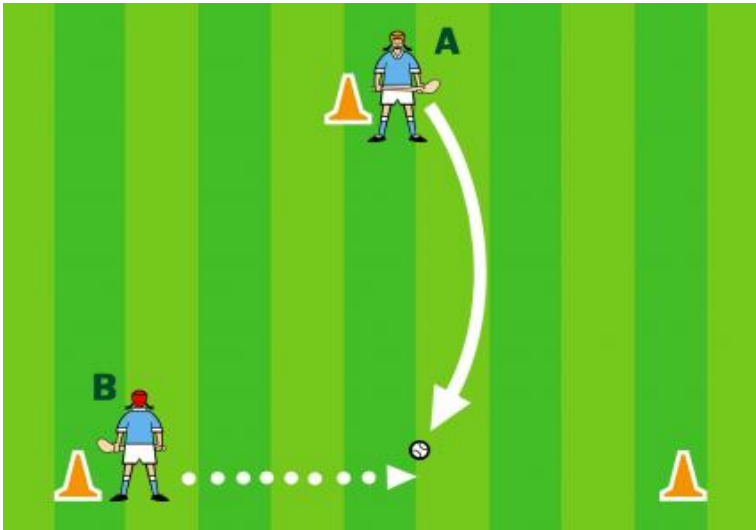


LEVEL 2

OVERHEAD CATCH - MOVE & CATCH

— HURLING



This intermediate drill to practice the overhead catch challenges the players to catch the ball as they move along a line

Organisation

- Mark out a triangle using cones approximately 5m apart
- Divide the players into pairs; one ball per pair
- The players are positioned at two corners of the triangle
- Player A throws the ball for Player B to catch as they move to the free cone
- The ball should be thrown approximately half way between the two cones
- Player B then throws the ball for Player A to catch and so on

Step Variation

Space - To increase the challenge; enlarge the triangle. If there is enough space, players may strike the ball for their opponents to catch

EQUIPMENT LIST

- Cones
- Sliotar

Notes
