OVERHEAD CATCH

GAA
HURLING

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

KEY TEACHING POINTS

Move towards the sliotar. Eyes on the sliotar.

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 this Skill use the IDEA method

I **NTRODUCE** the skill
D **EMONSTRATE** the technique
E **XECUTE** the activity
A **TTEND** and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

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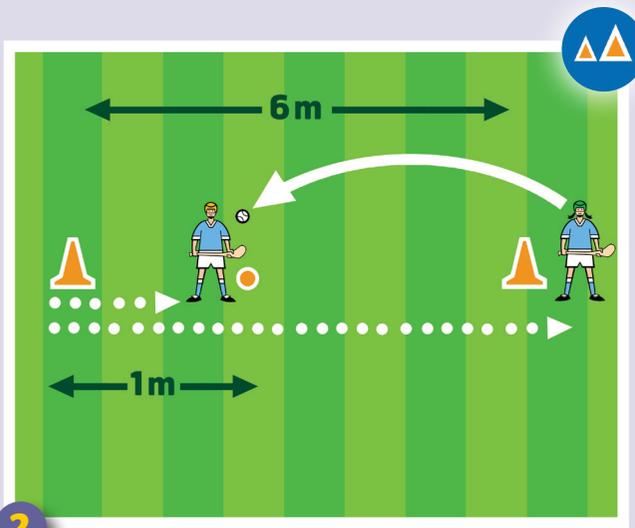- **Grabbing at the sliotar**
- **Failing to protect the catching hand**

OVERHEAD CATCH PRACTISE THE TECHNIQUE

6m

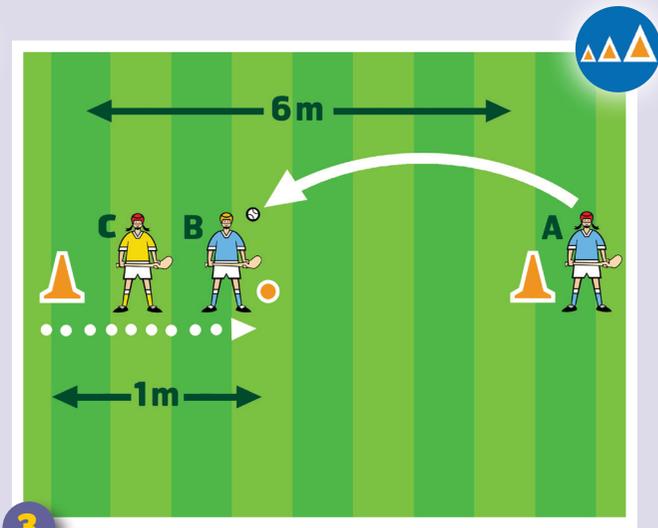**3–5m**

1m

6m

1m
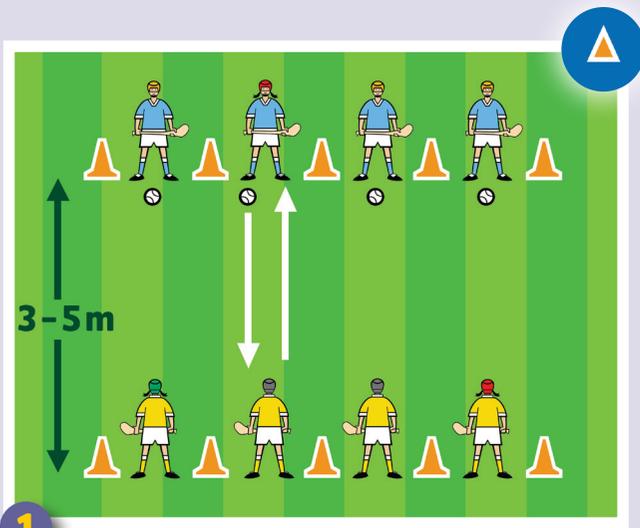
1 PARTNER CATCH
Players in pairs. Each player throws the sliotar for their partner to catch overhead.

2 MOVE AND CATCH
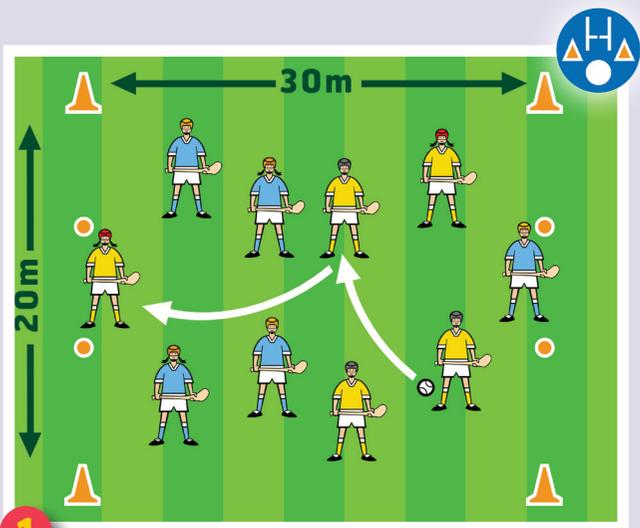Players in pairs. Player A throws the sliotar for Player B to catch.

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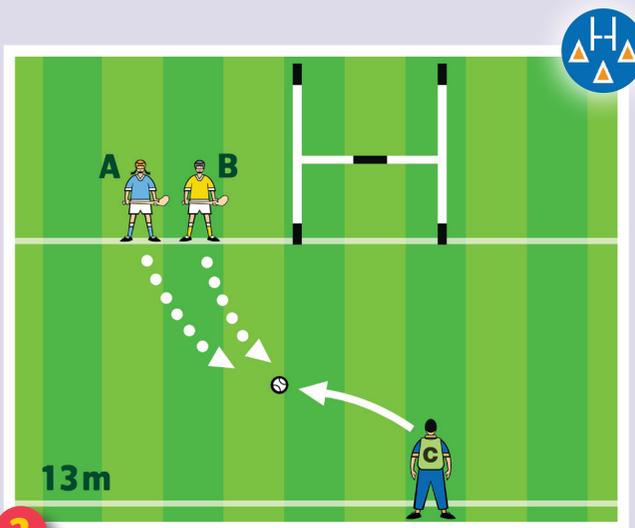Player A throws the sliotar for Player B to catch. Player C provides opposition.

OVERHEAD CATCH DEVELOP THE SKILL

30m

20m

A   B

13m

1 CAPTAIN BALL
One player from each team acts as 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 STEP method is a simple way to vary any exercise, drill, activity or game.

Space **T**ask **E**quipment **P**layers

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

T alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E alter the equipment - using a bigger or smaller ball, Hurley or 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.

DESCRIPTIVE ICONS

| Basic Drill | Intermediate Drill | Advanced Drill | Fun Game | Modified Game | Game Play Routine |