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