LEVEL 3

JUMPING - MOVE, JUMP & CATCH

— HURLING / FOOTBALL

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This is an exercise to develop jumping and catching skills

Organisation

- The players to work in pairs
- One player in each pair lobs the ball for their partner to move forward, jump and catch
- Catch the ball and pass it back to the thrower moving backwards
- Continue the exercise across the across the playing area and reverse the roles

Key Points

- Ensure the players have enough room to perform the exercise safely
- Move and time the jump to take the ball at its highest point

Equipment

- An inventory of equipment to support ABC exercises is available in the Resources section

Notes