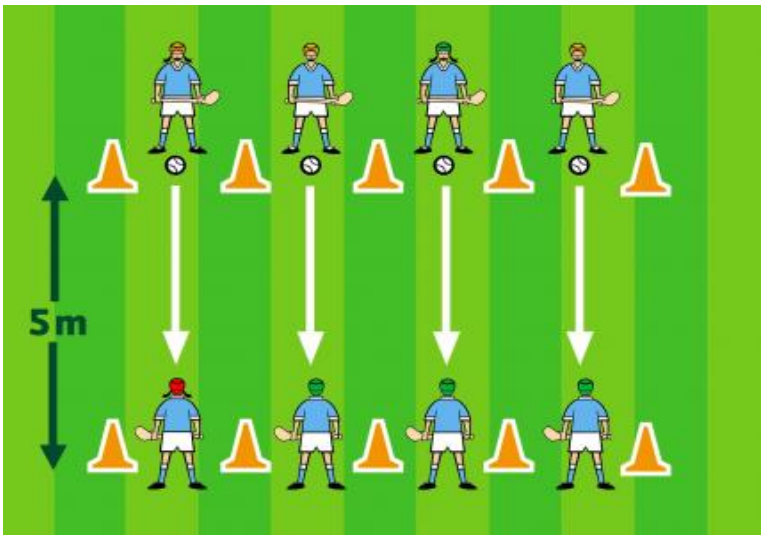
LEVEL 1

STOPPING A GROUND BALL - ROLL & BLOCK

— HURLING



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This is a basic drill to practice the ground block technique

Organisation

- Mark out a distance of 5m using cones
- Divide the players into pairs, one ball per pair
- The first player from each pair rolls the ball gently to the strong side or between the legs of their partner who attempts to block it
- Continue to alternate the roles, repeating the drill for a set time

STEP Variation

- To increase the challenge: Increase the distance between the players and allow them to strike the sliotar
- Against a wall: the player rolls the ball under arm against the wall and blocks the rebound
- A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult

EQUIPMENT LIST

- Cones
- Markers
- Sliotar

Notes