

Reach Catch

Elite Image

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

The Reach Catch in Football is a technique used to catch the ball when it approaches at or above head height. It forms the basic element of the overhead catch.



Head up, eyes on the ball



Extend arms towards the ball as it approaches



Catch the ball slightly in front of head



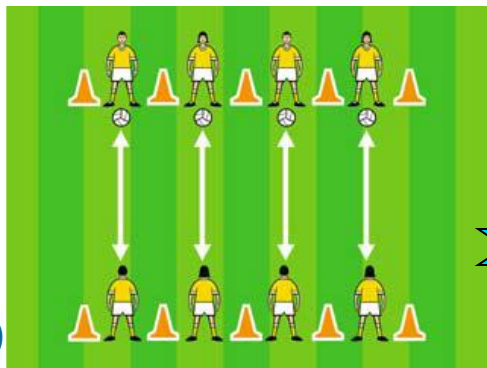
Secure the ball into the chest

Look out for:

- Not extending the arms fully
- Catching the ball behind the head

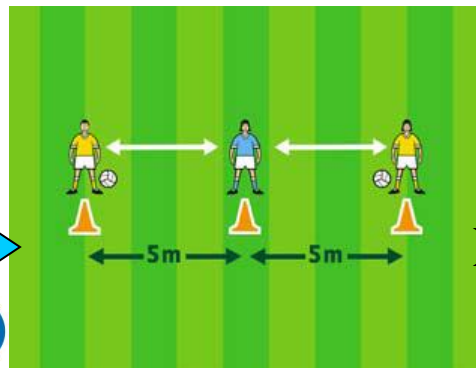
Reach Catch

Practice the Technique



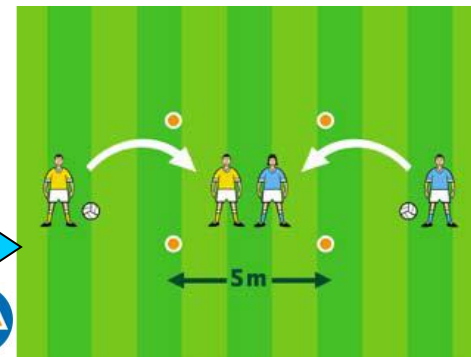
Partner Catch

Throw the ball up for your partner to Reach Catch



Pressure Catch

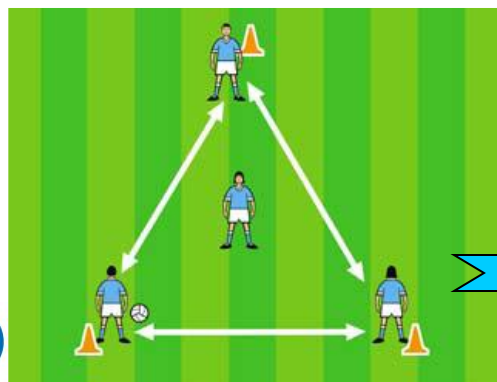
Outer players throw the ball in turn for the middle player to Reach Catch.



Opposed Catch

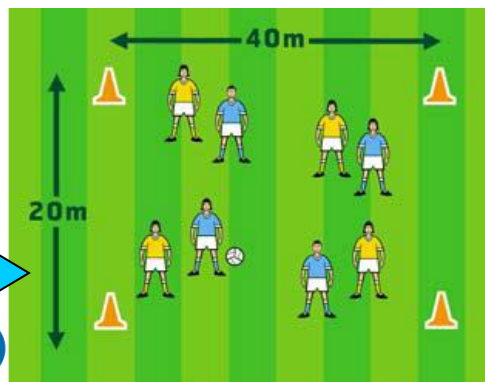
One player in the middle Reach Catches for the ball while the other provides opposition

Develop the Skill



Piggy in the Middle

Player in the middle tries to intercept the ball while the other players throw to each other



Keep Ball

Retain possession by kick or hand passing to a team mate who has to Reach Catch.

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill