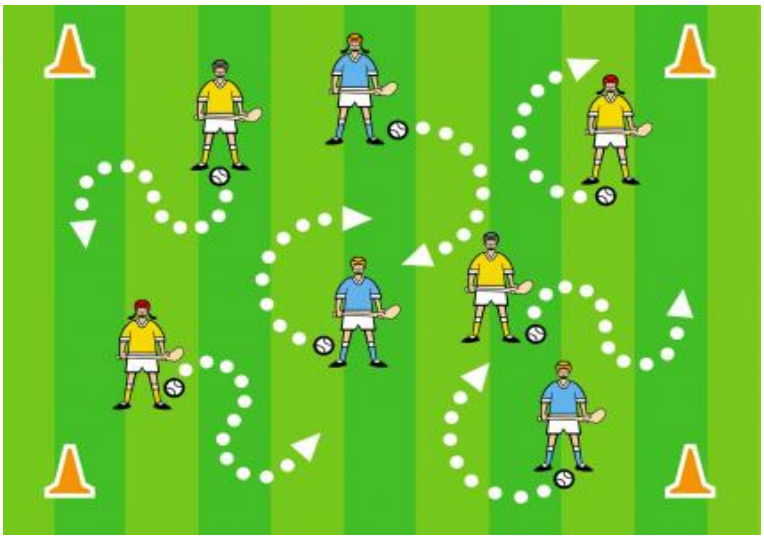
LEVEL 1

GROUND FLICK - GROUND FLICK DRIBBLE

— HURLING



Y

This is a basic drill to practice the Ground Flick technique

Organisation

- Mark out a grid using cones
- Give one ball to each player
- The players hold the hurley with the dominant hand only; move the ball around the grid using short back swing movements
- Avoid the other players

STEP Variation

Player - Vary the number of players in the grid to increase or decrease the difficulty of the drill

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes