

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

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



1

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.



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.

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.