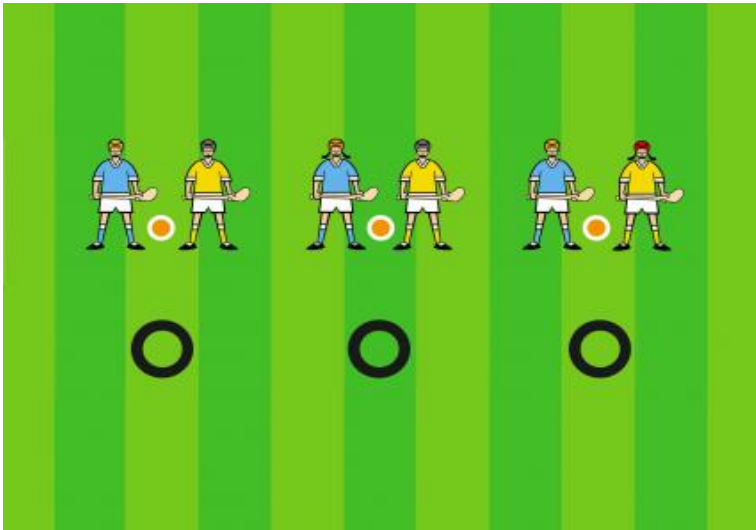


LEVEL 1

# STRIKE ON THE GROUND - TYRE STRIKE

## — HURLING



This is a basic drill to practice the striking on the ground technique

### Organisation

- Divide the players into pairs; one pair per tyre
- Standing one to each side, each player in turn strikes the tyre
- After a set time or number of strikes, the players change sides

### STEP Variation

Task - Allow the non-striking player to count the number of strikes the striking player makes in a set time; challenge each player to beat the total of their partner

Equipment - As the players progress, use a fixed ball, such as the ball and pin apparatus

### EQUIPMENT LIST



Tyre



Whistle

### Notes

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