



# SKILL TO PLAY

## HIGH/LOW BALL RETRIEVAL



### WEEK 10



#### SKILL TO PLAY

- Can you catch a ball that is kicked above your head?
- Can you catch a ball that is kicked low to the ground?



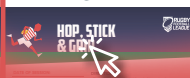
#### MOVE TO PLAY

Squat



[CLICK HERE FOR MORE INFORMATION](#)

Hop, stick and grip



[CLICK HERE FOR MORE INFORMATION](#)

#### THINK TO PLAY

- Understand the benefits of practice.
- Know practice helps them and their team to improve.

#### LIVE TO PLAY

- Find a suitable time and place to practice.
- I know eating well will help me to perform and recover.

VIDEO 1

VIDEO 2

VIDEO 3

#### GAME CHALLENGE

- Video a parent kicking a ball high or low to you, practice picking the ball up cleanly, how many can you do in a row?