

# Doubling Back

Elite Image

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

Striking a ball first time back in the direction it has come from is an advanced skill that can change the direction of the play quickly and effectively. It can be difficult to control the direction and power of the strike. However, it is most common among defenders to double on a ball that has been played into their space.

Positioning the feet correctly and judging the pace and flight of the ball are vital to performing the technique effectively.

Pg. 117-122 Hurling Fun Do



Move towards the ball in the ready position



Slide the non-dominant hand into Lock Position



Eyes on ball. Swing down to connect with the ball in line with lead foot.



Head down, follow through in direction of target

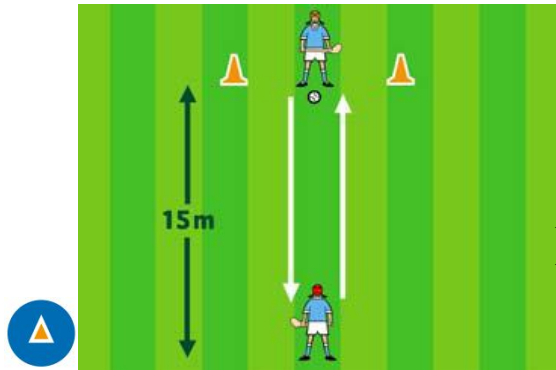
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## Look out for:

- Trying to hit the ball too hard
- Not moving feet to align hips and shoulders with flight of ball
- Lifting the head too early

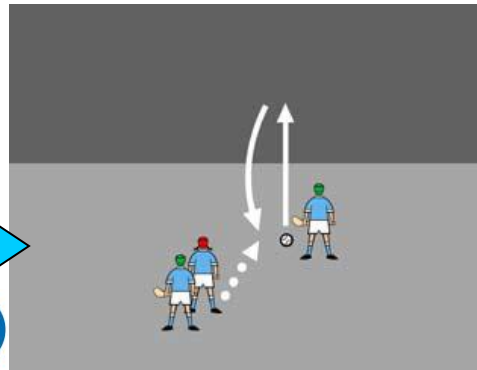
# Doubling Back

## Practice the Technique



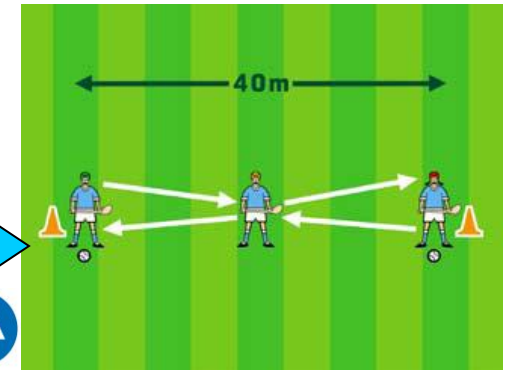
**Goal Strike**

Double on the ball and try to score on your partner



**Wall Ball**

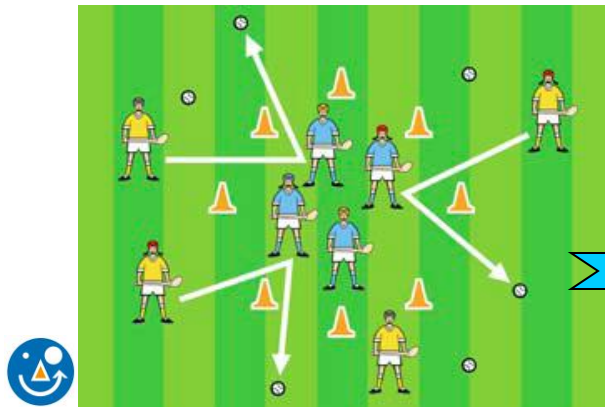
Strike the ball off the wall for next player to double on.



**Centre and Double**

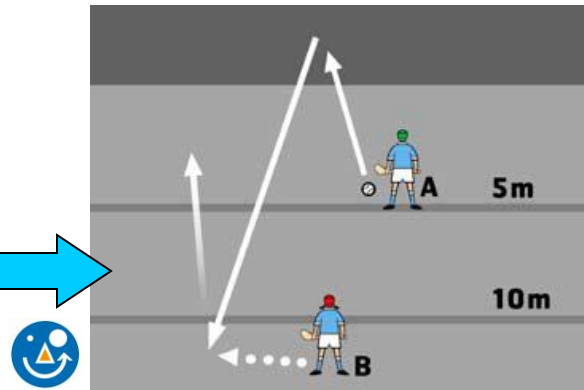
Player in the middle doubles on the ball in turn,

## Develop the Skill



**Clear the Circle**

Players in the circle double on the ball to keep the circle clear



**Wall Ball**

1v1 or 2v2 players attempt to score on opponent by doubling on the ball in turn.

# STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill