



How to Get Better at Passing and Catching

KS3 PE Ages 11-14 ⌚ 3 min read

Why Passing and Catching Matter

Passing and **catching** are two of the most important skills in team sports like netball, basketball, football, and rounders. When you pass well, your team moves the ball quickly and creates chances to score. When you catch well, you keep possession and stop the other team from winning the ball.

The good news? Both skills can be improved with **practice** and **technique**. Let's explore how.

Master Your Technique

Good **technique** means using your body in the right way. For **passing**, stand with your feet shoulder-width apart, keep your eyes on your target, and follow through with your arms. For **catching**, watch the ball all the way to your hands, keep your fingers relaxed, and cushion the ball as it arrives.

Think of it like catching a water balloon – if your hands are stiff, it will burst, but if they're soft and give way, it stays safe!

Your **hand position** matters too. When catching, make a triangle with your thumbs and fingers. When passing, keep your wrists firm but flexible.

Practice Regularly

Repetition is the secret weapon. The more times you pass and catch, the more automatic it becomes. Start by practising **short passes** with a partner just **2 to 3 metres** apart. Once you're confident, gradually increase the distance to **5, 10, and 15 metres**.

Try different **pass types** too: chest passes, bounce passes, one-handed passes, and overhead passes. Each one needs slightly different technique, and knowing them all makes you a more complete player.

Build Your Fitness

Balance, coordination, and hand-eye coordination all improve when you're fit. Do exercises like hop-and-catch drills, where you catch the ball while moving or jumping. Try catching with one hand. Practise catching while running sideways or backwards. Think of it like video games – the more you play, the better your reflexes become!

Play Games and Match Situations

Finally, play actual games or **conditioned practices** where you must pass and catch under pressure. In a real match, defenders try to block you, so practising in game-like situations helps you stay calm and make good decisions fast.

Remember: **every professional athlete started exactly where you are now**. With patience, focus, and regular practice, your passing and catching will improve dramatically.