

1 CRAZY CATCH WARM UP CIRCUIT

READY YOURSELF FOR ALL THE RIGOURS OF YOUR TRAINING SESSION ... THIS DRILL WILL GET YOUR HEART RATE UP AND PREPARE ALL YOUR MUSCLES FOR ACTION.

EQUIPMENT SEEN IN THIS DRILL

Crazy Catch Professional Double Trouble, Crazy Catch Wildchild Double Trouble, Cones, Hurdles, Agility Hoops, Two Netballs (Any SAQ equipment can be used)

SET UP (SEE OVER PAGE FOR DIAGRAM)

1. Create your circuit using equipment at your disposal we have used cones to replicated landing patterns, hurdles for jumping and hoops for extended stepping/ single leg bounds. Two Crazy Catch stations are added to bring in hand-eye coordination and teamwork.
2. Players follow each other through the circuit. The first player in the snake goes through the circuit. and upon reaching the Crazy Catch station, picks up a ball... (or catches a ball thrown from a feeder behind the Crazy Catch)

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THINK OUTSIDE THE BOX

3. The first player then throws the ball onto the Crazy Catch, ensuring the person behind is in a position to make the catch ... the thrower then throws onto the Crazy Catch for the next player behind them to catch and so on
4. This catch the ball thrown by the second Crazy Catch, before finishing the circuit back at the start. Repeat

PROGRESSIONS

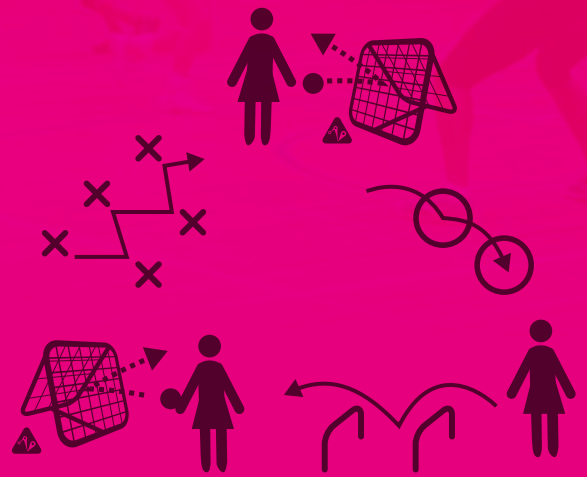
1. Flip the Crazy Catch over and use its INSANE side instead. The ball will be much more unpredictable off the larger mesh so it will be more challenging for the catcher.

COACHING POINTS

- When using the INSANE side, the ball could rebound anywhere. It might pop up higher or ping off lower so anticipating the balls flight early and moving your body in line with the ball is key.
- Stay on the balls of your feet when doing speed and agility training. Footwork is key... practice really driving off your landing foot to increase your explosive power. When moving round cones, lots of small, short steps will give you increased speed when turning. Enjoy!!

SHOP THE CRAZY CATCH
DOUBLE TROUBLE RANGE AT

SET UP DIAGRAM:



SASHA'S TOP TIP

This circuit is just a suggestion of what you can create. Use cones, ladders, hurdles, hoops and any Crazy Catch can be used to make your teams take on this warm up circuit. Why not record your time and then see if you can beat it ??... Any dropped catches incur a time penalty so good timing and communication is vital.

