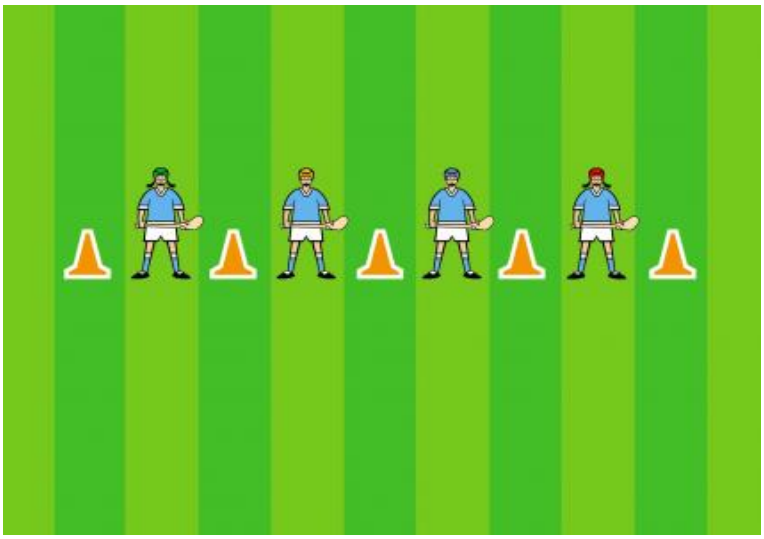
LEVEL 1

STRIKE ON THE GROUND - IMAGINARY STRIKING



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This is a basic drill to introduce the player to the striking on the ground technique

Organisation

- Line up the players side by side leaving at least two hurley lengths between them
- On the whistle they strike an imaginary ball in front of them
- Alternate between striking on the dominant and non-dominant sides
- Ensure all the players strike to the same side on each go

STEP Variation

Task - As the Players become more proficient, challenge them to strike three times in succession to the same side on each signal

EQUIPMENT LIST

- Cones
- Whistle

Notes