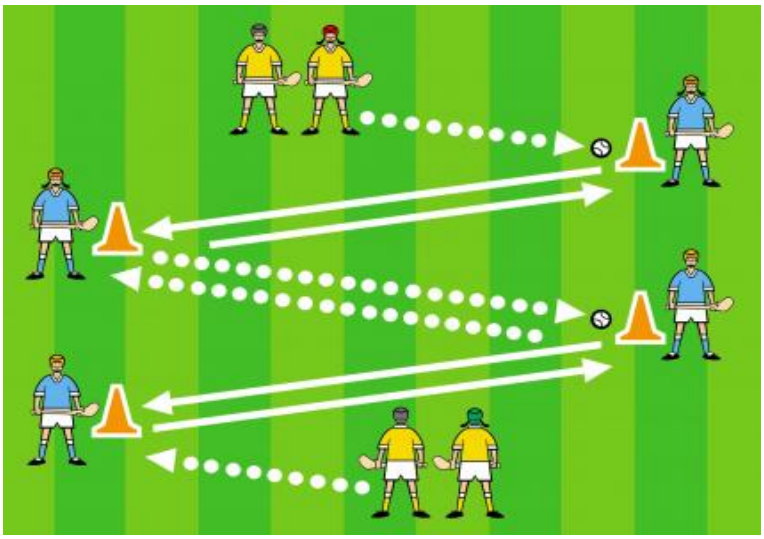
LEVEL 2

ROLL LIFT - ZIG-ZAG ROLL LIFT

HURLING



EQUIPMENT LIST

- Cones
- Sliotar

This intermediate drill to practice the Roll Lift reduces the space available to the players to perform the technique

Organisation

- Place 4 cones in a zig-zag formation 5-8m apart
- A line of players is positioned behind a marker at each end
- A further player is positioned at each of the four cones; place one sliotar at the first and third cones
- The front player in the near line moves forward and roll lifts the ball at the first cone, carrying it and placing it at the second cone; repeat at cones three and four
- The front player in the far line repeats in the other direction

STEP Variation

Initially the opposing players provide token opposition. To increase the challenge; the opposing players provide partial and eventually full opposition

Notes