



The Name Katchup is accompanied by a logo which represents Rugby, Basketball and Football. It also resembles an eye

***Symbolising  
Keep your eye on the ball!***



***Promotes the development and enhancement of head, hands and feet skills***

Patent Pending



## INTRODUCTION

*The new revolutionary multi- ball skills training device is a major innovative breakthrough and it will contribute to a large number of ball sports including:*

Basketball

Rugby

Soccer

Gaelic football

Volleyball

American football

Australian football

Netball

Baseball

Cricket

Hurling

## ADVANTAGES AND STRENGTHS OF THE DEVICE

- Measures progress instantly.
- Improves coordination timing and focus.
- Will dramatically enhance aerial prowess.
- Commands participant to jump and stretch to their full potential every single repetition.
- Builds upper body strength, height and spring.
- Accommodates from beginners to the elite athlete.
- Automatic ball reset mechanism to accommodate repetitive skills.
- Detachable ball to facilitate drills.
- Removes fear face and finger injuries while teaching the fundamentals to beginners.
- Builds confidence.
- Accommodates all heading and catching skills.
- Will cater for coaching the kicking skills allowing practice with alternative feet.
- Creates the perfect conditions to allow athletes to perform and perfect the notorious difficult skill of the overhead-kick/ bicycle-kick.
- Strengthens fingers and hands while using the retractable ball.
- Saves time giving much better results and more practice.
- All skills can be performed while the ball is either static or moving.
- Post Injury and Rehabilitation training.
- Can be incorporated into fitness training speed and agility.
- Can be incorporated into team warm up and cool down.
- Will cater for individual/ small groups or team training.
- The device is enjoyable to use and can create healthy competition.
- Can be used in the GYM or outfield.
- The device is robust and durable and will cater for high volumes of activity.
- The device is mobile, telescopic and easily compacted.
- Easily adjusted ball heights.
- Caters for all ages and heights.

## FROM FUNDAMENTALS TO THE ELITE ATHLETE.

- This unique device is ideal for teaching the fundamentals to beginners, to perfecting the performance and technique of the elite athlete.

### *Recording of bench mark heights*

- The athlete's jump and reach can be measured and his/her progress and improvement monitored. The device is fitted with an automatic ball reset mechanism on one side which can be used for repetitive skills. This ball is fixed to the device.
- The opposite side allows the ball to be detached in a manner which develops the particular skill being coached e.g. heading, all types of kicks including overhead, volleying and all catching skill. All drills can be performed whilst the ball is either moving or static.

*A major time saver giving much better results.*

## DUAL OPERATION

- Various drills can be carried out on each side of the device simultaneously.
- The device will enhance overall motor skills, e.g. running, jumping, raising of arms, positioning of hands, leaping to head, catching the ball and landing and moving off at speed. Other variables which are an integral part of these techniques are the timing of the jump, visualisation and interpretation of ball speed and position. This can be applied to all types of sports.
- The device is enjoyable to use and it can also create healthy competition, thereby rising skill levels and developing bonding and team spirit.
- Regular use of the retractable ball system will strengthen fingers and hands which are essential ingredients required for gaining and retaining ball possession in relevant games.
- This unique device will replace the need to throw the ball when teaching the fundamental stages of the heading skill. It also removes the need to throw or kick the ball while teaching the high catch and it will remove the fear of facial and finger injuries, thereby instilling confidence into the participants.

***Builds confidence, saves time, better results.***

- Can be used in the GYM and also out field.....versatility
- It will also cater for coaching the kicking skills, allowing practice with alternative feet, an important skill in early stage development
- Due to its versatility the device creates the perfect conditions to allow athletes perform and perfect the notoriously difficult skill of the overhead kick also known as the bicycle kick.

## **SPORTS PHILOSOPHY**

- It is our belief this unique device will enhance the teaching of fundamental skills to beginners and improve the performance and technique of the elite athlete
- It is our belief it is of paramount importance that the fundamental skills be mastered before moving on to the next stage of development
- It is our belief that developing the fundamental skills properly from underage level is of prime importance as it is very difficult to rectify at a later stage bad habits already picked up.
- It is our belief the multi-ball skills training device offers new methods and trends in order to perfect these skills and techniques properly, without the fear factor of face and bodily injuries while also instilling confidence into the participants and allowing them to enjoy instead of endure the training session allocated.

## SAVES TIME, MORE PRACTICE AND BETTER RESULTS

*It will ally upper body strength, height and spring thus dramatically enhancing aerial prowess.*

- It will also make a **major** contribution to the **development** of participants with special needs.
- There is a very high level of skill involved in a person catching a ball which is above their head height, especially when the player is moving at speed. To execute this manoeuvre involves a complex combination of motor functions, combining running, jumping, raising of arms, positioning of hands, catching a ball and landing and preferably moving off at speed.
- Other variables, which form an integral part of this technique, are the timing of the jump, visualisation and interpretation of ball speed and position. In many games such as Gaelic football, Australian Rules football, rugby, soccer, basketball, netball, baseball and cricket, players are required to perform overhead catches in a variety of circumstances. This technique is difficult to coach because setting up the correct conditions so the players can practice catching the ball above their heads can be a slow and hap-hazardous training exercise. It is dependant on the skills of the players themselves being able to deliver a ball into the correct position above their own head or their partner's head.
- To practice the high catch it is also evident from field experience that young players are often reluctant to practice this skill because of their natural inclination to protect their rib-cage, heart and lungs. It is also clear from observation of how young players attempt to catch a high ball that they suffer from natural fears of injuring their faces and hands as a result of a ball falling from a height towards them. It is one of the objectives of our invention to obviate or mitigate the problems outlined above.

## CO- ORDINATION, TIMING AND FOCUS

- Co- ordination, timing and focus are at the core of all sports; these skills must be mastered before the athlete can arrive at the elite stage of development. They take a great deal of time and practice to perfect. In SOCCER most fundamental heading skills are taught by throwing the ball in the air, thereby relying on the perfect execution to fulfil the purpose of the objective. Also in GAELIC football and associated sports the high catch fundamental coaching methods leave much to be desired, e.g. kicking or throwing the ball in the air. Again this is time consuming; there is a risk of stray balls and facial and finger injuries. This unique device will COMMAND participants to JUMP AND STRETCH to their full potential in EVERY SINGLE REPETITION thus **dramatically enhancing aerial prowess.**
- This device offers a solution to the above problems whilst instilling confidence, more practice, safer environment and better results.
- The apparatus is robust, durable and has a long life span.

### *Dual operation*

- Each side of the device can accommodate different drills at the same time.

## ADVANTAGES AND STRENGTHS OF THE DEVICE

### *Bench mark Heights*

- The device can measure height jumped as well as height reached, whilst at the same time encouraging athletes to improve their techniques of stretching to the 'peak of their reach' whether by use of hands/arms or head. Athletes can readily measure the progress made against their own previous performance
- Side A of the device is fitted with an automatic ball reset mechanism
- Side B the ball can be dislodged to facilitate competitive situations
- As the device measures height jumped as well as height reached, all athletes can now compete with increasing confidence

The device is robust, durable and it will cater for high volumes of activity. It is mobile, telescopic and is easily set up and compacted. It also offers a spacious sports equipment storage unit.

*The Multi Ball Skills Training Device has been demonstrated and evaluated at the Sports and Exercise Science research bio-mechanics department;*

**University of Ulster Jordanstown.**



with your skills and techniques

[www.katchupballskills.com](http://www.katchupballskills.com)

For further information please telephone:

Edward 07876 032300

Colleen 07732 519152