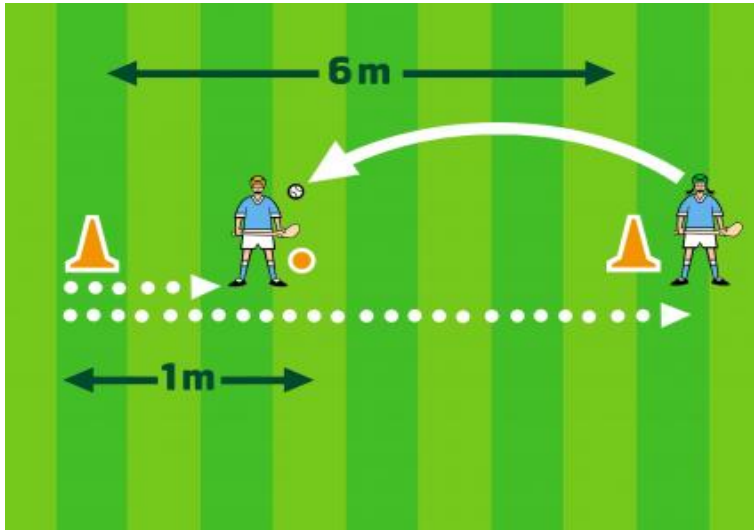


LEVEL 2

OVERHEAD CATCH - MOVE TO CATCH

HURLING



EQUIPMENT LIST



Cones



Sliotar

This is an intermediate drill to practice the Overhead Catch which encourages the players to move towards the ball

Organisation

- Divide the players into groups of four
- Mark out a distance of 6m using cones; place a further marker 1m from the first cone
- Each player in turn runs out to round the far cone before throwing the ball underarm for the next player to catch overhead
- The ball should land at the 1m marker; the catching player moves forward to receive the ball at the 1m marker

STEP Variation

Space - To increase the challenge; Increase the distance between the first cone and the marker

Notes

[illegible]