

PASSING AND RECEIVING

Work on your passing and receiving skills and get your handling and footwork skills sharp. Once you have mastered these 3 variations, flip over to the **INSANE** side of your Crazy Catch for extra challenge.

DRILL SET UP (SEE DIAGRAM)

Place three cones out in a line with a 2 or 3 metre distance between them. The middle cone should be facing the Crazy Catch Professional.

ACTIVITY

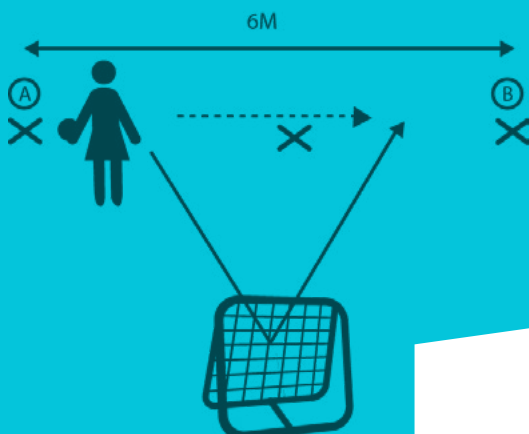
1. **STATIC THROW AND CATCH** - Standing on the spot, facing the Crazy Catch, throw and catch. Increase the pace on the throw for extra challenge.
2. **PASS AND STEP** - Throw the ball on a slight angle so you have to move to pick the ball up.
3. **RECEIVE ON THE MOVE** - Throw the ball onto the Crazy Catch from cone 1. Sprint forward and try and receive the pass on cone 2.

PROGRESSIONS

- Vary the ball size ... try using the Crazy Catch Vision balls supplied with the product which are more reactive and require even greater speed and hand-eye coordination.
- Challenge yourself against the clock. How many passes can you make in 30 seconds??



PROFESSIONAL DOUBLE TROUBLE



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INSANE CATCHES



Try the insane catches drill to help improve your ball tracking, footwork and anticipation skills and take your Netball to the next level. Really drive onto the rebound to secure the ball on extension.

DRILL SET UP (SEE DIAGRAM)

Place three cones out in a small arc 5 metres away from the Crazy Catch (flipped around to the insane side).

ACTIVITY

1. Alternate the starting cone and simply throw the ball from one of the cones onto the INSANE side of the Crazy Catch.
2. Sprint to catch the rebound which could rebound in any direction. Reset to a new cone then repeat.
3. Really drive hard onto the ball.

PROGRESSIONS

- Add a defender who starts behind player 1 with the ball; they are looking for an interception (could start being passive depending on the ability of the group)
- Widen the position of the cones to increase the difficulty level or increase the distance of the pass itself to again add more challenge.
- Try turning in the air and feeding a pass to a player on the move to make the practice even more game realistic.

WILDCHILD DOUBLE TROUBLE



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SPEED AROUND THE COURT

Work on your passing and receiving skills and get your handling and footwork skills sharp. Once you have mastered these 3 variations, flip over to the **INSANE** side of your Crazy Catch for extra challenge.



CRAZY CATCH FREESTYLE

DRILL SET UP (SEE DIAGRAM)

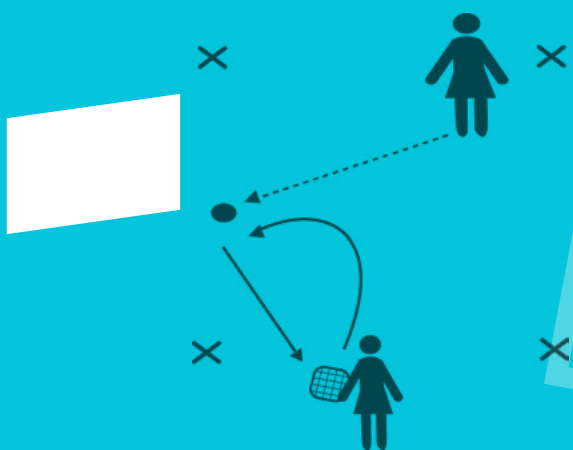
Set up a square 5 x 5 metres in size. Player A stands in the middle of the square with a ball whilst Player B holds the Crazy Catch Freestyle a metre outside the square (middle)

ACTIVITY

1. Player A throws the ball to Player B who rebounds the ball to different parts of the square with varying heights and different pace on the ball.
2. Player A needs to quickly react and make the catch ideally before the ball bounces. The ball is quickly thrown again until a set of 6 catches is completed.

PROGRESSIONS

- Use different types of feed using the Freestyle for example bounce, very high catch, front, back like in a game of squash to try and catch the player out.
- Increase the size of the square. In a bigger space, you could allow one bounce.
- Add a second player as a defender so every catch is contested OR its first to 5 catches between the two players in the square.



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CHANGE OF DIRECTION

Develop a quicker change of direction on the Netball court by training with Crazy Catch! Run to a cone then quickly turn, whilst catching a ball high on extension thrown onto the Crazy Catch.

DRILL SET UP (SEE DIAGRAM)

Place three cones out in a triangle shape with a 10 metre distance between the two furthest cones. Set your Crazy Catch up in line with the far cone facing towards you.

ACTIVITY

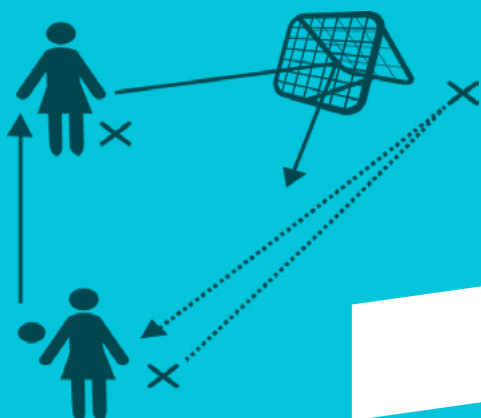
1. Player A starts with the ball on cone 1 and makes a pass to Player B standing on cone 2.
2. After passing Player A should sprint out to cone 3 and dynamically change direction with a pivot.
3. Player B then feeds the ball onto the Crazy Catch before Player A makes the intercepting catch off the net. NB- If you have two players keep hold of the ball otherwise for multi-players just pass to Player C waiting on cone 1.

PROGRESSIONS

- Invert the triangle so you are turning off your left foot instead of your right
- Challenge yourself further with the INSANE side of the Crazy Catch
- Widen the angle of the Crazy Catch so the rebound is much higher



WILDCHILD DOUBLE TROUBLE



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HAND-EYE CHALLENGE

Great challenge for fine tuning your hand - eye coordination and reaction speeds. Can you keep two balls going with a partner holding the Crazy Catch Freestyle?

DRILL SET UP (SEE DIAGRAM)

You will need two netballs and one Freestyle. Two players are required for this challenge. Remember ... if at first you don't succeed, try and try again until you get it!!

ACTIVITY

1. Player A starts with two balls. One ball is gently thrown up straight into the air, just above the head.
2. Very quickly a second ball is released/ thrown out in front to Player B who is holding the Crazy Catch Freestyle. They bounce the ball straight back.
3. You need to catch the first ball (UP) and throw it back up before catching and throwing the ball off the Freestyle backwards and forwards (STRAIGHT)!

PROGRESSIONS

- Walking forwards and backwards with the feeder so the challenge is on the move
- One handed throwing and catching off the Freestyle
- If you have access to two Freestyle's you could try and alternate two different pass destinations!!

CRAZY CATCH FREESTYLE



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