

LEVEL 2

CATCHING & PASSING - TARGET BOUNCE

— HURLING / FOOTBALL



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**This exercise to develop catching & passing skills challenges the players to bounce the ball with more accuracy**

**Organisation**

- Set out different targets such as markers or hoops on the floor
- The players move around the playing area attempting to bounce the ball to hit the targets as they pass them

**Key Points**

- Using the fingers push down through the ball to bounce it
- Extend the arm behind the ball in the direction of the target

**Equipment**

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

**Notes**

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