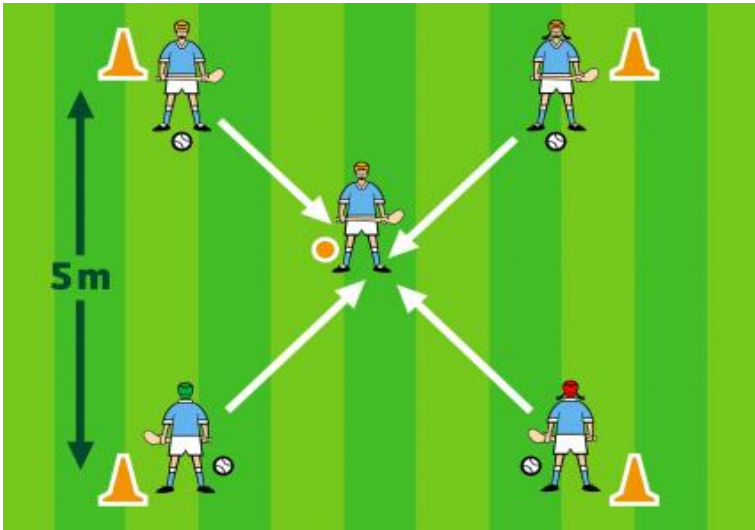


LEVEL 2

STOPPING A GROUND BALL - TURN & BLOCK

— HURLING



This is an intermediate drill to practice the ground block when the sliotar is coming from different directions

Organisation

- Mark out a grid 5m x 5m using cones
- Position one player at each corner of the grid with a fifth player in the middle
- The corner players in turn roll their sliotar to the middle player who blocks and sweeps it back
- Each player takes a turn in the middle

STEP Variation

Task - To increase the challenge: Assigning a number to each corner player who throws the ball when their number is called by the Coach the middle player adjusting their position in response

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes
