

LEVEL 1
THROWING - BRIDGE BALL
 — HURLING / FOOTBALL



This exercise to develop throwing skills challenges the players to roll the ball with more accuracy

Organisation

- The players work in pairs
- One player stands with their legs astride
- The other player rolls the ball between the legs of their partner using a one-handed underarm technique
- Follow the ball and attempt to pick it up at the other side
- Switch roles after a set time
- Move around the playing area after every go

Key Points

- Ensure the players have enough room to perform the

Notes

exercise safely

- When rolling the ball stand facing partner with one foot in front of the other

Equipment

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