

# 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

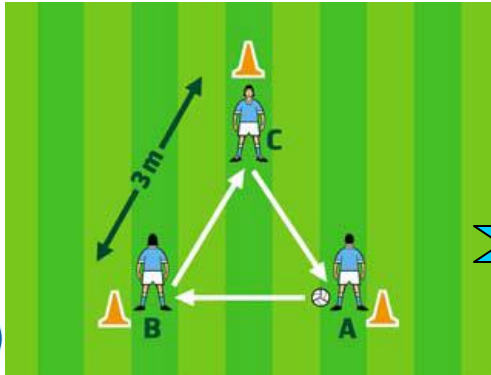
## Look out for:

- 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.

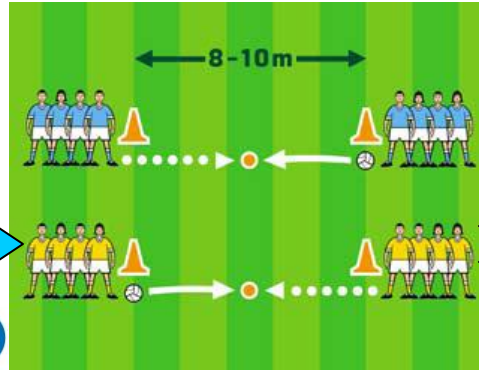
# Low Catch

## Practice the Technique



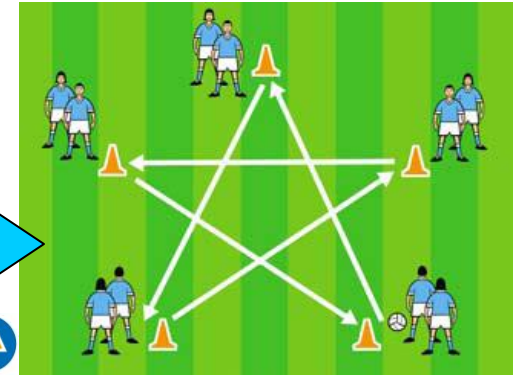
### Islands

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



### Move and Catch

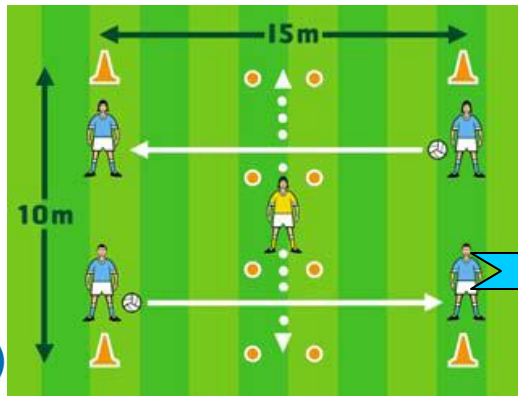
Players roll the ball for the opposite player to run forward and Low Catch



### Star Drill

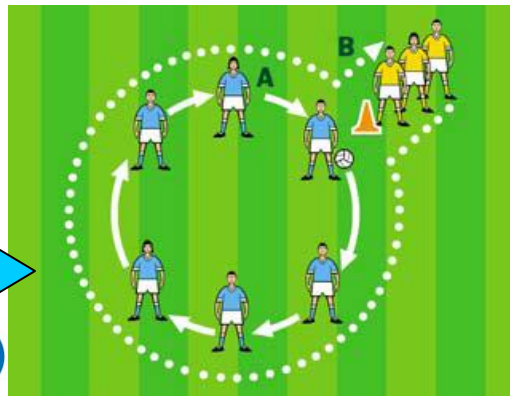
Player throws the ball for the player on the second marker to their right to Low Catch

## 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