

Which Type of  
Handwear  
Catches a  
Football the  
Best For Kids?

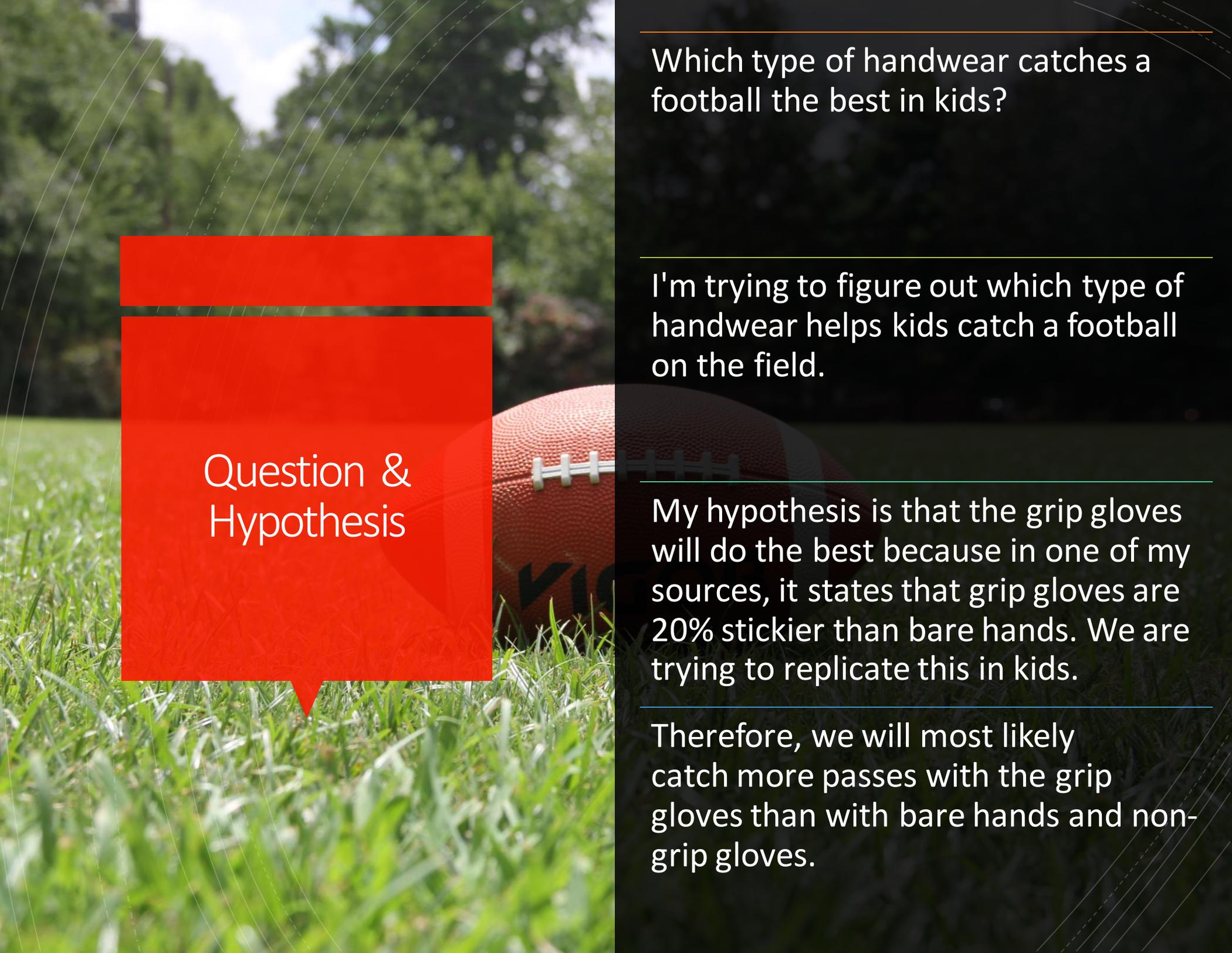


# Introduction

This project is important because most football receivers will know if they should buy gloves or not, and if so, which kind of gloves. This project is to understand if youth football players could be a lot better if they don't wear gloves. This can help families and schools save money because most football gloves cost around \$50.

## Background Information

- The grip gloves surface is like a solid and a liquid. This liquid is like honey, so the football won't just bounce off the glove.
- Most gloves are thin around the palm, so it feels like your bare hands.
- Grip gloves form around the ball in a way that can hold the ball better.
- My research shows that grip gloves are what adult receivers should wear.



## Question & Hypothesis

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Which type of handwear catches a football the best in kids?

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I'm trying to figure out which type of handwear helps kids catch a football on the field.

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My hypothesis is that the grip gloves will do the best because in one of my sources, it states that grip gloves are 20% stickier than bare hands. We are trying to replicate this in kids.

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Therefore, we will most likely catch more passes with the grip gloves than with bare hands and non-grip gloves.



# Materials & Procedure

- Two kids catching the football
  - One adult throwing passes
  - A junior sized football for throwing and catching
  - Grip gloves for catching
  - Batting baseball (non-grip) gloves for catching
  - Measuring tape
  - Notebook and pencil to collect data
1. Measure 7.62 meters (25 feet) between the passer and catcher
  2. We threw a football 15 times for each glove/bare hand type for a total of 45 throws.
  3. We repeated this two more times.
  4. We recorded how many passes were caught or dropped. Caught means you have the ball in your hands with both feet on the ground and you don't drop the ball for at least 3 seconds. Dropped means you touch the ball, but do not catch it.
  5. Finally, we compiled the results and reflected to see which one is better.

## Variables

- Independent variable: Type of handwear (bare hands, batting baseball/non-grip gloves, and grip gloves)
- Dependent variable: Number of passes caught
- Control variables: Distance between the passer and catcher, location of experiment, hand sizes of Person 1 and Person 2

## Photo of Gloves

Top: non-grip gloves

Middle: grip gloves

Bottom: bare hands



# Data Results

## Day 1

## Day 2

## Day 3

## Total

Catches	Throws	% Caught									
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### Non-grip Gloves

Person 1	11	15	73.33%	12	15	80.00%	11	15	73.33%	34	45	75.56%
Person 2	7	15	46.67%	7	15	46.67%	5	15	33.33%	19	45	42.22%
<b>Total</b>	<b>18</b>	<b>30</b>	<b>60.00%</b>	<b>19</b>	<b>30</b>	<b>63.33%</b>	<b>16</b>	<b>30</b>	<b>53.33%</b>	<b>53</b>	<b>90</b>	<b>58.89%</b>

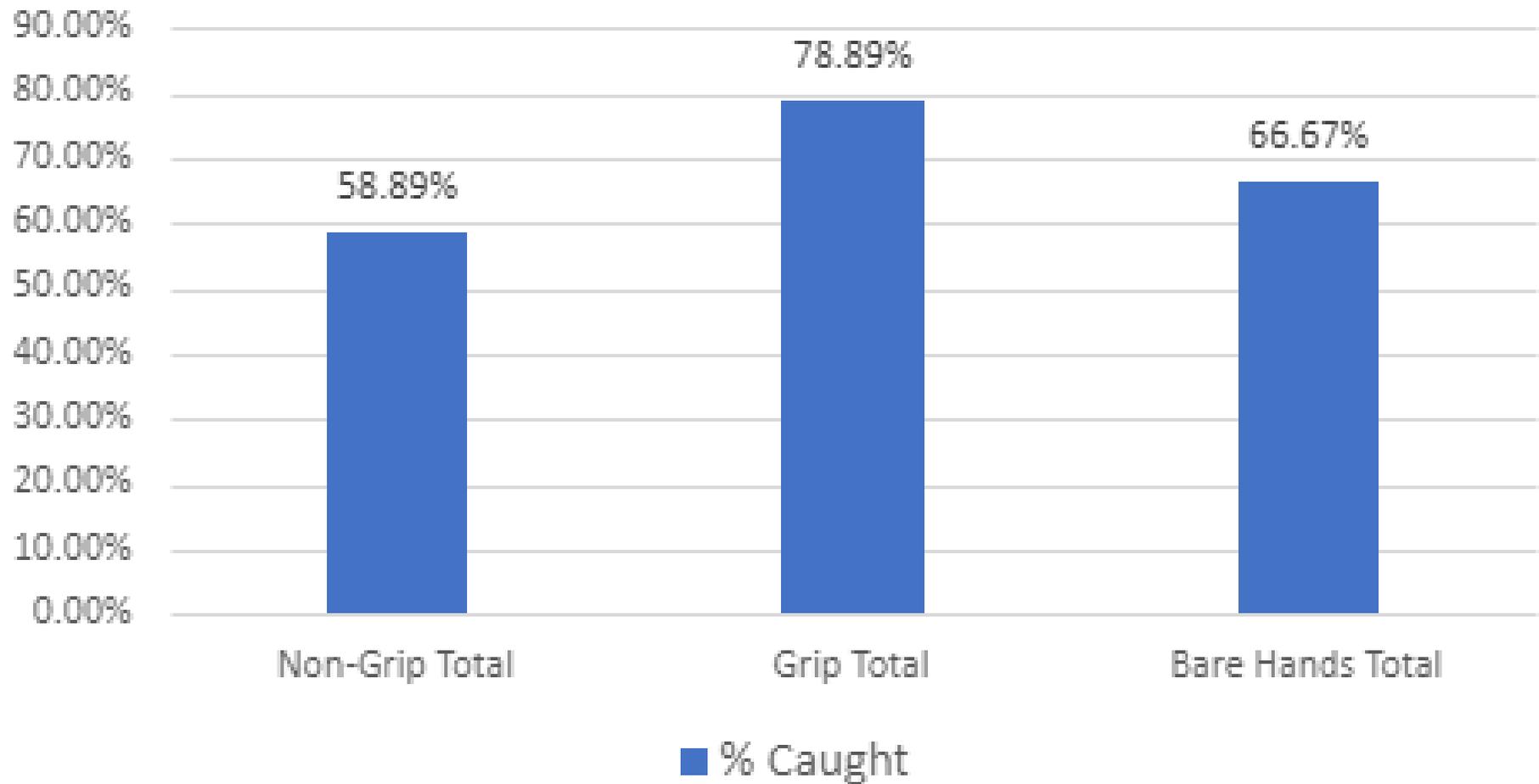
### Grip Gloves

Person 1	14	15	93.33%	14	15	93.33%	13	15	86.67%	41	45	91.11%
Person 2	10	15	66.67%	10	15	66.67%	10	15	66.67%	30	45	66.67%
<b>Total</b>	<b>24</b>	<b>30</b>	<b>80.00%</b>	<b>24</b>	<b>30</b>	<b>80.00%</b>	<b>23</b>	<b>30</b>	<b>76.67%</b>	<b>71</b>	<b>90</b>	<b>78.89%</b>

### Bare Hands

Person 1	13	15	86.67%	14	15	93.33%	10	15	66.67%	37	45	82.22%
Person 2	13	15	86.67%	5	15	33.33%	5	15	33.33%	23	45	51.11%
<b>Total</b>	<b>26</b>	<b>30</b>	<b>86.67%</b>	<b>19</b>	<b>30</b>	<b>63.33%</b>	<b>15</b>	<b>30</b>	<b>50.00%</b>	<b>60</b>	<b>90</b>	<b>66.67%</b>

## % Caught by Handwear



Overall Data Results

# Discussion and Interpretation

- What happened is that the grip gloves overall caught the most passes (78.89%), which is what I predicted.
- The next best catching method was bare hands (66.67%), followed by non-grip gloves (58.89%).
- The catch improvement results were that the grip gloves caught 34% more passes than the non-grip gloves, and the grip gloves also caught 18% more passes than the bare hands. This compares to the 20% catch improvement of adults.
- I understand the results because grip gloves are a lot more sticky than bare hands and non-grip gloves. The results are probably valid and fit in with the research I did. This shows that grip gloves are also more effective in kids.
- I could have gotten better results if we had a consistent football throwing machine that threw the ball at the same speed and time on each throw. Also, my brother and I are different ages, which could have impacted the results because we have different hand sizes and different catching abilities.

## Implications and Ideas for Future Research

- This project could help youth football receivers because youth players and teams will know that spending the money on grip gloves will get receivers better performance.
- This project might help with future research because if someone needs to pick up something that's hard to grasp like a football, they will now know that football/grip gloves would be a good thing for the task.
- One of the questions that I've asked myself is if there was an even better glove for football, could it be used to help with everyday things? Our results could differ if we used different brands of gloves because some gloves might be better or worse than others. This could be an idea for future research.

# References

- **Grab and Go: How Sticky Gloves Have Changed Football**, David Waldstein, New York Times, January 20, 2019, <https://www.nytimes.com/2019/01/20/sports/super-bowl-nfl-gloves.html>
- **Do Receiving Gloves Help You Catch a Football?** Rob Harris, SportsRec, July 24, 2022, <https://www.sportsrec.com/6903625/do-receiving-gloves-help-you-catch-a-football>