

9. High Catch



Moving forward,
extend upwards



Extend the arms
fully above the head



Catch the ball slightly
in front of the head



Secure the ball to
the chest

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

Look out for:

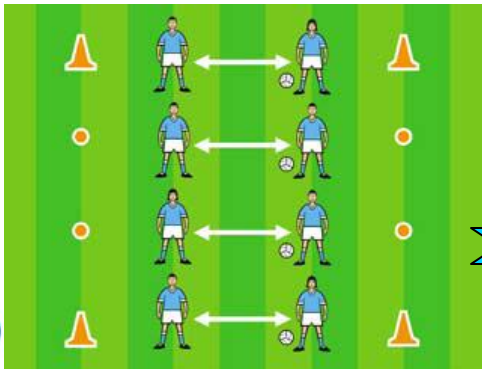
- Now swinging the non jumping leg forward
- Not extending arms
- Not securing the ball
- Jumping too early/late



The High Catch is one of the most spectacular techniques in Gaelic Football and is used to field the ball from the air. It is used in particular to win possession from a kick out or long pass.

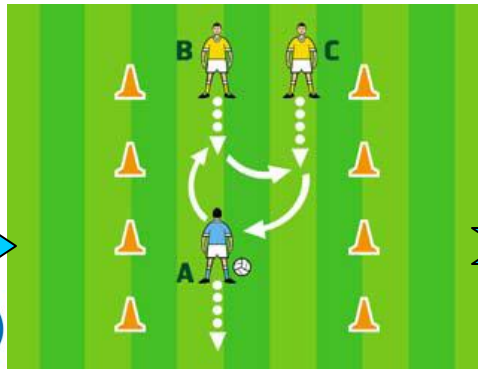
High Catch

Practice the Technique



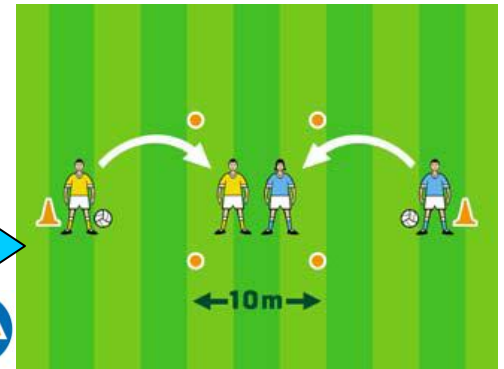
Partner Catch

Player in turn throws the ball up for their partner to High Catch



Move and Catch

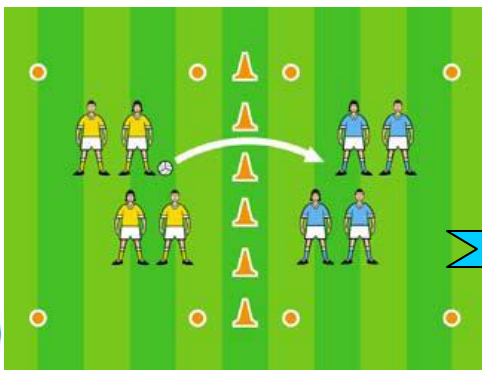
A jogs backwards, throws the ball up for B to run onto and High Catch



Opposed Catch

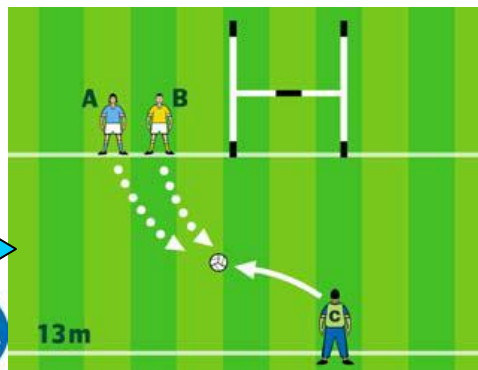
One player in the middle High Catches the ball while the other provides opposition

Develop the Skill



Prisoner Ball

Players kick the ball to the opposition; if the ball touches the ground the nearest player joins the other team



One on One

Coach throws the ball for the attacker to High Catch and kick for a score, defender tries to block it.

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill