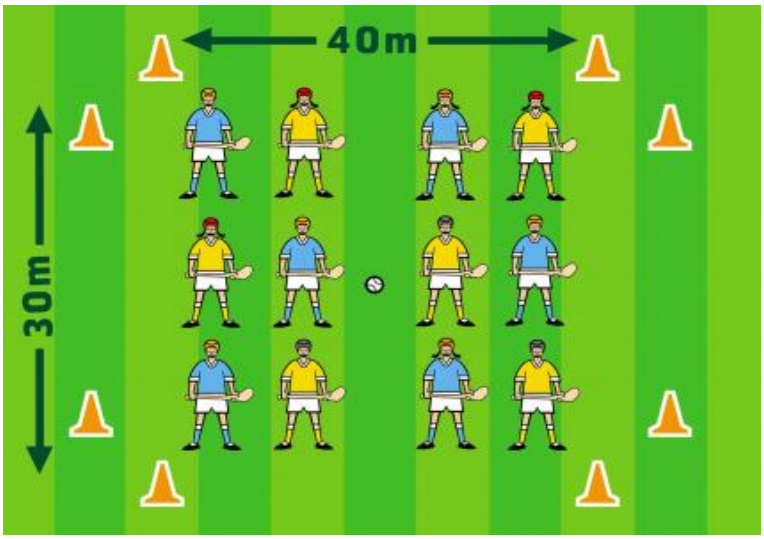
LEVEL 5

STRIKE ON THE GROUND - FOUR GOAL GAME

HURLING



EQUIPMENT LIST

- Cones
- Sliotar
- Stopwatch
- 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