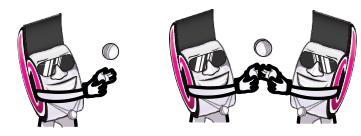


THE MASCOT CHALLENGE
COACHING TIPS



WEEK 1 CATCHING

Complete each activity **10 times** to earn a Syd
or **20 times** to earn a double Syd!



ACTIVITY
1



Throw the ball up with one hand and catch it with two hands.



ACTIVITY
2

Throw the ball up with one hand and catch it with the opposite hand, then start with the ball in your other hand.

ACTIVITY
3

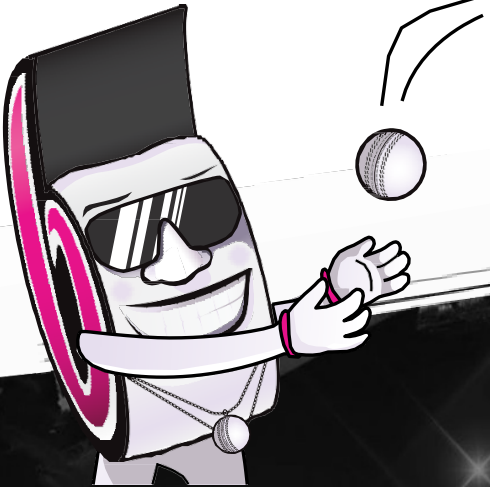


Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, each time catching the ball with TWO hands.



ACTIVITY
4

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, this time catching the ball with ONE hand.



* 1 Syd = 1 point
* Double Syd = 3 points

TOTAL

CONGRATS
YOU HAVE NOW COMPLETED
THE MASCOT CATCHING CHALLENGE!

THE MASCOT CHALLENGE
COACHING TIPS



WEEK 1 CATCHING

TIP

1

Make sure you watch the ball all the way into your hands.

TIP

2

Try to make your hands into a big bowl for the ball to land in.

TIP

3

Stand with your feet shoulder width apart.

TIP

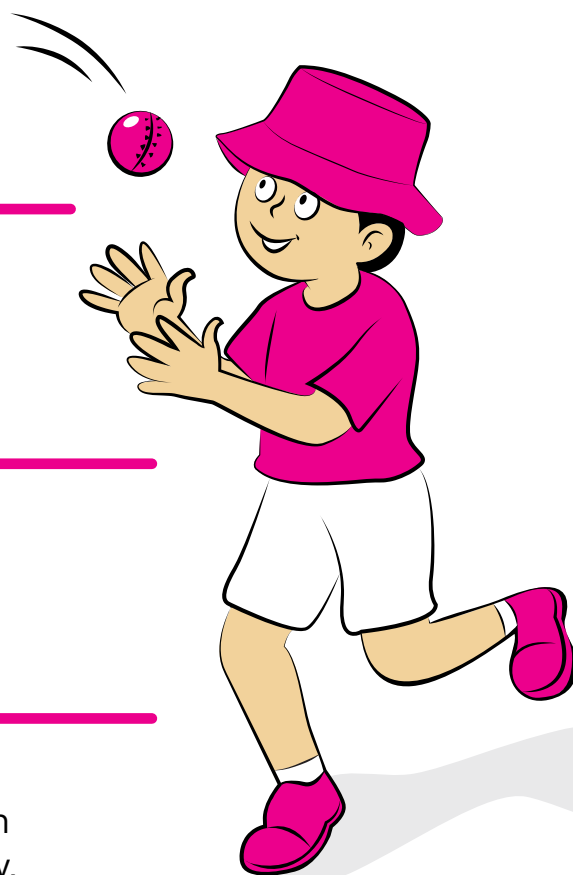
4

Catch the ball in your hands with your elbows in front of your body.

TIP

5

Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



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