LEVEL 1

CATCHING & PASSING - SWAP SHOP

— HURLING / FOOTBALL

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This exercise requires the players to move balls from cap to cap

Organisation

- Place a number of caps randomly around the playing area; place a number of balls on half the caps
- The players move the balls from cap to cap as they move around the playing area

Key Points

- Ensure the players have enough room to move around safely
- No pushing or bumping

Equipment

- An inventory of equipment to support Have a Ball exercises is available in the Resources section

Notes