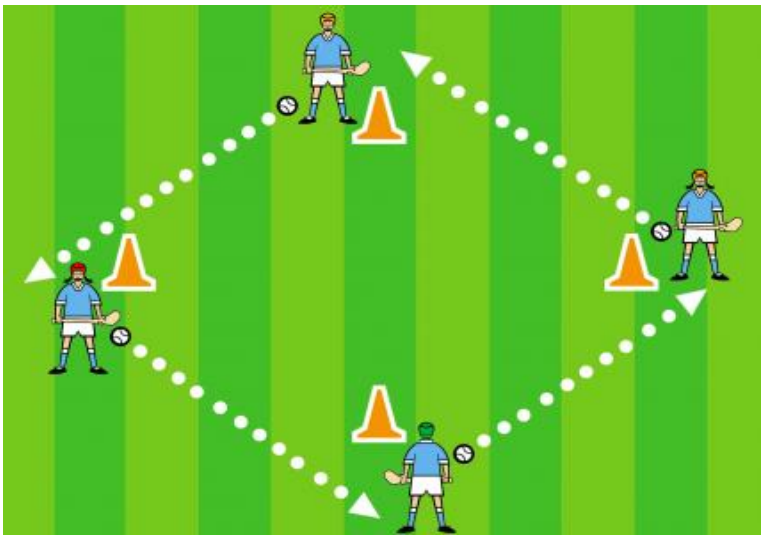
LEVEL 1

ROLL LIFT - ROLL LIFT & MOVE

— HURLING



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This is a basic drill to practice the Roll-Lift technique

Organisation

- Mark out a square or circle using cones
- Position one player and one ball at each cone
- Players roll lift the ball at each cone repeatedly before moving to next cone

STEP Variation

Task - The players carry the ball to the next cone after completing each Roll Lift. They then move on to the next cone and repeat

EQUIPMENT LIST

- Cones
- Sliotar

Notes