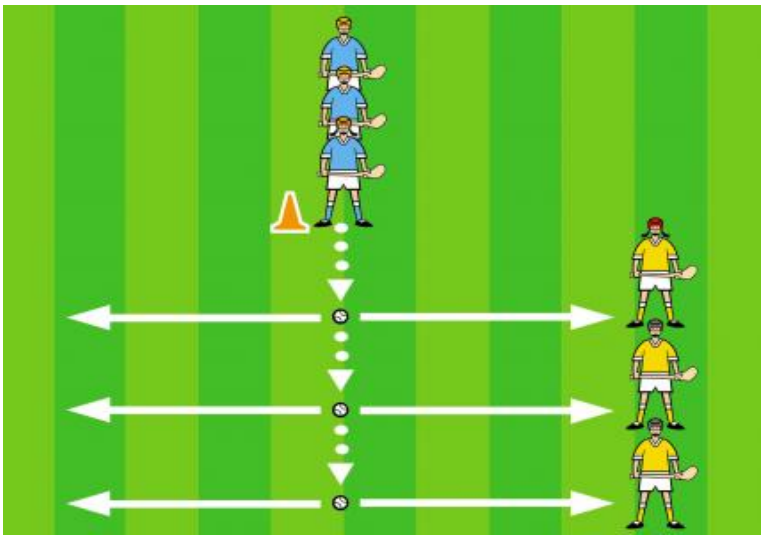
LEVEL 1

GROUND STRIKE ON THE RUN - STRIKE 1, 2, 3

— HURLING



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This is a basic drill to practice the Ground Strike on the Run technique

Organisation

- Mark out a distance of 20m using cones
- Place three balls at 5m intervals along the distance
- Divide the players into groups of three
- One group of three lines up behind the first cone
- Each player in turn runs forward to strike each ball on the run
- The other group of three take up position to retrieve the balls, returning them to the original position for the next player
- Allow each group to both strike and retrieve

STEP Variation

Equipment - Begin with a larger ball and reduce its size as the players become more proficient.

Alternatively, use a fixed ball, such as the ball and pin apparatus

EQUIPMENT LIST

- Cones
- Sliotar

Notes