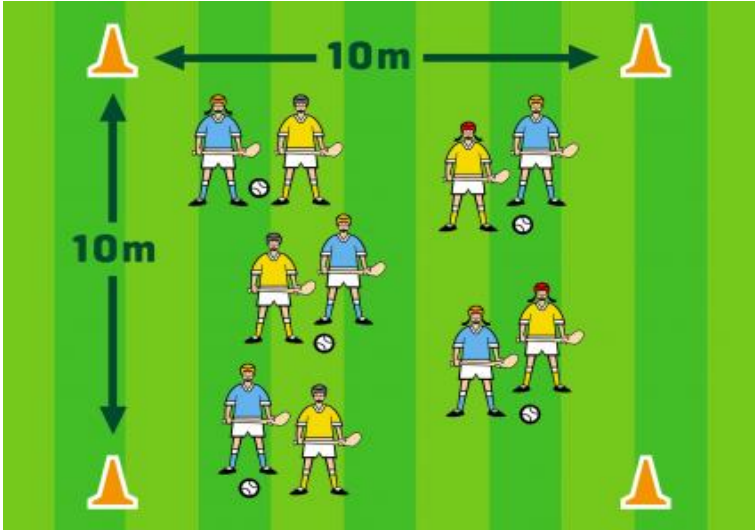


# LEVEL 3 DRIBBLE - OPPOSITION TUSSLE — HURLING



## EQUIPMENT LIST

- Cones
- Sliotar
- Whistle

This advanced drill to practice the dribble technique introduces an opponent

### Organisation

- Mark out a grid using cones
- Divide the players into pairs, one sliotar per pair
- One player attempts to keep possession by dribbling and using their body to shield the ball
- The second player tries to push or flick the ball away
- After a set time, or after a dispossession, reverse the roles

### STEP Variation

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

Players - To reduce the challenge the tackling players provide only token opposition

## Notes

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