LEVEL 1

HIGH CATCH - PARTNER CATCH

FOOTBALL

EQUIPMENT LIST

- Cones
- Football

This is a basic drill to practice the High Catch technique

Organisation

- Divide the group into pairs; one ball per pair
- Each player in turn throws the ball above their opponents head for them to perform the high catch
- Initially the catcher jumps off both feet from a stationary position; bend the knees and extend the arms backwards before springing up and extending the arms forward and up to catch the ball
- To progress the drill the catcher takes one step forward to jump while swinging the other leg forward; concentrate on gaining as much height as possible with the swinging leg

STEP Variation

Task – As the players become more competent allow the catcher to jog forward to jump for the ball

Notes