

OVERHEAD CATCH

The Overhead Catch is used to gain possession when the sliotar is approaching over head height. Requires excellent hand-eye coordination.



Move towards the sliotar. Eyes on the sliotar.

KEY TEACHING POINTS



Release the non-dominant hand and extend it above the head.



Raise the Hurley above the head to protect the catching hand.



Relax the hand on impact, catching the sliotar with the fingers.

To Coach the Skill use the **IDEAL** method

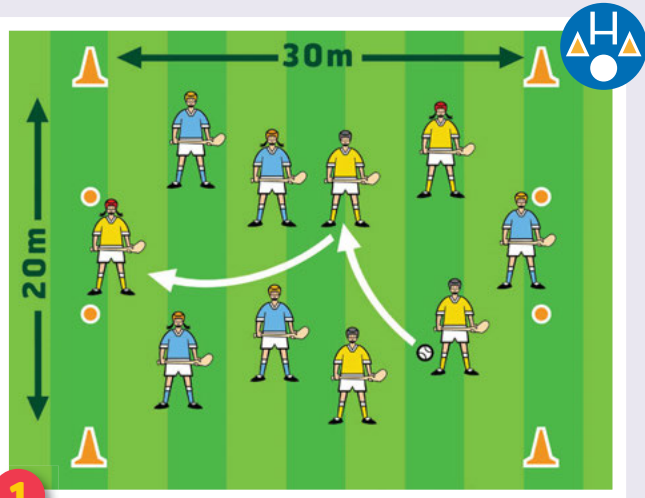
- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe

LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Grabbing at the sliotar
- Failing to protect the catching hand



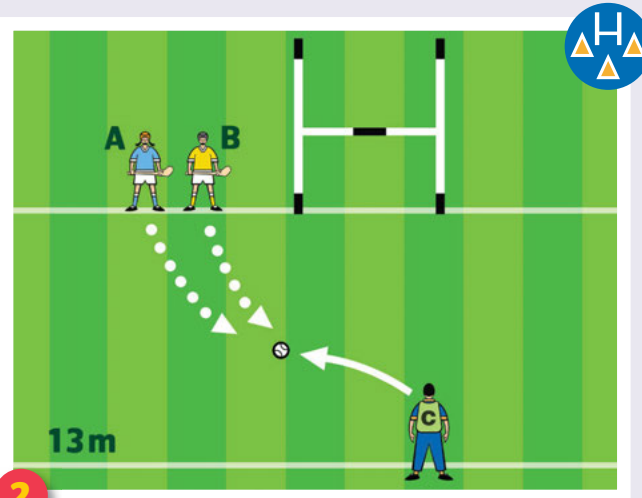
OVERHEAD CATCH DEVELOP THE SKILL



1

CAPTAIN BALL

One player from each team acts as a goal receiver. To score players must throw for receiver to catch overhead.



2

ONE ON ONE

Players in pairs. Coach throws the sliotar for Player A to catch and attempt to score. Player B provides opposition.

VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

Space **T**ime **E**quipment **P**layers **R**ules

S vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

T how long are players working for? Challenge the intensity by reducing the time

E alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge

P increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition

R adapt the rules of the game to assist with achieving a certain outcome.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

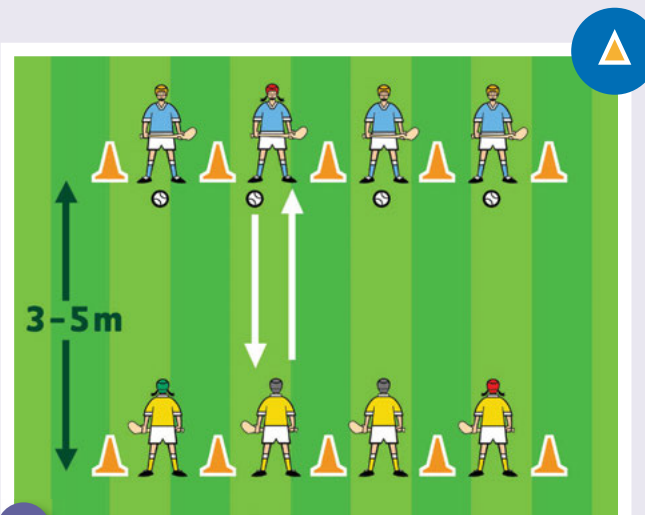


Modified Game



Game Play Routine

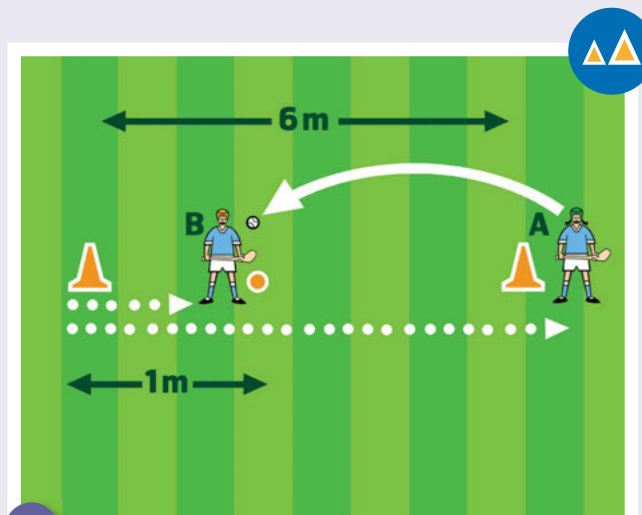
OVERHEAD CATCH PRACTISE THE TECHNIQUE



1

PARTNER CATCH

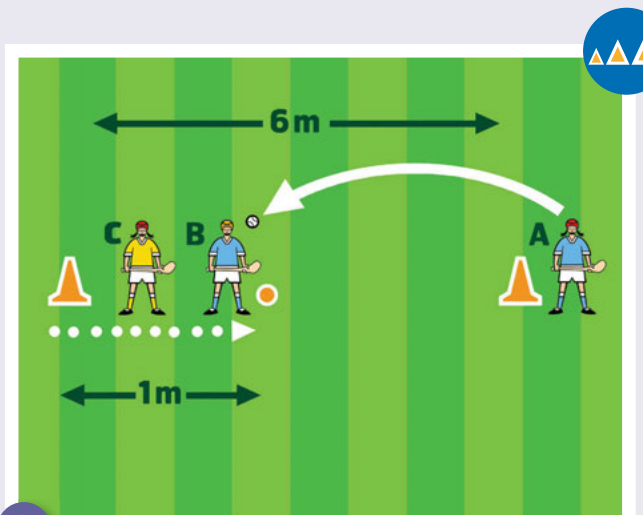
Players in pairs. Each player throws the sliotar for their partner to catch overhead.



2

MOVE AND CATCH

Players in pairs. Player A throws the sliotar for Player B to catch.



3

OPPOSED CATCH

Player A throws the sliotar for Player B to catch. Player C provides the opposition.