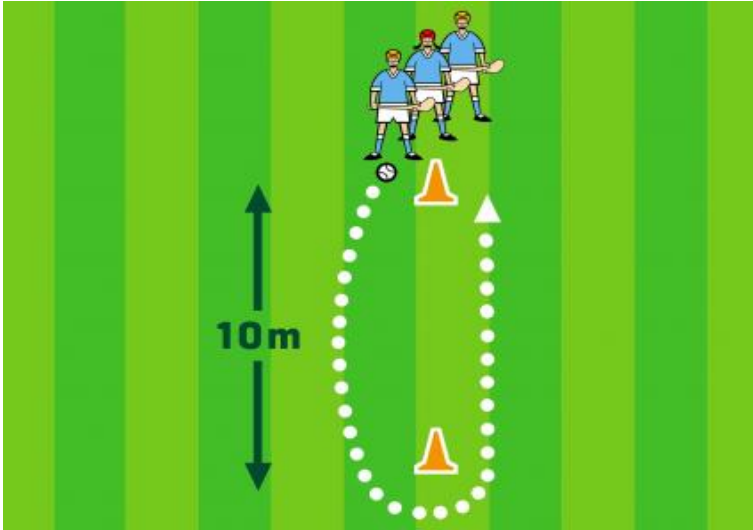


LEVEL 1

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
