

FOUNDATION SKILLS

Catching Drill - Basic



Catch and Pass Weave

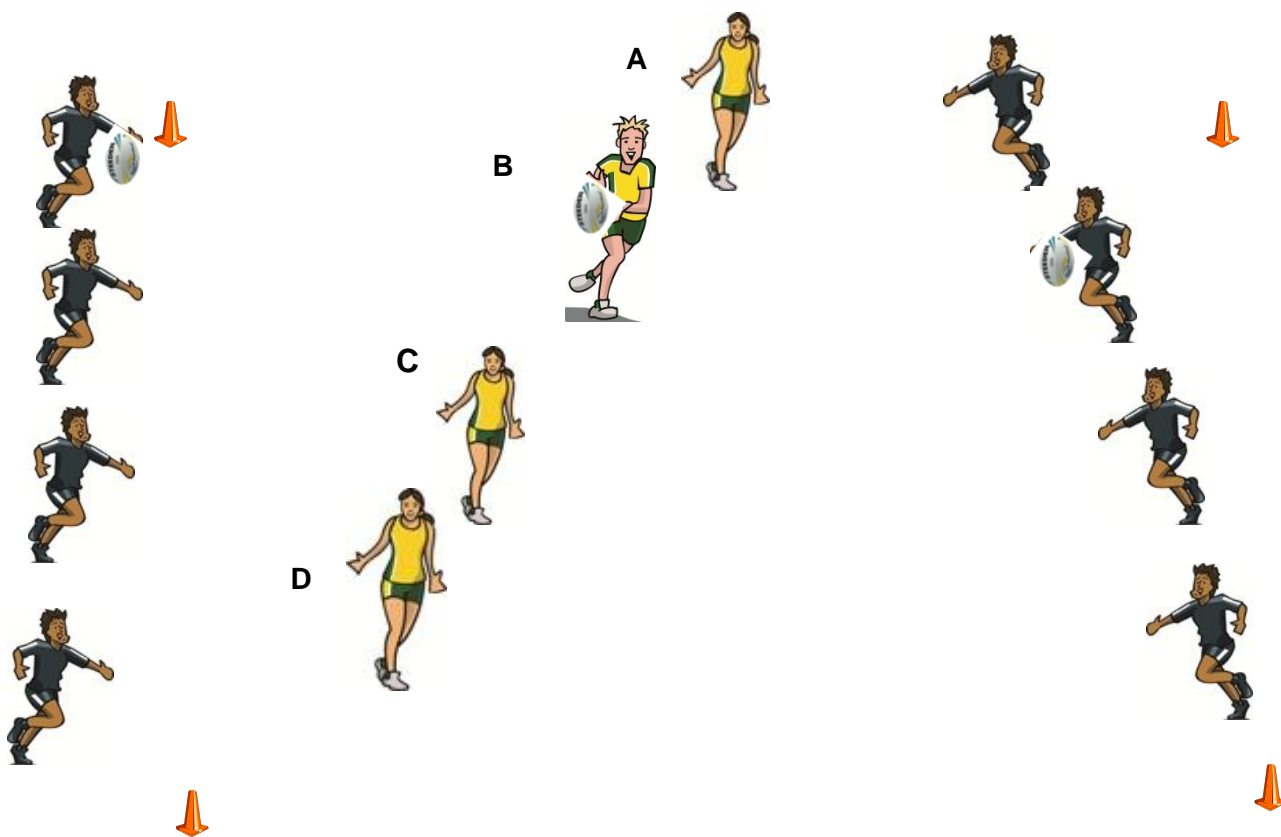
Similar to *Passing on the Run Drill* players are required to pass in lines except the focus is more about catching the ball under the added pressure/distraction of other players being in the way.

Set up the drill as shown with one ball per line or group. Players line up in queues behind each line and at both ends. The first line begins with 'A' having the ball and moving forward and passing to 'B' and then on to 'C' etc. Once the ball reaches the end of the line it is returned back down the line again. Once the whole line reaches the end of the grid they turn and set off again.

The test now is that there will be other lines/groups coming toward them and they now need to weave in and out of the lines while executing the catch and pass skill. The coaching points now involve players being aware of their surrounds (using peripheral vision) and ensuring that they do not run into other players or pass so that the ball maybe dropped or hits another player etc.

Note - no forward passes and no spinning/spiralling of the ball.

Equipment	
	4
	3-4 (1 per line)



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