

**Enhances:**

- ✔ Balance.
- ✔ Landing Techniques.
- ✔ Jumping Ability.
- ✔ Body Control.
- ✔ Execution Skills.



Patent Pending

Promotes the development of both physical and psychological techniques required for creating an enhanced awareness of individual capabilities.

**REACH NEW HEIGHTS!**



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Keep your eye on the ball



**SMART AWARD WINNER 2008**

WORKING IN CONJUNCTION WITH  
THE UNIVERSITY OF ULSTER



**INOVATIVE AND**

**UNIQUE**

A revolutionary  
new ball skills  
training enhancer that  
**STRENGTHENS**

- ✔ Fingers
- ✔ Hands
- ✔ Wrists
- ✔ Arms
- ✔ Upper Body
- ✔ Legs

# Gaelic Football Enhancer

*Kure The ills, Perfect Your Skills!*

Ketchup ball skills is specially designed to enhance head, hand and foot skills. It is also instrumental in developing motor and plyometric skills and mental awareness in Gaelic football. It will dramatically enhance the full spectrum of skills required to perfect the techniques of the high catch.

This is achieved by utilising new and innovative methods that enable correct skill application, eliminating any ball waiting habitual problems enhancing development, ensuring that the user must jump/reach/stretch and catch allowing him/her to work at the upper end of their ability every single repetition. This combination of movements known as plyometrics produces a powerful stretch reflex that activates the relevant

tendons and muscles required to execute this manoeuvre. This set of exercises is **now** recognized as beneficial for athletes around the world.

By using Ketchup ball skills on the practice pitch it will instill confidence in the user's own ability allowing them to translate on to the field of play.

## Develops:

- ✦ **Hand to Eye Coordination**
- ✦ **Plyometric Skills**
- ✦ **Motor Skills**
- ✦ **Confidence**
- ✦ **Aerial Superiority**

## Bench Mark Heights



Allows user to monitor their progress, creates healthy competition - rising skill levels

**5 in 1**  
5 skills executed every single repetition.

1. Jumping and catching the ball enhances hand to eye coordination,
2. Gripping/ pulling the retractable ball strengthens fingers/ hands/ wrists/ arms, essential ingredients required for gaining and retaining ball possession.
3. Jumping/stretching/reaching/ pulling the retractable ball strengthens upper body, vital for aerial domination.
4. Repetitive jumping builds spring, creating explosive reactions, (plyometrics) dramatically improving height jumped and height reached.
5. Repetitive landing enhances balance and body control, reducing injury risk.

