

LEVEL 2

CATCHING & PASSING - BOUNCE, MOVE & DRIBBLE

FOOTBALL



This exercise to develop catching & passing skills challenges the players to bounce and catch the ball while moving

Organisation

- Each player has a ball
- Bounce the ball after every 4 steps while moving around the playing area
- Use a two-handed bounce; then progress to a one-handed bounce
- Finally dribble bounce the ball continuously while moving around the playing area; use two hands at first and then one hand

Key Points

- Using the fingers push down through the ball to bounce it

Notes

- When using a one-handed bounce step forward with the leg on the opposite side

Equipment

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