

# STRIKING FROM THE HAND

Striking from the Hand is the most common method of passing the sliotar or shooting for a score in Hurling. It is important that players are taught to strike from the dominant and non-dominant side from an early age.



## KEY TEACHING POINTS



Toss the sliotar from the cupped hand to shoulder height. Keep eyes on the sliotar.



Slide the non-dominant hand into the Lock Position, bending the elbows to raise the Hurley.



Step forward with the lead foot and swing the Hurley downward. Strike the sliotar at knee height.



Transfer the body weight to the non-dominant leg as the swing is completed.

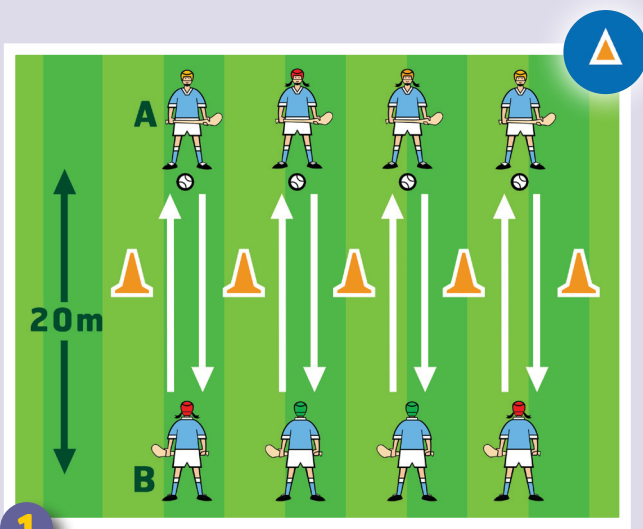
To Coach this Skill use the **IDEA** method

- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback

### LOOK OUT FOR THESE COMMON ERRORS

- Missing the ball completely
- Placing the non-dominant hand above the dominant hand on the Hurley
- Tossing the sliotar too high or too far in front

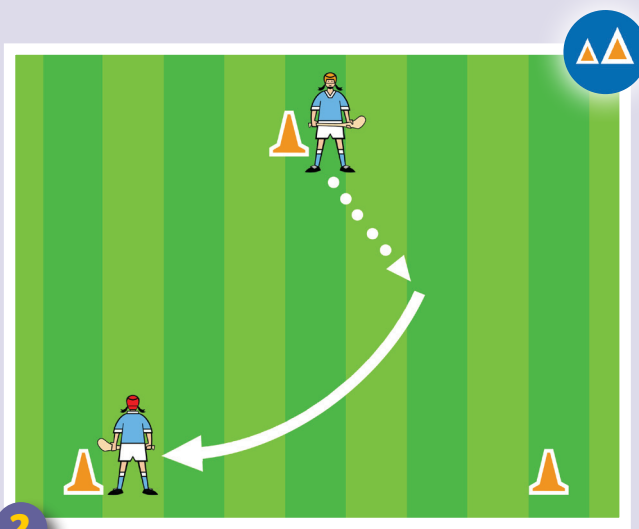
## STRIKING FROM THE HAND PRACTISE THE TECHNIQUE



1

### STRIKING IN PAIRS: ACCURACY

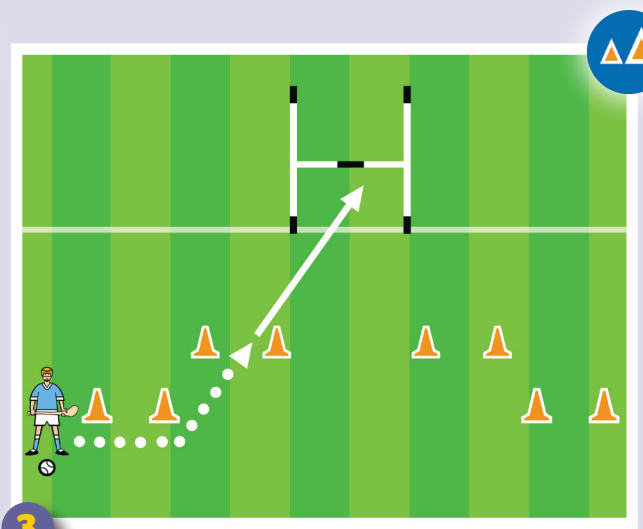
Players in pairs. Strike the slotar through the gate. Strike off dominant and non-dominant sides.



2

### STRIKE AND MOVE

Strike on the run to stationary partner.

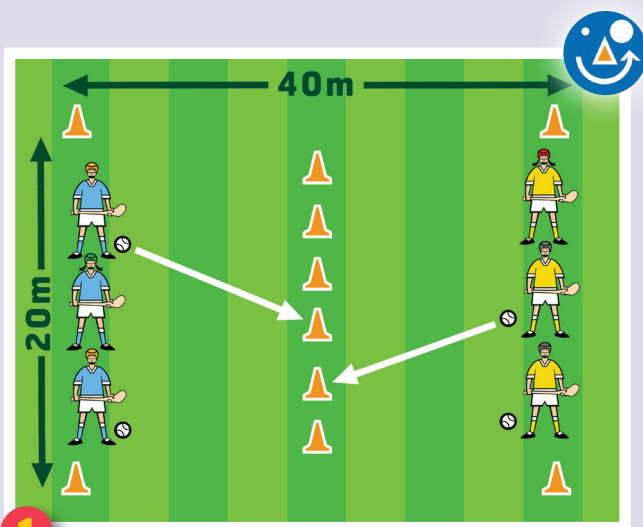


3

### STRIKE AND SCORE

Players run through gate and shoot for a score.

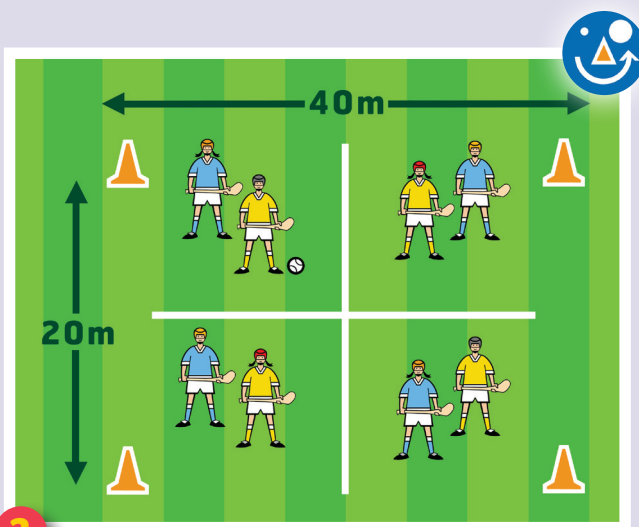
## STRIKING FROM THE HAND DEVELOP THE SKILL



1

### HIT THE CONES

Players strike the slotar to attempt to knock over the targets.



2

### KEEP BALL

Players in pairs, one per part of the grid. Players attempt to keep possession by striking the slotar to each other.

## VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

**S**pace **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

## DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine