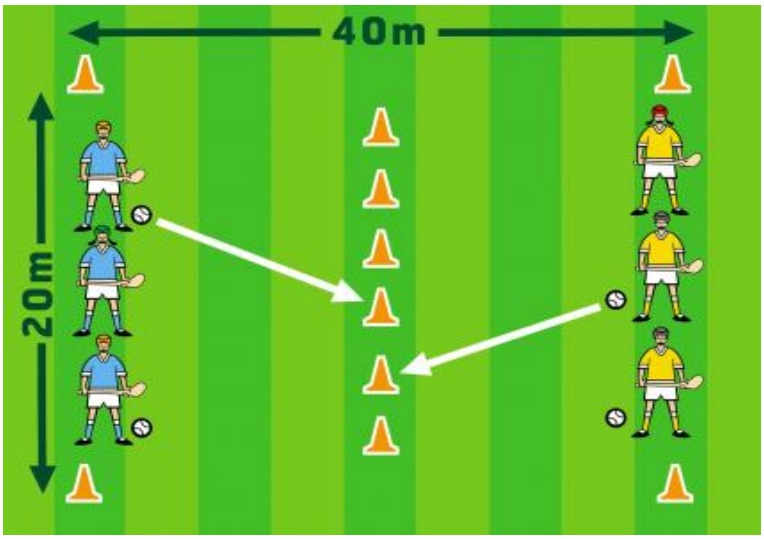
LEVEL 3

STRIKE FROM THE HAND - HIT THE CONES

— HURLING



C Y

This is a fun game to practice striking from the hand

Organisation

- Mark out grid 40m long by 20m wide
- Place a number of cones across the middle of grid
- Divide the players into groups of three to five players; one or two balls per team
- The players in possession attempt to strike the cones in the middle of the grid
- For each successful strike, award one point

STEP Variation

Space - To reduce the challenge: reduce the distance

EQUIPMENT LIST

- Cones
- Sliotar
- Whistle

Notes