



 **crazycatch®**

**ACTIVITY PACK**

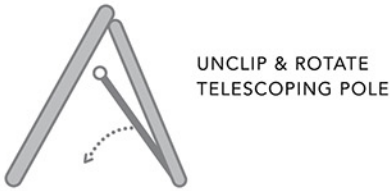
**USER GUIDE**



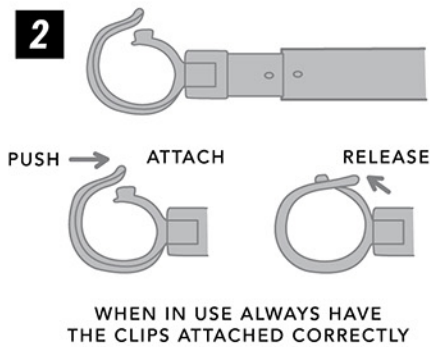
## ASSEMBLY INSTRUCTIONS

### INITIAL ASSEMBLY:

1

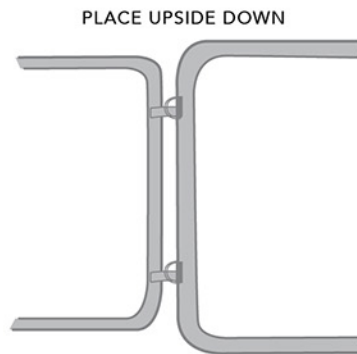


2



### HOW TO DISCONNECT & RECONNECT FRAMES:

OPEN OUT THE FRAMES ON A FLAT SURFACE TO 180° CLIP OR UNCLIP AND SLIDE THE QUICK RELEASE PIN TO CONNECT/DISCONNECT.



DO NOT USE WITH I HINGE ATTACHED

### HOW TO ADJUST NET ANGLE TO ALTER BALL REBOUND::

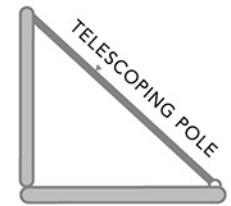
#### ANGLED FACE OPTION

(TELESCOPING POLE POSITIONED ON GROUND)



#### VERTICAL / NEAR VERTICAL OPTIONS

(ACHIEVES A LOW AND/OR BOUNCING BALL REBOUND)



## USING YOUR CRAZY CATCH SAFELY

Because of the very fast and unpredictable nature of the ball return from the Crazy Catch, there is risk of injury. This risk applies to anyone within the rebound area, including players and spectators.

**! THE RISK IS PARTICULARLY HIGH IF A HARD BALL SUCH AS A CRICKET BALL OR BASEBALL IS USED.**

#### OTHER EXAMPLES OF HIGHER RISK SITUATIONS INCLUDE:

- ! Young children and less skilled / first time users
- ! Anyone in the rebound area who is not taking part in the Crazy Catch activity and /or not watching the ball.
- ! Anyone in the rebound area with others who are being irresponsible.

#### WE RECOMMEND:

- ✓ Only use one ball and one side of the Crazy Catch at a time.
- ✓ With younger children only use softer balls, such as the Level 1 or 2 VisionBall.
- ✓ Where there is more than one child using the Crazy Catch with a hard ball, ensure supervision.

In purchasing and/or using the Crazy Catch you acknowledge that you do so at your own risk. In the event that any injury is sustained whatsoever, neither the manufacturer, distributor or retailer shall be held liable.

## MAXIMISE YOUR PERFORMANCE WITH VISION TRAINING

30% of your brain is taken up with visual information and processing and 85% of your learning is through visual pathways. The good news is that vision is learned and highly trainable.

Crazy Catch, along with the 1 Minute Challenges and VisionBall, is fantastic for developing visual skills for everyone.

Crazy Catch's patented *INSANE* side is great fun and a must for the serious athlete looking to maximise their visual performance.

## VISIONBALL : FAST TRACK YOUR BALL VISION SKILLS

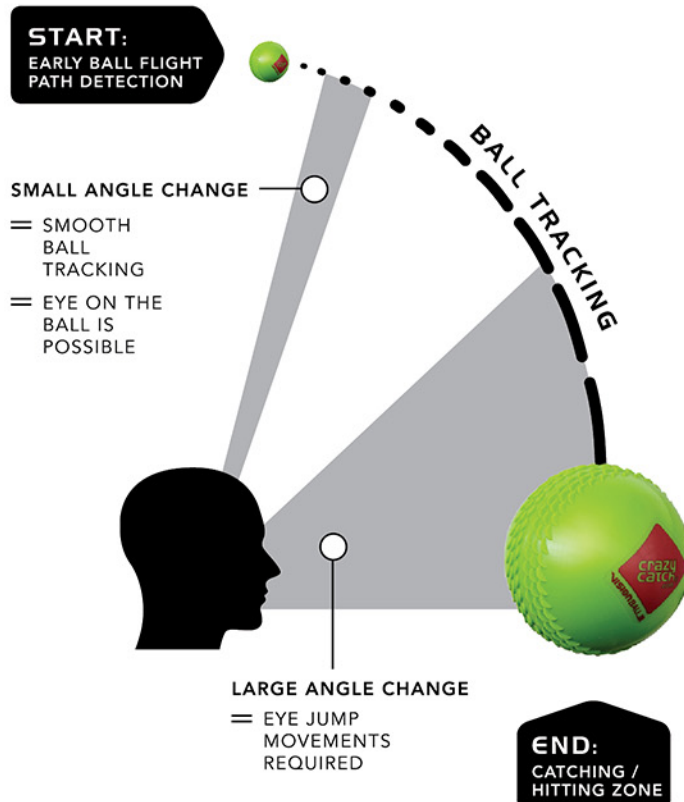
**MYTH** "KEEP YOUR EYE ON THE BALL" - PERHAPS THE MOST COMMON COACHING PHRASE OF ALL TIME IN RELATION TO CATCHING OR HITTING A BALL, BUT IT'S ACTUALLY IMPOSSIBLE!

**MYTH BUSTED** "Watch the ball" is sound advice during the initial stages of ball tracking. However, unless the ball travel is directly towards your eyes, it is simply impossible to "keep your eye on the ball" in the all important catching / hitting zone.

Crazy Catch has developed the Vision Ball to train your eyes to jump to the final point in a ball's flightpath, in the catching/striking zone.

Watch elite athletes just as they hit a ball or take a catch, and see where their eyes are directed. Develop these same skills by simply asking yourself: **"WHAT WAS THE LAST COLOUR I SAW ON THE CRAZY CATCH VISION BALL?"**

Now, with a clearly defined start and end-point, you can fast track your vision skills.



## FOR ALL ABILITIES

### UNIQUE INSANE RESPONSE TECHNOLOGY

With Crazy Catch, you can choose which side of the net to play, to suit your skill level.

 **insane** = unpredictable ball return

 **sane** = more predictable ball return

**WE'VE ALSO DEVELOPED A RANGE OF ADDITIONAL TRAINING DEVICES TO HELP YOU GET THE MOST OUT OF YOUR CRAZY CATCH**

## VISIONBALL



Includes Levels 1, 2 or 3 so you can match the VisionBall to your sport and skill level.

**LEVEL 1: FOR BEGINNERS**

**LEVEL 2: FOR ONGOING DEVELOPMENT**

**LEVEL 3: FOR ELITE**

## CRAZYCATCH.COM

You'll find loads of **FREE** resources on our website, all designed to help you improve your skills with maximum fun!

## PRODUCT CARE, QUALITY AND USE

Your Crazy Catch has been manufactured to the highest standards, ensuring it will deliver a high level of performance over time:

All Crazy Catch products carry a 3 month guarantee against manufacturing faults.

All plastics and rubber components are designed to extend product life in the outdoors.

While the unique performance of Crazy Catch is a design priority, we have also made careful design considerations

to extend the life of the components. For instance, unlike most rebound nets the bungee is protected from direct impact damage from a hard ball.

The metal frame is very durable with a galvanised layer and powder coat surface. To extend product life we recommend that you store the Crazy Catch out of direct sunlight and rain when not in use for extended periods of time.

**3 MONTH WARRANTY**

## FOR ALL SPORTS

Crazy Catch **PROFESSIONAL** now features a more rectangular shape and two hinge positions. This provides two options for net position so you can tailor it to your sport:



### HORIZONTAL

For sports such as cricket.



### VERTICAL

For sports where you want the ball rebound from a higher position, such as rugby and netball.

#### PATENT & TRADEMARK INFORMATION

NZ: Patent 335024 TMN°611116. AUSTRALIA: Patent 759147 TMN°851252. UK: Patent GB 2348612 TMN°2246238.

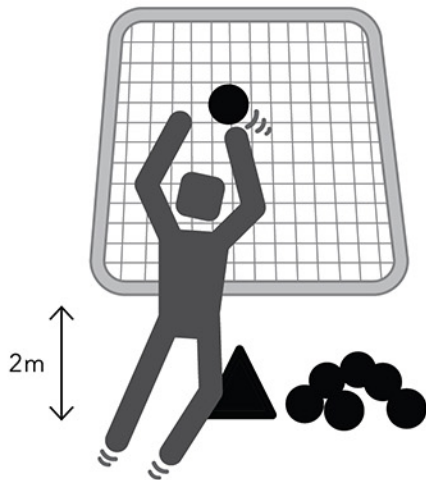
USA: US6299554 TMN°2679655. EU: TMN°002877728. FURTHER PATENT PENDING.



## TIME CHALLENGES

### 1 MINUTE CHALLENGES

**CHALLENGING AND INTENSIVE.  
A GREAT WORKOUT FOR VISUAL CONCENTRATION.**



THROW AND CATCH THE BALL AS MANY TIMES AS POSSIBLE IN ONE MINUTE.

HAVE LOTS OF SPARE BALLS, JUST IN CASE YOU MISS THE ODD ONE.

### ACTIVITIES 1-6 (REFER TO NEXT PAGE)

Try them all as a 1 Minute Challenge.

### COMBO

#### COMBO 5

Select your favourite activities. Complete 5 of each activity, then onto the next.

- » Time for 1 minute, **or**
- » Record your time to complete 1, 2 or more full rotations of 5 of each activity.

### GUT BUSTER (3 MINUTES)

#### GO BEYOND 1 MINUTE!

For the ultimate workout, try a Combo of activities non-stop for 3 minutes or more.

#### COMBO YOUR SPORT

Develop combinations for training for your sport and have a one minute break between each 1 Minute Challenge. (refer 'Your Sport', Activities page, [crazycatch.com](http://crazycatch.com))

Crazy Catch 1 Minute Challenges should be part of everyone's training kit. A great way to get an active, intensive workout for a broad range of visual & coordination skills. Fantastic for development of Visual Concentration, which is one of the 6 essential areas of Vision Training.



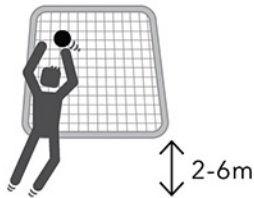
### EQUIPMENT

- » Crazy Catch net
- » Lots of balls
- » Distance marker - eg: cone
- » Training partner who can count



## INDIVIDUAL ACTIVITIES

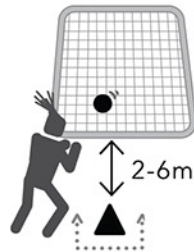
### 1 THROW & CATCH



Variations:

- » Kick & trap (Football)
- » Kick & catch (Rugby etc)
- » Flick & trap (Hockey, Lacrosse)

### 2 THROW, CATCH & STEP

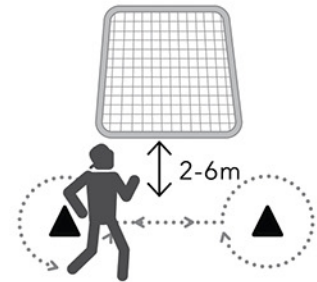


Throw & catch on alternating sides of cone.

Variations:

- » Kick & trap (Football)
- » Kick & catch (Rugby etc)
- » Flick & trap (Hockey, Lacrosse)

### 3 THROW, CATCH & RUN

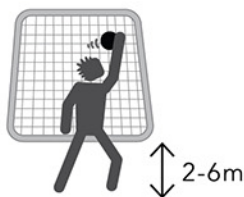


Run around alternating cone after each catch. Place cones 6m apart.

Variations:

- » Kick & trap (Football)
- » Kick & catch (Rugby etc)
- » Flick & trap (Hockey, Lacrosse)

### 4 CATCH ONE HAND

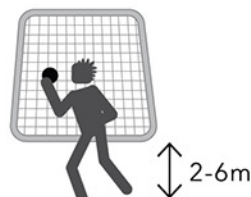


Catch using only one hand.

Variations:

- » This is great for larger ball sports for developing finer motor skills

### 5 THROW OTHER ARM

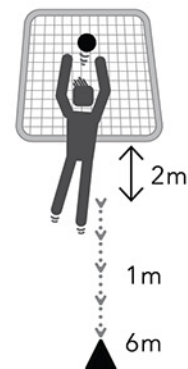


Throw using your other arm.

Variations:

- » Kick with weaker foot & trap (Football)
- » Pass side on from weaker side (Rugby etc)

### 6 STEP BACK



Starting at 2m, step back 1m after each catch. Stop at 6m and return to 2m.

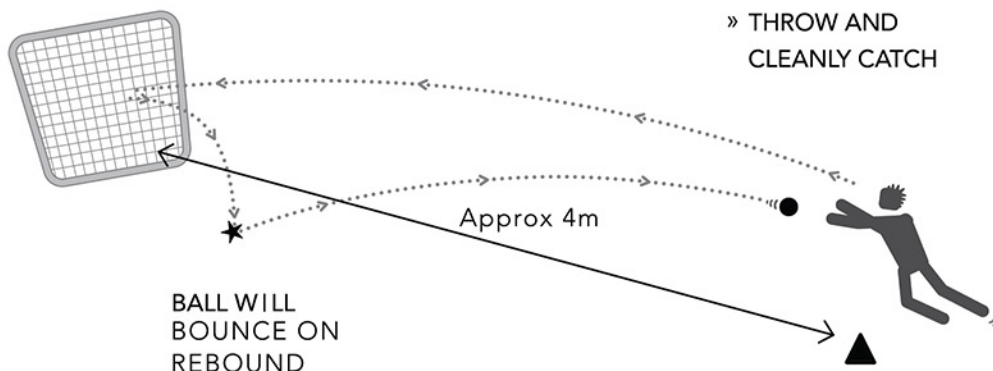
A great line up of activities for all sports lovers, from the very youngest through to elite athletes. Choose between the sane or insane side, along with the ball type, to vary the challenge. These activities develop a wide range of vision and coordination skills, and provide a lot of repetition in a short space of time to promote rapid skill development.



## INDIVIDUAL ACTIVITIES

### 7 BOUNCE BACK

NET FACE SHOULD BE ALMOST VERTICAL

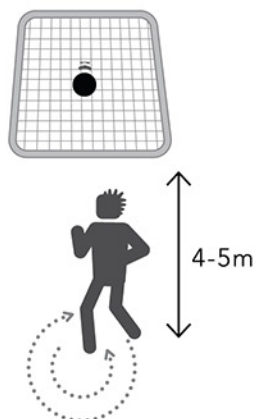


### 8 GO 360

ROTATE 360° AFTER THROWING AND BEFORE CATCHING EACH BALL.

ALTERNATE ROTATION DIRECTION TO AVOID DIZZINESS

The sane side is extremely challenging initially, but keep practising and you will be surprised with the results. The insane side – almost impossible!



In most sports you have to learn how to track a bouncing ball. With the sudden change in flight path, **BOUNCE BACK** is extremely visually challenging, especially when the ball bounces close to you. You also have to deal with variation in pace, bounce height and bounce angle after hitting the turf. Serious athletes in all ball sports should definitely include this in their training programme.

Train your eyes to predict the ground contact point as one of the eye tracking positions, so that you get early information on the changed ball flight path.

If you are serious about visual skill development make sure you include **GO 360**. Excellent for developing skills for the unpredictability of match day and incorporates all 6 areas of visual performance.

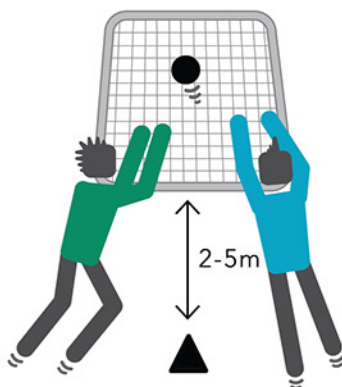


## GROUP ACTIVITIES

### BACKYARD BATTLE

#### YOU WANT COMPETITION? TRY THE CRAZY CATCH BACKYARD BATTLE!

- » MEASURE A SET DISTANCE OUT IN FRONT OF THE CRAZY CATCH, BETWEEN 2 & 5 METRES. MARK THE DISTANCE AND CENTRE POINT.
- » BOTH PLAYERS MUST BE BEHIND DISTANCE LINE AND ON THEIR OWN SIDE WHEN THROWING.



#### HOW TO PLAY

##### SET-UP:

- Use the insane side of the Crazy Catch.

##### THE GAME:

- To start, one person throws ball at net. Both players attempt to catch rebound. Whoever catches throws next.
- Before each throw, players must be standing on their own side and behind the distance line/mark.
- The winner is the first to reach 5, or if the other player reaches -5.
- At the end of each set, the loser chooses which side they want to be on and has the first throw. If there is a new challenger, they choose the side and also have first throw.
- The loser / challenger can also decide on the distance from the Crazy Catch and the method of throw allowed (under-arm or over-arm).

##### SCORING:

- Whoever catches scores one point.
- If ball is dropped, the player responsible loses a point.
- If ball lands behind distance line and is not touched, the player whose side the ball is on loses a point.
- If the ball lands in front of the distance line there are no points scored or lost.
- If thrower hits the Crazy Catch frame or misses net altogether, they lose a point and the next throw is taken by the opponent.

For a short, sharp competition try the **BACKYARD BATTLE** It's loads of fun and super competitive. The unpredictability of the Crazy Catch Insane side adds that element of chance, thus developing visual response skills.



#### EQUIPMENT

- » Crazy Catch net
- » VisionBall
- » Marker or rope



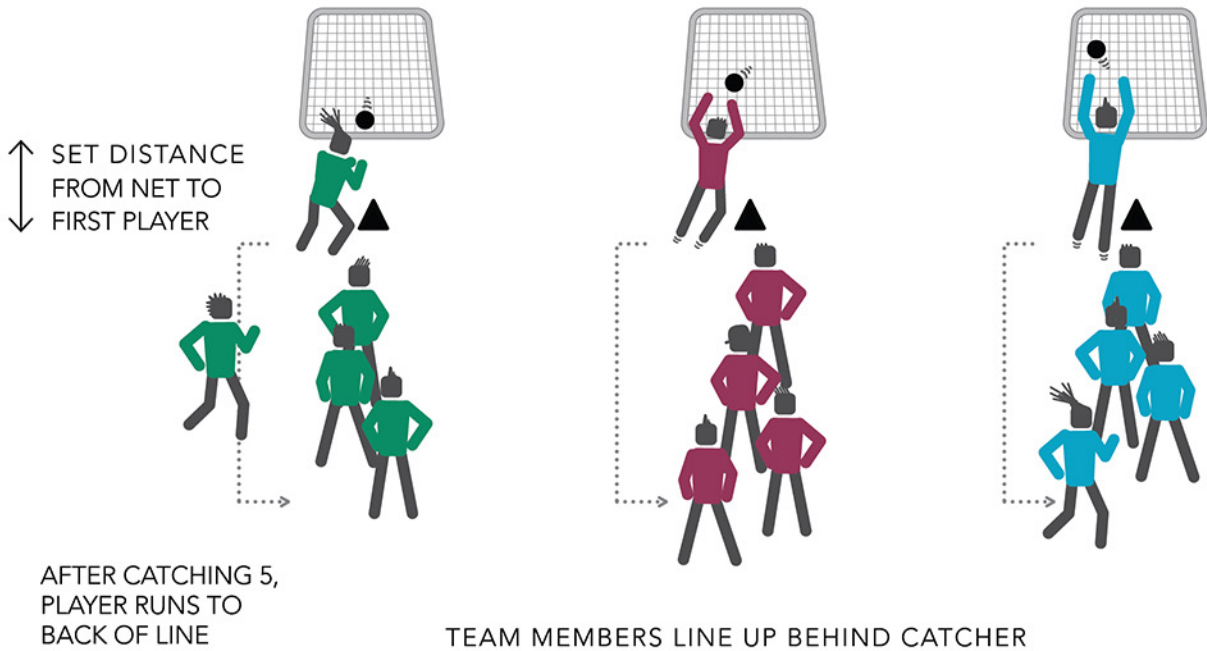
#### RECOMMENDATIONS

- For safety reasons, when the distance is 3m or less, you need to limit the throwing speed by:
  - throwing underarm
  - an agreed maximum over-arm throwing speed
  - limiting the throw wind-up.
- The angle of the Crazy Catch should be set so that the ball usually remains at a catchable height.
- If there is a difference in skill level, set a higher winning target for the higher skilled player.



## TEAM GAMES

### TRY FOR FIVE



**BY USING THE CRAZY CATCH INSANE SIDE, ELITE PLAYERS WILL HAVE THEIR REACTION, CO-ORDINATION AND VISUAL SKILLS FULLY TESTED.**

**TRY FOR FIVE** is a good introductory activity, yet still tests the best. Excellent for developing tracking of objects and speed of eye reaction. General throwing, catching, and transforming from catch to throw skills are also developed, and coordination is well tested. Excellent for encouraging equal participation from all.

#### EQUIPMENT

- » 3 Crazy Catch nets
- » At least 3 VisionBalls
- » Hoops / cones / markers

#### HOW TO PLAY

- Each team member must throw and catch 1 or 5 balls from a set distance in front of the Crazy Catch. They then pass ball on to the next player, and run to end of the line.
- First team to complete one or more cycles wins.
- Use marker to determine set distance in front of each Crazy Catch.

#### VARIATIONS

- Each person can attempt 1 or 5, only successful catches are counted, first team to (eg) 30 wins.
- Try as a 1, 2 or 3 minute challenge, team with the highest score in that time period wins. Monitor progress throughout the year.

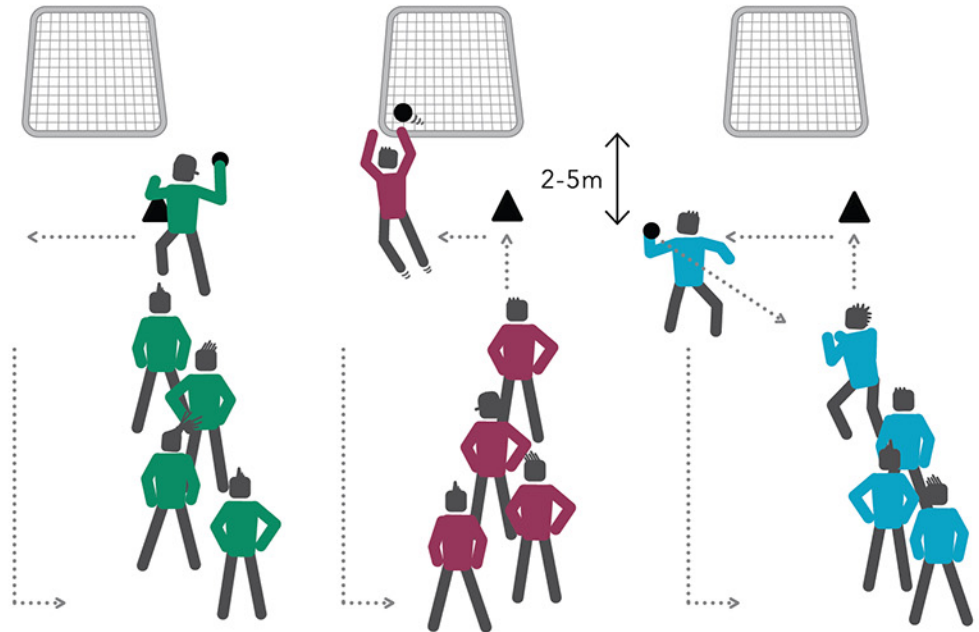
#### RECOMMENDATIONS

Monitor teams' skill development by playing this game as a 1 Minute Challenge!!

## TEAM GAMES

### THROW AND GO

- » TEAM MEMBERS LINE UP BEHIND THROWER
- » THROW IS MADE FROM INSIDE HOOP / BEHIND MARKER. RUN TO CATCH RETURN
- » ONCE CATCH IS TAKEN / BALL IS GATHERED, THROW THE BALL TO THE NEXT TEAM MEMBER
- » CATCHER RETURNS TO END OF THE LINE



Visual skills become a whole lot more challenging when not only the ball is on the move, but also your eyes. **THROW AND GO** provides this challenge and introduces fitness and coordination requirements for participation in sport.

#### EQUIPMENT

- » 3 Crazy Catch nets
- » At least 3 VisionBalls
- » Hoops / cones / markers

## TEST VISUAL, ADVANCED MOBILITY, BALL AND CO-ORDINATION SKILLS WITH THIS FUN GAME FOR SMALL GROUPS

#### HOW TO PLAY

The first team to score (eg) 30 successful catches wins. Alternatively the most successful catches in a set time period (eg 3 minutes).

#### VARIATIONS

- Vary the distance of the hoop/marker from both the centre and Crazy Catch to match the skill level of the students.
- Change the hoop / marker to the left side.

#### SPECIAL FEATURES

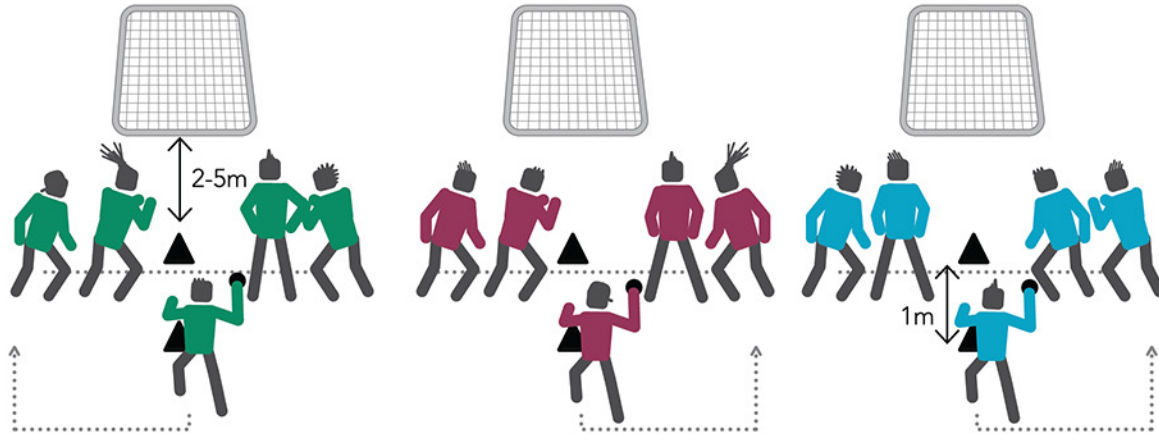
Introduces the skills required in most ball sports by having players throw and catch whilst on the move.





## TEAM GAMES

### ROTATE YOUR MATES



- » SET DISTANCE FROM NET TO FIRST MARKER 2-5M
- » THROWER MUST NOT CATCH THE RETURN

- » THROWER REJOINS THE GAME ON EITHER SIDE
- » CATCHER BECOMES THE THROWER AND MUST THROW FROM BEHIND THE SECOND MARKER

**ROTATE YOUR MATES** is great. With the ball coming from behind the catchers and the use of the insane side, all the visual skills required on match day are developed. Great in a challenge situation with several Crazy Catch nets and groups competing for the most successful catches in a set time period.

#### EQUIPMENT

- » 3 Crazy Catch nets
- » At least 3 VisionBalls
- » Distance markers

**THIS FUN FAST-PACED GROUP ACTIVITY DEVELOPS ALL OF THE VISUAL & BALL SKILLS REQUIRED FOR MATCH DAY.**

#### HOW TO PLAY

- The first to catch (eg) 20 wins. (The catch is not counted if the catchers stand in front of the line of the first marker). Great when using a Level 2 or 3 VisionBall on the insane side. For younger players it is still awesome with a larger ball with the first variation below.

#### VARIATIONS

- Only have 1 marker. Thrower rotates to one side of the group after throwing and can't be the catcher of their own throw.
- Try as a 1, 2 or 3 minute challenge. The team with the highest score at the end of that time wins. Monitor progress.

#### SPECIAL FEATURES

By rotating the players' positions, all players participate equally in the game.

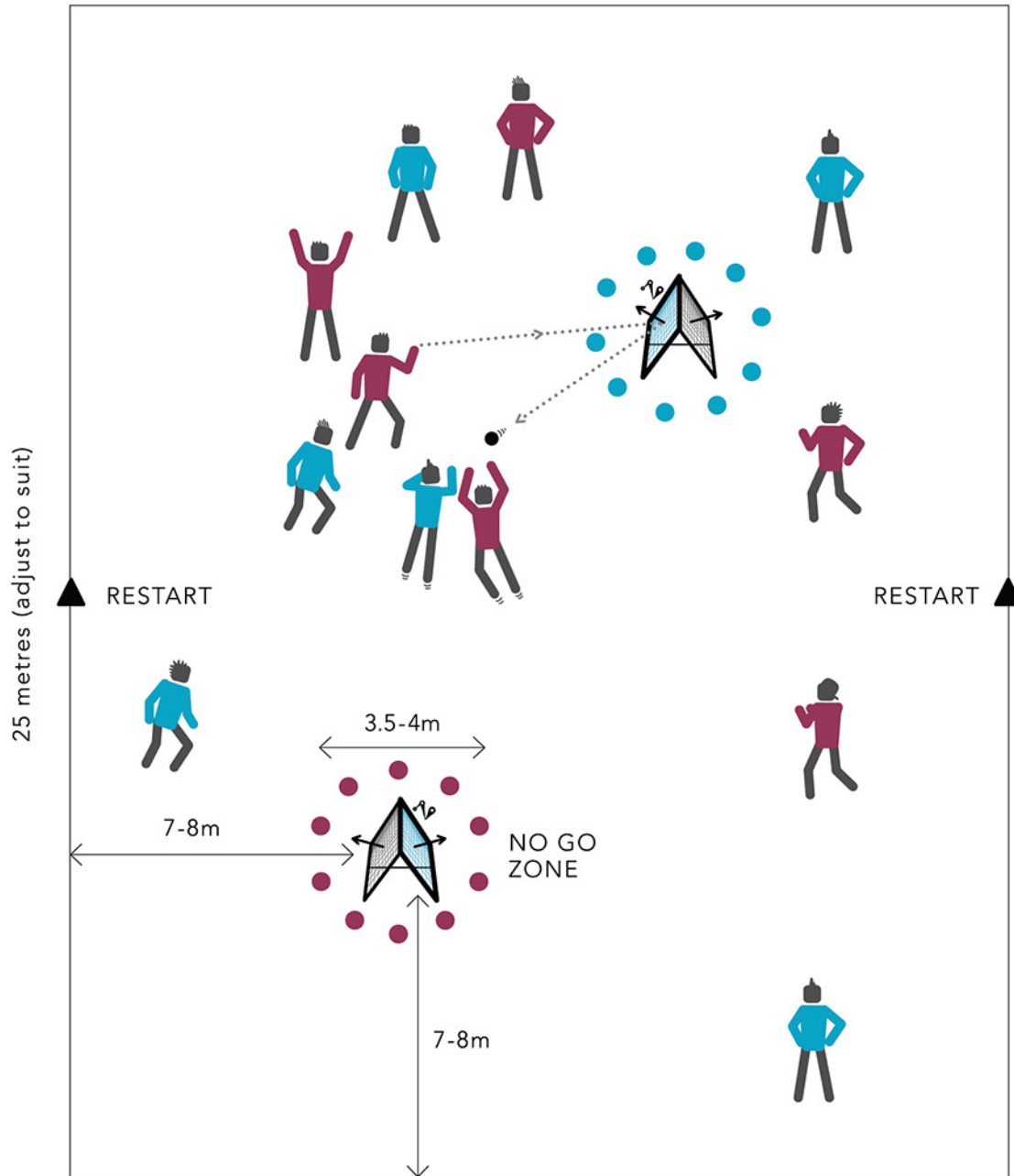
#### RECOMMENDATIONS

Monitor players progress by recording the time taken to score 50, or the number of catches in a given time period.

**TEAM GAMES**

**CRAZY BALL**

20 metres (adjust to suit)



PLAYERS: 8 ASIDE, 6 PLAYER + 2 ROTATING SUBS  
 VARY NUMBERS TO SUIT  
 PLAYERS ATTEMPT TO CATCH REBOUNDS OFF  
**ANY** SIDE OF **EITHER** CRAZY CATCH

(REFER TO INSTRUCTIONS OVERLEAF)



## TEAM GAMES

### CRAZY BALL

If you were looking to invent a game to incorporate a wide range of visual and motor skills combined with tactics across all ball sports, then **CRAZY BALL** is it! This includes visual focus length variation and peripheral awareness.

#### EQUIPMENT

- » 2 Crazy Catch nets
- » VisionBalls
- » 22 distance markers:
  - 10 around each net
  - 2 for the start zone
- » 2 sets of 8 bibs
- » 1 whistle
- » 1 scorecard

#### PLAYING AREA

Crazy Ball can be played anywhere!

**INDOOR:** Use the confines of the indoor arena.

**OUTDOOR:**

Senior level: 25m x 20m

Junior level: 20m x 15m

#### VARIATIONS

Try playing CrazyBall **FREESTYLE**. Visit [crazycatch.com](http://crazycatch.com) for instructions!

## IT'S FAST ... IT'S FUN ... IT'S CRAZY WHAT A BLAST FOR EVERYONE!

#### HOW TO PLAY

(REFER TO DIAGRAM OVERLEAF)

Have a team mate catch the rebound off **any** of the four sides of the 2 Crazy Catch nets and your team scores a point. If the opposition catch the rebound on the full they score a point. If a throw at the Crazy Catch misses the front face completely, then the opposition are awarded a point (optional rule). Play continues with whoever is in possession.

#### PLAYERS REQUIRED

8 players per team, 6 playing at any one time, rotating subs. (Vary to suit). Referee. Score keeper.

#### TIME

3 x 8 minute thirds with 1 minute break.

(This also allows 3 teams to play each other on a rotating basis for an average class size). Most points wins.

#### RULES

- All starts and restarts (eg ball out of play) taken from the centre at either side.
- Once a player is in possession of the ball, they cannot move more than 2 steps before passing or throwing at the Crazy Catch.
- No player can be in possession for more than 5 seconds.
- No more than 6 passes can be made by 1 team, in a row, before an attempted throw at the Crazy Catch is made.
- Passes can be on the full or bounced.
- All players must retreat at least 1 metre from the person in possession.
- No players can enter the No Go Zone. If a ball is thrown at the Crazy Catch or a catch is attempted and any part of a persons body is in the no go zone then possession is handed over.
- A player cannot catch their own rebound. If the rebound hits the thrower it is a point to the opposition.
- If infringements occur it is an automatic hand over of possession with a restart from either side. Opponents must remain stationary from the time the whistle is blown until the ball is thrown.
- Continual infringing or an intentional foul is the ref's call. This results in the opposition having a free throw at the Crazy Catch insane side with the offending team not allowed to contest the rebound. The sin bin can be used for 30 seconds or a greater time at the ref's discretion.

# 1 MINUTE CHALLENGE

## ASSESSMENT CRITERIA

### ASSESS THE VISUAL AND CO-ORDINATION SKILLS ASSOCIATED WITH THROWING AND CATCHING A BALL

Throwing and catching skills are fundamental for participation in all ball sports.

The data shown below shows the competence level at various age groups for each of the challenge levels.

A = Achieved    M = Merit    E = Excellence

CHALLENGE	AGE														
	3	4	5	6	7	7	8	9	10	11	12	13	14	15	
<b>COMPETENCE LEVEL</b>	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	
<b>1 THROW &amp; CATCH</b>	Level 1 Large ball Level 2 Small ball/sane side Level 3 Small ball/insane side or large ball/double trouble side	2 4 6	4 8 10	8 12 15 5 8 10	10 16 20 7 12 14	13 20 25 9 14 18 6 10 12	15 24 30 11 18 22 8 12 16	18 28 35 13 21 26 10 15 20	20 32 40 15 24 30 11 18 24	22 35 43 17 28 34 12 20 28	23 37 46 19 31 38 13 22 32	24 39 48 21 34 42 14 24 34	25 40 50 23 37 46 15 26 36	27 43 54 25 40 50 16 28 38	28 45 56 27 44 54 17 30 40
<b>2 THROW, CATCH &amp; STEP</b>	Level 1 Large ball Level 2 Small ball/sane side Level 3 Small ball/insane side or large ball/double trouble side			2 4 6	4 8 10	8 12 15 5 8 10	10 16 20 7 12 14	13 20 25 9 14 18 6 10 12	15 24 30 11 18 22 8 12 16	18 28 35 13 21 26 10 15 20	20 32 40 15 24 30 11 18 24	22 35 43 17 28 34 12 20 28	23 37 46 19 31 38 13 22 32	24 39 48 21 34 42 14 24 34	25 40 50 23 37 46 15 26 36
<b>3 THROW, CATCH &amp; RUN</b>	Level 1 Large ball Level 2 Small ball/sane side Level 3 Small ball/insane side or large ball/double trouble side					4 6 8	5 7 9	6 8 10 5 7 9	7 9 11 6 8 10	8 10 12 7 9 10 5 7 9	9 11 13 8 10 12 6 8 10	10 12 14 9 11 13 7 9 11	11 13 15 10 12 14 8 10 12	12 14 16 11 13 15 9 11 13	13 15 17 12 14 16 10 12 14
<b>4 CATCH ONE HAND</b>	Level 1 Large ball Level 2 Small ball/sane side Level 3 Small ball/insane side or large ball/double trouble side			2 4 6	4 8 10	8 12 15 5 8 10	10 16 20 7 12 14	13 20 25 9 14 18 6 10 12	15 24 30 11 18 22 8 12 16	18 28 35 13 21 26 10 15 20	20 32 40 15 24 30 11 18 24	22 35 43 17 28 34 12 20 28	23 37 46 19 31 38 13 22 32	24 39 48 21 34 42 14 24 34	25 40 50 23 37 46 15 26 36
<b>5 THROW OTHER ARM</b>	Level 1 Large ball Level 2 Small ball/sane side Level 3 Small ball/insane side or large ball/double trouble side			2 4 6	4 8 10	8 12 15 5 8 10	10 16 20 7 12 14	13 20 25 9 14 18 6 10 12	15 24 30 11 18 22 8 12 16	18 28 35 13 21 26 10 15 20	20 32 40 15 24 30 11 18 24	22 35 43 17 28 34 12 20 28	23 37 46 19 31 38 13 22 32	24 39 48 21 34 42 14 24 34	25 40 50 23 37 46 15 26 36
<b>6 LONGER THROW</b>	Level 1 Large ball Level 2 Small ball/sane side Level 3 Small ball/insane side or large ball/double trouble side							8 10 12 8 10 12 4 6 8	9 11 13 9 11 13 5 7 9	10 12 14 10 12 14 6 8 10	11 13 15 11 13 15 7 9 11	12 14 16 12 14 16 8 10 12	13 15 17 13 15 17 9 11 13	14 16 18 14 16 18 10 12 14	



