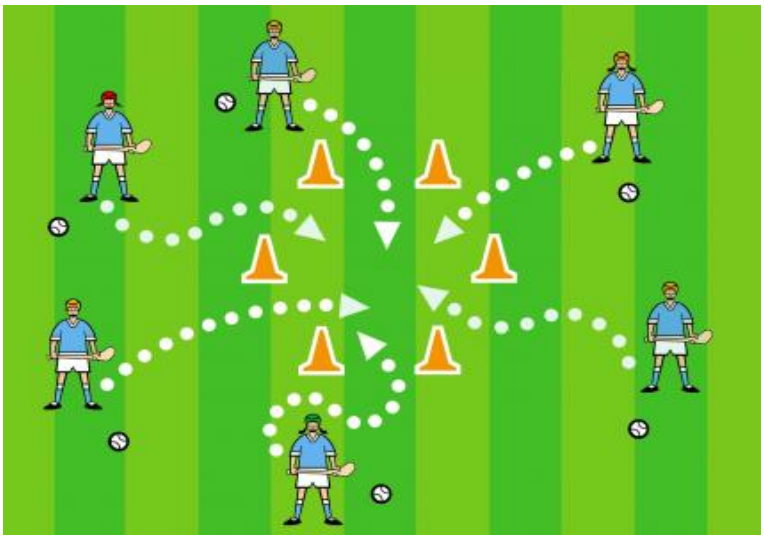
LEVEL 3

DRIBBLE - FILL THE CIRCLE

— HURLING



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This fun game challenges the Players to perform the dribble technique while moving as fast as possible

Organisation

- Mark out a circle using cones
- Scatter several balls in different directions outside the circle
- Divide the players into teams
- Beginning in the circle, the Players run to return all balls to the circle using the dribble technique.
- The Coach times each team, and the team that takes the least time is the winner

STEP Variation

Task - Divide the Players into two teams, each with their own circle. On the whistle both teams must run and return as many of the balls as possible to their own circle. The winner is the team that returns most balls to their circle

EQUIPMENT LIST

- Cones
- Sliotar
- Stopwatch
- Whistle

Notes