LEVEL 1

THROWING - KNOCK THE CAP

— HURLING / FOOTBALL

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

Organisation

- Set up a cone or a cap as a target
- The players roll the ball to hit and knock the target

Key Points

- Use a big ball and a two-handed technique to begin before progressing to a one-handed technique with a smaller ball

Equipment

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

Notes