LEVEL 3

CATCHING & PASSING - PARTNER TOSS & CATCH

CATCHING / FOOTBALL

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This exercise to develop catching & passing skills includes a partner

Organisation

- The players work in pairs a short distance apart
- Throw the ball to one another using a two-handed under arm throw
- Begin with a big ball before progressing to a small ball

Key Points

- Throw the ball between chest and head high

Equipment

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

Notes