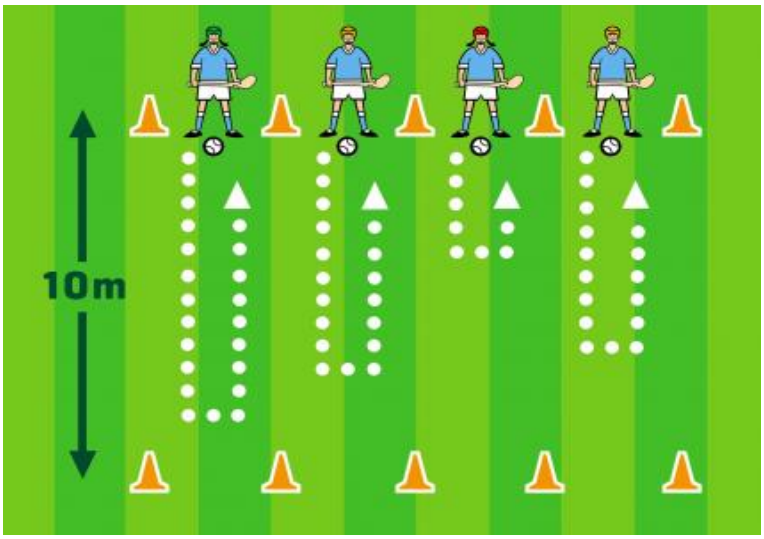
LEVEL 2

DRIBBLE - SIGNAL & TURN

— HURLING



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This intermediate drill to practice the dribble technique challenges the players to change direction on a signal

Organisation

- Mark out a distance 10m wide using cones
- The players line up on one side, one sliotar per player
- Each player dribbles towards the far cones
- On the Coach's signal, each player quickly changes direction and dribbles back in the direction they came from
- The Coach should vary the point at which they signal to ensure the players remain alert

STEP Variation

Equipment - To increase the challenge: Use a smaller sliotar such as the Quick Touch sliotar

EQUIPMENT LIST

- Cones
- Markers
- Sliotar
- Whistle

Notes