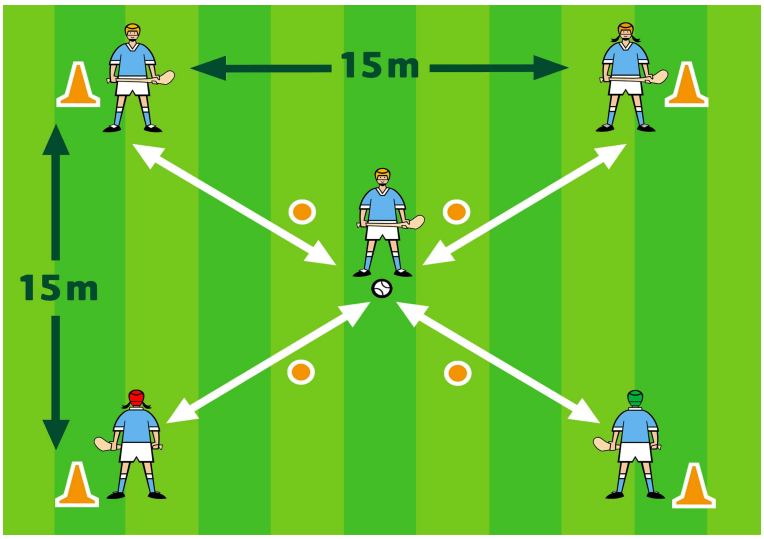
LEVEL 3

BATTING A BALL OVERHEAD - TARGET BAT

HURLING



EQUIPMENT LIST

- Cones
- Player
- Sliotar

This is a grid game to practice Batting a Ball Overhead

Organisation

- Divide the players into groups of five
- Mark out a grid 15m by 15m; in the middle mark another grid 2m by 2m
- Position one player at each corner of the larger grid, with a fifth player in the middle
- The middle player throws the ball for each of the outer players to bat in turn
- A score is awarded for each bat caught by the middle player
- The middle player rotates after every four throws
- Count the total number of catches after all of the players have completed the game

STEP Variation

Task - To increase the challenge; the middle player throws to each corner randomly

Notes