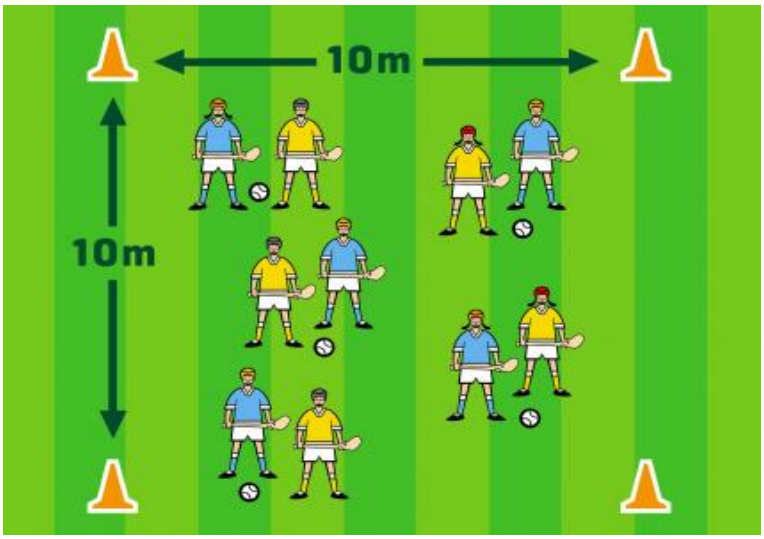
LEVEL 3

# DRIBBLE - OPPOSITION TUSSLE

## — HURLING




C

**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

## EQUIPMENT LIST

- Cones
- Sliotar
- Whistle

## Notes