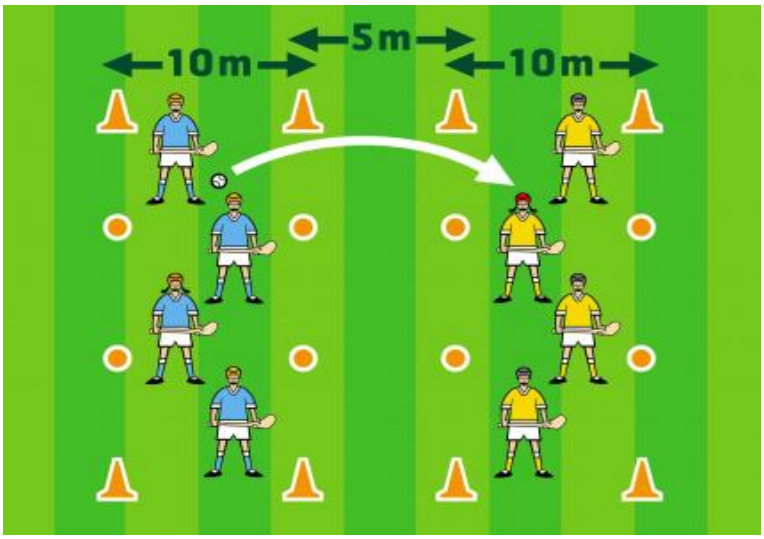
LEVEL 3

OVERHEAD STRIKING - NO MANS LAND

HURLING



EQUIPMENT LIST

- Player
- Sliotar

This is a fun game to develop overhead striking

Organisation

- Mark out a court using cones
- Mark out a centre zone to divide the court into two sides
- Divide the players into 2 equal teams
- The objective of the game is to strike the ball into the opponents section of the court
- The ball may be controlled and passed among players of the same team to set up a strike
- Catching the ball is not permitted
- Points are scored when the ball touches the ground in the opponent section of the court

STEP Variation

Space - As the players become more proficient, increase the distance to goal

Notes