

LEVEL 3

THROWING - 1-HANDED OVERARM THROW

— HURLING / FOOTBALL



This exercise to develop agility skills is generally suitable for players of

4-6 years

Organisation

- Throw a variety of Bean Bags, Balls of various sizes and soft and hard balls

- If throwing with the right hand step forward with the left foot for balance and vice versa

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
