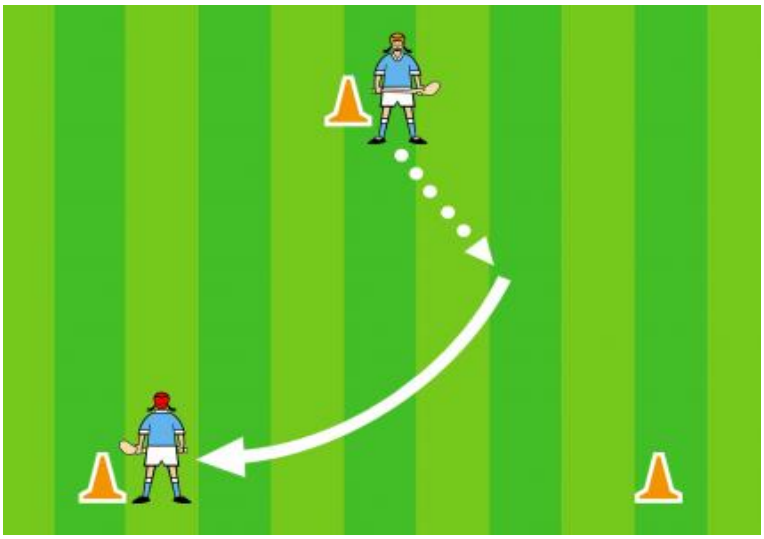
LEVEL 2

STRIKING FROM THE HAND - STRIKE & MOVE

— HURLING



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This is an intermediate drill to practice striking from the hand

Organisation

- Divide the players into pairs, one ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player strikes the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle
- Third, each player strikes the ball on the run to their partner who is also moving
- Change the direction of the movement to strike off the alternate side

STEP Variation

Task - Vary the type of strike the player must use, e.g. high, low, to hand or to bounce

EQUIPMENT LIST

- Cones
- Sliotar

Notes