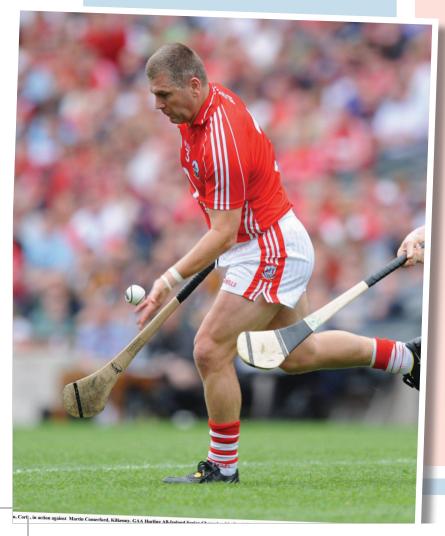
THROWING

GOO

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



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.



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

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

LEVEL 2 EXERCISES



TWO HANDED UNDERARM THROW

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



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.



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.

LEVEL 3 EXERCISES



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.



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.

- 5 pace 7 ask 6 quipment 1 layers
- sury the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- **7** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- alter the equipment use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.