LEVEL 3

THROWING - BOUNCE & SHOOT

— HURLING / FOOTBALL

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This exercise to develop throwing skills includes the bounce technique

Organisation

- Place a number of hoops on the ground and a target to aim for at the end of the course
- Run through the playing area bouncing the ball in the hoops before throwing the ball to land in or hit the target

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