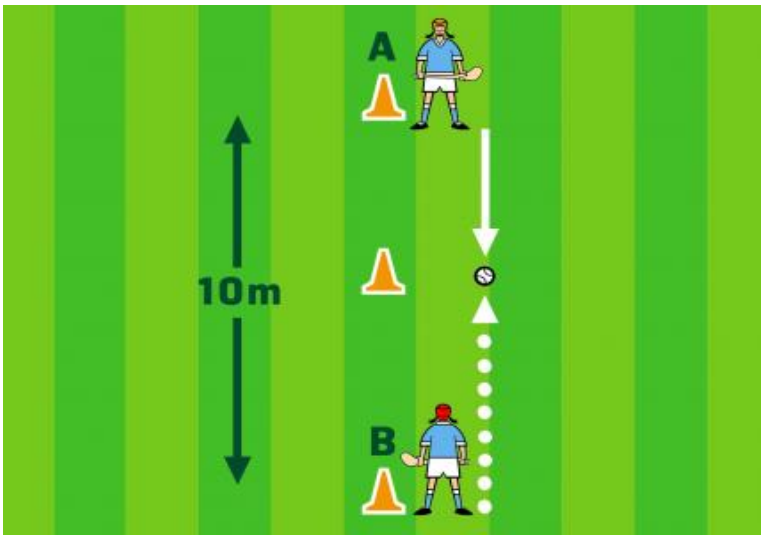
LEVEL 2

STOPPING A GROUND BALL - RUN TO BLOCK

— HURLING



This intermediate drill to practice stopping a ground ball requires the players to move to the ball before performing the block

Organisation

- The players pair off, facing each other 10m apart
- Place a cone mid-way between each pair
- Player A rolls the sliotar at pace towards Player B
- Player B runs out to block the sliotar at the centre cone
- Returning to their original positions, Player B then acts as feeder for Player A who repeats the exercise.

STEP Variation

Space - To increase the challenge: Increase the distance between the players and allow them to strike the sliotar

EQUIPMENT LIST

- Cones
- Markers
- Sliotar

Notes