LEVEL 1

HIGH CATCH - TOSS & CATCH

FOOTBALL

EQUIPMENT LIST

- Cones
- Football

This is a basic drill to practice the High Catch technique

Organisation

- Mark out a grid appropriate to the number of players
- While remaining within the grid each player throws a ball high above their heads to perform the high catch
- Continue the drill for a set period of time

STEP Variation

Task - Adapt the drill by requiring the players to kick the ball up to perform the high catch

Notes