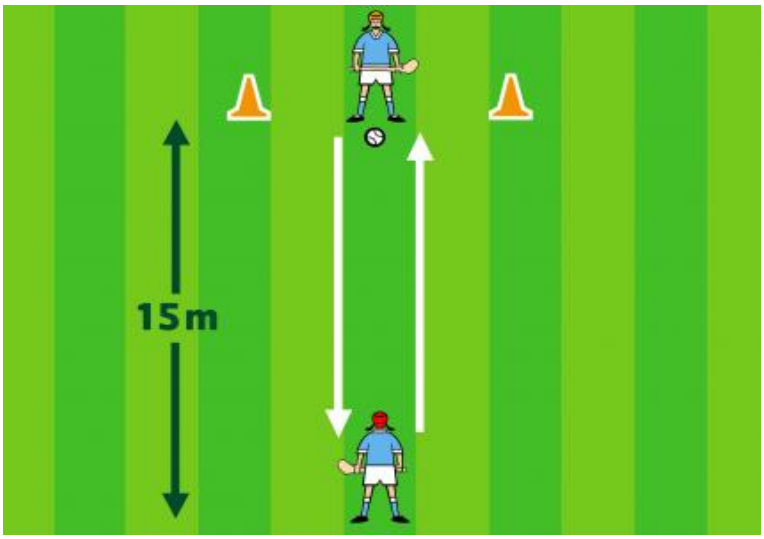
LEVEL 1

DOUBLING BACK - GOAL STRIKE

— HURLING



This is a basic drill to practice the Doubling Back technique

Organisation

- Divide the players into pairs; one ball per pair
- Mark out a goal 3m wide; one player of each pair acts as a goalkeeper
- The second player stands 15m away
- The goalkeeper strikes the ball low for their partner to double back on to try to score a goal
- If player stops the ball or takes more than one touch, a score is not counted
- Count the number of goals scored in a set time
- Reverse roles and repeat

STEP Variation

Space - To increase the challenge; Increase the distance between the players or reduce the width of the goal

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes