

# THROWING



Throwing skills form the basis of many skills in Gaelic games. Throwing involves hand-eye coordination, and should be developed using a variety of balls and bean bags, incorporating different sizes and weights.



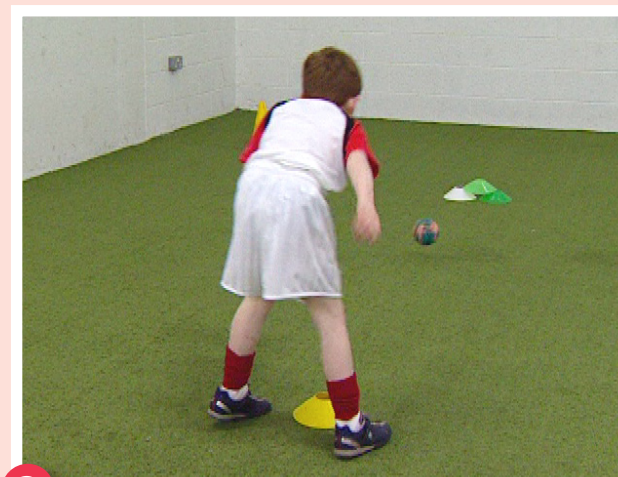
## LEVEL 1 EXERCISES



1

### BRIDGE BALL

Players in pairs. One player stands with legs astride. Partner rolls the ball between the legs, follows the ball and picks it up at the other side.



2

### KNOCK THE CAP

Set up a cone or marker as a target. Players roll the ball to hit and knock the target.

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



## LEVEL 2 EXERCISES



1

### TWO HANDED UNDERARM THROW

Players stand, feet apart and throw various types of ball from between the legs using a two handed technique.



2

### ONE HANDED UNDERARM THROW

Players throw various types of ball using a one handed underarm technique. When throwing with the right hand step forward with the left foot for balance and vice versa.



3

### TARGET THROW

Players throw a variety of types of ball at a target. Use hoops, markers or boxes to improve accuracy.

## LEVEL 3 EXERCISES



1

### ONE HANDED OVERARM THROW

Players throw various types of ball using a one handed overarm throw. When throwing with the right hand step forward with the left foot for balance and vice versa.



2

### BOUNCE AND SHOOT

Place a number of hoops or markers on the ground and a target at the end of the course. Run through the playing area bouncing the ball at the marker before throwing the ball at the target.

## VARIATIONS

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

**S**pace **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 - 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.