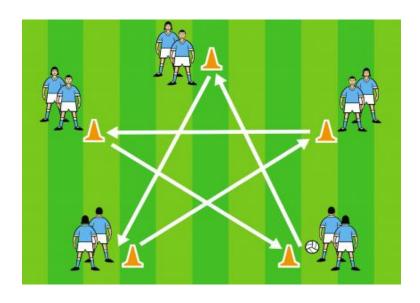






## LOW CATCH - STAR DRILL FOOTBALL





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## This is an intermediate drill to practice the Low Catch technique

## Organisation

- Place 5 markers as shown to make a star shape
- Position 2 players at each marker
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

## STEP Variation

Equipment - To increase the difficulty of the drill introduce a second ball

Notes			