

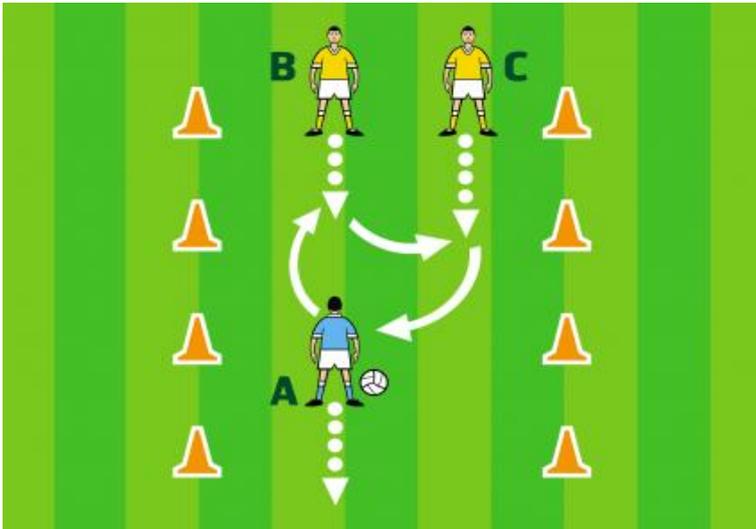


ACTIVITY 1



HIGH CATCH - MOVE & CATCH

FOOTBALL — INTERMEDIATE DRILL



This is an intermediate drill to practice the High catch technique

Organisation

- Mark out a channel with cones
- Divide the players into groups of three; one ball per group
- Beginning at one end of the channel Player A jogging backwards throws the ball for Player B to move forward and perform the high catch
- On landing Player B fist passes the ball to Player C who in turn fist passes the ball to the Player A to repeat
- Rotate the players and repeat the drill

STEP Variation

Task - Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards

Task – Allow Player C to provide token opposition to the catcher

USER NOTES

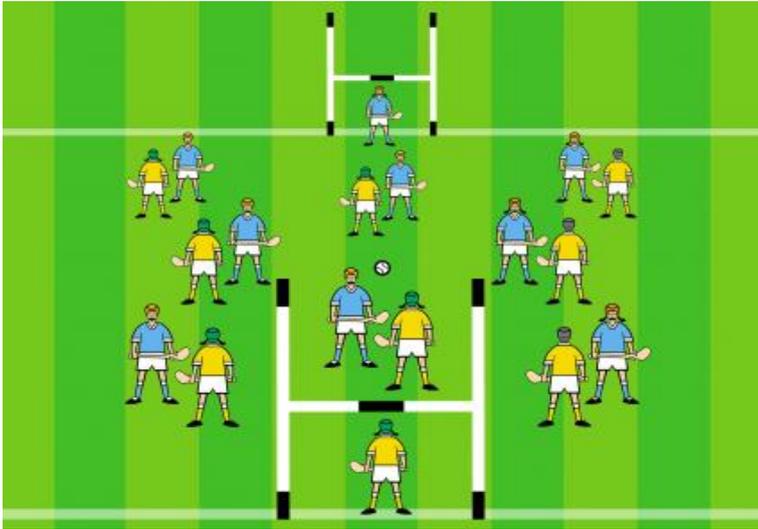
Amend this activity



ACTIVITY 2

CHEST CATCH - CAPTAIN BALL

HURLING — CONDITIONED GAME



This is a modified game designed to improve the players' ability to perform the handpass, the solo and catching techniques in a game situation

Organisation

- Set up a playing area approximately 30m x 20m
- Mark a goal area at each end using cones
- Divide the players into two equal teams
- One player from each team acts as the goal receiver
- The aim of the game is to retain possession using the handpass and score by handpassing the ball to the goal receiver
- After each score, the goal receiver returns the ball to the opposing team
- The Players are not permitted to use their hurleys

STEP Variation

Task - Challenge the Players to score with as few passes as possible

Task - As the Players improve require them to use the hand pass to retain possession

USER NOTES

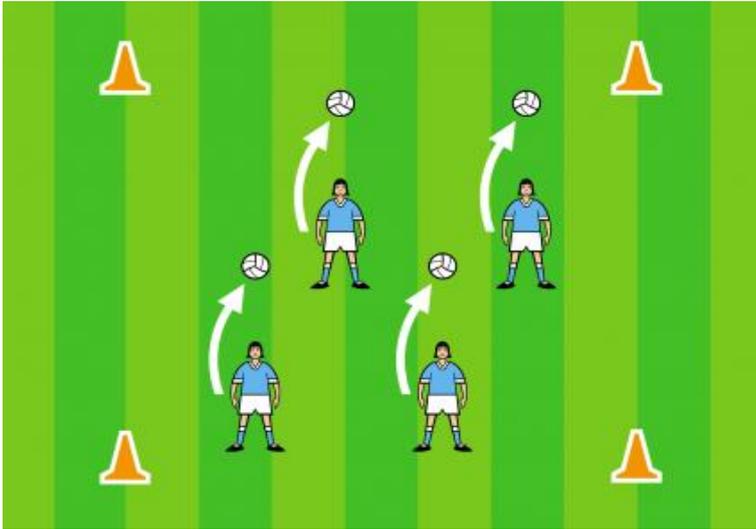


ACTIVITY 3



HIGH CATCH - TOSS & CATCH

FOOTBALL — BASIC DRILL



This is a basic drill to practice the High Catch technique

Organisation

- Mark out a grid appropriate to the number of players
- While remaining within the grid each player throws a ball high above their heads to perform the high catch
- Continue the drill for a set period of time

STEP Variation

Task - Adapt the drill by requiring the players to kick the ball up to perform the high catch

USER NOTES