LEVEL 5

GROUND FLICK - SKILL POINT GAME

HURLING

EQUIPMENT LIST

- Cones
- Player
- Sliotar
- Whistle

This modified game to develop the Ground Flick awards points to Players who perform the technique correctly during the game

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players use the full compliment of skills
- Award 3 points for a goal and 2 points for performing the Ground Flick successfully

STEP Variation

Space - Reducing the size of the playing area will put the players under more pressure to perform the skills quickly and efficiently

Notes