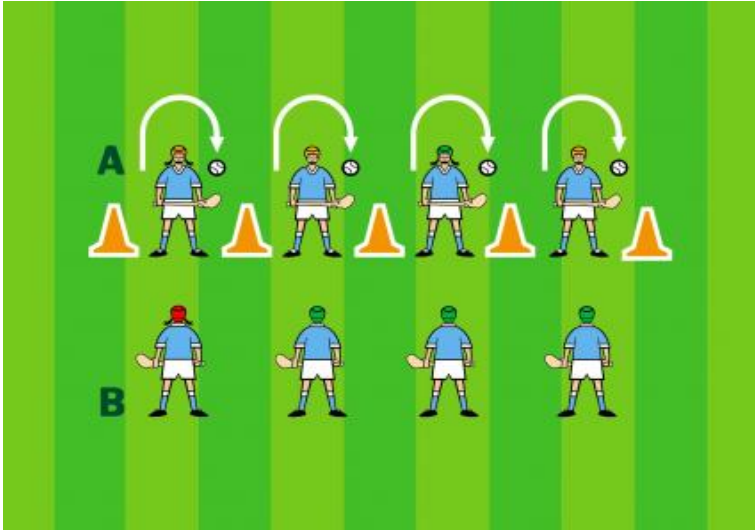


# LEVEL 1

## CHEST CATCH - TOSS & CATCH

— HURLING



This is a Basic Drill to practice the Chest Catch technique in a stationary position

### Organisation

- Divide the players into pairs; one ball per pair
- Player A throws the ball 1 meter above their head to catch on the way down using the Chest Catch technique
- Player B counts the number of successful Chest Catches completed in 30 seconds
- Reverse the roles and repeat

### STEP Variation

Equipment - To begin with, use a larger sliotar, such as the First Touch sliotar, and as the players become more proficient, switch to a smaller sliotar, such as the Quick Touch sliotar

### EQUIPMENT LIST



Cones



Sliotar

### Notes

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