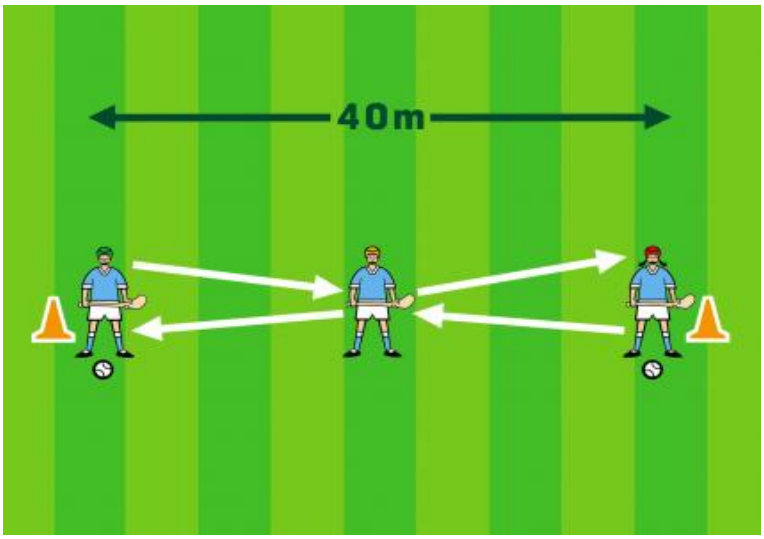
LEVEL 2

DOUBLING BACK - CENTRE & DOUBLE

— HURLING



This is an intermediate drill to practice doubling on the ball

Organisation

- Divide the players into groups of three, two balls per group
- Mark out a distance of 40m using cones
- Position one player at each of the cones with a ball and the third player in the middle
- In turn, the outer players strike the ball from the hand for the middle player to double back
- After a set time change the middle player

STEP Variation

Space - To increase the challenge; Increase the distance between the players

Player - Add a second central player, with each central player alternating between feeders continuously

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes