

'Catching the basics'

Fundamentals

Agility, Balance, Coordination
Running, Jumping
Throwing Catching Passing
Striking, Kicking

Gaining possession

Body catch – safe / protect
High catch – look through hands
Low catch – soft knees / move feet
Reach catch - move feet / pull it in

1. Before we start... make them feel SAFE... make them feel GOOD.
2. Start with 'The Mid-wife' ... later 'The Gadfly'!
3. Equipment – "There goes the fear... ESSENTIAL"
 - Sponge ball (Junior & Senior Infants)
 - First Touch (U8) – Quick Touch (U10) – Smart Touch (U12)

Technical Proficiency

HEAD UP "EYES ON THE PRIZE"

- Concentration
- Look the ball into your hands

W-HANDS "ROOM FOR THE BALL"

- Fingers pointing up... avoid jamming a figure
- Give your teammate a target
- Fingers spread & pointed outwards – nice pocket, safe fingers
- Arms and elbows comfortably out from body

FEET "READY FOR TAKE-OFF"

- Athletic stance
- Step to ball
- Footwork – catching is EASY if right place at the right time
- What happens next...MOVEMENT

Team Play – Communicate!

THREE THINGS YOU MUST SAY TO YOUR PARTNER...

"Are your FEET ready?
"Are your HANDS ready?
"Here's a NICE PASS!

Tactical Prowess (Decision making)

Look, Think, Move, Skill(See Circle & Grid overleaf)

Psychological Focus

Praise, Positive Reinforcement, Confidence, Encourage Mistakes.

Playing Facts

Emphasis on # Catches not # Drops

Physical Fitness

FMS (Fundamental Movement Skills) or Warm-up

Progressions

Jumping catch – soft landing/ change direction
The Impossible Catch – encourage 'failure'
Face catch – confidence first
The Bad Pass
Contest – shield your opponent
One hand catch – breaking the ball



Drills & Games for Catching



1. Practice the skill

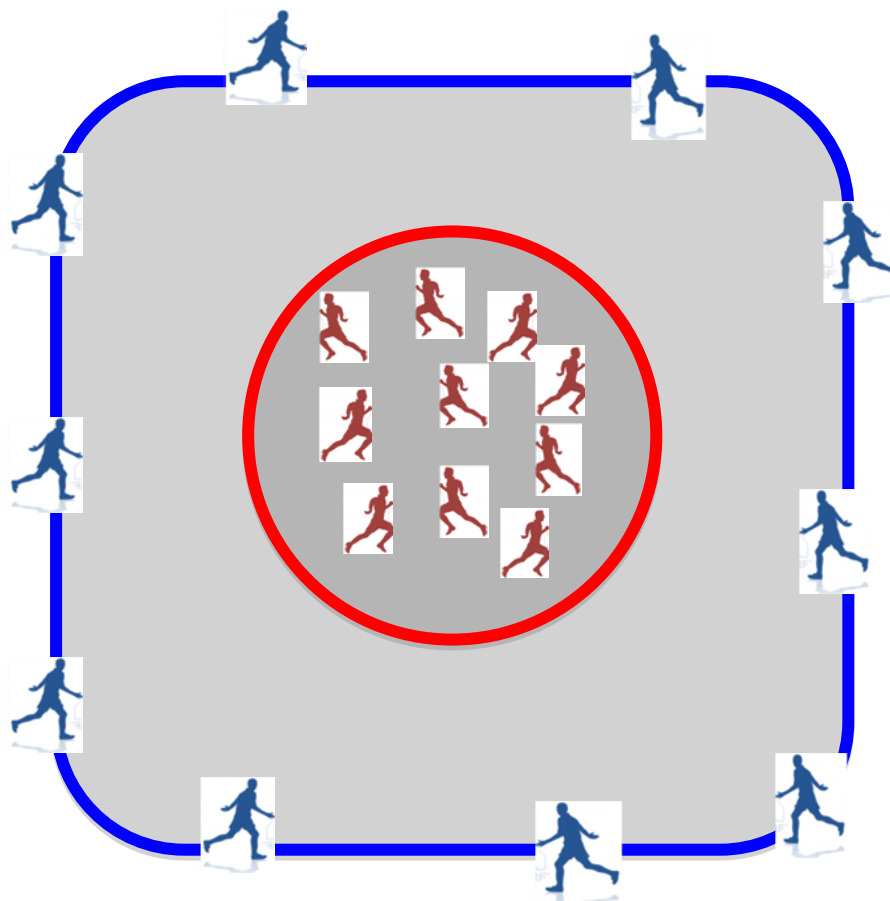
- With a coach
- Partners
- On their own

2. Drill the skill;

Circle & Grid (Tactical Prowess... Look, Think, Move, Skill, Communicate)

Blue box= "10 statues". Red zone= 10 players with balls / traffic jam

- Player with ball runs through red zone and finds a statue to do a 1-2 with. Continues back through red zone to another player and repeats 1-2.
- Progressions
 - Variations on the 1-2 – throw, pass etc
 - complete a skill each time you run through red zone
 - tacklers in the red zone
 - continuous exchange between runners and statues
 - competition- first to make 10 trips through the red zone



3. Play the Game

Normal rules AND also Reward the skill (catching)

Bonus point for a clean catch

Two points for a high, reach or low catch

Three points if the feet are off the ground or on the run.

Also- modified rules – 'hit-men' ... inside forwards... long ball and catch (movement). MARK!

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