

# ACTIVITY PACK & USER GUIDE



GET STARTED ON A LIFETIME OF SPORT AND HEALTHY ACTIVITY WITH CRAZY CATCH!  
WE KNOW YOU WILL ENJOY HOURS OF FUN AND DEVELOP FANTASTIC SKILLS TO TAKE  
YOU TO THE TOP OF YOUR GAME WITH CRAZY CATCH!



UNIQUE INSANE  
RESPONSE TECHNOLOGY



GREAT VISION &  
FITNESS TRAINER



FUN AND CHALLENGING  
ACTIVITIES FOR ALL LEVELS

unique sporting equipment ... rapid skill development ... unlimited healthy fun

## USING YOUR CRAZY CATCH SAFELY

Because of the very fast and unpredictable nature of the ball return from the Crazy Catch, there is risk of injury. This risk applies to anyone within the rebound area, including players and spectators.

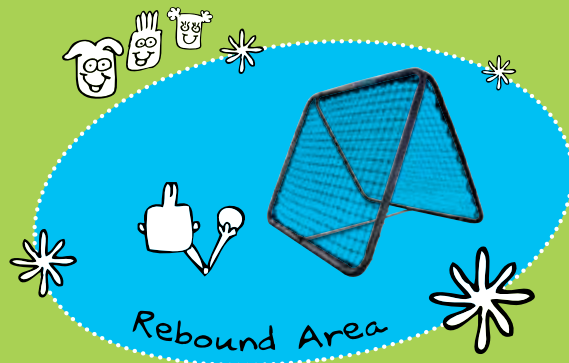
**! The risk is particularly high if a hard ball such as a cricket ball or baseball is used.**

**Other examples of higher risk situations include:**

- ! Young children and less skilled / first time users
- ! Anyone in the rebound area who is not taking part in the Crazy Catch activity and/or not watching the ball.
- ! Anyone in the rebound area with others who are being irresponsible.

**We recommend:**

- ✓ Only use one ball and one side of the Crazy Catch at a time.
- ✓ With younger children only use softer balls, such as the Level 1 or 2 VisionBall.
- ✓ Where there is more than one child using the Crazy Catch with a hard ball, ensure supervision.



In purchasing and/or using the Crazy Catch you acknowledge that you do so at your own risk. In the event that any injury is sustained whatsoever, neither the manufacturer, distributor or retailer shall be held liable.

## ASSEMBLY INSTRUCTIONS

### INITIAL ASSEMBLY:

**1**

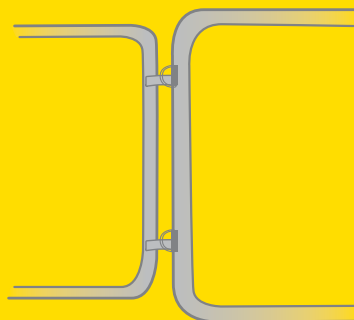
UNCLIP & ROTATE TELESCOPING POLE



### HOW TO DISCONNECT & RECONNECT FRAMES:

OPEN OUT THE FRAMES ON A FLAT SURFACE TO 180° CLIP OR UNCLIP AND SLIDE THE QUICK RELEASE PIN TO CONNECT/DISCONNECT.

PLACE UPSIDE DOWN



DO NOT USE WITH I HINGE ATTACHED

### HOW TO ADJUST NET ANGLE TO ALTER BALL REBOUND:

#### ANGLED FACE OPTION

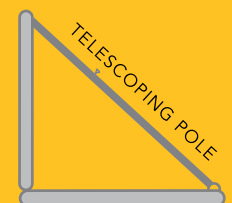
(TELESCOPING POLE POSITIONED ON GROUND)



TELESCOPING POLE

#### VERTICAL / NEAR VERTICAL OPTIONS

(ACHIEVES A LOW AND/OR BOUNCING BALL REBOUND)



**2**

PUSH → ATTACH      RELEASE



WHEN IN USE ALWAYS HAVE THE CLIPS ATTACHED CORRECTLY



## MAXIMISE YOUR PERFORMANCE WITH VISION TRAINING

30% of your brain is taken up with visual information and processing and 85% of your learning is through visual pathways. The good news is that vision is learned and highly trainable.

Crazy Catch, along with the 1 Minute Challenges, Crazy Cards and VisionBall, is fantastic for developing visual skills for everyone.

Crazy Catch's patented **INSANE** side is great fun and a must for the serious athlete looking to maximise their visual performance.



## VISIONBALL : FAST TRACK YOUR BALL VISION SKILLS

Myth

**"KEEP YOUR EYE ON THE BALL"** – Perhaps the most common coaching phrase of all time in relation to catching or hitting a ball, but it's actually impossible!

Myth Busted!!

"Watch the ball" is sound advice during the initial stages of ball tracking. However, unless the ball travel is directly towards your eyes, it is simply impossible to "keep your eye on the ball" in the all important catching / hitting zone.

Crazy Catch has developed the Vision Ball to train your eyes to jump to the final point in a ball's flightpath, in the catching/striking zone.

Watch elite athletes just as they hit a ball or take a catch, and see where their eyes are directed. Develop these same skills by simply asking yourself: **"WHAT WAS THE LAST COLOUR**

**I SAW ON THE CRAZY CATCH VISION BALL?"**

Now, with a clearly defined start and end-point, you can fast track your vision skills.

**START:**  
EARLY BALL FLIGHT  
PATH DETECTION

SMALL ANGLE CHANGE

= SMOOTH  
BALL  
TRACKING

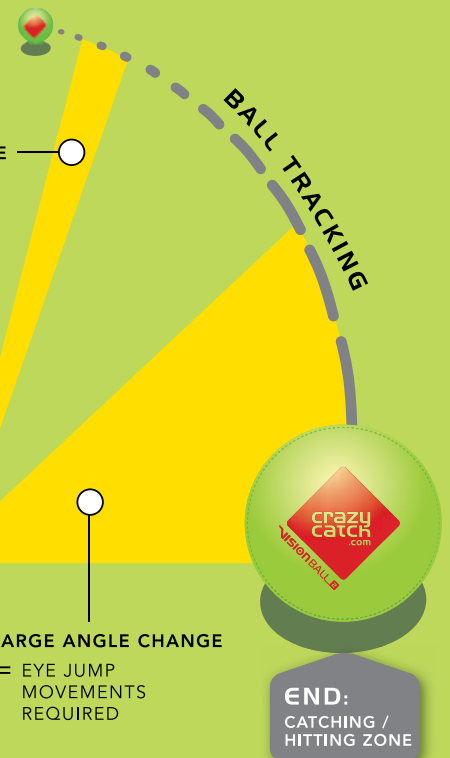
= EYE ON THE  
BALL IS  
POSSIBLE



LARGE ANGLE CHANGE

= EYE JUMP  
MOVEMENTS  
REQUIRED

**END:**  
CATCHING /  
HITTING ZONE



## FOR ALL ABILITIES



### UNIQUE INSANE RESPONSE TECHNOLOGY

With Crazy Catch, you can choose which side of the net to play, to suit your skill level.

**insane** = unpredictable ball return

**sane** = more predictable ball return

We've also developed a range of additional training devices to help you get the most out of your Crazy Catch.

### VISIONBALL



Includes Levels 1, 2 or 3 so you can match the VisionBall to your sport and skill level.

**LEVEL 1: FOR BEGINNERS**

**LEVEL 2: FOR ONGOING DEVELOPMENT**

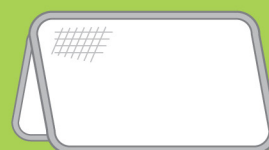
**LEVEL 3: FOR ELITE**

### CRAZYCATCH.COM

You'll find loads of **FREE** resources on our website, all designed to help you improve your skills with maximum fun!

## FOR ALL SPORTS

Crazy Catch **PROFESSIONAL** now features a more rectangular shape and two hinge positions. This provides two options for net position so you can tailor it to your sport:



### HORIZONTAL

For sports such as cricket.



### VERTICAL

For sports where you want the ball rebound from a higher position, such as rugby and netball.

## PRODUCT CARE, QUALITY AND USE

Your Crazy Catch has been manufactured to the highest standards, ensuring it will deliver a high level of performance over time:

All Crazy Catch products carry a 3 month guarantee against manufacturing faults.

All plastics and rubber components are designed to extend product life in the outdoors.

While the unique performance of Crazy Catch is a design priority, we have also made careful design considerations

to extend the life of the components. For instance, unlike most rebound nets the bungee is protected from direct impact damage from a hard ball.

The metal frame is very durable with a galvanised layer and powder coat surface. To extend product life we recommend that you store the Crazy Catch out of direct sunlight and rain when not in use for extended periods of time.

**3 MONTH WARRANTY**

### PATENT & TRADEMARK INFORMATION

NZ: Patent 335024 TMN°611116. AUSTRALIA: Patent 759147 TMN°851252. UK: Patent GB 2348612 TMN°2246238.

USA: US6299554 TMN°2679655. EU: TMN°002877728. FURTHER PATENT PENDING.

# BUST A WORLD RECORD

AT CRAZYCATCH.COM

Have a go at the first 1 Minute Challenge (shown here)



Record your scores on the back of this Activity Pack



Use the online resources to measure your performance. See if you can beat the world's best for your age!

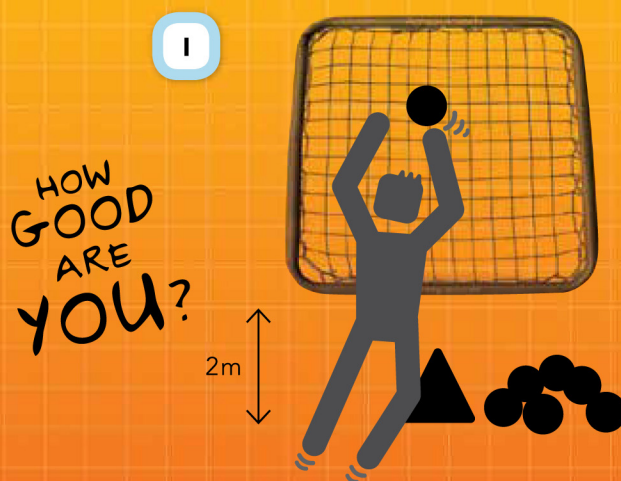
Crazy Catch 1 Minute Challenges should be part of everyone's training kit. A great way to get an active, intensive workout for a broad range of visual & coordination skills. Fantastic for development of Visual Concentration, which is one of the 6 essential areas of Vision Training.

## EQUIPMENT

- » Crazy Catch net
- » Lots of balls
- » Distance marker - eg: cone
- » Training partner who can count

## ★ 1 MINUTE CHALLENGES

CHALLENGING AND INTENSIVE. A GREAT WORKOUT FOR VISUAL CONCENTRATION.



» THROW AND CATCH THE BALL AS MANY TIMES AS POSSIBLE IN ONE MINUTE.

» HAVE LOTS OF SPARE BALLS, JUST IN CASE YOU MISS THE ODD ONE.

## ★ ACTIVITIES 1 - 6 [ REFER NEXT PAGE ]

Try them all as a 1 Minute Challenge.

## ★ COMBO

### COMBO 5

Select your favourite activities. Complete 5 of each activity, then onto the next.

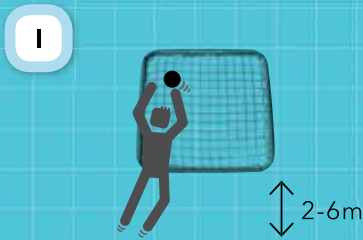
- » Time for 1 minute, **or**
- » Record your time to complete 1, 2 or more full rotations of 5 of each activity.

### COMBO YOUR SPORT

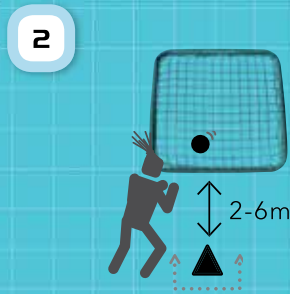
Develop combinations for training for your sport and have a one minute break between each 1 Minute Challenge. (refer 'Your Sport', Activities page, crazycatch.com)

## ★ GUT BUSTER [ 3 MINUTES ]

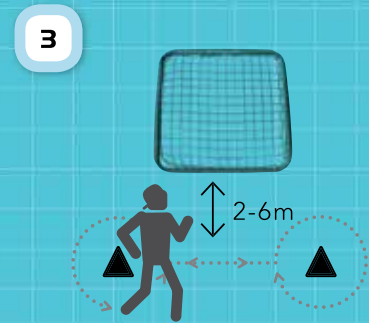
**GO BEYOND 1 MINUTE!** For the ultimate workout, try a Combo of activities non-stop for 3 minutes or more.


**★ THROW & CATCH**

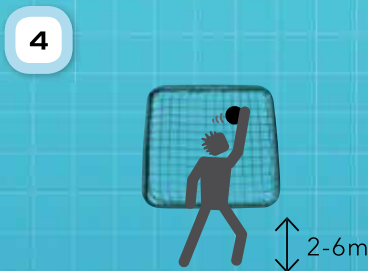
- Variations:
- » Kick & trap (Football)
  - » Kick & catch (Rugby etc)
  - » Flick & trap (Hockey, Lacrosse)


**★ THROW, CATCH & STEP**

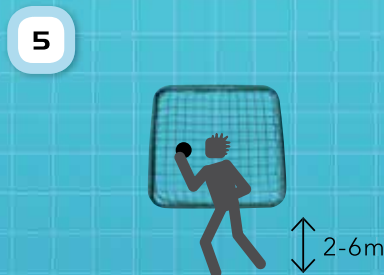
- Throw & catch on alternating sides of cone.
- Variations:
- » Kick & trap (Football)
  - » Kick & catch (Rugby etc)
  - » Flick & trap (Hockey, Lacrosse)


**★ THROW, CATCH & RUN**

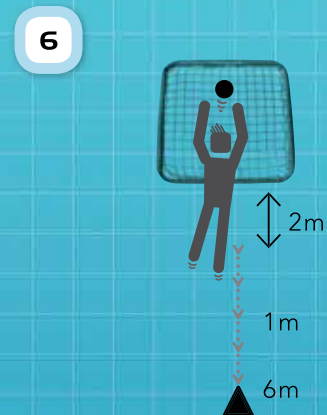
- Run around alternating cone after each catch. Place cones 6m apart.
- Variations:
- » Kick & trap (Football)
  - » Kick & catch (Rugby etc)
  - » Flick & trap (Hockey, Lacrosse)


**★ CATCH ONE HAND**

- Catch using only one hand.
- Variations:
- » This is great for larger ball sports for developing finer motor skills


**★ THROW OTHER ARM**

- Throw using your other arm.
- Variations:
- » Kick with weaker foot & trap (Football)
  - » Pass side on from weaker side (Rugby etc)


**★ STEP BACK**

- Starting at 2m, step back 1m after each catch. Stop at 6m and return to 2m.

A great line up of activities for all sports lovers, from the very youngest through to elite athletes. Choose between the sane or insane side, along with the ball type, to vary the challenge. These activities develop a wide range of vision and coordination skills, and provide a lot of repetition in a short space of time to promote rapid skill development.

In most sports you have to learn how to track a bouncing ball. With the sudden change in flight path, **BOUNCE BACK** is extremely visually challenging, especially when the ball bounces close to you. You also have to deal with variation in pace, bounce height and bounce angle after hitting the turf.

Serious athletes in all ball sports should definitely include this in their training programme.

Train your eyes to predict the ground contact point as one of the eye tracking positions, so that you get early information on the changed ball flight path.

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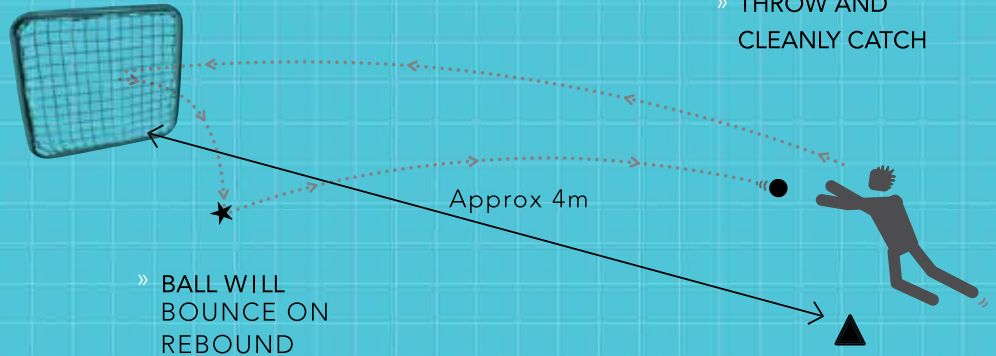
If you are serious about visual skill development make sure you include **GO 360**. Excellent for developing skills for the unpredictability of match day and incorporates all 6 areas of visual performance.

**★ BOUNCE BACK**

7

» NET FACE SHOULD BE ALMOST VERTICAL

» THROW AND CLEANLY CATCH



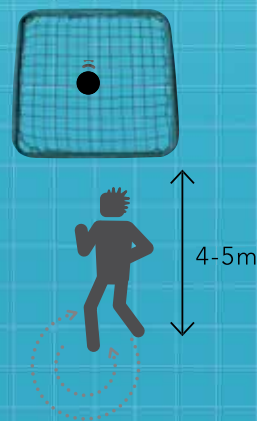
» BALL WILL BOUNCE ON REBOUND

**★ GO 360**

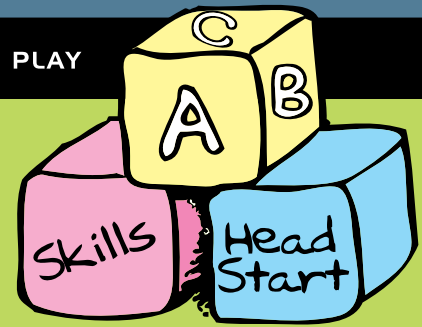
8

» ROTATE 360° AFTER THROWING AND BEFORE CATCHING EACH BALL.

» ALTERNATE ROTATION DIRECTION TO AVOID DIZZINESS

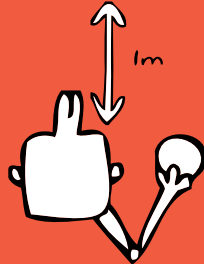
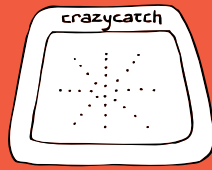


The sane side is extremely challenging initially, but keep practising and you will be surprised with the results. The insane side – almost impossible!



1

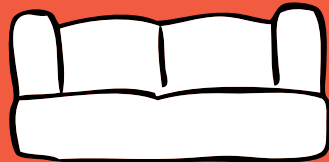
Child stands 1m from net and attempts to stop the ball from getting past them once thrown.



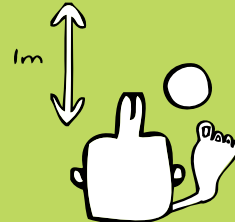
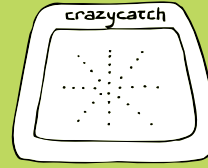
**HANDY HINTS:**

Use the couch as a "backstop" - the child has to stop the ball before it hits the couch!

To develop good ball tracking skills, use the Crazy Catch VisionBalls and simply ask your child what was the last colour mark they see as they catch/stop the ball.



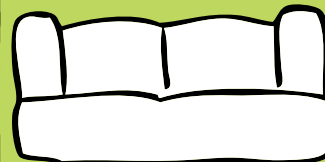
This game develops throwing, aiming at a target, vision and movement skills associated with ultimately catching a ball.



2

Same idea as game No 1, but turn the net to lie on one net face and the facing net adjusted to a vertical position.

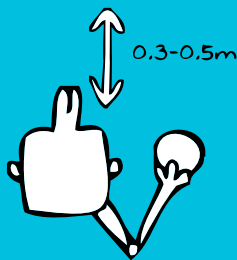
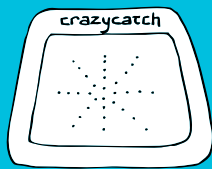
Child stands 1m from net and kicks the ball at the Crazy Catch, then attempts to stop the rebounding ball.



This game develops kicking skills, aiming at a target, vision and movement skills.

3

Child stands very close to the Crazy Catch (within 0.3 - 0.5 metre) and throws and catches.

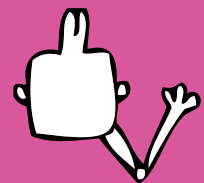
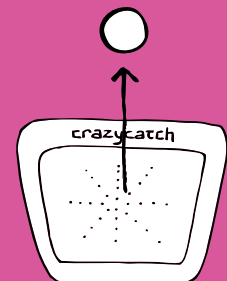


This game develops the feel for the ball and timing of closing the hands to catch.

4

Angle the Crazy Catch quite high - at around 50 degrees and get your child to see how high they can get the ball to rebound off the Crazy Catch.

Gather the ball and try again.



This game develops excellent coordination and throwing skills.

**FUN PARENT & CHILD PLAY | GETTING STARTED**

**EQUIPMENT:**

- \* Crazy Catch net
- \* Level 1 Vision Ball



**TIPS TO GIVE YOUR CHILD**

- \* Watch the centre of the net when throwing.
- \* Watch the ball when catching.
- \* When throwing side on, ensure child's feet are also side on.



Encourage the rest of the family to join in and develop your own games!



**NEXT STEP:**

- \* Try some of the Level One Activities and Challenges!

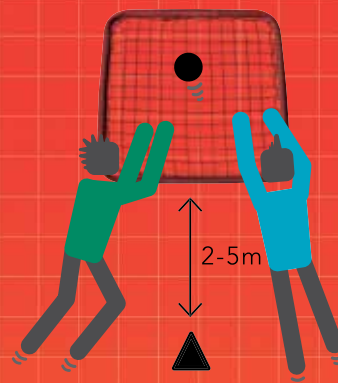


For a short, sharp competition try the **BACKYARD BATTLE**. It's loads of fun and super competitive. The unpredictability of the Crazy Catch Insane side adds that element of chance, thus developing visual response skills.

## ★ BACKYARD BATTLE

**YOU WANT COMPETITION?  
TRY THE CRAZY CATCH BACK YARD BATTLE!**

- » MEASURE A SET DISTANCE OUT IN FRONT OF THE CRAZY CATCH, BETWEEN 2 & 5 METRES. MARK THE DISTANCE AND CENTRE POINT.
- » BOTH PLAYERS MUST BE BEHIND DISTANCE LINE AND ON THEIR OWN SIDE WHEN THROWING.



### EQUIPMENT

- » Crazy Catch net
- » VisionBall
- » Marker or rope



### RECOMMENDATIONS

- For safety reasons, when the distance is 3m or less, you need to limit the throwing speed by:
  - throwing underarm
  - an agreed maximum over-arm throwing speed
  - limiting the throw wind-up.
- The angle of the Crazy Catch should be set so that the ball usually remains at a catchable height.
- If there is a difference in skill level, set a higher winning target for the higher skilled player.

### HOW TO PLAY

#### SET-UP:

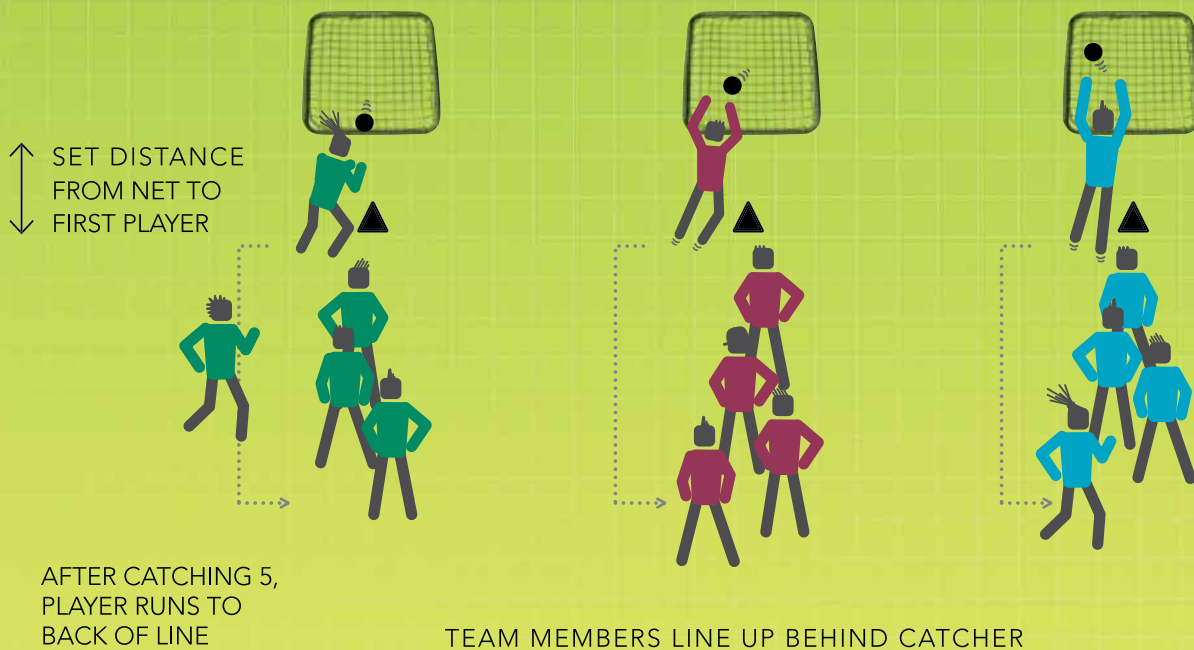
- Use the insane side of the Crazy Catch.

#### THE GAME:

- To start, one person throws ball at net. Both players attempt to catch rebound. Whoever catches throws next.
- Before each throw, players must be standing on their own side and behind the distance line/mark.
- The winner is the first to reach 5, or if the other player reaches -5.
- At the end of each set, the loser chooses which side they want to be on and has the first throw. If there is a new challenger, they choose the side and also have first throw.
- The loser / challenger can also decide on the distance from the Crazy Catch and the method of throw allowed (under-arm or over-arm).

#### SCORING:

- Whoever catches scores one point.
- If ball is dropped, the player responsible loses a point.
- If ball lands behind distance line and is not touched, the player whose side the ball is on loses a point.
- If the ball lands in front of the distance line there are no points scored or lost.
- If thrower hits the Crazy Catch frame or misses net altogether, they lose a point and the next throw is taken by the opponent.

**★ TRY FOR FIVE**


**TRY FOR FIVE** is a good introductory activity, yet still tests the best. Excellent for developing tracking of objects and speed of eye reaction. General throwing, catching, and transforming from catch to throw skills are also developed, and coordination is well tested. Excellent for encouraging equal participation from all.

**BY USING THE CRAZY CATCH INSANE SIDE, ELITE PLAYERS WILL HAVE THEIR REACTION, COORDINATION AND VISUAL SKILLS FULLY TESTED.**


**HOW TO PLAY**

- Each team member must throw and catch 1 or 5 balls from a set distance in front of the Crazy Catch. They then pass ball on to the next player, and run to end of the line.
- First team to complete one or more cycles wins.
- Use marker to determine set distance in front of each Crazy Catch.


**VARIATIONS**

- Each person can attempt 1 or 5, only successful catches are counted, first team to (eg) 30 wins.
- Try as a 1, 2 or 3 minute challenge, team with the highest score in that time period wins. Monitor progress throughout the year.


**RECOMMENDATIONS**

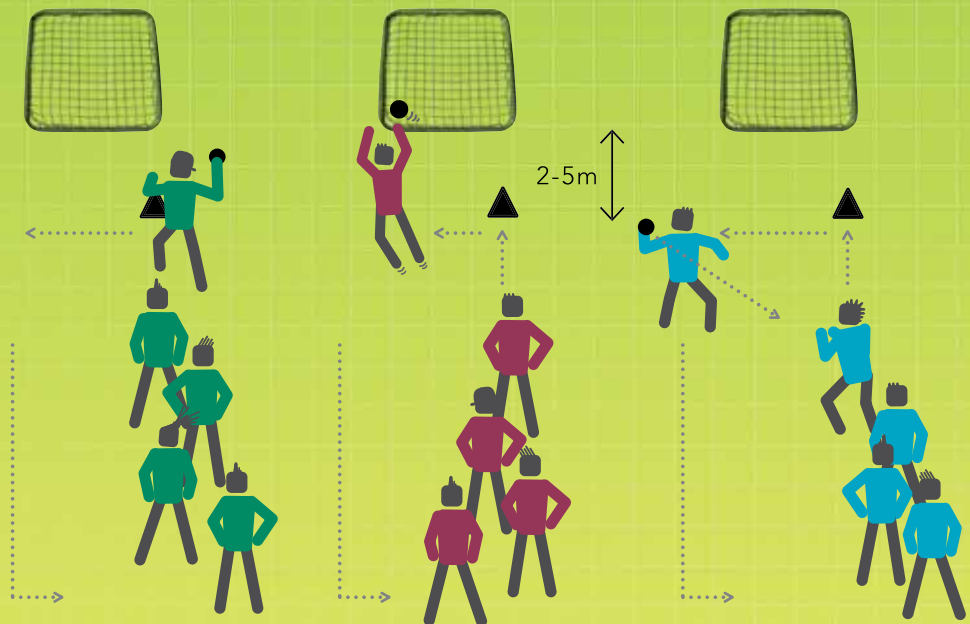
Monitor teams' skill development by playing this game as a 1 Minute Challenge!!


**EQUIPMENT**

- » 3 Crazy Catch nets
- » At least 3 VisionBalls
- » Hoops / cones / markers

★ **THROW AND GO**

- » TEAM MEMBERS LINE UP BEHIND THROWER
- » THROW IS MADE FROM INSIDE HOOP / BEHIND MARKER. RUN TO CATCH RETURN
- » ONCE CATCH IS TAKEN / BALL IS GATHERED, THROW THE BALL TO THE NEXT TEAM MEMBER
- » CATCHER RETURNS TO END OF THE LINE



Visual skills become a whole lot more challenging when not only the ball is on the move, but also your eyes. **THROW AND GO** provides this challenge and introduces fitness and coordination requirements for participation in sport.

**TEST VISUAL, ADVANCED MOBILITY, BALL AND COORDINATION SKILLS WITH THIS FUN GAME FOR SMALL GROUPS.**

**HOW TO PLAY**

The first team to score (eg) 30 successful catches wins. Alternatively the most successful catches in a set time period (eg 3 minutes).

**VARIATIONS**

- Vary the distance of the hoop/marker from both the centre and Crazy Catch to match the skill level of the students.
- Change the hoop / marker to the left side.

**SPECIAL FEATURES**

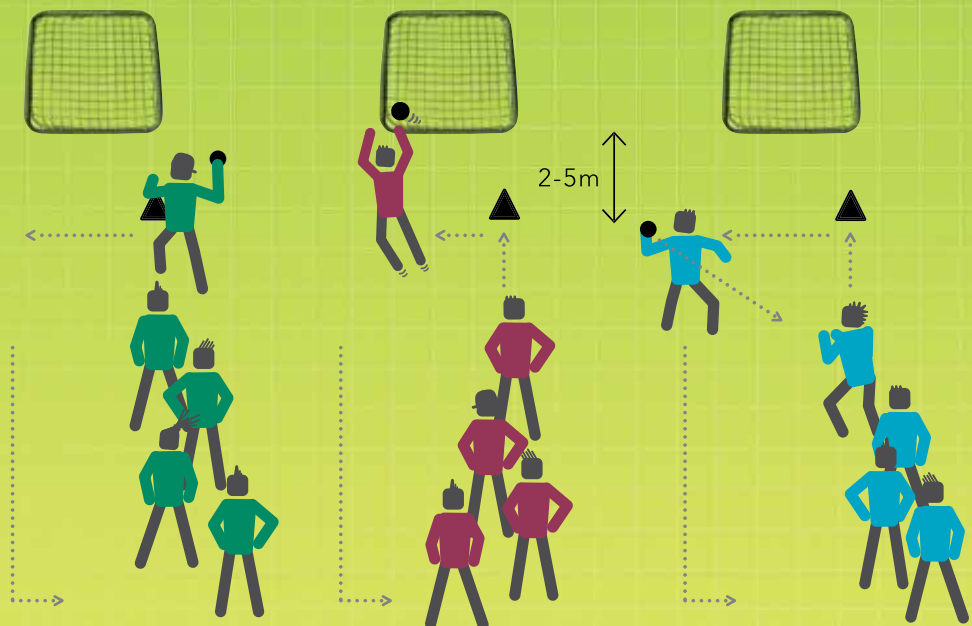
Introduces the skills required in most ball sports by having players throw and catch whilst on the move.

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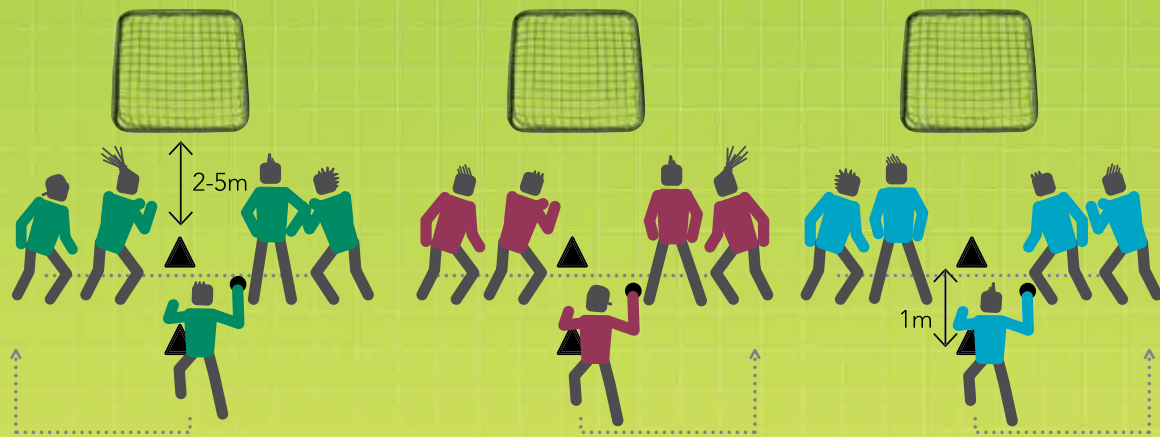
**SPECIAL FEATURES**

Introduces the skills required in most ball sports by having players throw and catch whilst on the move.

**EQUIPMENT**

- » 3 Crazy Catch nets
- » At least 3 VisionBalls
- » Hoops / cones / markers

★ ROTATE YOUR MATES



- » SET DISTANCE FROM NET TO FIRST MARKER 2-5M
- » THROWER MUST NOT CATCH THE RETURN

- » THROWER REJOINS THE GAME ON EITHER SIDE
- » CATCHER BECOMES THE THROWER AND MUST THROW FROM BEHIND THE SECOND MARKER

**ROTATE YOUR MATES** is great. With the ball coming from behind the catchers and the use of the insane side, all the visual skills required on match day are developed. Great in a challenge situation with several Crazy Catch nets and groups competing for the most successful catches in a set time period.

**EQUIPMENT**

- » 3 Crazy Catch nets
- » At least 3 VisionBalls
- » Distance markers

**THIS FUN FAST-PACED GROUP ACTIVITY DEVELOPS ALL OF THE VISUAL & BALL SKILLS REQUIRED FOR MATCH DAY.**

**HOW TO PLAY**

- The first to catch (eg) 20 wins. (The catch is not counted if the catchers stand in front of the line of the first marker). Great when using a Level 2 or 3 VisionBall on the insane side. For younger players it is still awesome with a larger ball with the first variation below.

**VARIATIONS**

- Only have 1 marker. Thrower rotates to one side of the group after throwing and can't be the catcher of their own throw.
- Try as a 1, 2 or 3 minute challenge. The team with the highest score at the end of that time wins. Monitor progress.

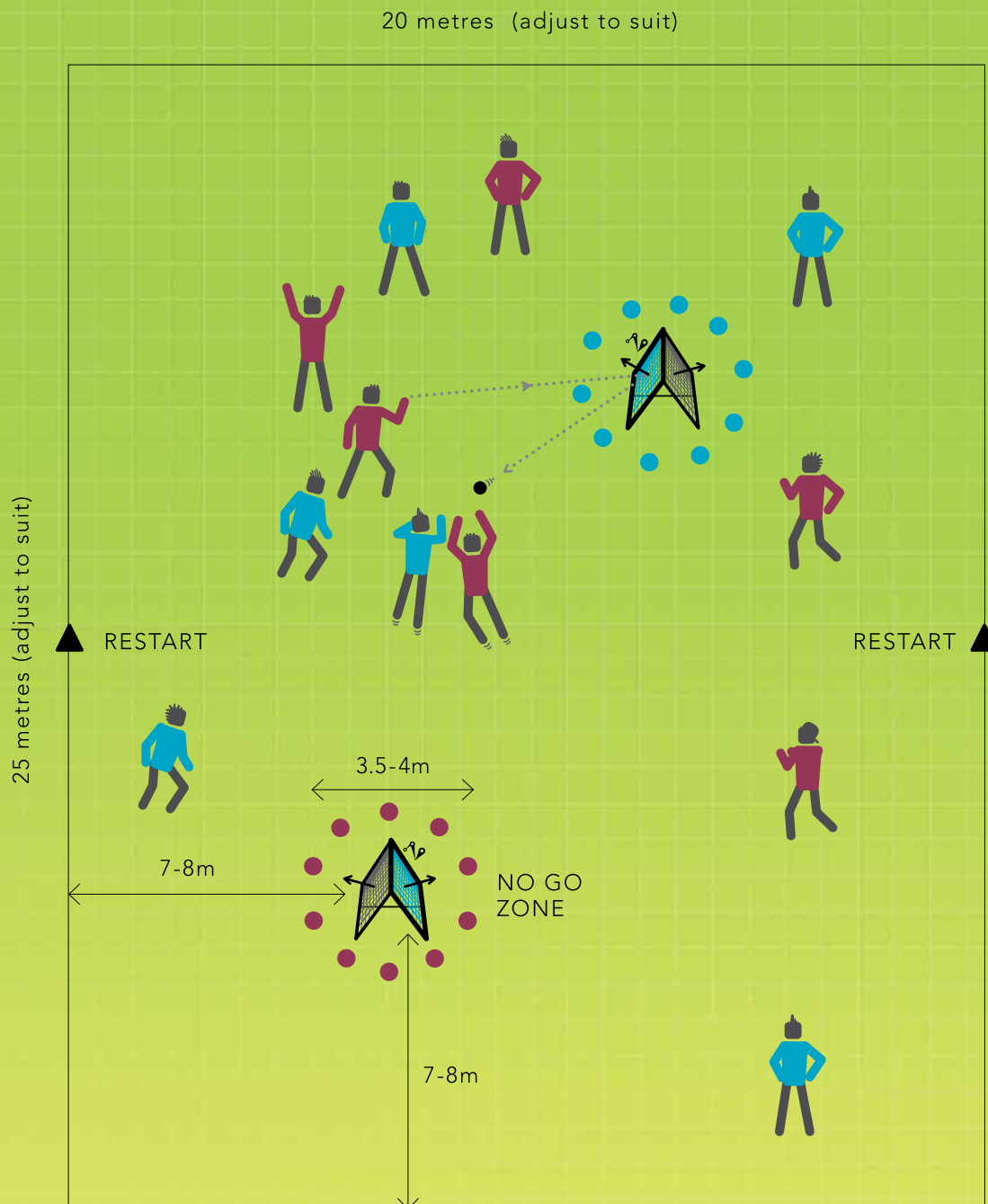
**SPECIAL FEATURES**

By rotating the players' positions, all players participate equally in the game.

**RECOMMENDATIONS**

Monitor players progress by recording the time taken to score 50, or the number of catches in a given time period.

★ CRAZY BALL



- ▶ PLAYERS: 8 ASIDE, 6 PLAYER + 2 ROTATING SUBS  
VARY NUMBERS TO SUIT
- ▶ PLAYERS ATTEMPT TO CATCH REBOUNDS OFF  
**ANY** SIDE OF **EITHER** CRAZY CATCH

(REFER TO INSTRUCTIONS OVERLEAF)

If you were looking to invent a game to incorporate a wide range of visual and motor skills combined with tactics across all ball sports, then **CRAZY BALL** is it! This includes visual focus length variation and peripheral awareness.

### EQUIPMENT

- » 2 Crazy Catch nets
- » VisionBalls
- » 22 distance markers:
  - 10 around each net
  - 2 for the start zone
- » 2 sets of 8 bibs
- » 1 whistle
- » 1 scorecard

### PLAYING AREA

Crazy Ball can be played anywhere!

**INDOOR:** Use the confines of the indoor arena.

**OUTDOOR:**

Senior level: 25m x 20m  
Junior level: 20m x 15m

### VARIATIONS

Try playing CrazyBall **FREESTYLE**. Visit [crazycatch.com](http://crazycatch.com) for instructions!

## ★ CRAZY BALL

**IT'S FAST ... IT'S FUN ... IT'S CRAZY  
WHAT A BLAST FOR EVERYONE!**

### HOW TO PLAY

(REFER TO DIAGRAM OVERLEAF)

Have a team mate catch the rebound off any of the four sides of the 2 Crazy Catch nets and your team scores a point. If the opposition catch the rebound on the full they score a point. If a throw at the Crazy Catch misses the front face completely, then the opposition are awarded a point (optional rule). Play continues with whoever is in possession.

### PLAYERS REQUIRED

8 players per team, 6 playing at any one time, rotating subs. (Vary to suit). Referee. Score keeper.

### TIME

3 x 8 minute thirds with 1 minute break.

(This also allows 3 teams to play each other on a rotating basis for an average class size). Most points wins.

### RULES

- All starts and restarts (eg ball out of play) taken from the centre at either side.
- Once a player is in possession of the ball, they cannot move more than 2 steps before passing or throwing at the Crazy Catch.
- No player can be in possession for more than 5 seconds.
- No more than 6 passes can be made by 1 team, in a row, before an attempted throw at the Crazy Catch is made.
- Passes can be on the full or bounced.
- All players must retreat at least 1 metre from the person in possession.
- No players can enter the No Go Zone. If a ball is thrown at the Crazy Catch or a catch is attempted and any part of a persons body is in the no go zone then possession is handed over.
- A player cannot catch their own rebound. If the rebound hits the thrower it is a point to the opposition.
- If infringements occur it is an automatic hand over of possession with a restart from either side. Opponents must remain stationary from the time the whistle is blown until the ball is thrown.
- Continual infringing or an intentional foul is the ref's call. This results in the opposition having a free throw at the Crazy Catch insane side with the offending team not allowed to contest the rebound. The sin bin can be used for 30 seconds or a greater time at the ref's discretion.

FOR A FULL SET OF RULES (INCLUDING UPDATES), AND GAME VARIATIONS REFER [WWW.CRAZYCATCH.COM](http://WWW.CRAZYCATCH.COM), CRAZY BALL.

**WARNING:**

CHOKING HAZARD - Not suitable for children under 3 years. Contains small parts.

**WARNING  
DO NOT CLIMB!**

Beware of the unique, unpredictable, rapid ball rebound

**WARNING****DO NOT PLACE HANDS AND FINGERS  
IN THE HINGE SECTION**

Always when assembled ensure both clips on the telescoping support pole are attached correctly to the frames. This is to prevent the frames collapsing.

Our apologies if your Crazy Catch Vision Ball is a little out of shape. To bring back to round simply submerge the ball in near boiling water for approximately 5 minutes.

**Competent supervision is required at all times when used by children!**

When assembled ensure both clips on the telescoping tube are attached correctly

**WARRANTY INFORMATION**

This product is guaranteed to be free from quality and manufacturing defects for a period of three (3) months.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and failure does not amount to a major failure.

This warranty is provided by:

Hyper Extension Pty, Ltd.

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1800 632 792





