

LEVEL 2

# CATCHING & PASSING - 1-HANDED BOUNCE & CATCHING / FOOTBALL



This exercise to develop catching & passing skills focuses on bouncing and catching a small ball

**Organisation**

- Each player has a small ball
- Bounce the ball with one hand and catch it again using one hand
- Begin in a stationary position before introducing movement
- Practice the technique on both sides

**Key Points**

- When catching cup the hand and allow the ball to fall into it at first
- Progress to catch the ball with the fingers facing down

Notes

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## ***Equipment***

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