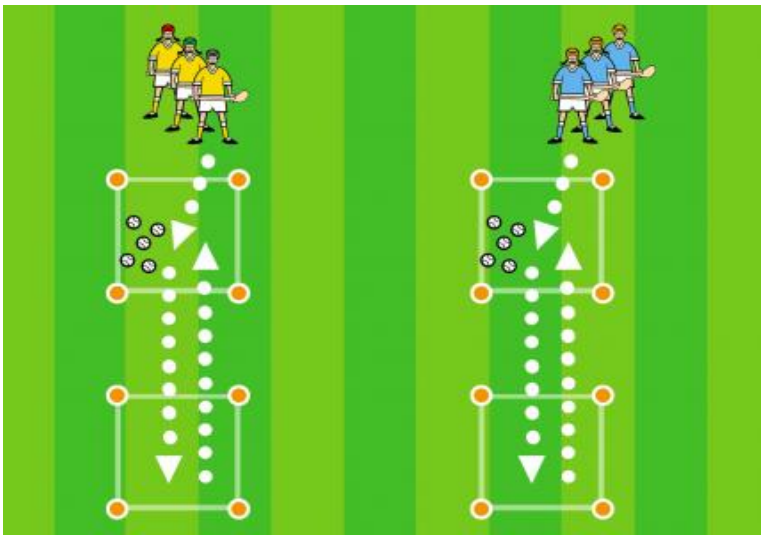
LEVEL 3

JAB LIFT - GRID SWAP

— HURLING



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This is a grid game designed to increase the speed at which players perform the Jab Lift

Organisation

- Divide the players into equal teams
- Mark out four grids 5m by 5m, with a distance of 5m between each grid; each team is assigned two grids
- Place the same number of balls in each of the near grids
- Thefirst player in each team jab lifts each ball in turn and transfers it to the other grid
- Each player in turn transfers the balls in the opposite direction
- The team who completes the drill in the quickest time wins

STEP Variation

Task - Use two grids and assign one to each team. Each team in turn must transfer the balls to the other team's grid

EQUIPMENT LIST

- Cones
- Sliotar

Notes