

Chest Catch

Elite Image



Adopt the Ready Position



Release non-dominant hand



Move to meet the ball. Move Hurley across the chest for protection



Cushion the ball on impact between chest and cupped hand

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

Look out for:

- Not moving to the ball
- Not relaxing the chest to cushion the ball
- Holding the hurley too low, giving no protection

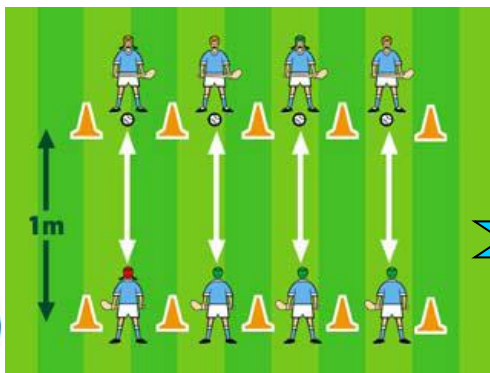
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Catching is the most effective way of stopping, gaining possession and controlling a ball. The Chest Catch is a particular catching technique used when the ball is dropping from a height and the player has time to cushion it into his chest. It is predominantly used by the goalkeeper.

Pg 11-16 Hurling Fun Do

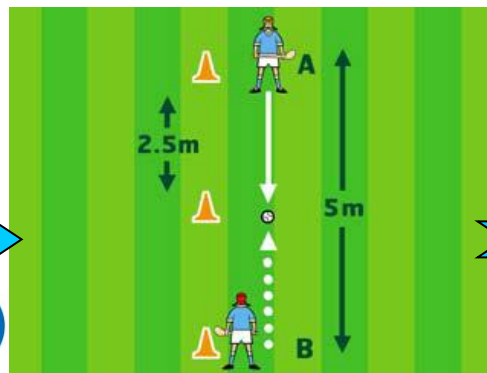
Chest Catch

Practice the Technique



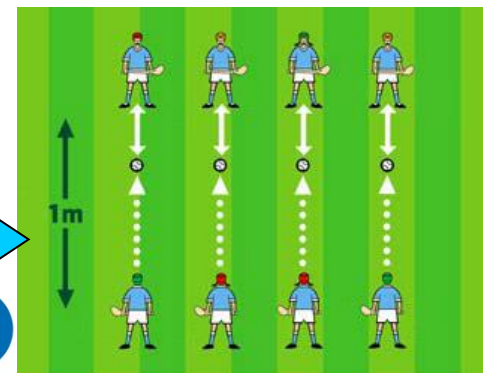
Partner Catch

Throw the ball for partner to catch



Move to Catch

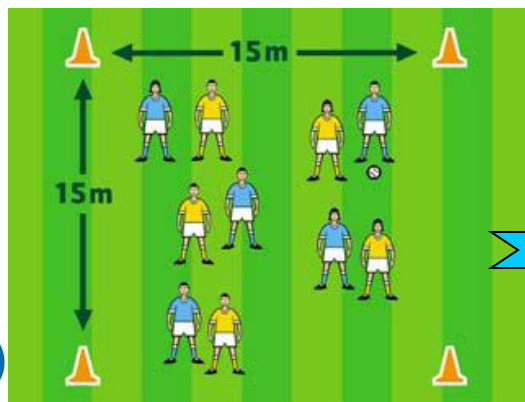
B runs to catch the ball A throws.



Move and Catch

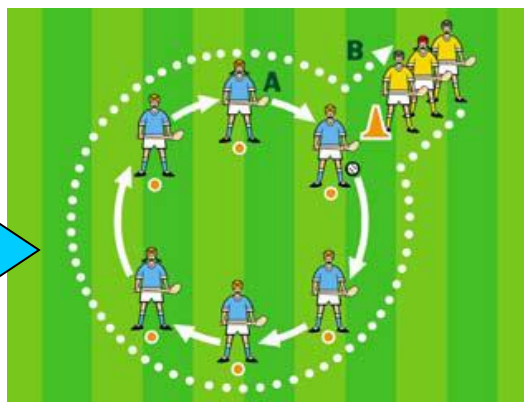
Players move to receive the ball from their partner while moving across the field

Develop the Skill



Keep Ball

No hurley; Players maintain possession by throwing the ball for a team mate to chest catch.



Beat the Circle

Team A throws the ball around the circle while Team B runs around the circle in relay

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill