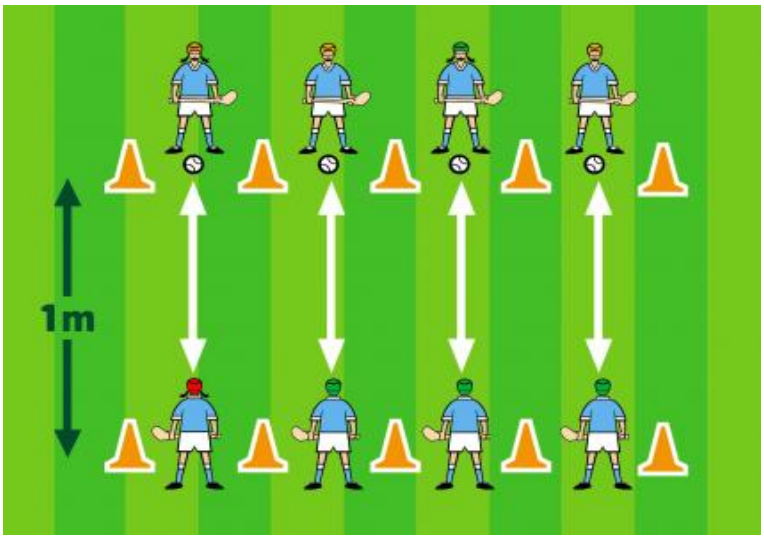
LEVEL 1

CHEST CATCH - PARTNER CATCH

— HURLING



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

Organisation

- Divide the players into pairs; one ball per pair
- The players face each other approximately 1m apart
- Each player throws the ball underarm for their partner to chest catch

STEP Variation

Space - To increase the challenge: Increase the distance between the players

Equipment - Against a wall: the player throws the ball under arm against a wall and uses the chest catch technique to catch the rebound

EQUIPMENT LIST

- Cones
- Sliotar

Notes