

11. Low Catch

Elite
Image

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



Get behind the ball
as it approaches



Extend the arms low



Step forward and
Place one foot
beside the ball



Hold the ball securely
and bring into the
chest

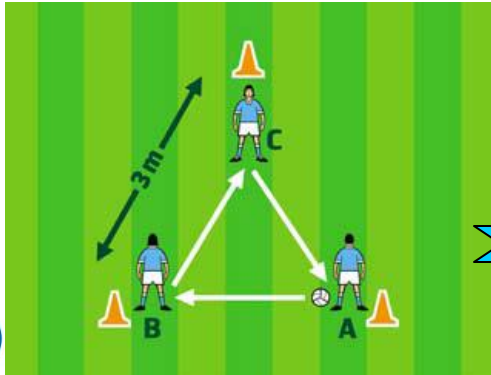
Look out for:

- Not getting low enough
- Keeping the arms and hands too far apart

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

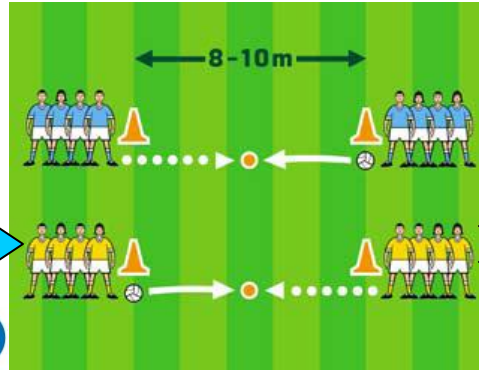
Low Catch

Practice the Technique



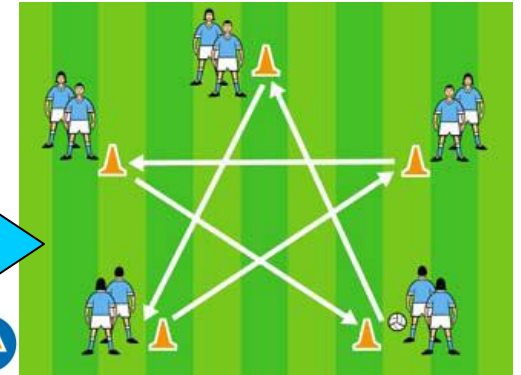
Islands

Players throw the ball to the feet of the next player to Low Catch



Move and Catch

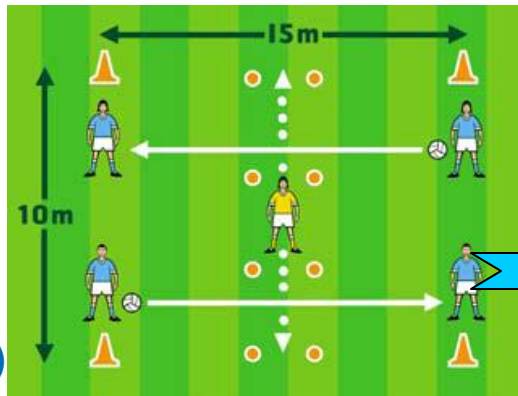
Players roll the ball for the opposite player to run forward and Low Catch



Star Drill

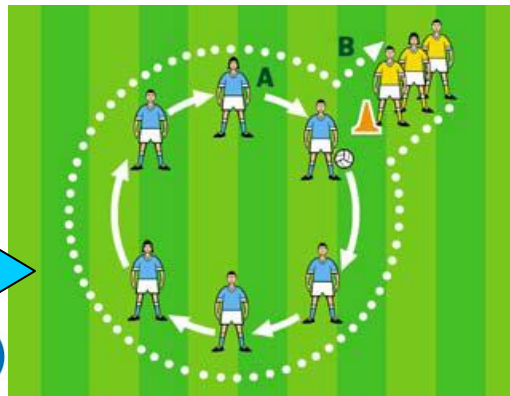
Player throws the ball for the player on the second marker to their right to Low Catch

Develop the Skill



Pass the Guard

Outer players try to throw the ball low past the middle player, for opposite players to Low 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