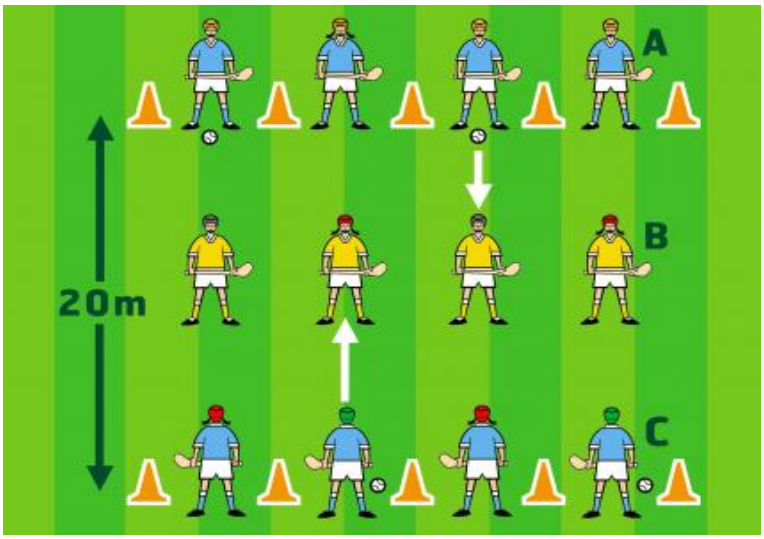
LEVEL 3

STOPPING A GROUND BALL - PASS THE GUARDS



EQUIPMENT LIST

- Cones
- Markers
- Sliotar

This is a fun game to develop the technique for stopping a ground ball

Organisation

- Mark out a grid 10m x 20m
- Divide the players into three teams
- One team acts as guards, forming a line across the centre of the grid
- The second and third teams attempt to roll or throw the ball past the guards from either end of the grid
- One point is scored each time a ball passes the guards
- Each team has a turn in the centre

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

Notes