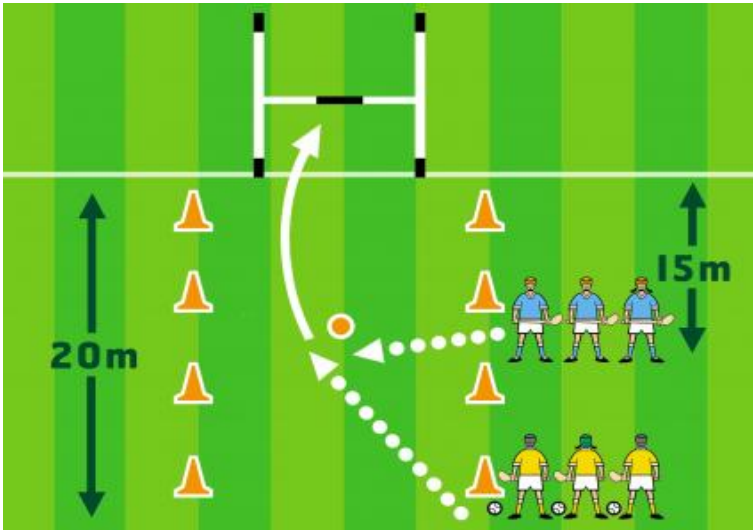


LEVEL 5

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
