

LEVEL 1

CATCHING & PASSING - ROLL & FOLLOW

— HURLING / FOOTBALL



This exercise is a progression of Roll & Pick Up which requires the players to pick the ball up as they run after it

Organisation

- Position the players along a line; each player has a ball
- The players roll the ball away before running after or alongside it to pick it up

Key Points

- Ensure the players have enough room to perform the exercise safely
- Place one foot alongside the ball; bend the back with one hand in front and one hand behind the ball to pick it up

Equipment

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

Notes
