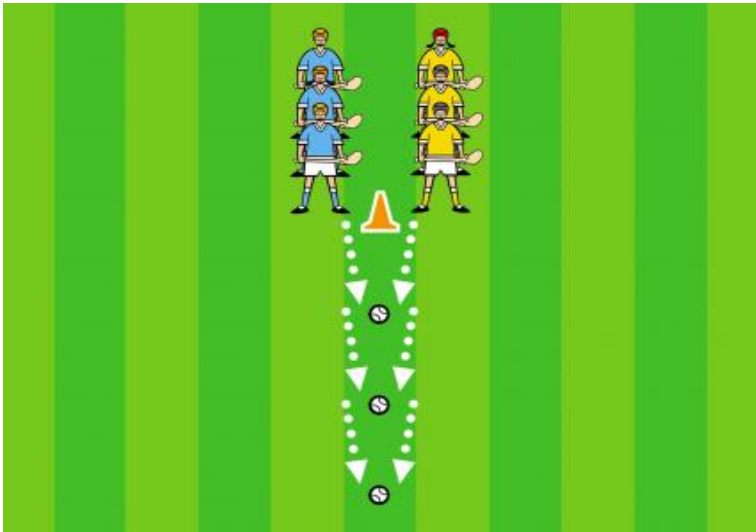


LEVEL 2

# SHOULDER CLASH - JOG & CLASH

## — HURLING



### EQUIPMENT LIST

- Cones
- Slotar

This intermediate drill to practice the Shoulder-to-Shoulder Clash technique requires the players to jog into the clash

#### Organisation

- The players pair off in two lines
- Place three stationary First Touch slotars at 5m intervals from the players
- Each pairs in turn jogs forward to clash on each ball in sequence
- The players retrieve the slotars for the Coach and return to the end of the line
- Alternate sides on repeat attempts

#### STEP Variation

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball; Alternatively use a fixed ball, such as the ball and pin apparatus

### Notes

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