U6 u8 catch

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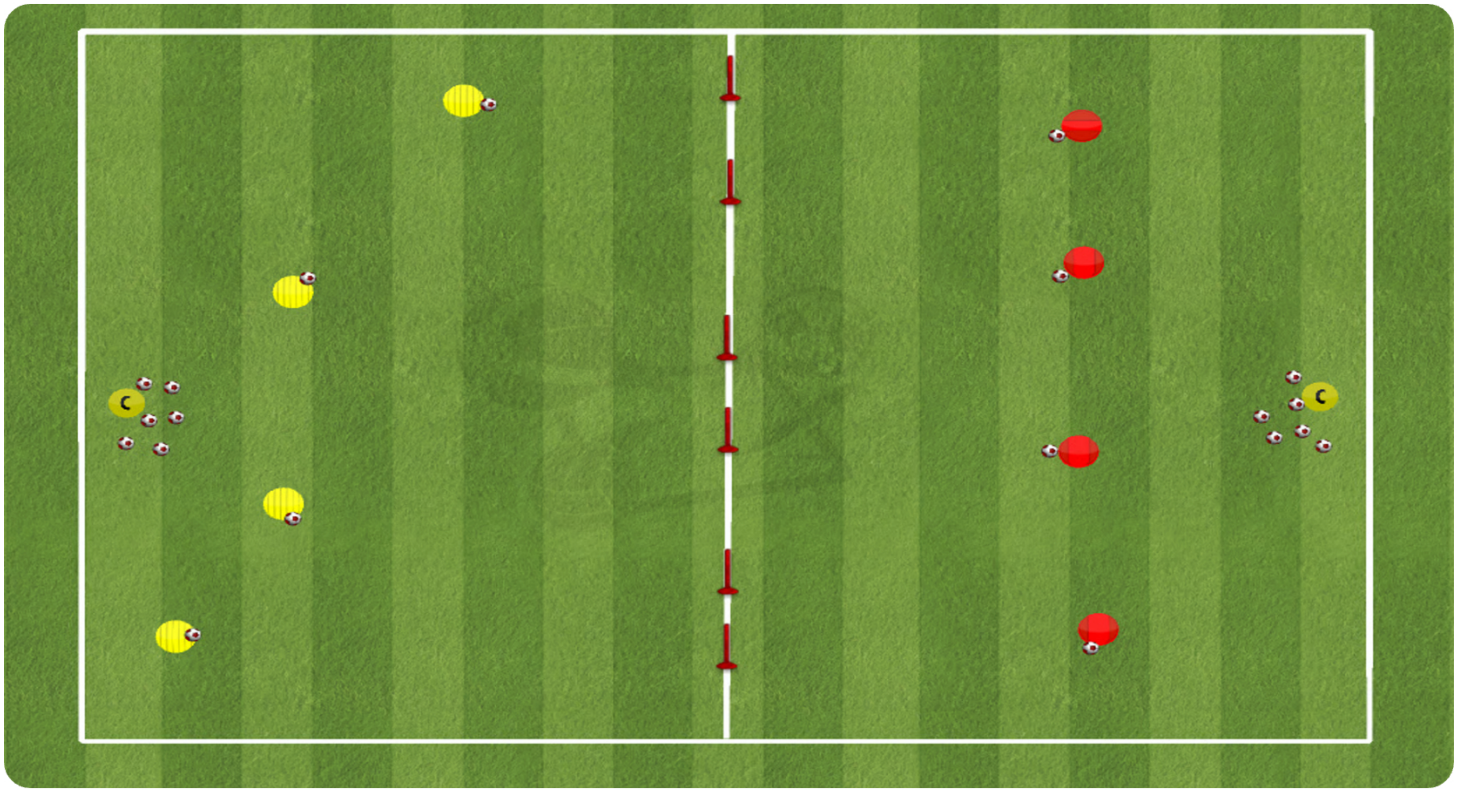
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THE MOST CATCHES WINS

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Overhead Catch



RULES

1. Set up the pitch as above.
2. Coach kicks high balls from different locations on the end line to players in the opposite grid who try catch the ball. Players/Coaches keep count of their scores.
3. The team with the most points in the end wins

QUESTIONS

Cues: 1. Make a wide “W” with your hands 2. Catch the sides of the ball

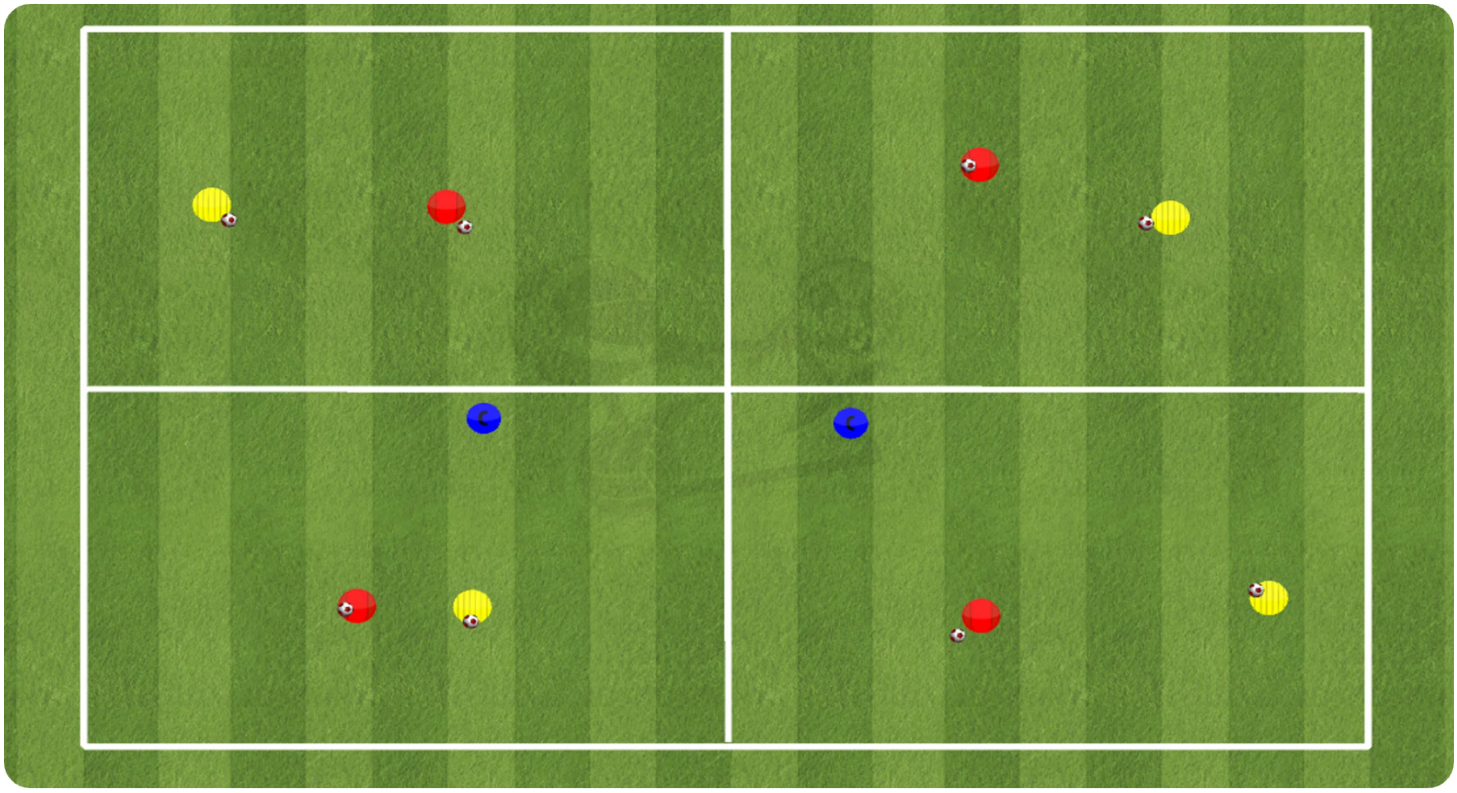
NOTES

BOUNCE KNOCK OUT

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Bounce



RULES

1. Every player has a ball. They bounce the ball around a marked area. On the whistle, coach enters and tries to knock the players ball away.
2. If a player's ball is knocked away, they must stand to the side and do 5 bounces with each hand & then re-enter the game.

QUESTIONS

Cue • Find the star on the ball • Hand Open like a fan • Push the ball to the ground • Imagine the ball is a yoyo • Ball stays below the belt

NOTES

PARTNER CATCH

Catching

Time: Any | **Sport:** Hurling, Football | **Age Group:** U7/8s, U9/10s, U11/12s



RULES

Arrange players in pairs (A and B) with a ball and two cones per pair. They begin standing one metre apart with a cone at their feet. Player B throws a ball and player A attempts to catch it and throw it back. If the catch is successful, player B picks up their cone and steps back one metre and repeats. Increase the distance as far as the throw and catch is comfortable. Pairs switch after a given time or distance

Variations

- Vary the type of ball used and whether to catch with one or two hands.
- Introduce a single leg balance while catching.

Equipment

An open playing area, various balls, cones

Tips

Teaching Cues:

1. Watch the ball
2. Get in the way of the ball
3. Reach your arms forward as far as they go
4. Hold the beach ball
5. Don't dirty your jumper
6. Pull the ball in

QUESTIONS

NOTES

BODY CATCH

Body Catch

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s



Hands out for low high 5s



Cuddle the ball into your chest

Coaching the Body Catch

QUESTIONS

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