

LEVEL 2
THROWING - TARGET THROW
— HURLING / FOOTBALL



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

Organisation

- Use Hoops, markers or other types of target to improve accuracy

Key Points

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target

Equipment

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

Notes
