

# THROWING AND CATCHING. GAA ROUNDERS.

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## Throwing:

Overarm throwing :

- Hold the ball correctly, between the fingers and thumb
- Bring you throwing arm straight back over your shoulder.

Point your shoulder  
at the player you are  
going to throw to.



Let the ball roll off the tip  
of your two fingers and  
follow through.

## Underarm throwing :

- Grip the ball as in overarm throwing.
- Put weight on you back foot – swing arm backwards.
- Swing forward – step onto front foot.
- Release ball with a flick of the wrist.
- The ball is rolled off the fingers, not the palm



## Catching:

Chest high ball :

- Hold hands out in front of chest, thumbs pointing at each other.
- When ball arrives, close your fingers over it and pull it towards your body.
- Catch with fingers, not palm of hands.



## High Ball :

- Get into right position
- Move to get in line with flight of ball
- Aim to catch the ball level with you face.
- Pull the ball towards the chest.
- Use both hands when possible to catch the ball.





# Skill Practice for Throwing and Catching.

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- Beginners – one ball each. Exercises are catching ball with both hands, with left hand only, right hand only.
- One ball per pair - Throwing the ball to each other catching with both hands, left hand only, right hand only, high in the air, low fielding ball.
- Practice base throwing – Throwing the ball around the bases. Start with the Pitcher who throws the ball to the Catcher, then to first base minder, second base minders, third base minder and back to catcher on home base, tagging the bases before ball is let go to the next base.
- Zig Zag – line up equal players opposite each other. Start with one ball, first player throws ball underarm to their opposite team player, and so on till all players have received and thrown a ball. When the players have mastered one ball introduce a second to make it harder. Good exercise for Hand ,Eye co-ordination

