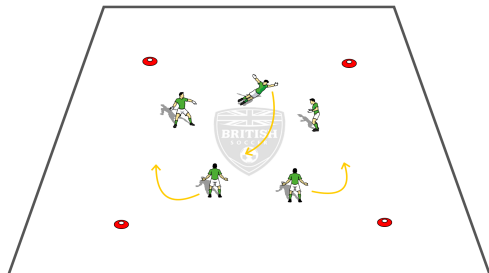


Topic: High Catching

Objective: Learning the technique of catching the ball above the head

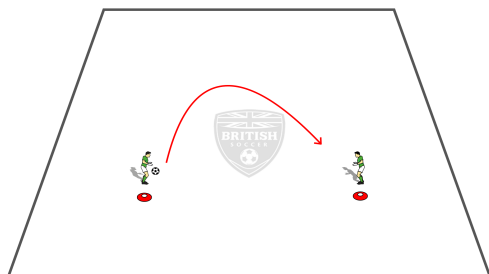
Session Part: Warm-up



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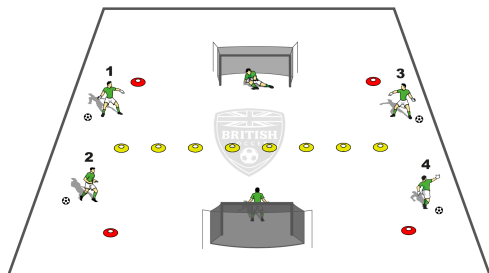
Session Part: Individual Activity



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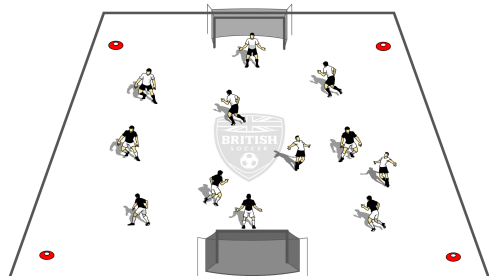
Session Part: Partner/Small Group



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Session Part: Group Activity



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Organization

Time: 15

Area: 15 x 15

Numbers: Group (in pairs)

Begin by dribbling ball around area, moving onto ball in hands, bouncing and catch, SET position. Bouncing to partners hands, interchanging the ball. Progressing onto interchanging volleys. Half of the pairs can then use their feet on the floor and play two touch, while the other half of the pairs use their hands (or volley) to move the ball.

Progressions

Ball Juggle Game - Goalkeepers in a circle, each with a ball in two hands. They never let go of their ball. Aim is to see how many times as a group they can keep one ball off the floor. They hit their ball onto the group ball to keep it up.

Coaching Points

- Hand-eye coordination.
- Focus, eyes on ball .
- Staying on the toes to move quickly.
- Stay balanced.

Organization

Time: 15

Area: 6 yards apart

Numbers: In pairs

High Ball Collection:

In pairs, Goalkeeper's will throw high ball to collect high ball above head. Meet the ball at the highest possible point. After each catch, rotate round to other Goalkeeper to catch. Focusing on taking off, raising one knee for protection, and hands to the ball to catch with 'W' shape hands. Eyes focused on ball, "Keeper" shout as approaching the ball.

Progressions

High bounce pass to collect. 2 ball, 1 ball volleyed at GK, then throws back then another ball thrown up for high ball catch. Then rotate.

Coaching Points

- Pushing off on correct foot.
- Raising correct knee for protection.
- 'W' Catch.
- Eyes on the ball.
- Keeper shout. .

Organization

Time: 15

Area: 20 x 30

Numbers: Group of 6 (Two Goalkeeper's, four on the outside)

"High Wars"

Coach calls number which is where the serve will come from. Goalkeeper has to make catch then can try and score (throw, shoot, volley) goal on opponent. New serve played in when ball goes out of play. If Goalkeeper misses target then new Goalkeeper rotated in with server. Rotate every 3-4 minutes.

Progressions

Server makes catch more difficult. Other Goalkeeper can attempt to intercept opponents serve and score. Put a time limit on each attempt to score e.g. 5 second from serve to shot.

Coaching Points

- Eyes on ball
- Loud 'Keeper' shout
- Awareness for opponents positioning.

Organization

Time: 15

Area: 40 x 20

Numbers: Split into two teams

Goalkeeper rotates every 2 minutes. Handball style game, cannot move once ball is in possession. If the ball hits the ground, ball turns over to other team. Ball goes out of play, it is a 'kick in'. To score player must throw the ball into the goal. Encourage keepers to play high balls, and to challenge every catch or pass, to make it more game realistic for catching a high ball with pressure.

Progressions

Passes can only be made over head height - to encourage high catches. When caught player can volley to score.

Coaching Points

- Raising knee to protect
- Been brave to win high ball under pressure.
- Keeping focused, eyes on the ball, hands first.
- Bending knees, pushing and following through.