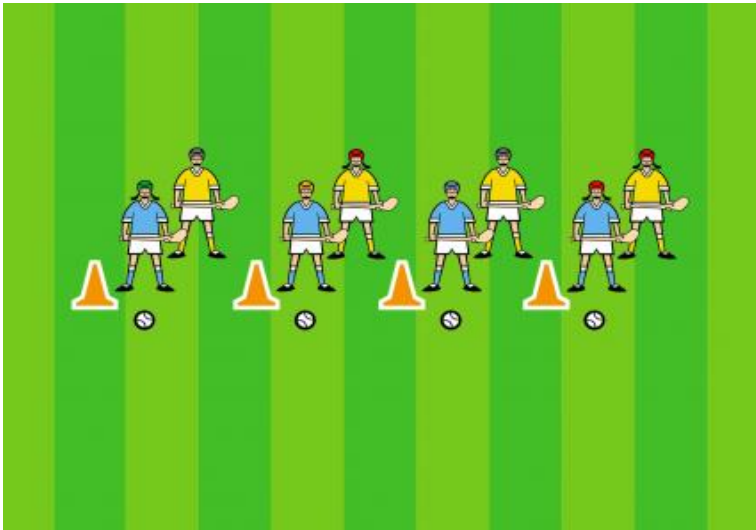


LEVEL 1

ROLL LIFT - STATIONARY ROLL LIFT

— HURLING



EQUIPMENT LIST

-
-  Cones

 -  Sliotar

This is a basic drill to practice the roll lift technique in a stationary position

Organisation

- Divide the players into pairs; one ball per pair
- One player in each pair roll lifts the ball repeatedly for 1 minute
- The second player in each pair counts successful attempts by their partner
- After 1 minute the players switch roles
- Encourage players to beat their own record on repeat attempts

STEP Variation

Task - Each player roll lifts the ball in turn; challenge each pair to perform as many roll lifts as possible in 1 minute

Notes
