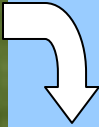


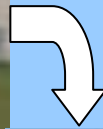
# 2. Body Catch



Move to receive the ball



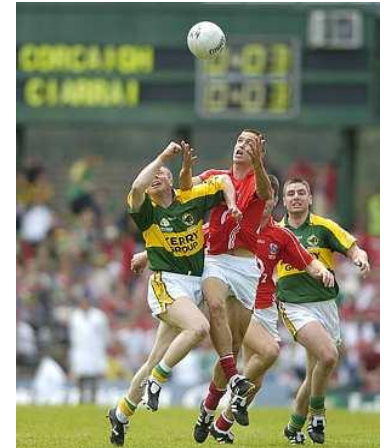
Extend arms out in front of the chest



Relax chest on impact to cushion the ball

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

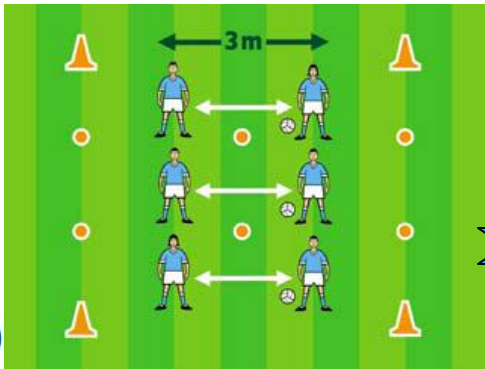
- Look out for:
- Closing the eyes
  - Leaning back as the ball approaches
  - Keeping the arms too far apart



The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

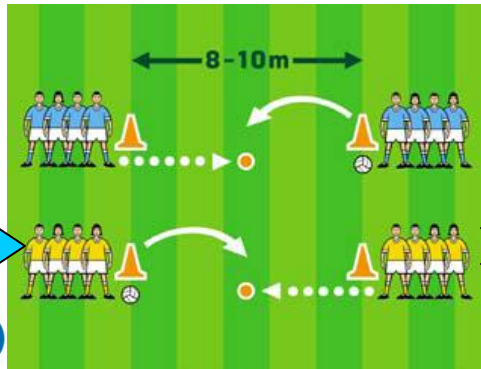
# Body Catch

## Practice the Technique



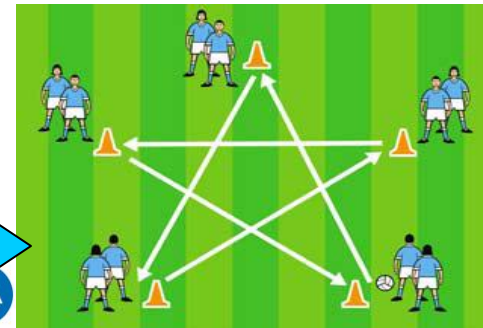
### Throw and Body Catch

Each Player in turn throws the ball for their partner to catch



### Handball Bob

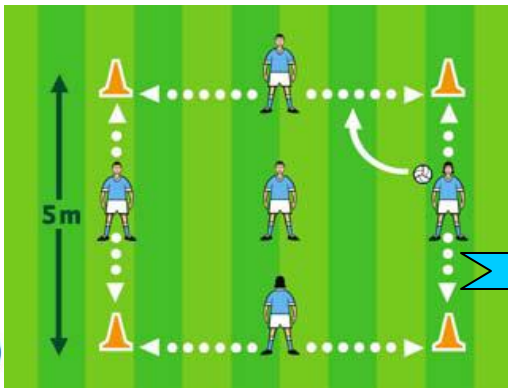
Player throws the ball for opposite player to run on and catch at the halfway marker.



### Star Drill

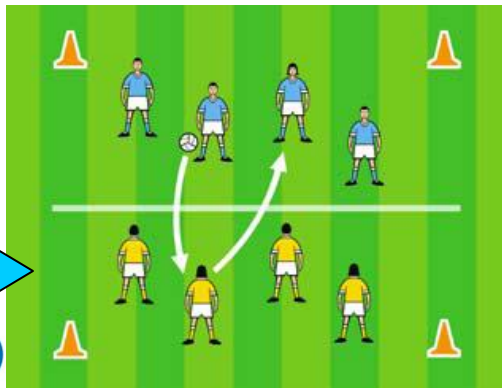
A player throws the ball for the second player on their right to catch and runs to the back of that line.

## Develop the Skill



### Piggy in the Middle

Middle player tries to intercept the ball while the outer players throw the ball to each other



### Over the River

Throw the ball to make it difficult for the opposition to Body Catch,

# STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill