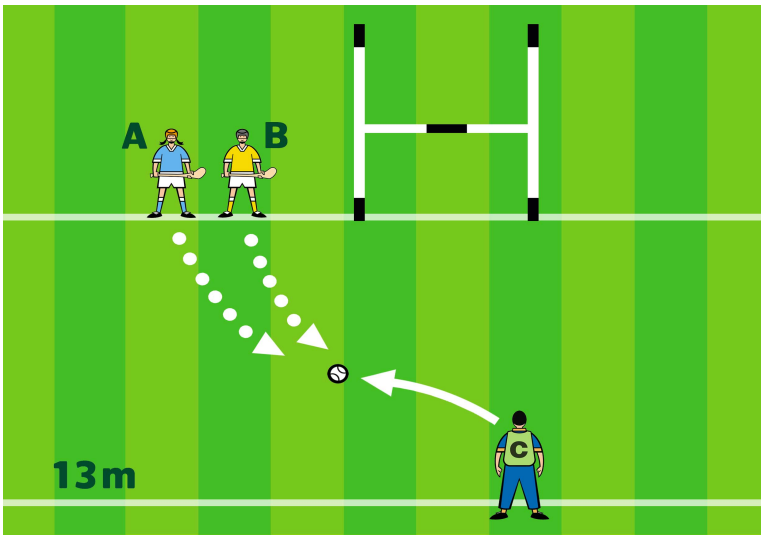
LEVEL 4

OVERHEAD STRIKING - ONE ON ONE

HURLING



EQUIPMENT LIST

- Coach
- Player
- Sliotar
- Whistle

This is a game play drill to develop overhead striking in a contest situation

Organisation

- Divide the players into two teams, designate one the attacking and one the defending team
- Both teams line up beside each other in pairs on the endline
- The coach is positioned on the 13m line
- On the whistle the first pair jogs out from the end line
- The coach throws the ball up for the attacking player to strike overhead for goal
- The defending player attempts to block the shot or bat the ball clear
- Reverse the roles of the teams after a set time

STEP Variation

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

Notes