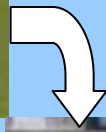


3. Bounce



Release the ball into one hand



Push the ball into the ground



Extend both arms towards the ball as it returns



Hold the ball securely and bring it into the body

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



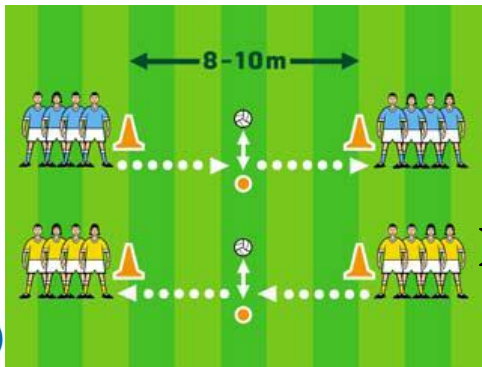
The Bounce is a basic technique in Gaelic Football used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of four steps without playing the ball. After the four steps a player has the choice of bouncing the ball, performing a toe tap, or playing the ball away. The ball may not be bounced more than once in succession

Look out for:

- Bouncing the ball with two hands
- Bouncing the ball too hard or too soft
- Attempting to catch with one hand

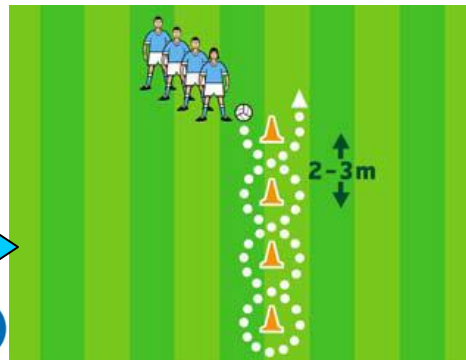
Bounce

Practice the Technique



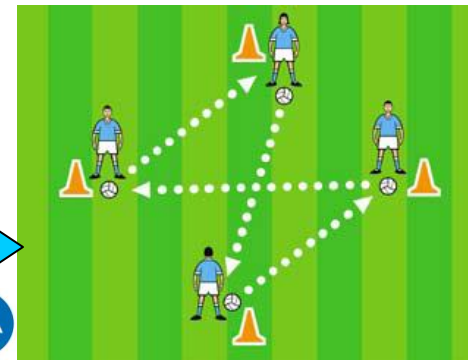
Bounce on the Move

Player moves four steps, Bounces and passes on to the next player



Slalom Bounce

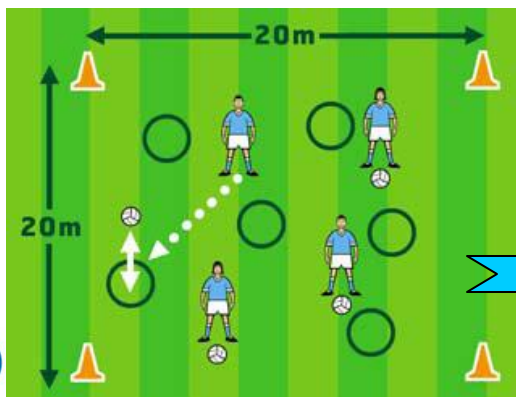
Players Bounce the ball while running around each cone, alternating hands.



Bounce and Turn

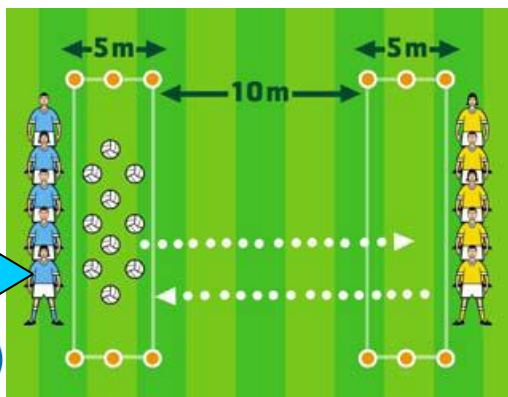
Players perform the Bounce while rounding each cone randomly

Develop the Skill



Space Invaders

Players Bounce the ball in as many hoops as possible in one minute



Grid Swap

In turn each team return each ball to their grid bouncing the ball along the way.

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill