

Name _____

Catching a Self tossed Ball-Self Rating

Directions: Attempt each skill five times in row. After each skill rate you ability using the scale below. Record your rating. When you have finished the first eight tasks use the blank spaces to make up your own catching challenges, write them down and practice them five times.

Skill	Rating
1. Toss the ball and catch at chest level.	
2. Toss the ball and catch at a high level.	
3. Toss the ball and catch at a low level.	
4. Toss the ball just outside your reach and stretch to catch it level.	
5. Toss the ball so that you have to move forward to catch it.	
6. Toss the ball so that you have to move backward to catch it.	
7. Toss the ball so that you have to move right to catch it.	
8. Toss the ball so that you have to move left to catch it.	
9.	
10.	

Rating Scale: **1 – I still need to practice this skill.**
 2 – I am pretty good at this skill.
 3 – I am very good at this skill.

