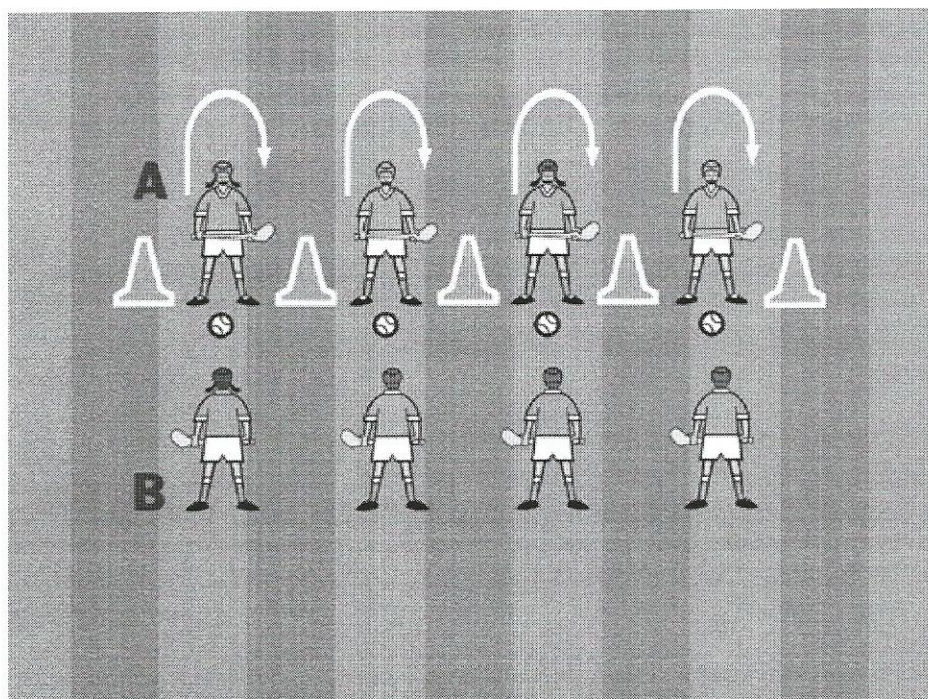


# GAA Fun Do Coaching Resource for Hurling

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## Toss & Catch

This is a basic drill to practice the Chest Catch technique in a stationary position.



### Organisation

- Divide the players into pairs; one ball per pair
- Player A throws the ball 1m above their head to catch on the way down using the Chest Catch technique
- Player B counts the number of successful Chest Catches completed in 30 seconds
- Reverse the roles and repeat