

# BODY CATCH

The Body Catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.



## KEY TEACHING POINTS



Move to receive the ball between the arms and the chest. Eyes on the ball.



Extend the arms in front of the chest with elbows close together and palms facing up.



Relax the chest on impact to cushion the ball into a secure position with both hands.

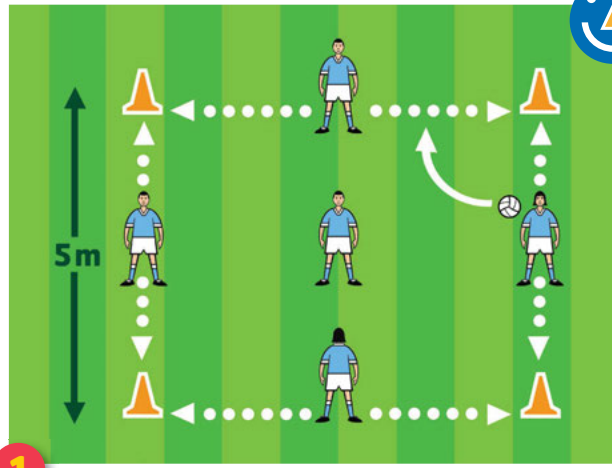
To Coach the Skill use the **IDEAL** method

- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe

## LOOK OUT FOR THESE COMMON ERRORS

- Closing the eyes
- Leaning back as the ball approaches
- Keeping the elbows and arms too far apart

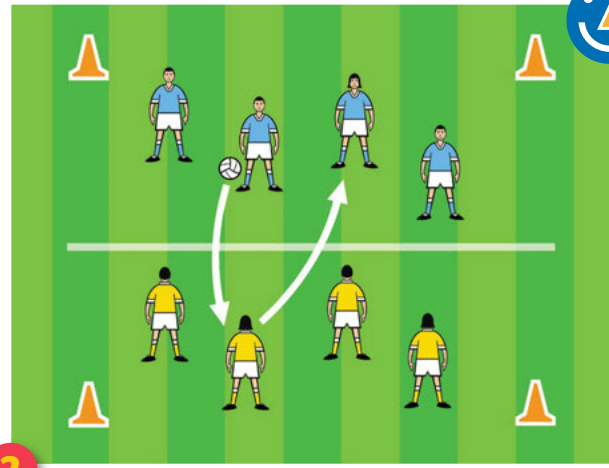
## BODY CATCH DEVELOP THE SKILL



1

### PIGGY IN THE MIDDLE

Identify one player as the Piggy in the Middle. Other players attempt to keep possession using the body catch, Piggy in the Middle attempts to intercept.



2

### OVER THE RIVER

Divide into two teams. Players attempt to throw the football into their opposition team's court making it difficult for them to catch.

## VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

**S**pace **T**ime **E**quipment **P**layers **R**ules

**S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

**T** how long are players working for? Challenge the intensity by reducing the time

**E** alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge

**P** increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition

**R** adapt the rules of the game to assist with achieving a certain outcome.

## DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

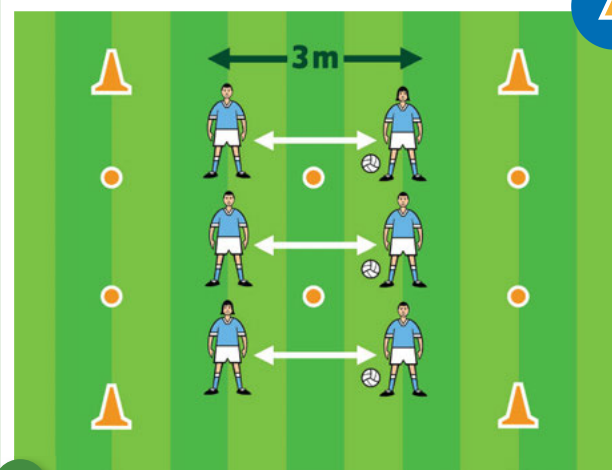


Modified Game



Game Play Routine

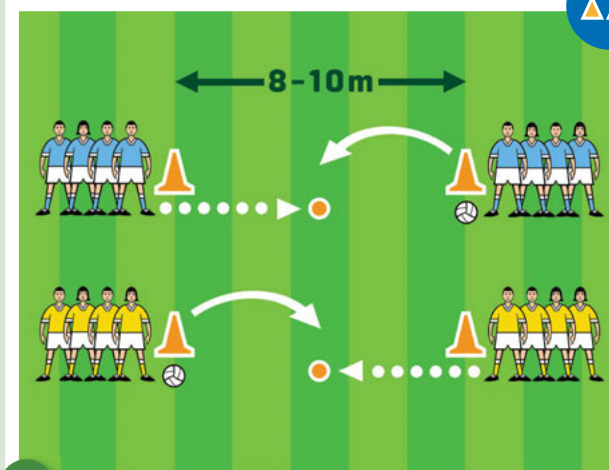
## BODY CATCH PRACTISE THE TECHNIQUE



1

### THROW AND BODY CATCH

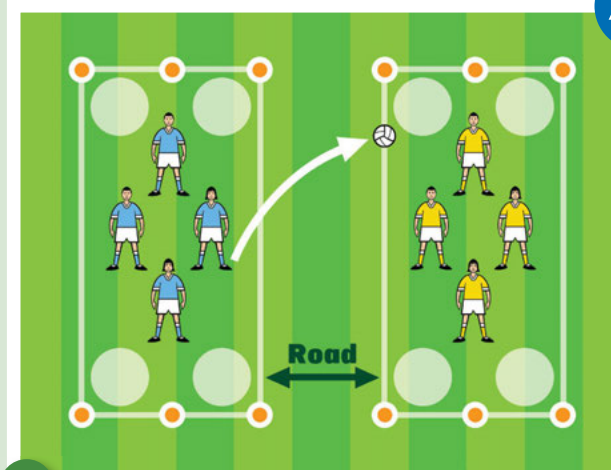
Players in pairs, one ball per pair. Toss the ball for partner to catch into the chest.



2

### HANDBALL BOB

Players in groups. One football per group. Throw the ball underarm for partner to catch into the chest at half way marker. Follow on to line up at end of opposite line.



3

### HIT THE CORNERS

Teams attempt to score by kick passing into opponents target zones. Defending team try to body catch.