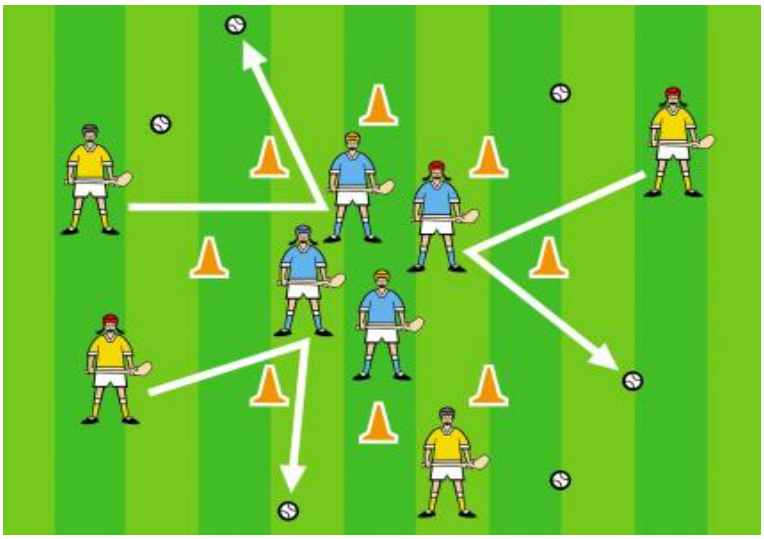
LEVEL 3

DOUBLING BACK - CLEAR THE CIRCLE

— HURLING



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This is a fun game to help develop the player's ability to double on the ball

Organisation

- Mark out a circle using cones
- Divide the players into two teams
- Position one team outside the circle and the other inside
- The outside players must strike the balls low into the circle
- Players inside must try to keep the circle clear by doubling on each ball as it arrives
- Reverse the roles of the teams after a set time

STEP Variation

Player - Reduce the number of players within the circle to increase the difficulty of the game

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes