LEVEL 2

CATCHING & PASSING - BOUNCE PASS

— HURLING / FOOTBALL

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This exercise to develop catching & passing skills includes a partner

Organisation

- The players work in pairs approximately 5 metres apart
- In turn bounce the ball for your partner to catch

Key Points

- Extend the arm behind the ball as you bounce it; aim for approximately midway between you and your partner
- Extend the arms towards the ball to catch it

Equipment

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

Notes