LEVEL 1

CATCHING & PASSING - SITTING HAND ROLL

— HURLING / FOOTBALL

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This is an exercise to develop throwing, catching & passing skills

Organisation

- Sitting with legs astride the players roll the ball against a wall
- Use two touches, one to roll the ball against the wall and a second to stop it on the way back
- Progress the exercise by rolling the ball continuously without stopping it

Key Points

- Use a two-handed underarm technique to roll the ball

Equipment

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

EQUIPMENT LIST

Football

Notes