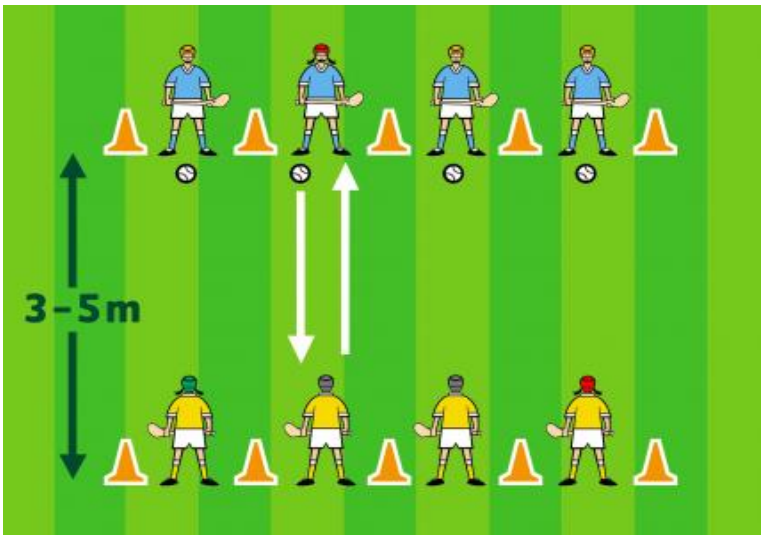
LEVEL 1

OVERHEAD CATCH - PARTNER CATCH

— HURLING



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This is a basic drill to practice the Overhead Catch Technique in a stationary position

Organisation

- Divide the players into pairs 3 to 5m apart
- Player A throws the ball underarm for Player B to catch overhead
- Player B then throws the ball for Player A to catch
- Encourage players to raise the hurley to protect the catching hand
- Count how many successful catches each pair complete in 30 seconds

STEP Variation

Task - To increase the challenge; Increase the distance between each player

Equipment - Against a wall: the player throws the ball under arm against the wall and catches the rebound overhead

EQUIPMENT LIST

- Cones
- Sliotar

Notes