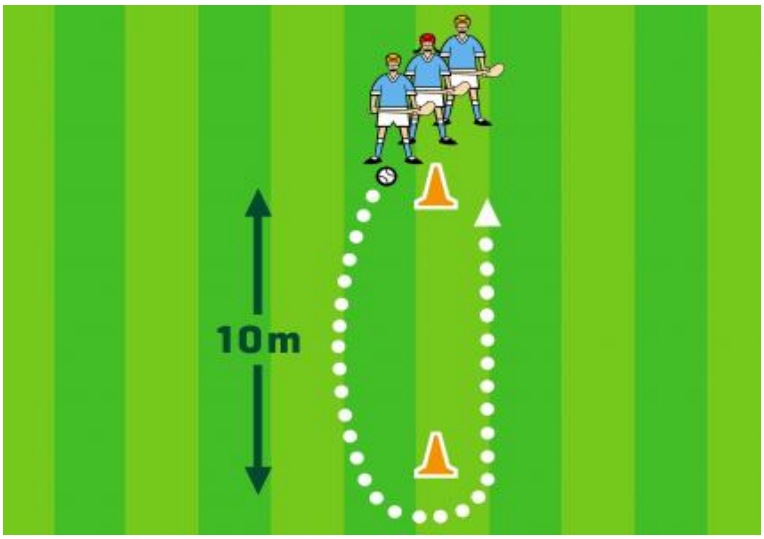
LEVEL 1

# DRIBBLE - OUT AND BACK

## — HURLING




**This is a basic drill to practice the dribble technique in a straight line**

***Organisation***

- Mark out a distance of 10m using cones
- Divide the players into groups, one sliotar per group
- Each group lines up behind a cone
- Each Player in turn dribbles the sliotar around the far cone and back; the next player repeats

***STEP Variation***

Task - To increase the challenge: Turn the drill into a relay race

Equipment - A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult

## EQUIPMENT LIST

- Cones
- Football

## Notes