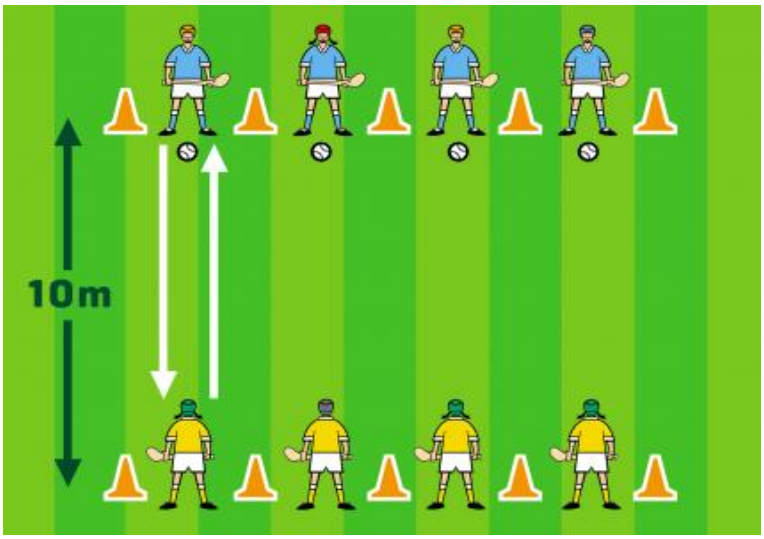
LEVEL 1

STRIKE ON THE GROUND - STRIKING IN PAIRS

— HURLING



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This is a basic drill to practice the ground strike technique and also incorporates the ground block

Organisation

- Divide the players into pairs 10m apart; one ball per pair
- Each player in turn strikes the ball to their partner, who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides

STEP Variation

Space - To increase the challenge; Increase the distance between the players

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

EQUIPMENT LIST

- Cones
- Sliotar

Notes