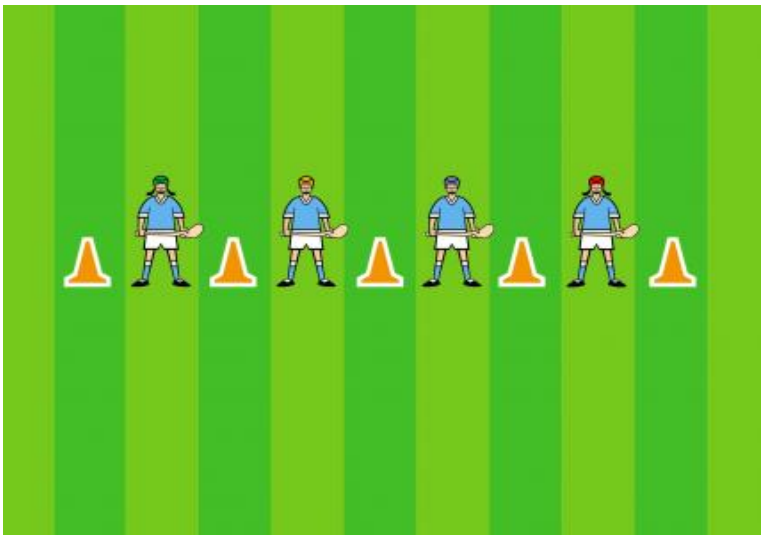
LEVEL 1

BATTING A BALL OVERHEAD - IMAGINARY BAT

— HURLING



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

EQUIPMENT LIST

- Cones
- Player

Notes