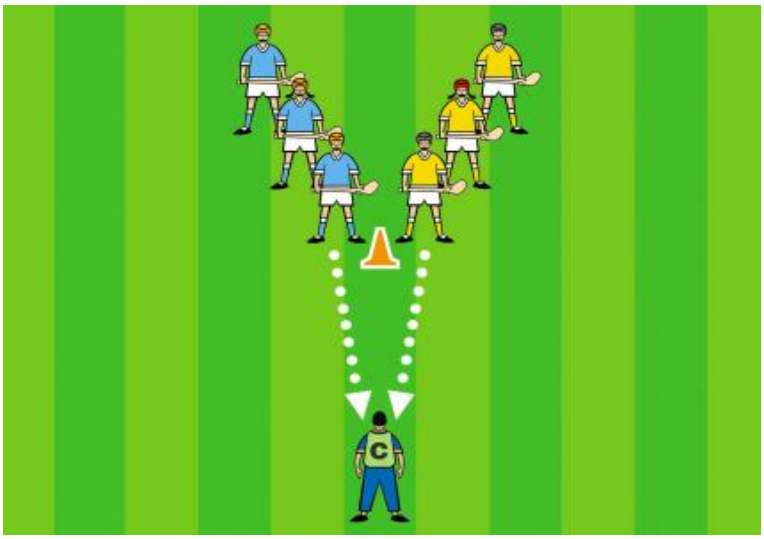
LEVEL 1

SHOULDER CLASH - 1,2,3 CLASH

— HURLING



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This is a basic drill to practice the Shoulder-to-Shoulder Clash technique

Organisation

- The players pair off, standing in two lines facing the Coach
- The Coach holds a hurley on the ground between each pair as they approach at walking pace
- Both players swing on the hurley together and return to the end of the line
- Alternate sides on repeat attempts
- Alternatively a tyre may be used for the players to pull on

STEP Variation

Task - To increase the challenge: Jog into the clash

Equipment - Introduce a football for the players to strike on, for example a First Touch football. As they become more proficient reduce the size of the ball, for example to a First Touch sliotar

EQUIPMENT LIST

- Cones
- Tyre

Notes