LEVEL 3

CHEST CATCH - CAPTAIN BALL

HURLING

EQUIPMENT LIST

- Cones
- Sliotar

This is a modified game designed to improve the players' ability to perform the handpass, the solo and catching techniques in a game situation

Organisation

- Set up a playing area approximately 30m x 20m
- Mark a goal area at each end using cones
- Divide the players into two equal teams
- One player from each team acts as the goal receiver
- The aim of the game is to reatain possession using the handpass and score by handpassing the ball to the goal receiver
- After each score, the goal receiver returns the ball to the opposing team
- The Players are not permitted to use their hurleys

***STEP* Variation**

Task - Challenge the Players to score with as few passes as possible

Task - As the Players improve require them to use the hand pass to retain possession

Notes