

## Class 8 - Catching

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### Ultimate Warm-up – 5-minutes

- Arms: Beginner army crawls
- Legs: Frankenstein's
- Abs: Swimmers
- Core: Bear crawls

### Mat chat – 3-minutes (Includes water break)

- Today we are going to work on CATCHING.
- Who can tell me what CATCHING means?
- We are going to play the following CATCHING drills: **Throwback & Elevator Catching**
- Here are the three CATCHING tips:
  1. Hold your hands out as you catch.
  2. Keep your eyes on the object.
  3. Hold the object tightly as you catch it.

### Skill-building drills – 7-minutes

1. **Catch & Stack:** In this drill we will work on our CATCHING skill and spatial awareness by CATCHING pads thrown from farther and farther away.

- **Teaching SKILLZ: UP THE REP** - The student will be challenged as the instructor will take and extra steps away.
- **Brain SKILLZ: VISUAL PROCESSING** – The student will develop good spatial awareness as they catch the pads from different distances.

2. **Think Fast!:** In this drill the students will practice catching. This is a fundamental skill that most 3 and 4 year olds will struggle with at first. This builds hand-eye coordination focus. At the same time, this drill builds distance awareness, which is an essential skill for all youthful Martial Artists.

- **Teaching SKILLZ: TRICKERY** - Try and trick them with different commands.
- **Brain SKILLZ: SPEED OF PROCESSING** – The student must quickly respond to the command while catching the pad.

### Skill stripe test – 5-minutes

- See testing charts

### PartnerStretching: 5-minutes

- Butterfly stretch
- Chest stretch
- Sitting hamstring stretch
- Straddle stretch

### Game –3-minutes

- Ninja freeze

### End of class announcements – 2-minutes