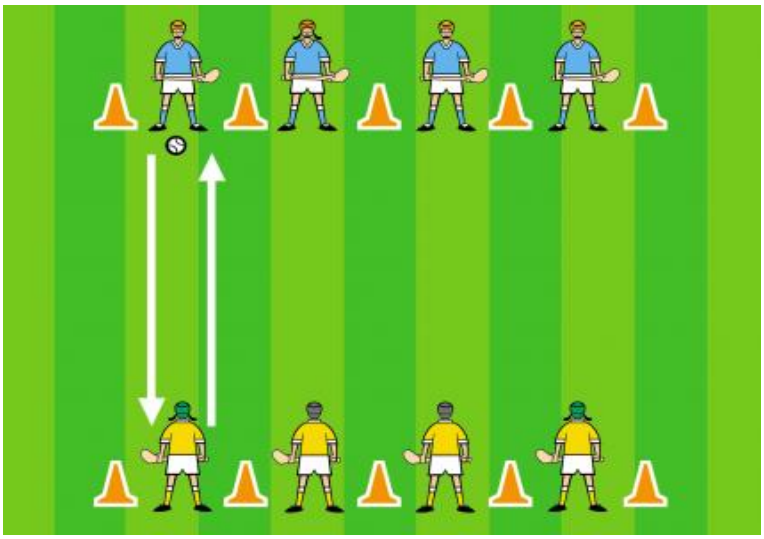
LEVEL 3

DOUBLING BACK - OVER THE LINE

— HURLING



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This is a fun game designed to improve the ability of the players to double back on the ball

Organisation

- The game can be played one against one or in teams of 2, 3 or 4
- Mark out a grid using cones; the two end lines act as goal lines
- The size of the grid depends on the number and ability of the players
- Teams strike on every second shot
- A score is made by striking the ball over the end line in the opponent's side of the grid

STEP Variation

Equipment - To increase the challenge; Increase the number of sliotars; If a sliotar stops in either half of the grid, that team loses a point

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes