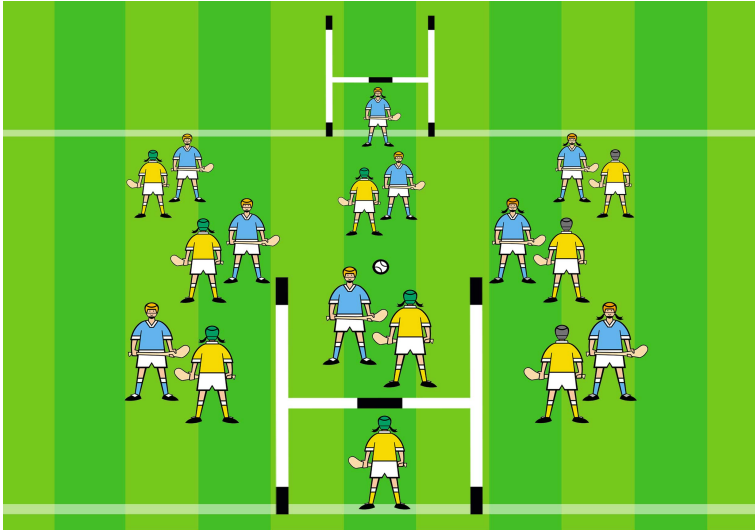


LEVEL 5

STRIKE FROM THE HAND - SKILL POINT GAME

HURLING



EQUIPMENT LIST



Goalposts



Markers



Sliotar



Whistle

This modified game to develop Striking from the Hand awards points to Players who perform the technique correctly during the game

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players may strike the ball from the hand, and from the ground, and use the hand pass
- Award 3 points for striking a point from the hand and 2 points for a goal

STEP Variation

Task - To ensure plenty of striking, do not permit solo running

Notes

[illegible]