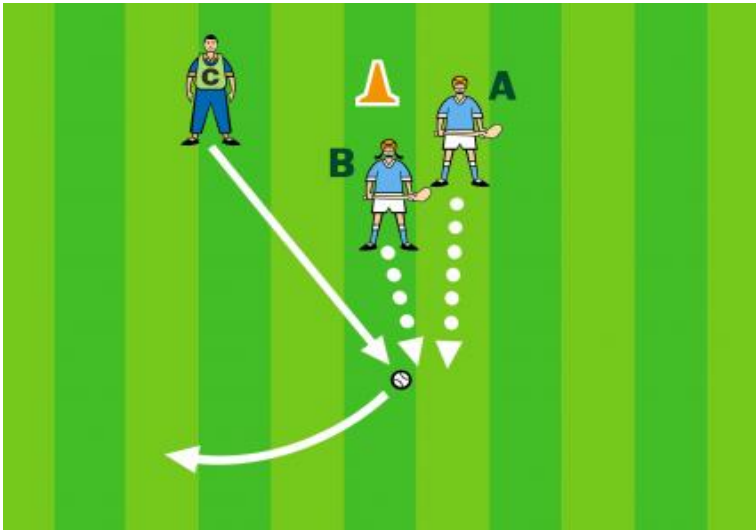


LEVEL 3 GROUND FLICK - ROLL & FLICK — HURLING



EQUIPMENT LIST

- Cones
- Player
- Slotar

Notes

This is an advanced drill to practice the ground flick

technique

Organisation

- Divide the players into pairs; one ball per pair
- Player A, the tackler, begins slightly behind Player B
- The Coach throws the ball forward for both players to run to strike the ball, with Player A attempting to flick the ball ahead of Player B
- Both players try to gain clean possession before returning to the end of line
- Reverse the roles after each round
- The players should practice coming from the opponent's left and right side

STEP Variation

Task - To increase the challenge; The Coach

throws the ball in a random direction for the

players to follow