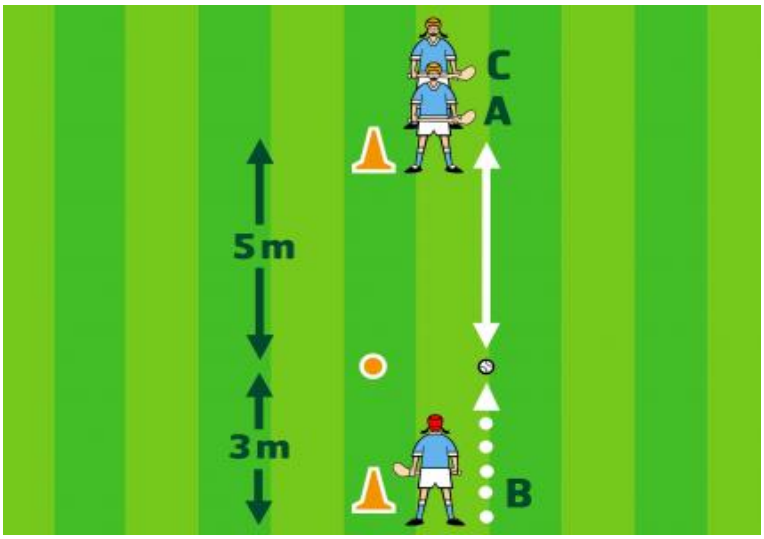
LEVEL 2

BATTING A BALL OVERHEAD - ATTACK & BAT

— HURLING



This is an intermediate drill to practice Batting a Ball Overhead

Organisation

- Divide the players into groups of three
- Mark out a distance of 5m and 3m using cones
- Players A and C line up at the first cone; Player B lines up at the far cone
- Player A throws the ball for Player B to attack and bat at the 3m marker
- Player A follows the throw as Player C moves forward to catch the bat
- Player B follows the bat and so on in rotation

STEP Variation

Space - To increase the challenge; increase the distance the players must bat the ball

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes