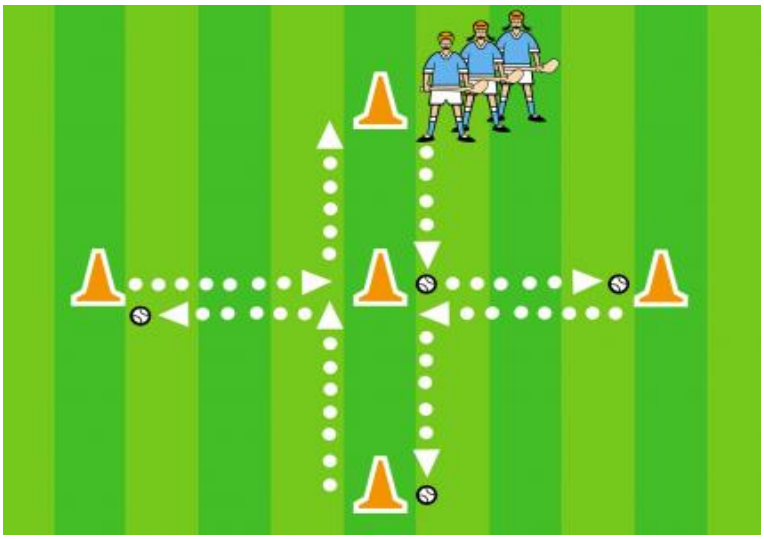
LEVEL 2

ROLL LIFT - AGILITY ROLL LIFT

— HURLING



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This intermediate drill challenges the players to perform the Roll Lift and change direction quickly

Organisation

- Place five cones in a cross formation; 3m between each outer cone and the centre cone
- The players form a line behind one of the outer cones
- Place a ball at each of the other cones
- The first player jogs to the centre cone, roll lifting and replacing the ball at the cone
- They continue to each outer cone in a clockwise motion, returning to the centre cone each time
- Once returning to the first cone, the next player repeats the drill

STEP Variation

Task - As the players develop, the coach randomly nominates the cone they must move to

EQUIPMENT LIST

- Cones
- Sliotar

Notes