







## STRIKE FROM THE HAND - HIT THE CONES HURLING



EQU	<b>IPMENT</b>	LIST
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<u></u>	Cones
<b>(</b>	Sliotar
	Whistle

## This is a fun game to practice striking from the hand

## Organisation

- Mark out grid 40m long by 20m wide
- Place a number of cones across the middle of grid
- Divide the players into groups of three to five players; one or two balls per team
- The players in possession attempt to strike the cones in the middle of the grid
- For each successful strike, award one point

## STEP Variation

Space - To reduce the challenge: reduce the distance