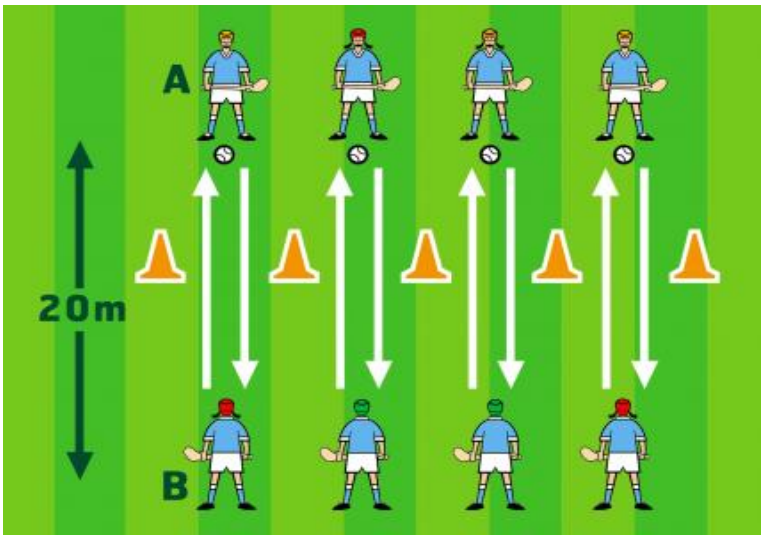
LEVEL 1

STRIKE FROM THE HAND - STRIKING IN PAIRS: ACCURACY



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This is a basic drill to practice striking from the hand designed to improve accuracy

Organisation

- Divide the players into pairs; one ball per pair
- Mark out a distance 15 – 20m wide
- Mark a goal midway between each pair
- The players strike the ball through the goal to their partner

STEP Variation

Space - To increase the challenge; Increase the distance between the players or reduce the width of the goal

EQUIPMENT LIST

- Cones
- Sliotar

Notes