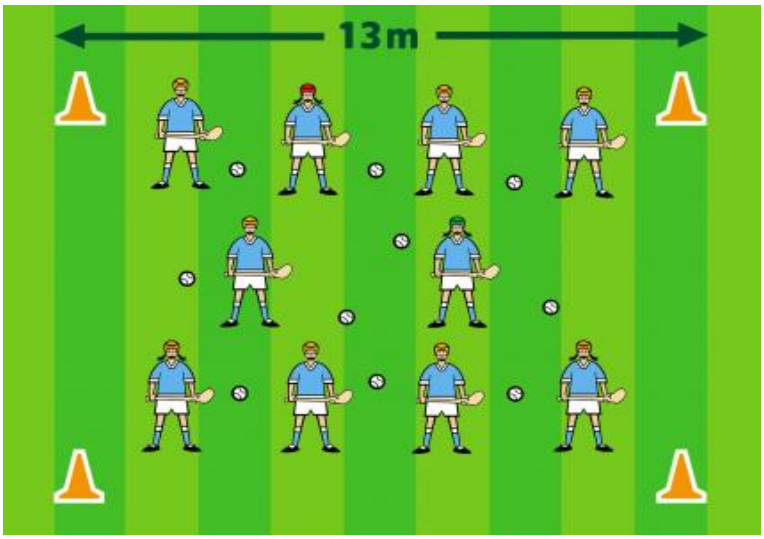
LEVEL 3

ROLL LIFT - MUSICAL CHAIRS

— HURLING



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This is a fun game to develop the Roll Lift technique

Organisation

- Mark out a grid 13m by 13m
- Ten players and 10 balls are positioned randomly throughout the grid
- The players jog slowly around the grid
- On the whistle, the players move to the nearest ball to roll lift it into their hand
- One ball is taken away and the game continues
- On the next whistle, the player who fails to roll lift a ball leaves the game
- Continue until only one player remains
- Players may compete for the ball

STEP Variation

Equipment - To increase the challenge; Reduce the number of sliotars by two after each contest

EQUIPMENT LIST

- Cones
- Sliotar
- Whistle

Notes