





## HIGH CATCH-CATCH & KICK FOOTBALL



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<u> </u>	Cones
2	Football

## This is an advanced drill to practice the High Catch technique.

## Organisation

- Mark out a grid approximately 30m x 30m
- The players work in two pairs
- The player in possession must kick to their partner in the opposite pair who must field the ball using the high catch
- The second player in the opposite pair provides token opposition
- On receiving the pass the ball is transferred to the other player in the pair who in turn punt kicks back to their partner
- Encourage the kicker to place the ball to either side of the receiver requiring them to move into position to field the pass

## Variation

T - To increase the difficulty of the drill the opponent may provide full opposition to the receiver

Notes			

