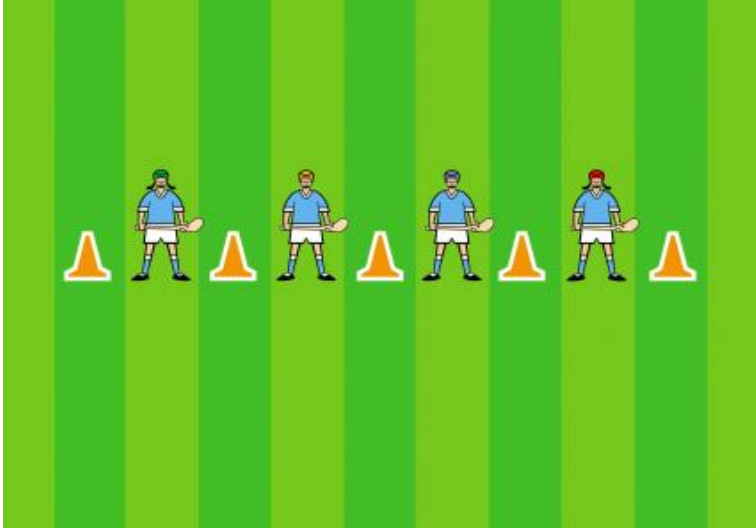


LEVEL 1

BATTING A BALL OVERHEAD - IMAGINARY BAT

— HURLING



EQUIPMENT LIST

Cones

Player

This is a basic drill to practice the Batting a Ball Overhead technique

**Organisation**

- Line up the players side by side in the ready position 2m apart
- On the whistle, or a call from the coach, each player performs the overhead bat on an imaginary ball

**STEP Variation**

Task - As the players become more competent walk and then jog forward and jump to bat on the whistle

Notes

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