



- 1.Hands over chest thumbs together to create W.
- 2.Hands below chest pinkies together to create W.

Catching



- Engage Core- Tense Stomach-
- 1.Bear Crawl.
 - 2.Frog Jump.
 - 3.Crab Crawl.

Animal Movements



- 1.Drop Ball onto foot.
- 2.Kicking- step through the kick.
- 3.Kicking foot-toe to target.

Kicking



- 1.Hand under the ball.
- 2.Pass- Point hand/fingers to target.

Off-Loading Skills



- 1.Stay on your balls of your feet.
- 2.Nose over toes.
- 3.Go Forward.

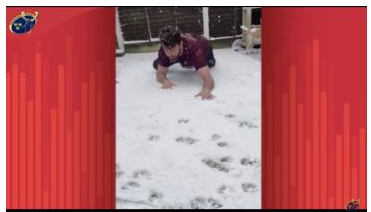
Evasion



- 1.Catch- Hands ready at Hip position.
- 2.Pass- Point to target

React & Pass





Jean Kleyn



Joey Carbery

#MoveWithMunster



Dan Goggin



Eimear Considine