**STICKY PAD CATCH**

**Game Rules**

Each team of four must have one sticky pad each placed on one hand.

To start the game throw the ball underarm over the net and try to get it to land on your opponents half of the court.

The opposing team must use their sticky pads to catch and stop the ball from landing.

Once the ball is on your pad you cannot move your feet - you can either pass to a team mate or throw the ball underarm back into your opponents court.

One point each time in lands in the opposing half or when they fail to throw it into yours.

---

**Equipment**

- 8 Sticky pads
- Marker cones
- Badminton posts and net
- 1 Soft tennis ball

---

**Learning theme**

Keep your sticky pad high when your opponents have the ball - can you catch the ball before it drops below the height of the net?

Where are the vulnerable areas of your court - how can you defend these?

What formation can you use to make sure that you have covered all the space on the court?

Use a split step to be able to react quickly to your opponents throw.