

HIGH CATCH

The High Catch is a catching technique used to field the football from the air. It is used in particular to win possession from a kick out or a long pass.



KEY TEACHING POINTS



Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg.



Extend the arms over the head. Head up, eyes on the ball.



Spread the fingers to form 'W' shape behind the ball.



Draw the ball into the chest with both hands.

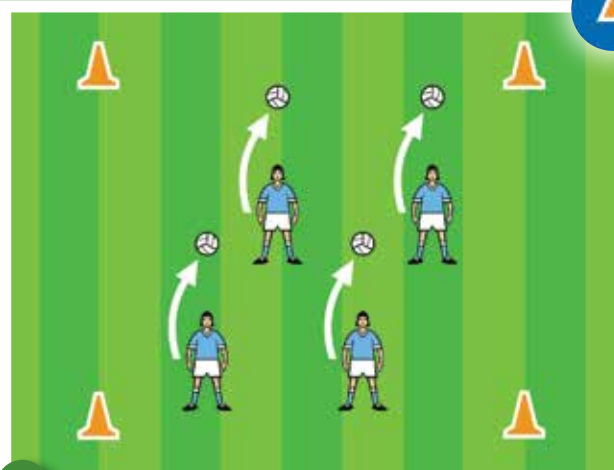
To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

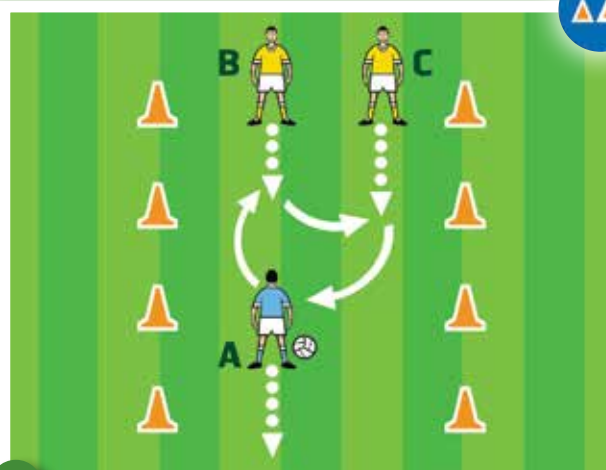
LOOK OUT FOR THESE COMMON ERRORS

- Not swinging the jumping leg forward
- Not extending the arms fully
- Jumping too early or too late

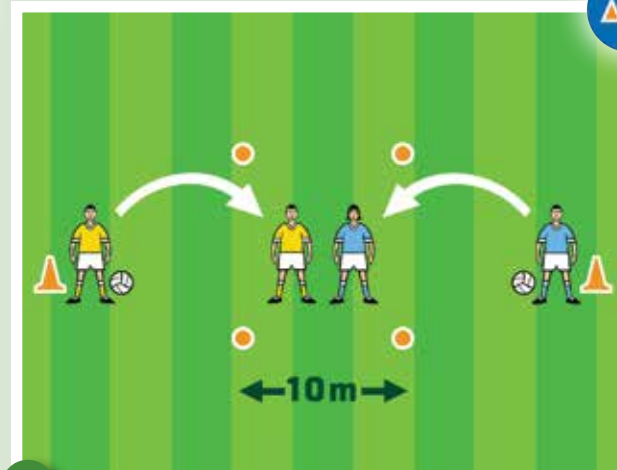
HIGH CATCH PRACTISE THE TECHNIQUE



1 MOVE AND CATCH I
One ball per player. Player throws ball and catches overhead.

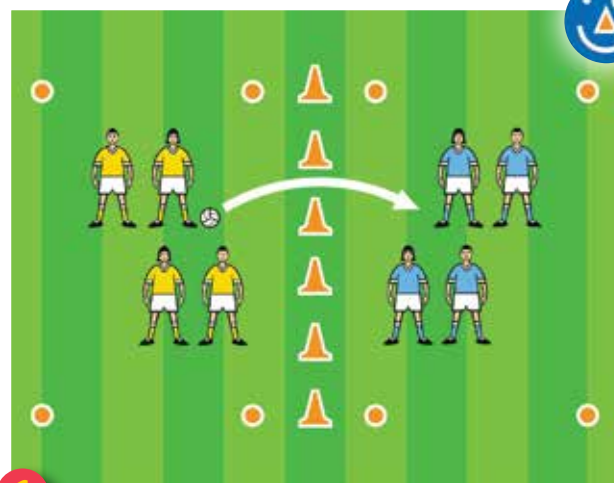


2 MOVE AND CATCH II
Player A jogs backwards throwing the ball for Players B and C to catch overhead

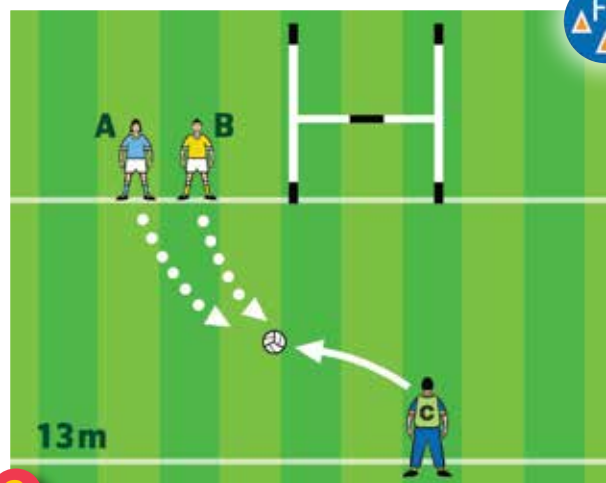


3 OPPOSED CATCH
Players in two teams. Players attempt to throw the ball to partner to catch overhead. Other team provide opposition.

HIGH CATCH DEVELOP THE SKILL



1 PRISONER BALL
Divide the players into two teams. One team in each part of the court. Kick the ball into opponents part for them to attempt to catch overhead.



2 ONE ON ONE
Players in pairs. Coach throws ball for players to contest overhead and score.

VARIATIONS

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

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller football, 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.

DESCRIPTIVE ICONS

