

LEVEL 1

CATCHING & PASSING - KNEELING HAND ROLL

— HURLING / FOOTBALL



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

Organisation

- In a kneeling position the players roll the ball against a wall stopping it on the way back

- Progress to roll the ball continuously without stopping it

- Swing the ball from one side and then the other; a bowling type throw

- Roll the ball around the body in a clockwise and anti-clockwise direction passing the ball from one hand to another

- Perform the sequence on one knee and using one hand

- Roll the ball around the body under the knee passing the ball from one hand to the other

Notes

Key Points

- Progress from a two-handed technique to a one-handed bowling-type technique

Equipment

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