

Catching Exercise: Popcorn Catching

- Setup
 - 3-6 participants. 2 discs.
 - One person is the designated receiver and will stand facing the rest of the group who are in a semi-circle formation about 2-3 yards apart.
- Rules
 - The goal of the exercise is for the designated receiver to catch a total of 20 discs. The exercise starts with one person in the semi-circle throwing the disc to the catcher who immediately catches the disc and throws it back to any other member in the semi-circle. As soon as that throw is released, another member of the semi-circle will throw the second disc to the catcher who will repeat the process of catching and returning the disc. If the disc is dropped by the receiver they simply pick it up, throw the disc back, and keep going. The process is repeated until the receiver reaches *x* amount of catches.
- Skills Being Developed: catching + reaction time
- Adjustments
 - The simplest way to increase/decrease the difficulty of the drill is by changing the pace/distance/angle from the group of throwers. Faster/harder throws will cause more drops, the goal is to push the receiver to make difficult catches but not to cause harm or discomfort.
 - Instructors can also change the number of catches required to end the drill (10, 15, 20) or require catches to be made consecutively before the receiver's turn is over

