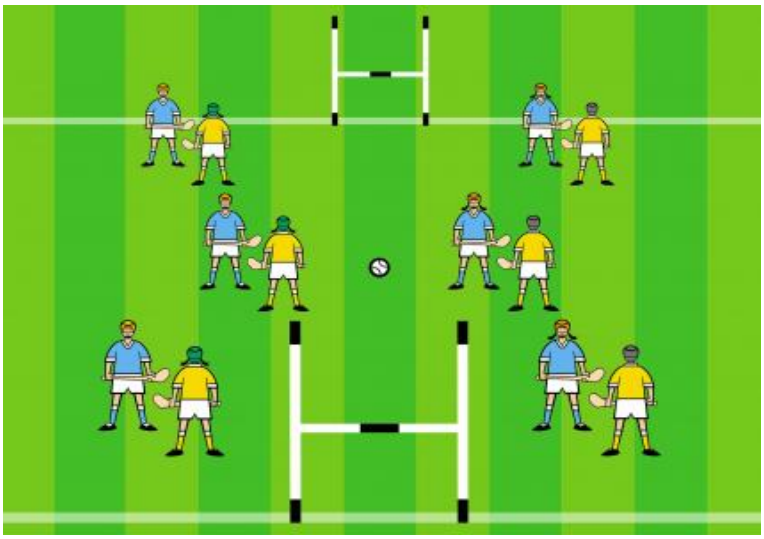
LEVEL 5

OVERHEAD CATCH - SKILL POINT GAME

HURLING



EQUIPMENT LIST

- Cones
- Sliotar
- Stopwatch
- Whistle

This modified game to develop the Overhead Catch awards points to Players who perform the technique correctly during the game

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players may strike the ball from the hand, and from the ground, and use the hand pass
- Award 3 points for a goal and 2 points for performing the Overhead Catch successfully

STEP Variation

Task - To ensure plenty of striking, do not permit solo running

Notes