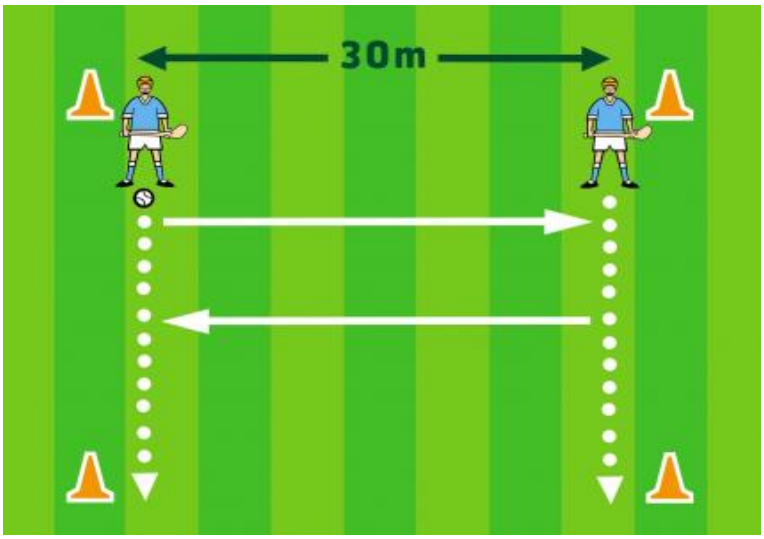
LEVEL 2

STRIKE FROM THE HAND - KEEP IT WIDE

— HURLING



C

This is an intermediate drill to practice striking from the hand on the run

Organisation

- Divide the players into pairs; one ball per air
- Mark out a distance 30m wide using cones
- The players strike the ball back and forth across the distance as they moving up the field
- When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side

STEP Variation

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

EQUIPMENT LIST

- Cones
- Sliotar

Notes