

# OVERHEAD CATCH

The Overhead Catch is used to gain possession when the sliotar is approaching above head height. Requires excellent hand eye coordination.



Move towards the sliotar. Eyes on the sliotar.

## KEY TEACHING POINTS



Release the non-dominant hand and extend it above the head.



Raise the Hurley above the head to protect the catching hand.



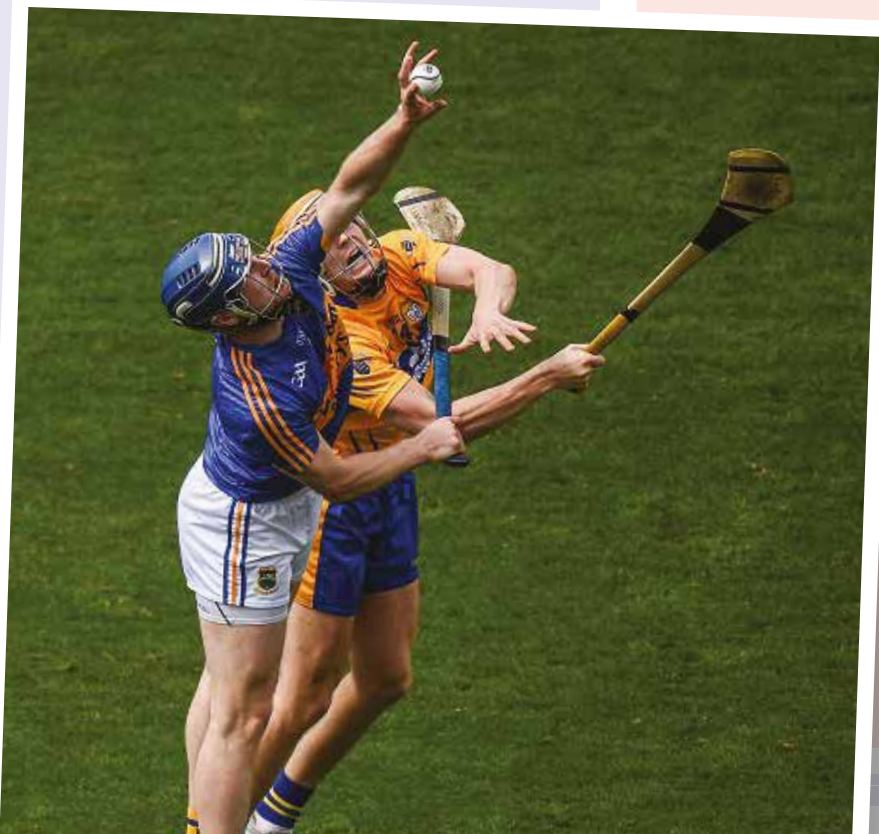
Relax the hand on impact, catching the sliotar with the fingers.

To Coach this Skill use the **IDEA** method

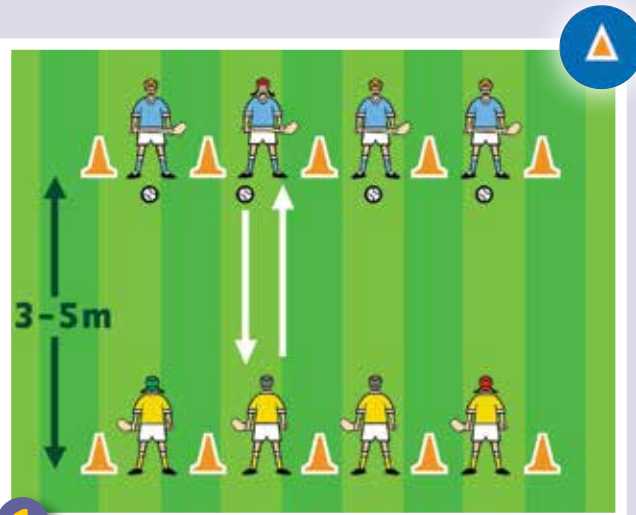
- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

## LOOK OUT FOR THESE COMMON ERRORS

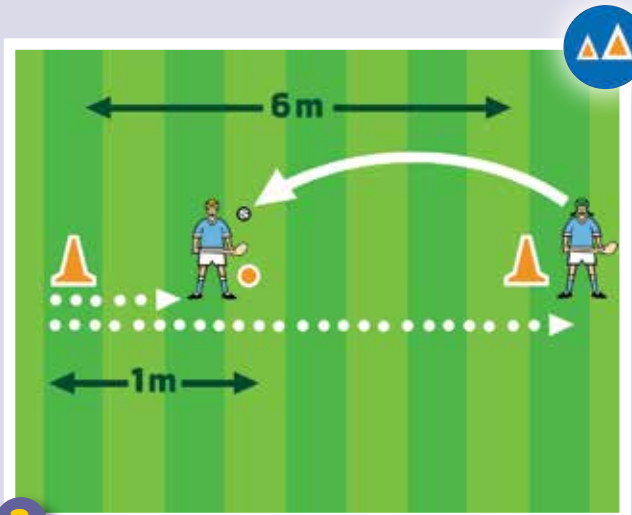
- Moving too quickly underneath the sliotar
- Grabbing at the sliotar
- Failing to protect the catching hand



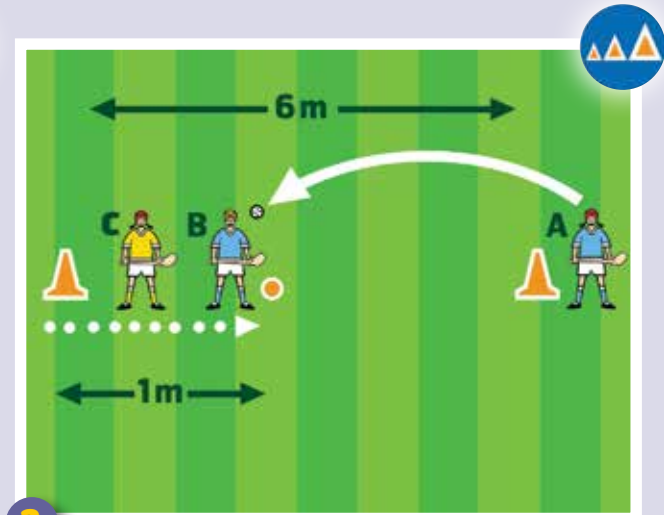
# OVERHEAD CATCH PRACTISE THE TECHNIQUE



**1 PARTNER CATCH**  
Players in pairs. Each player throws the sliotar for their partner to catch overhead.

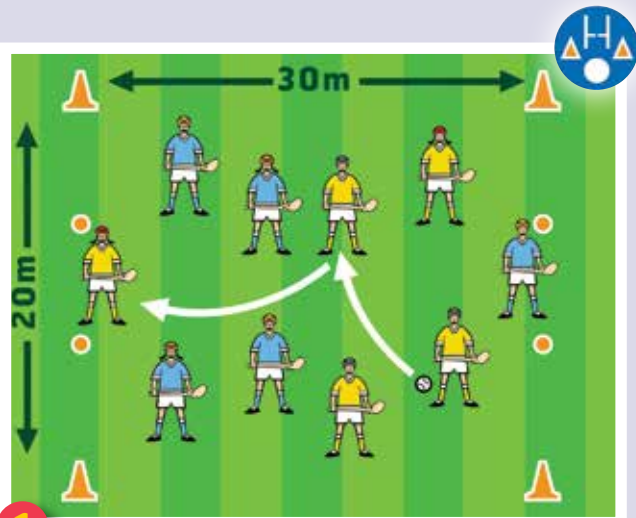


**2 MOVE AND CATCH**  
Players in pairs. Player A throws the sliotar for Player B to catch.

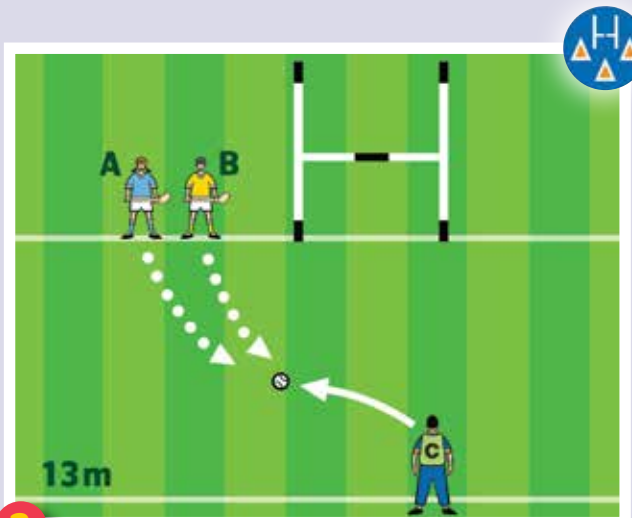


**3 OPPOSED CATCH**  
Player A throws the sliotar for Player B to catch. Player C provides opposition.

# OVERHEAD CATCH DEVELOP THE SKILL



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



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

## VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

**S**pace **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 - using a bigger or smaller ball, Hurley or 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.

## DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine