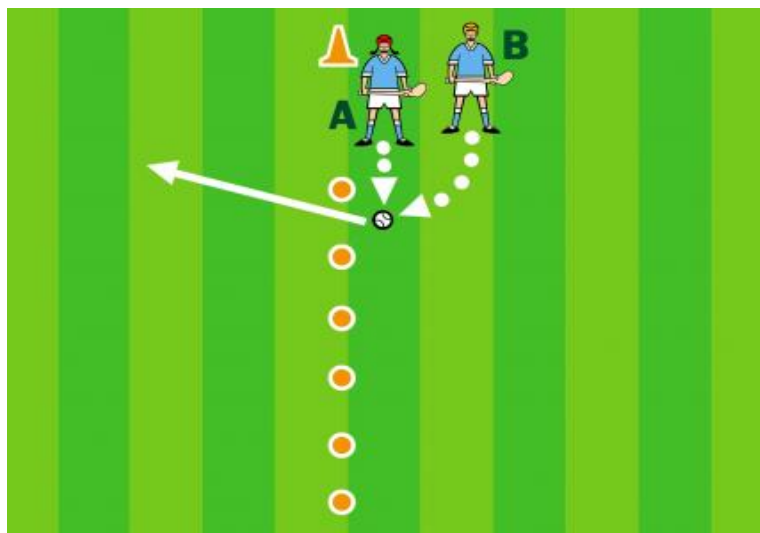


LEVEL 1

GROUND FLICK - STAND & FLICK

— HURLING



This is a basic drill to practice the Ground Flick technique

Organisation

- Divide the players into pairs; one ball per pair
- Place six markers in a line 2m apart
- Player A is positioned in front of Player B with the ball at their feet
- Player B jogs alongside Player A to flick the ball away one handed
- Player A does not attempt to play the ball
- Player B recovers the ball and moves to the next cone for Player A to flick, and so on
- The players should practice coming from both sides

STEP Variation

Task - When the players can flick the ball from a stationary opponent, both players should jog into the ball

EQUIPMENT LIST

- | | |
|--|---------|
| | Cones |
| | Player |
| | Sliotar |

Notes
