LEVEL 3

CATCHING & PASSING - PASS IN A LADDER

— HURLING / FOOTBALL

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This is an exercise to develop coordination, catching & passing skills which uses training ladders

Organisation

- The players work in pairs; each player in a ladder
- Shuffle through the ladder sideways facing the other player
- Throw the ball to one another as you move along

Key Points

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Move at a controlled pace

Equipment

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

Notes