

LEVEL 3

CATCHING & PASSING - TOSS & CATCH

— HURLING / FOOTBALL



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

Organisation

- Each player has a ball
- Toss the ball into the air to catch on the way down
- Varying the ball size, practice using both two hands and one hand to toss and catch
- Begin in a stationary position before introducing movement

Key Points

- Ensure the players have enough room to perform the exercise safely
- When using a one-handed catch cup the hand and allow the ball to fall into it at first

Notes

- Eventually progress to catch the ball above the head with the fingers facing forward

Equipment

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