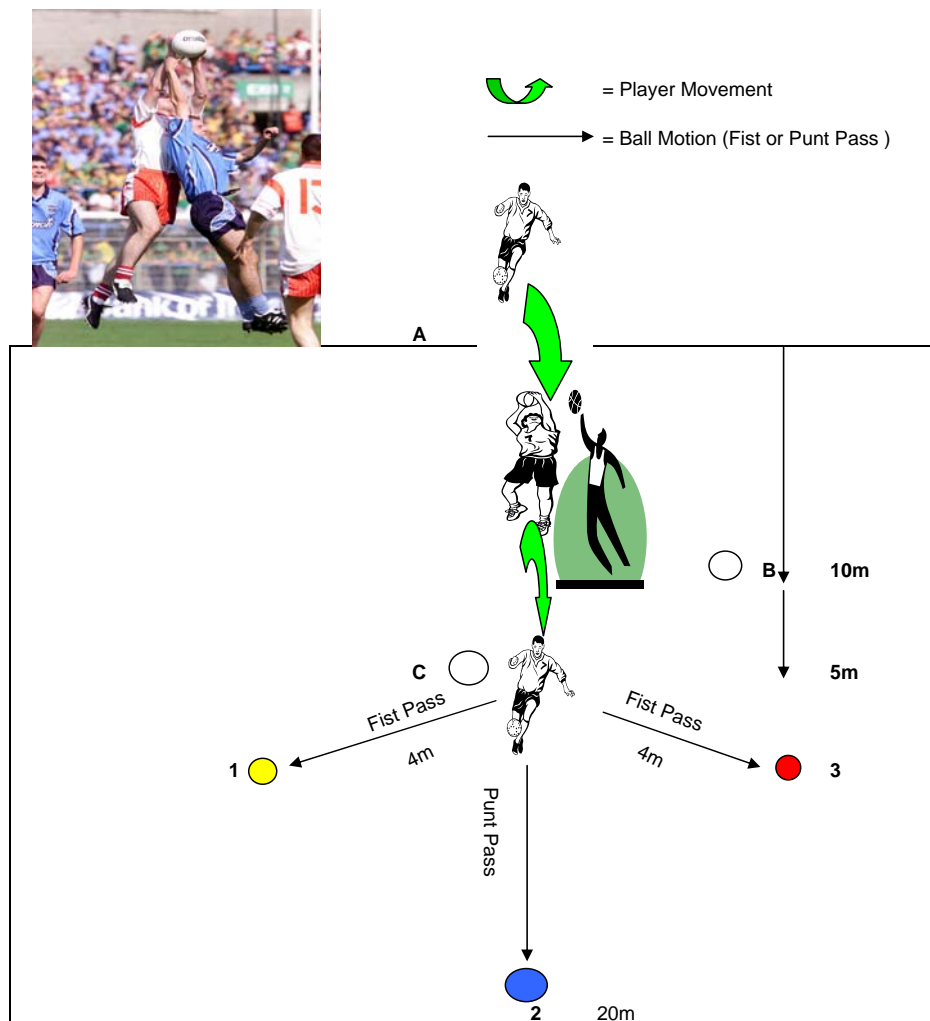


High Fielding



- 1 Players line up in **SINGLE** File at position **A** (3 Grids with 10 players per grid)
- 2 3 Target Players each position themselves thus One at **1** One at **2** and 1 at **3**
- 3 Coaches position themselves at **White Cone B**
- 4 One Coach stands on **RAISED bench and HOLDS** a ball out at Shoulder Height
- 5 The Player runs and jumps to take the ball from the outstretched Coaches hands
- 6 The Player using his 4 steps travels onto Position **C**
- 7 An Assistant Coach with a predetermined sequence calls out which **Position No** (i.e. 1, 2 or 3) **and/or Cone colour** (i.e. Yellow , Blue or Red) the player must pass to.
- 8 At **C (2nd White cone)** the player must pass to the target the assistant Coach has indicated

Scoring is measured by the no of completed passes which is indicated where the target receiver has caught the ball cleanly in the in the quickest time.10 seconds penalty for dropped balls

Coaches will record Individuals scoring performance as a measurement against future tests

Coaching Points:

Practising High Fielding, Alternating Nos & Colours will teach players to Concentrate on

- 1 Attacking the ball in the air and instant motion as they land thereby maintaining momentum
 - 2 How they must release the ball
 - 3 To Whom they must release the ball
 - 4 Where they must release the ball
- thus improving : (a) decision making (b) peripheral vision, and (c) aiding speed of thought**

Progression of this skill can be done by making the Catcher have to turn 180° after Step 5

and following the drill as before except the target receivers will be behind him