LEVEL 1

THROWING - TARGET ROLL

— HURLING / FOOTBALL

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

Organisation

- Set out different targets such as markers, hoops, and channels to challenge the accuracy with which the players roll and throw the ball

Key Points

- Progress from a two-handed technique to a one-handed bowling-type technique

Equipment

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

Notes