

LEVEL 1

CATCHING & PASSING - ROLL & PICK UP

— HURLING / FOOTBALL



This exercise to develop catching & passing skills is generally suitable for players of 4-6 years

Organisation

- Position the players along a line; each player has a ball
- The players roll the ball away before running in front of the ball and letting it roll up the hands into the arms

Key Points

- Ensure the players have enough room to perform the exercise safely
- Place one foot alongside the ball; bend the back and place the hands on the ground facing up to receive the ball

Equipment

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

Notes
