LEVEL 3

STRIKE ON THE GROUND - GOLF GOALS

HURLING

EQUIPMENT LIST

- Cones
- Sliotar

The aim of this target game is to encourage length and accuracy in ground striking

Organisation

- Set up a course of four goals, one at each corner of a grid 40m x 20m; each goal is less than 2m wide
- Divide the group into teams of four players
- The players in relay attempt to strike the ball through each goal, counting the number of shots it takes from start to finish
- Player A takes the first shot, Player B the second, and so on
- The team who completes the course in the least number of shots wins

STEP Variation

Space - To increase the challenge: Increase the distance to the goals or reduce the size of the goals

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

Notes