



# CATCH IT QUICK

Ages 5+ | Family Based | 2+ Players

## AIM OF THE GAME



- ▶ Catch the object before it hits the ground.

## EQUIPMENT



- ▶ A ball or soft object (rolled up socks). The heavier the object the harder the game.

## HOW TO PLAY



- ▶ In pairs stand facing each other, with one (the holder) holding the object as high as possible out in front or to the side of them and the other (the catcher) waits with hands by their side.
- ▶ On the count of 3 (out loud 3, 2, 1) the holder drops the object and the catcher reacts quickly to catch it before it hits the ground.
- ▶ Repeat this for 10 attempts before swapping over.
- ▶ See who can catch the most before the object hits the ground.

## GAME VARIATIONS



1. The holder drops the object with no count beforehand, challenge the catcher to react to what they see.
2. Try having catcher hands in different positions, behind their back, on top of their head or with one hand up above their head and the other down by their side.
3. Perform different balances or shapes whilst waiting for the object to drop.
4. Increase the height of the holder dropping the object, if safe to do so this could be on a box, step or a chair.