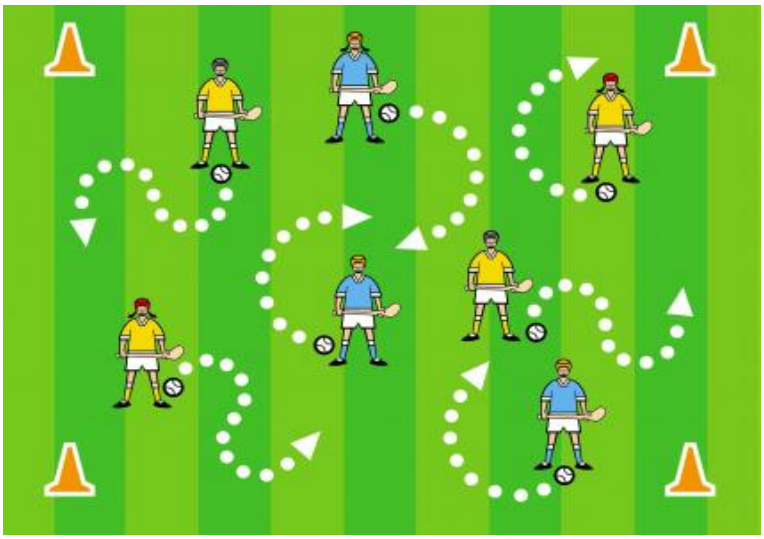
LEVEL 3

DRIBBLE - POSSESSION DRIBBLE

HURLING



EQUIPMENT LIST

- Cones
- Player
- Sliotar
- Whistle

This is a possession game to develop the dribble technique

Organisation

- Mark out a grid using cones; each player has a ball
- The players dribble around the grid keeping their own ball under control, while trying to knock another player's ball out of the grid by pushing or flicking
- Divide the group into two teams to reduce the number of opponents
- When a player's ball is knocked out of the grid, that player must leave the grid
- Hurleys cannot be raised above knee level

STEP Variation

Space - To increase the challenge, reduce the size of the grid

Players - Play the game with two designated tackling players and 5 players in possession

Notes