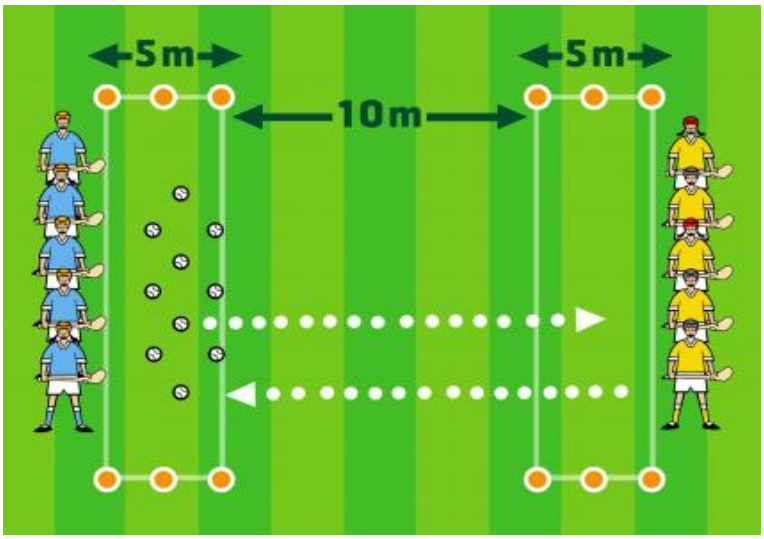
LEVEL 3

ROLL LIFT - GRID SWAP

HURLING



EQUIPMENT LIST

- Cones
- Sliotar

This is a grid game designed to increase the speed at which players perform the Roll Lift

Organisation

- Divide the players into two teams of five players each
- Mark out two grids 5m by 5m with 10m between each grid; assign a grid to each team
- Place ten sliotars in one grid
- On the whistle the first team run forward, roll lift a ball each, and return it to their own grid, continuing until all the sliotars have been moved
- The second team repeat the drill, moving all the sliotars back to their grid
- The team which completes the drill in the quickest time wins

STEP Variation

Task - Place all the sliotars outside of either grid. Each team must roll lift the sliotars and return them to their own grid. The opposing players provide opposition

Notes