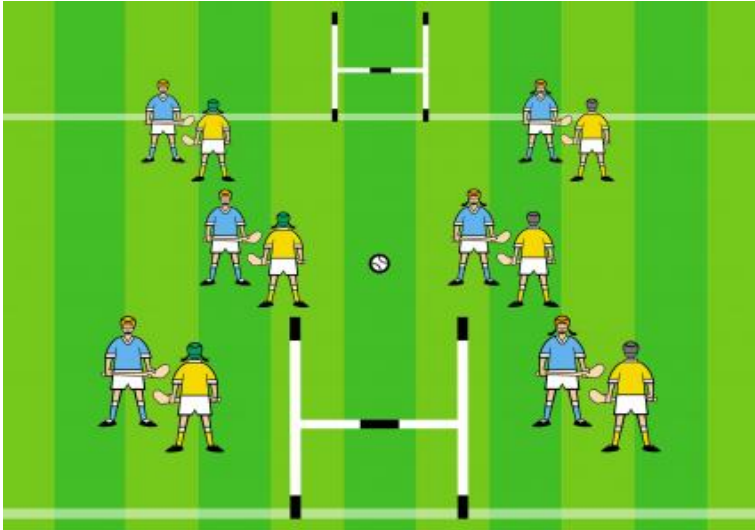


## LEVEL 5

## 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

[illegible]