

LEVEL 2

CATCHING & PASSING - HIGH BOUNCE & CATCHING / FOOTBALL



This exercise to develop catching & passing skills is a variation on the Bounce & Catch exercise

Organisation

- Each player has a ball
- Bounce the ball high above the head
- Catch the ball at the highest point
- Vary the exercise by tapping the ball higher at the top of the bounce before catching at the new highest point

Key Points

- Bounce the ball using two hands at first and then one hand
- Extend the arms towards the ball to catch it; keep the thumbs behind the ball forming a 'w' shape with the index fingers

Notes

Equipment

- An inventory of equipment to support Have a Ball exercises is available in the Resources section