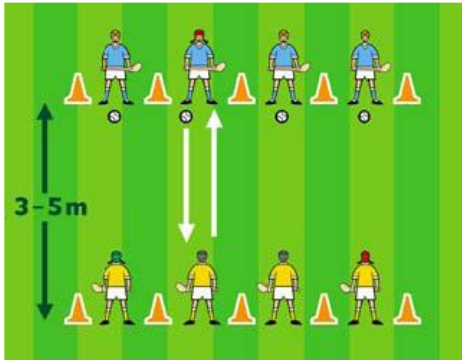


### Basic Drill



#### Partner Catch

Players in pairs. Each player throws the sliotar for their partner to catch overhead.

### Overhead Catch - Key Points

1. Move towards the sliotar. Eyes on the sliotar
2. Release the non-dominant hand and extend it above the head
3. Raise the Hurley above the head to protect the catching hand. The cupped hand protects the oncoming sliotar
4. Relax the hand on impact, catching the sliotar with the fingers

#### Head - Hands - Feet

**STEP** - Vary the activity

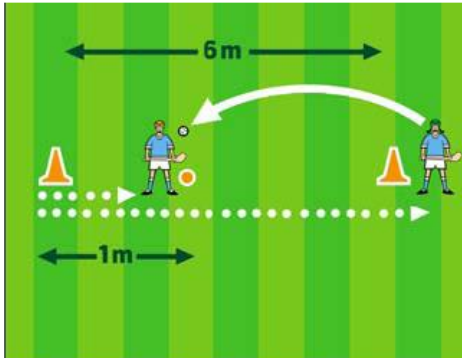
Vary Space

Vary Task

Vary Equipment

Vary Players

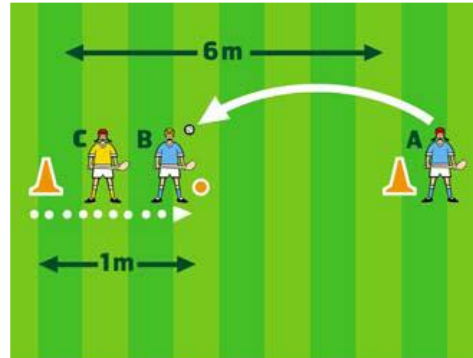
### Intermediate Drill



#### Move and Catch

Players in pairs. Player A throws the sliotar for Player B to catch.

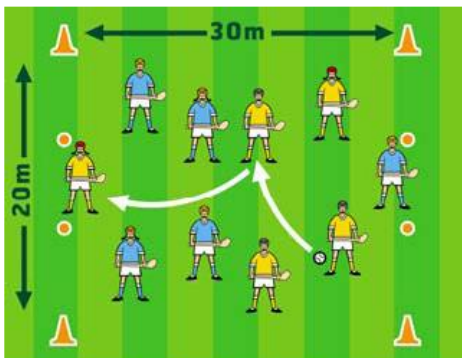
### Advanced Drill



#### Opposed Catch

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

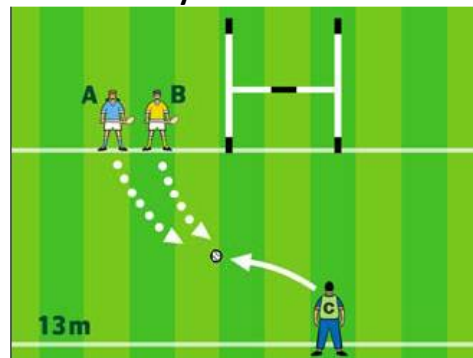
### Fun Game



#### Captain Ball

One player from each team acts as goal receiver. To score players must throw for receiver to catch overhead

### Game Play Routine



#### One on One

Players in pairs. Coach throws the sliotar for Player A to catch and attempt to score. Player B provides opposition