LEVEL 5

DRIBBLE - DRIBBLE & SCORE

HURLING

EQUIPMENT LIST

- Cones
- Sliotar
- Whistle

This is an invasion game to develop the dribble technique

Organisation

- Mark out a grid with cones
- Divide the Players into two teams
- Each team tries to keep possession of the ball by dribbling and passing using the ground strike
- A score is recorded when the ball is dribbled over the opponents end-line

- Hurleys should not to be raised above knee level

STEP VariationPlayers - To reduce the challenge: Reduce the number of players

Notes