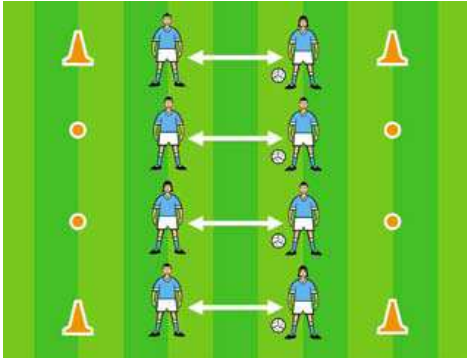


### Basic Drill



#### Partner Catch

Player in turn throws the ball up for their partner to High Catch

### High Catch

#### Key Points

1. Moving forward, extend upwards
2. Extend the arms fully above the head
3. Catch the ball slightly in front of the head
4. Secure the ball to the chest

#### Head - Hands - Feet

**STEP** - Vary the activity

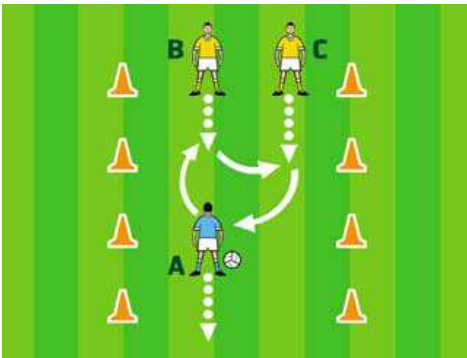
Vary Space

Vary Task

Vary Equipment

Vary Players

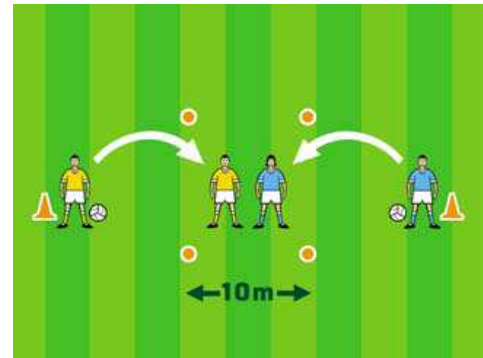
### Intermediate Drill



#### Move and Catch

A jogs backwards, throws the ball up for B to run onto and High Catch

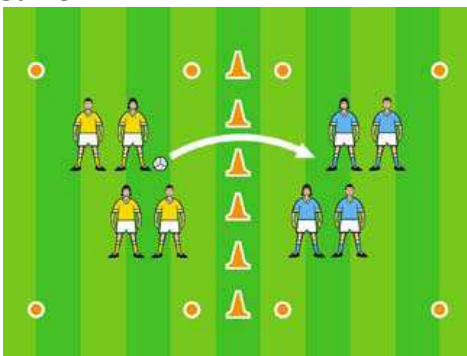
### Advanced Drill



#### Opposed Catch

One player in the middle High Catches the ball while the other provides opposition

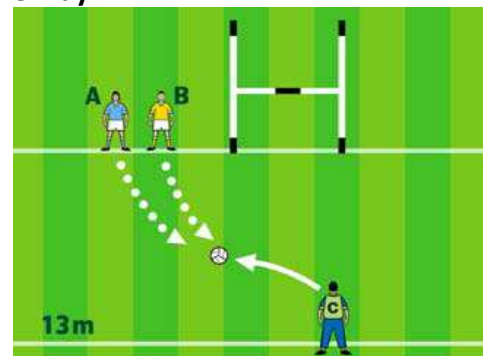
### Fun Game



#### Prisoner Ball

Players kick the ball to the opposition; if the ball touches the ground the nearest player joins the other team

### Game Play Drill



#### One on One

Coach throws the ball for the attacker to High Catch and kick for a score,