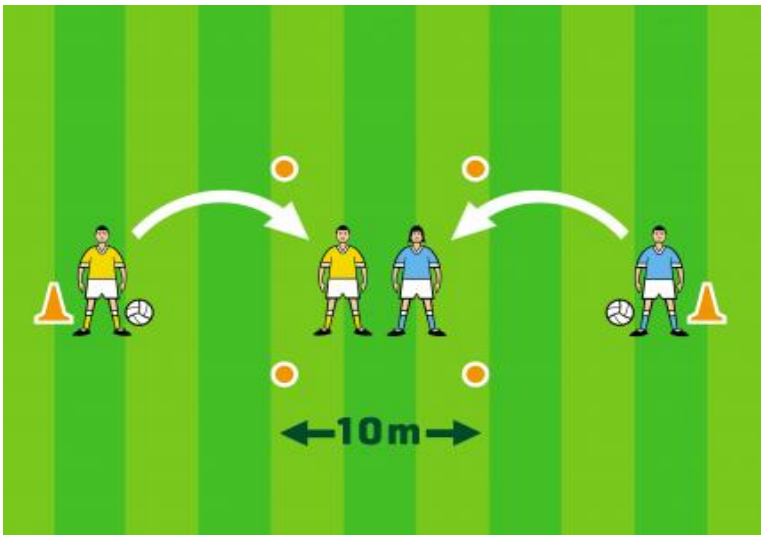
LEVEL 3

HIGH CATCH - OPPOSED CATCH

FOOTBALL



EQUIPMENT LIST

- Cones
- Football

This advanced drill to practice the High Catch technique introduces an opponent

Organisation

- Mark out a grid approximately 10m x 10m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The other two players act as feeders
- Each feeder is designated a partner
- Each feeder in turn throws the ball for their partner to perform the high catch while the other player provides token opposition

STEP Variation

Task - As the players become more competent allow both players to contest for the ball

Task - To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

Notes