LEVEL 3

CATCHING & PASSING - TOSS & CLAP RELAY

— HURLING / FOOTBALL

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

Organisation

- Set up a relay course using a variety of equipment
- Challenge the players to navigate the course carrying a ball, tossing it into the air and clapping before catching it again and returning to the end of the line

Key Points

- Ensure the players have enough room to perform the exercise safely
- Catch the ball with two hands at first before progressing to one hand

Equipment

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

Notes