**Skill(s) to focus on in Activity/Drill: Overhead Catching**

* Keeping your eye on the ball
* ‘W’ hands – hands open
* Bring the ball into the chest
* Keep moving and anticipating



**Description of Skill Activity**

* Have 1 ball per 4/5 players
* Line up the players along the end line or a line of cones
* The mentor stands approx. 5m across from the players.
* The mentor calls the name of a player and throws up the ball.
* The player tries to catch the ball overhead or before it bounces.
* Player then hand passes the ball back to the mentor.

**Things to note and make players aware of:**

* Reach for the ball
* Spring from the ground to catch the ball
* Moving forward to catch the ball.
* Catch and tuck into the players chest
* Accurate and proper hand pass back to the Mentor while on the move.

**Variations and Progressions of Drill:**

* Adjust the height of the ball thrown
* Adjust the angle of the ball thrown
* Have two player competing for the ball
* Have a defender and an attacker competing.