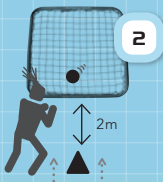
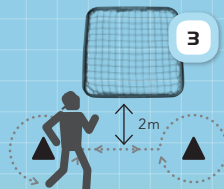




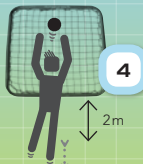
1
THROW & CATCH



2
THROW, CATCH & STEP
THROW & CATCH ON
ALTERNATING SIDES OF CONE



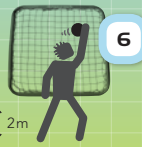
3
THROW, CATCH & RUN
RUN AROUND ALTERNATING
CONE AFTER EACH CATCH.
PLACE CONES 6M APART.



4
STEP BACK
STARTING AT 2M,
STEP BACK 1M
AFTER EACH CATCH.
STOP AT 6M.



5
THROW OTHER ARM
THROW USING
YOUR OTHER ARM



6
CATCH ONE HAND
CATCH USING
ONLY ONE HAND

INDIVIDUALS GAME

PLAYERS: 1

*** GUT BUSTER**

THESE ADAPTATIONS OF THE CRAZY CATCH COMBO GAME WORK AS INTENSE CIRCUIT TRAINERS. PLAY FOR 10 MINUTES AT FULL THROTTLE.

EQUIPMENT

- » Crazy Catch net
- » 3 balls (1 to throw + 2 spares)
- » Timer
- » Train with a mate who can retrieve balls from missed rebounds, or position net so you have a wall behind you.



HOW TO PLAY

Choose one of the regimens below:

TIME TORTURE

- » Complete the entire circuit as many times as possible within a 3, 5 or 10 minute time frame.
- » You must make 5 catches at each exercise before moving on.

CIRCUIT MADNESS

- » Play each activity for one minute.
- » Allow 30 seconds between each challenge to record score, reset your timer and gather the balls.

**FOR THE ULTIMATE CHALLENGE INCLUDE "GO 360"
- ACTIVITY 7 IN THE 1 MINUTE CRAZY CATCH CHALLENGES**



SKILLS

The Gut Buster provides a great physical workout with a variety of movements required on match day in most sports. Visual skills are especially challenged. The unique insane feature of Crazy Catch allows excellent development of the following skills.

THERE ARE 6 KEY AREAS OF VISUAL PERFORMANCE:

1. Tracking of objects
2. Speed of eye reaction
3. Peripheral awareness
4. Flexibility of focus
5. Saccadic (jump) eye movement
6. Depth perception



TRAINING TARGETS

LEVEL	SIDE OF NET	DISTANCE FROM NET	BALL TYPE
1	SANE	2 METRES	LARGE
2	SANE	2 METRES	CRAZY
3	INSANE	2 METRES	CRAZY



DR SHERYLLE CALDER
VISUAL SKILLS SPECIALIST

If you are serious about your training then the Gut Buster is a regular must. Physically very demanding. Extremely challenging visually and covers all the visual performance skill areas if you also include "Go 360". Easy to fit into busy schedules, with maximum training in a short space of time. Tailor a range of Crazy Catch Activities to suit your sport.



MONITORING

To easily monitor your progress, use the online resources. Record scores or graph your progress.



VARIATIONS

Adapt activities to suit your sport and preferences.