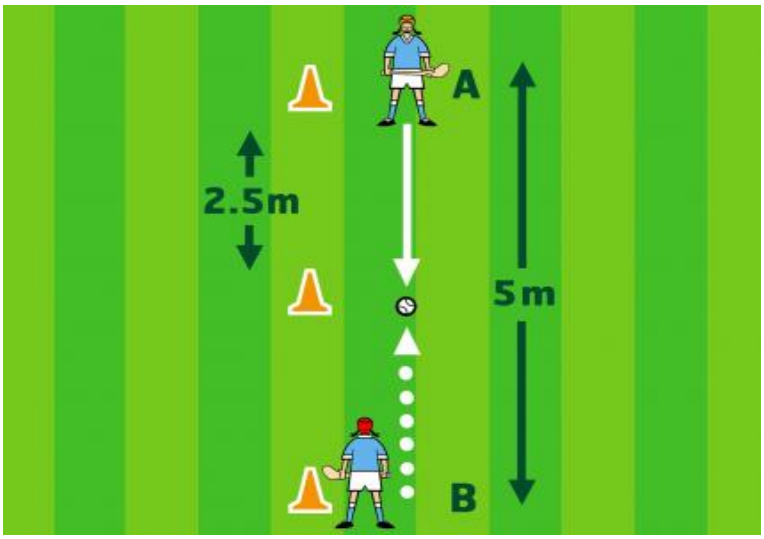
LEVEL 2

CHEST CATCH - MOVE TO CATCH

— HURLING



This Intermediate Drill requires the player to move towards the ball to perform the chest catch

Organisation

- Divide the players into pairs about 5m apart; one ball per pair
- Place a cone midway between each pair
- Player A throws the ball underarm for Player B, who must run out and chest catch the ball at the cone
- Player B jogs backwards to the starting point and throws the ball for Player A to catch
- Continue the drill for a set time

STEP Variation

Task - To make the drill into a Challenge, set the players a target to perform as many successful Chest Catches as possible in a set time

EQUIPMENT LIST

- Cones
- Sliotar

Notes