

CATCHING AND PASSING



Catching and Passing skills are integral to Gaelic games. The ability to catch the ball to take possession and pass the ball to release possession in a variety of situations is vital to the development of players. It is important to develop Catching and Passing skills using a variety of balls and bean bags, incorporating different sizes and weights.



LEVEL 1 EXERCISES



1

ROLL AND PICK UP

One ball per player. Players roll the ball away before running in front of the ball and letting the ball roll up their hands into their arms.



2

SWAP SHOP

Place a number of markers around the playing area. Place a number of balls on some of the markers. Players move the balls from marker to marker as they move around the playing area.

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

SIT AND BOUNCE

Players sit, feet apart; bounce and catch a small ball between the legs.



2

TARGET BOUNCE

Set out a number of targets such as makers or hoops around the playing area. Players bounce the ball at each target as they move around the playing area.



3

BOUNCE PASS

Players in pairs. Each player in turn bounces the ball for their partner to catch.

LEVEL 3 EXERCISES



1

SIT AND GET UP

Player sit on the ground with a ball or balloon. Throw the ball or balloon as high as possible into the air. Quickly get to the feet and catch at the highest point.



2

PIGGY IN THE MIDDLE

Players in groups of 3 or 4. One is designated the 'Piggy in the Middle'. Other players pass the ball attempting to keep it away from the 'Piggy in the Middle'.

VARIATIONS

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

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 - 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.