LEVEL 3

STOPPING A GROUND BALL - GOAL TO GOAL

HURLING

EQUIPMENT LIST

- Cones
- Player
- Sliotar

This fun game to develop the technique for stopping a ground ball challenges the players to block the ball as their partner attempts to score a goal

Organisation

- Mark out goals 5m apart using cones
- Divide the players into pairs, one ball per pair
- Each player in turn tries to score a goal by throwing the ball along the ground and past their partner
- Repeat the drill for a set time

STEP Variation

Task - As the players develop, increase the distance between them and allow them to strike the sliotar Equipment - A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult Equipment - Increase or decrease the width of the goals based on the ability of the players

Notes