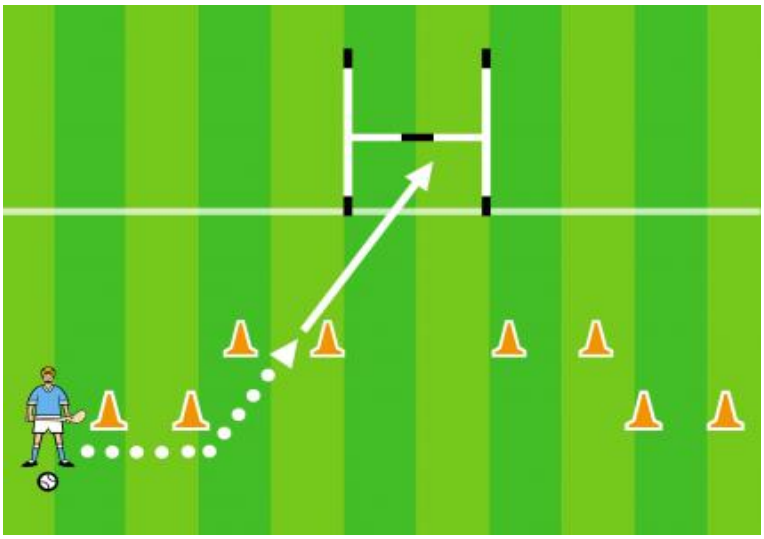
LEVEL 2

STRIKE FROM THE HAND - STRIKE & SCORE

— HURLING



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This is an intermediate drill to practice striking from the hand for a point

Organisation

- Place two cones on the 20m line, one 20m to each side of goal
- Place two more cones 1m apart, between the outer cones and the goal
- The players line up behind one of the outer cones; one ball per player
- Each player solos through the inner cones and strikes for a point on the 13m line
- The players should run directly for goal once they pass through the inner cones
- Repeat the drill from either side recording how many times players score

STEP Variation

Space - To increase the challenge; Increasing the distance from which the players shoot

Task - Use a goalkeeper, and challenge players to shoot for goal

EQUIPMENT LIST

- Sliotar
- Whistle

Notes