LEVEL 1

CATCHING & PASSING - ROLL PARTNER PICK UP

HURLING / FOOTBALL

N

This exercise to develop catching & passing skills introduces a partner

Organisation

- The players work in pairs approximately 5 metres apart
- Roll the ball to your partner using two hands
- The partner allows the ball to roll up their hands to take possession
- Progress to roll the ball using a one-handed underhand throw
- The receiver may catch the ball with both hands

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