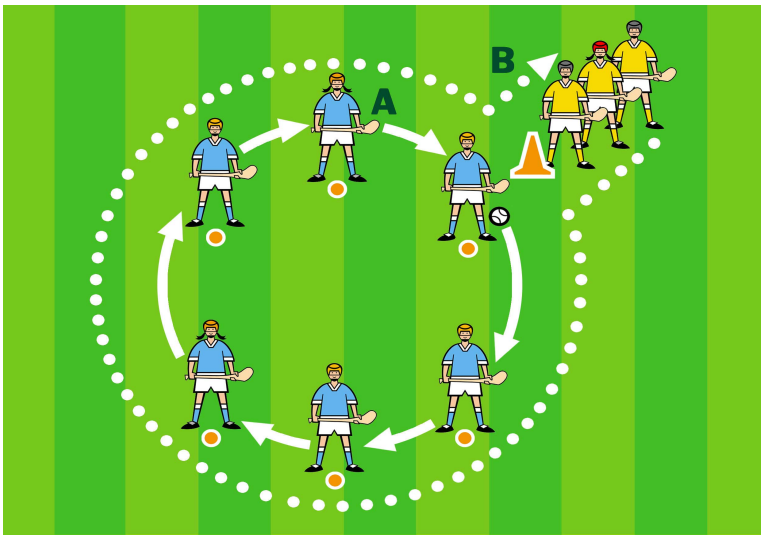
LEVEL 3

CHEST CATCH - BEAT THE CIRCLE

HURLING



EQUIPMENT LIST

- Cones
- Sliotar

This Fun Routine is designed to improve the Players' ability to perform the Chest Catch under pressure

Organisation

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another
- Team A count the successful Chest Catches completed before the last player in Team B finishes their run
- Reverse the roles; the team with the most Chest Catches wins

STEP Variation

Task - Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins

Notes