LEVEL 1

THROWING - HAND TO HAND ROLL

— HURLING / FOOTBALL

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This exercise to develop throwing skills is generally suitable for players of 4-6 years

Organisation

- Standing with feet astride the players roll the ball from one open hand to the other
- Begin by stopping the ball before each roll, before continuously rolling the ball
- Roll the ball around the body in a figure of 8 in and out between the legs passing it from one hand to the other

Key Points

- Use a series of small rolls to maintain control when moving the ball around the body

Equipment

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

Notes