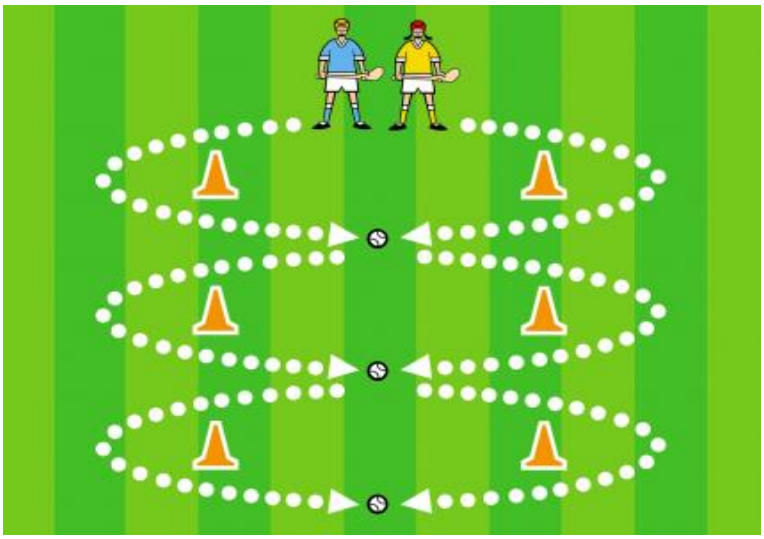
LEVEL 2

SHOULDER CLASH - ZIG-ZAG CLASH

— HURLING



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This is an intermediate drill to practice the shoulder to shoulder clash

Organisation

- Mark out a channel using 2 lines of 3 cones as shown; the channel is 3m wide
- Place 2 sliotars in the middle of the channel, one halfway between each set of cones
- Divide the players into pairs
- Each pair in turn contest both balls using the ground clash technique
- Each player must travel around the outer cones before contesting each ball
- 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

EQUIPMENT LIST

- Cones
- Sliotar

Notes