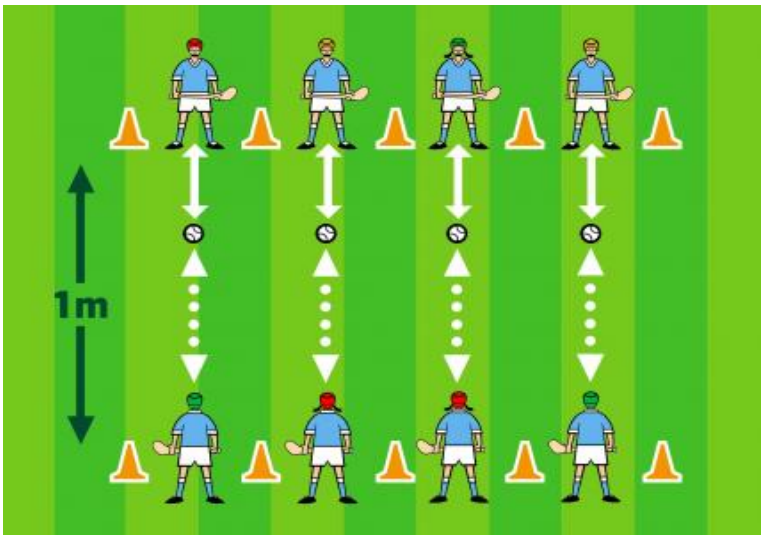
LEVEL 2

CHEST CATCH - MOVE & CATCH

— HURLING



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This is an Intermediate Drill to practice the Chest Catch while moving both forwards and backwards

Organisation

- Divide the players into pairs; one ball per pair
- Each pair face each other approximately 1m apart
- The players throw the ball to each other to perform the Chest Catch, one player running forward and the other running backwards over a set distance
- On the return, reverse the roles

STEP Variation

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

EQUIPMENT LIST

- Cones
- Sliotar

Notes