

LEVEL 2

CATCHING & PASSING - BOUNCE & CATCH

— HURLING / FOOTBALL



This exercise to develop catching & passing skills focuses on the bounce technique in a stationary position

Organisation

- Each player has a ball
- Bounce the ball with two hands and catch it again using two hands
- Progress to bounce the ball with one hand
- Continue to catch the ball with two hands

Key Points

- Using the fingers push down through the ball to bounce it
- Extend the arms towards the ball to catch it

Equipment

Notes

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