

Catching Drills



Catching

While catching is obviously part of the passing skill (it isn't a good pass if it isn't caught!), here are some tips to break down the catching skill for instruction.

Partner Passing

1. Partners stand 2 meters apart with one ball between them.
2. Pass the ball back and forth, working on good form (Step And Push).
3. Make 10 bounce passes.
4. Make 10 passes in the air.

Key Words

- Step
- Push

