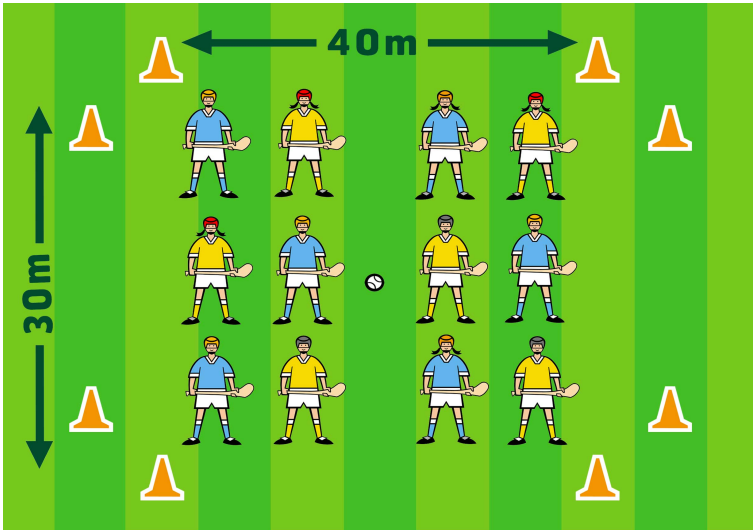


LEVEL 5

# STRIKE ON THE GROUND - FOUR GOAL GAME

## HURLING



### EQUIPMENT LIST

- Cones

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- Sliotar

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- Stopwatch

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- Whistle

This is a modified game focussing on the ground strike which incorporates blocking and dribbling and will aid the development of decision-making and team play

#### Organisation

- Mark out a playing area 40m x 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used

#### STEP Variation

Space - Change the size of the playing area and the width of the goals to match the ability of the players

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

### Notes

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