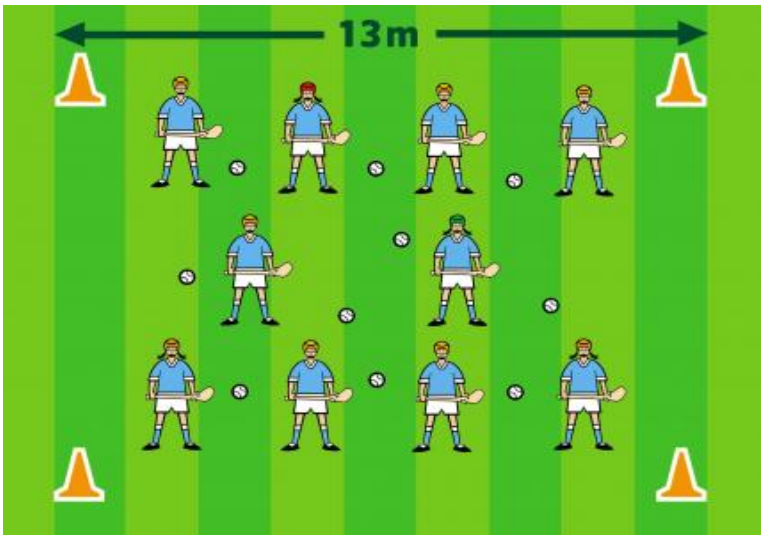
LEVEL 3

JAB LIFT - MUSICAL CHAIRS

HURLING



EQUIPMENT LIST

- Cones
- Sliotar

This is a fun routine to develop the Jab Lift technique

Organisation

- Mark out a grid 13m by 13m
- Ten players and 10 balls are positioned randomly throughout the grid
- The players jog slowly around the grid
- On the whistle, the players move to the nearest ball to jab lift it into their hand
- One ball is taken away and the game continues
- On the next whistle, the player who fails to jab lift a ball leaves the game
- Continue until only one player remains
- Players may compete for the ball

STEP Variation

Equipment - To increase the challenge reduce the number of sliotars by two after each contest

Notes