LEVEL 2

CATCHING & PASSING - SIT & BOUNCE

— HURLING / FOOTBALL

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

Organisation

- The players sit on the floor with legs astride
- Bounce and catch a small ball in between the legs
- Begin by dropping the ball before progressing to bounce it

Key Points

- Wait for the ball to reach the top of the bounce before catching it
- Use two hands to catch the ball at first

Equipment

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

Notes