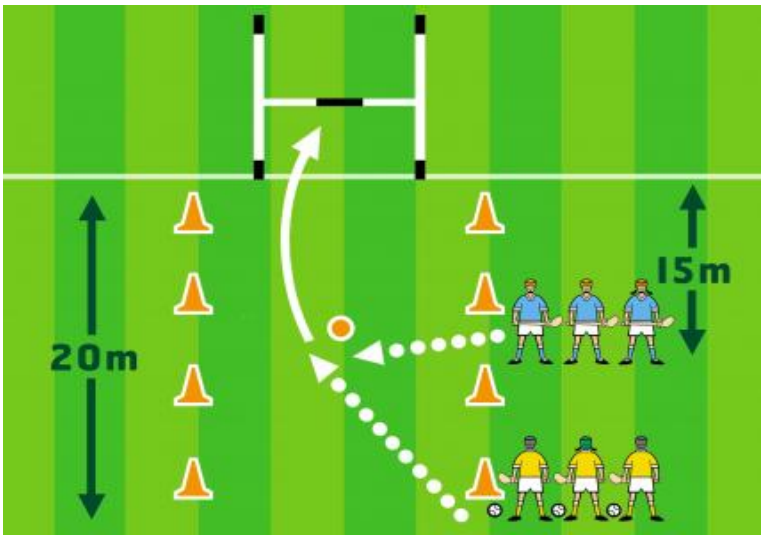
LEVEL 4

GROUND FLICK - ONE ON ONE

HURLING



EQUIPMENT LIST

- Cones
- Player
- Sliotar

This is a game play drill to develop the ground flick technique

Organisation

- Divide the players into defenders and attackers
- The attackers line up 15 to 20m out from goal, each with a ball
- The defenders line up 10 to 15m out from goal on the same side
- On the whistle, the first attacker dribbles the ball towards a marker directly in front of goal
- The defender gives chase and attempts to dispossess the attacker using the ground flick
- If the attacker reaches the marker in possession they must be allowed strike for goal unopposed
- Reverse the roles and repeat the drill

STEP Variation

Player - Allow the attacking player to dribble in any direction and strike at any time

Notes