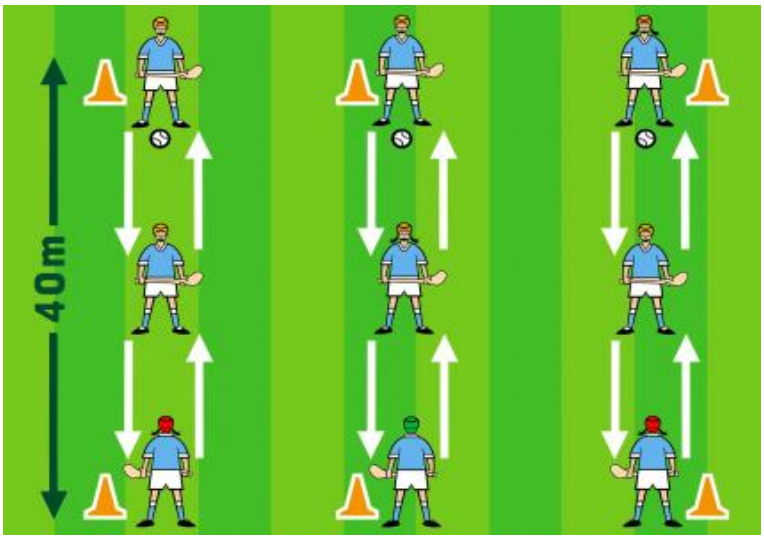
LEVEL 2

GROUND STRIKE ON THE RUN - CENTRE & STRIKE



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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 approximately 40m using cones
- In teams of 3, the players spread out evenly over the distance
- The first player strikes the sliotar towards the central player
- The central player, without stopping the ball, strike it on towards the third player who strikes it back and so on
- The central player to play the ball on whatever side it approaches

STEP Variation

Task - To reduce the difficulty of the drill, allow the outside players to stop the ball before striking

Space - To increase the difficulty of the drill, increase the distance and divide the players into teams of 4 with 2 central players

EQUIPMENT LIST

- Cones
- Sliotar

Notes