



**CARD  
NO: 3**

# CATCHING

## CATCHING AND PASSING ON THE MOVE.

Once players master the ability to catch and throw in the stationary position progress onto doing it on the move. Players need to be able to put it all together when on the move. Remember balance and control is vitally important.

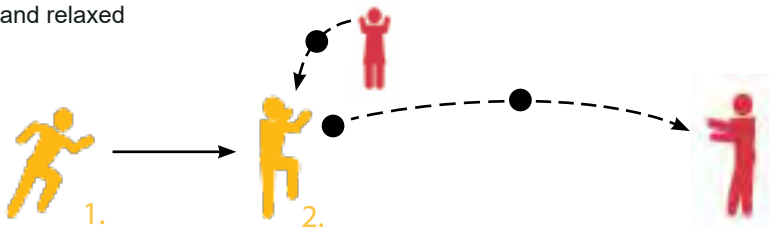
### COACHING POINTS

- Emphasise a two handed catch over a one handed catch for beginners
- Eyes watching the ball into the hands
- Fingers and thumbs relaxed and strong and spread in a “W” shape ready to receive
- Hands and arms stretch out towards the ball to catch
- Step forward and reach with hands to catch
- Snatch the ball with strong fingers and bend elbows when receiving the ball to lessen the impact whilst pulling the ball towards the body
- Keep thumbs behind the ball with fingers spread and relaxed

- Bring the ball back to the chest ready for the return pass
- Allow time for a balanced landing position before throwing the ball

### CONSIDERATIONS

- Balance on landing and good body control
- Applying the same catching and throwing techniques as when in the stationary position
- Reading the space the receiver is moving into and away from the defender
- The ability to make quick decisions



Link to video: <https://youtu.be/UM8VU40Thbl>



## ATTACKING SKILLS

When coaching attack the important points to cover are

- Control and Balance
- Footwork
- Vision
- Decisions

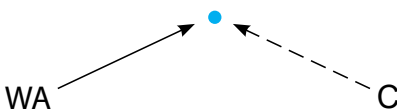
### 1. Straight lead/Diagonal lead

A simple movement but a very effective one. When timed to perfection it can be extremely difficult to defend. The attacker initiates the movement when the defender least expects it. Using strong, explosive movements lead with the outside foot towards the thrower. Run either directly forward or diagonally to the free side. When leading to the right or left it is important the player lands on their outside foot when catching the ball.

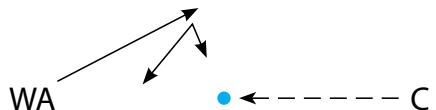
### 2. Dodge

Short, sharp movements often executed from a stationary beginning. Used to quickly change direction to create space. It also allows the attacker to 'wrong foot' or take the defending player away from the space where the ball is to be caught.

1.



2.



Begin in a stable body position by having -

- Feet shoulder width apart
- Weight evenly distributed
- Bending knees and flexing hips slightly
- Body upright with head and eyes up watching the play
- Arms are bent with elbows in a relaxed position by the side
- Take 1 or 2 short, quick steps in the opposite direction to where you want to catch

Ground the outside foot by -

- Bending knee to lower the centre of gravity and reduce the speed
- Pivot on the ball of grounded foot and rotate it, knees and hips in the desired direction then push off
- Weight is quickly transferred back over the inside foot as the player accelerates in the new direction
- Arms pump to enhance acceleration

All movements must be quick and decisive. Good balance should be maintained throughout the movement.

Link to video: <https://youtu.be/UM8VU4OTb1l>