

W10052 Catch a Ball Set Activity Suggestions

This set up cups and balls can be used in many types of activities. With the ball attached to the cup, they are primarily an individual activity. By separating the balls from the cups, two person and group activities are possible.

Individual Activities – Performed with the ball attached to the cup.

- 1. Front Catch** – With the ball out of the cup, swing it back a little and then forward in a large loop and try to catch the ball in the cup.
- 2. Side Catch** - With the ball out of the cup, swing it to one side a little and then to the other side in a large loop and try to catch the ball in the cup.
- 3. Back Catch** - With the ball out of the cup, swing it forward a little and then backward in a large loop and try to catch the ball in the cup.
- 4. Front Arm Catch** – While holding the cup in one hand, extend the arm of the opposite hand in front of you. Using the Front Catch technique, catch the ball in the cup. The only difference is that the string must touch your arm before the ball hits the cup.
- 5. Opposite Hand** – Try any of above activities with your opposite hand!



Group or Team Activities – Performed with the ball removed from the cup. It is recommended the string remain inside the ball, since it can be difficult to re-insert the string.

- 1. Toss and Catch** – Have two players stand 4 or more feet apart from one another. Each player should have a catch cup in their catching hand (the same hand they would wear a baseball glove on). Using any baseball sized ball (like our W4263 Lite Flite Balls, W8431 Kooshie ball) or a small beanbag or footbag (W6823), players toss the ball to one another and attempt to catch the ball in the cup. See how many in a row a team can catch!
- 2. Team Pass Relay** – Each team gets two cups. Start with half the team at one end of a relay and the other half at another end. Place any size ball in the cup, players races from one end to the other without dropping the ball and at the end must transfer the ball to the person holding the other cup.

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