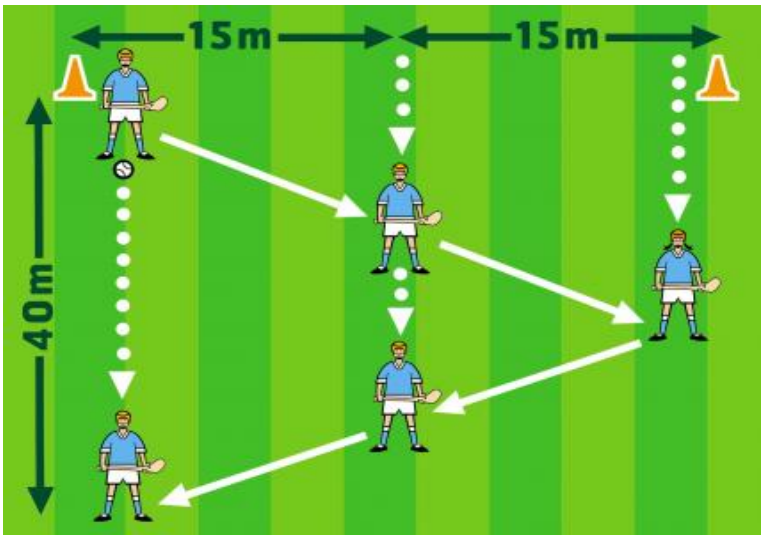
LEVEL 2

GROUND STRIKE ON THE RUN - KEEP IT WIDE

— HURLING



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This intermediate drill to practice the Ground Strike on the Run technique requires the central player to pull on a moving ball

Organisation

- Mark out a distance of 40m using cones
- In groups of three, the players spread out along one line approximately 15m apart
- The first player begins by striking the sliotar ahead of the central player
- The central player, without stopping the ball, strikes it on towards the third, who strikes it back to the central player again, and so on
- The three players move forward in this fashion until they reach the 40m line
- Reform and repeat the drill in the opposite direction

STEP Variation

Task - Reduce the challenge by allowing the end players to stop the ball before striking it to the central player

Space - Increase the challenge by increasing the distance between the players and allowing the end players to stop the ball before striking it to the central player

EQUIPMENT LIST

- Cones
- Sliotar

Notes