and throwing.

## What to Look For

- Are students performing with proper technique?
- Do they need to adjust the distance from where they are throwing?

## Self-evaluation

Students should look for and adjust the following while watching their video of throwing and catching.

### Throwing

- Do you have the proper grip?
- Are you sideways to the target?
- Are you bringing your arm level across your body?
- Is your non-throwing arm extended back and out of the way?
- Are you stepping toward the target as you bring your throwing arm across your body?
- Are you flicking your wrist?
- Are you releasing when your arm is extended toward the target?
- Are you following through?

### Catching

- Two-hand catch
  - One hand on top and the other underneath the disc
  - Eyes on disc through the catch
- One-hand catch
  - Hand in a C shape with fingers on top and thumb under
  - Eyes on disc through the catch

## Instructional Task: Throwing for Accuracy

### ■ PRACTICE TASK

In partners, students throw a disc through a hoop 10 to 15 feet (3 to 4.5 meters) away. Trading off throws, the partners try to make 20 through the hoop.

You can hang the hoop from the ceiling of the gym or trees outside.

### Refinement

If students are sacrificing their technique for accuracy, move them closer to the hoop.

### Extension

Repeat, varying the height of the hoop.

### Guiding questions for students:

- Why is it important to release the disc when your arm is extended toward the target?
- How does flicking your wrist help the disc fly straight?

**EMBEDDED OUTCOME: S4.M4.6.** Discuss with students that classmates might have varying skill levels and physical development constraints, and that they should provide encouragement and positive feedback.

### Student Choices/Differentiation

- If students are struggling to make 20 to end the game, drop the number to 10.
- Use different-sized targets.

### What to Look For

- Are students standing sideways to the target?
- Are students releasing when the arm is extended toward the target?
- Are students stepping toward the target with the preferred leg?
- Where is the disc going?
- Are the wrist and hand in a position as if they are shaking hands on the release?

### Formal and Informal Assessments

- Self-evaluation for throwing and catching
- Peer evaluation for throwing and catching

### Closure

- Review with students what they observed with regard to their throwing and catching.
- What were you doing incorrectly while throwing?
- How did watching yourself affect your throwing by the end of class?
- Did you think you were doing something correctly, only to find out that you were not after watching the video of your throw?

### Reflection

- How many students understood the grip and were able to follow the critical elements for throwing?
- How many students were still using the sandwich or pancake catch, compared to the one-hand catch?
- What percentage of students were struggling to catch or were afraid of the disc?

### Homework

*During recess or at home, practice throwing backhand. If possible, work on this with a partner to include catching.*

### Resources

- Baccarini, M., & Booth, T. (2008). *Essential ultimate: Teaching, coaching, and playing*. Champaign, IL: Human Kinetics.
- Dougherty, N.J. (Ed.) (2010). *Physical activity & sport for the secondary school student*. 6th ed. Reston, VA: National Association for Sport and Physical Education.
- Parinella, J., & Zaslow, E. (2004). *Ultimate: Techniques & tactics*. Champaign, IL: Human Kinetics.
- Internet keyword search: "disc throwing and catching techniques"