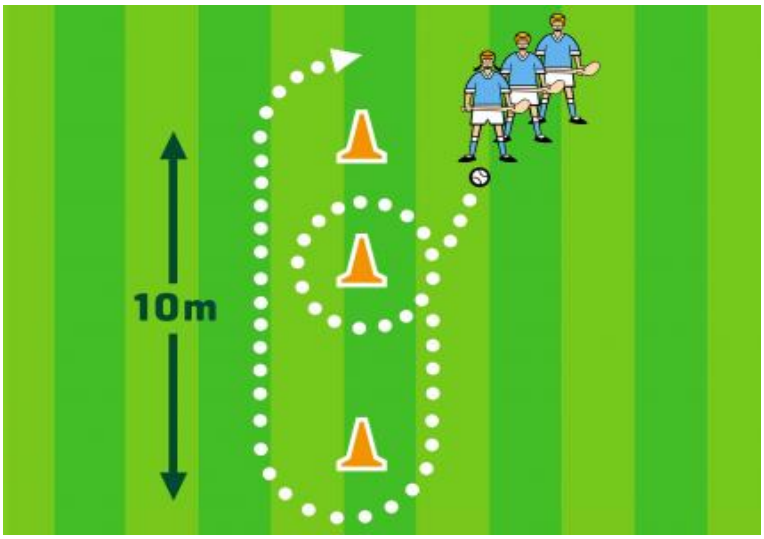
LEVEL 1

DRIBBLE - AROUND THE CONE

— HURLING



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This basic drill to practice the dribble technique challenges the players to steer the ball around an obstacle as they dribble

Organisation

- Mark out a distance of 10m using three cones at 5m intervals
- Divide the players into groups, one sliotar per group
- Each player dribbles the sliotar all the way around the centre cone as they dribble out to and back from the far cone

STEP Variation

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

EQUIPMENT LIST

- Cones
- Sliotar

Notes