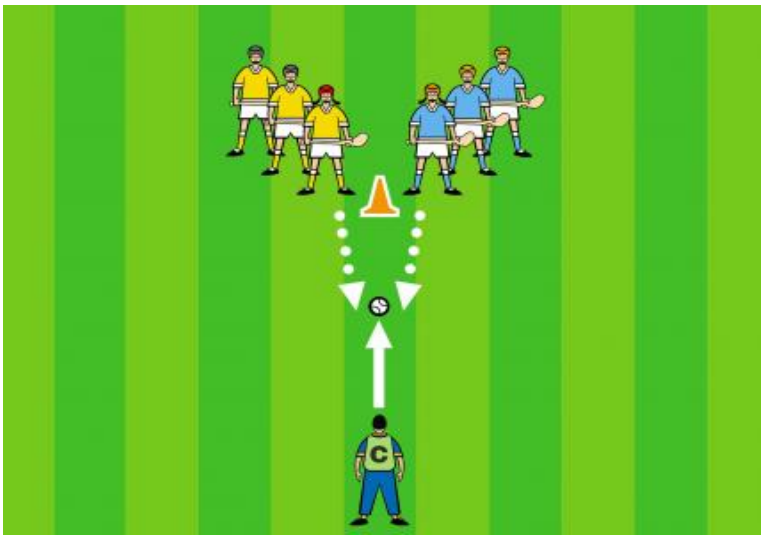
LEVEL 2

SHOULDER CLASH - ROLL & CLASH

— HURLING



This intermediate drill to practice the Shoulder-to-Shoulder Clash technique requires the players to clash on a moving ball

Organisation

- The players pair off, standing in two lines facing the Coach
- The Coach rolls a First Touch sliotar for each pair in turn to perform the clash
- The players retrieve the sliotar for the coach and return to the end of the line
- Alternate sides on repeat attempts

STEP Variation

Task - To increase the challenge: Increase the pace of the roll

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

EQUIPMENT LIST

- Cones
- Sliotar

Notes