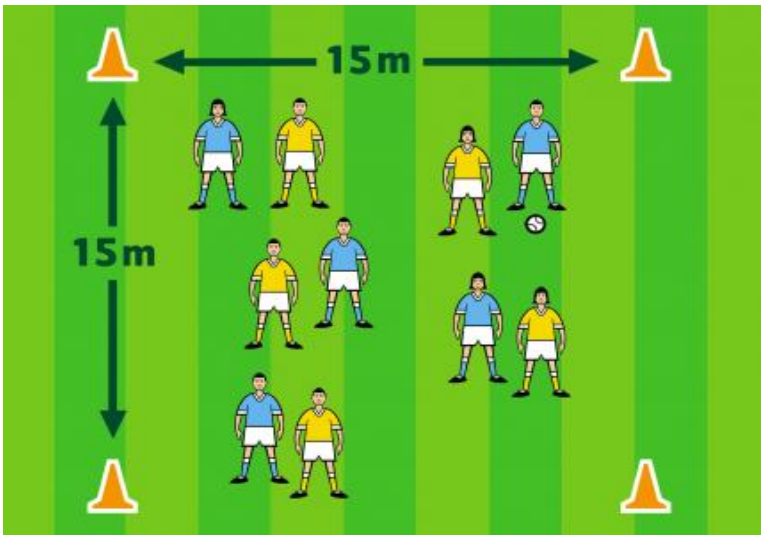
LEVEL 3

CHEST CATCH - KEEP BALL

— HURLING



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This is a possession game designed to develop the Chest Catch technique

Organisation

- Mark out a playing area 15m by 15m
- Divide the players into two equal teams
- Hurleys are not permitted
- The players attempt to retain possession by throwing the ball to a team mate to chest catch
- The opposing players attempt to intercept the ball by catching or knocking it to the ground

STEP Variation

Task - Allow a two handed catch at first; progress to catching with one hand as the players become more proficient

Players -To reduce the challenge, divide the players into uneven teams, for example 4 v 2. The 4 player team must attempt to retain possession from the 2 player team

EQUIPMENT LIST

- Cones
- Sliotar

Notes