



SKILL TO PLAY

HIGH/LOW BALL RETRIEVAL



WEEK 4

KEY



CONE



BALL



PLAYER DIRECTION OF TRAVEL

CATCHING A BALL OVER YOUR HEAD



- Can you catch a ball above your head?
- Can you catch a ball low to the ground?
- Can you do both of these whilst running?
- Can you do these when the ball is kicked?

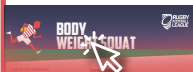
CATCHING A BALL LOW TO THE GROUND



MOVE TO PLAY

Squat

Hop, Stick and Grip



CLICK HERE FOR MORE INFORMATION

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THINK TO PLAY

- I know that watching myself can help to identify improvements.
- I encourage people in my house to help me to practice and share ideas with them.

LIVE TO PLAY

- I video and watch my own performance.
- I am punctual with my practice.



VIDEO 1



VIDEO 2



VIDEO 3