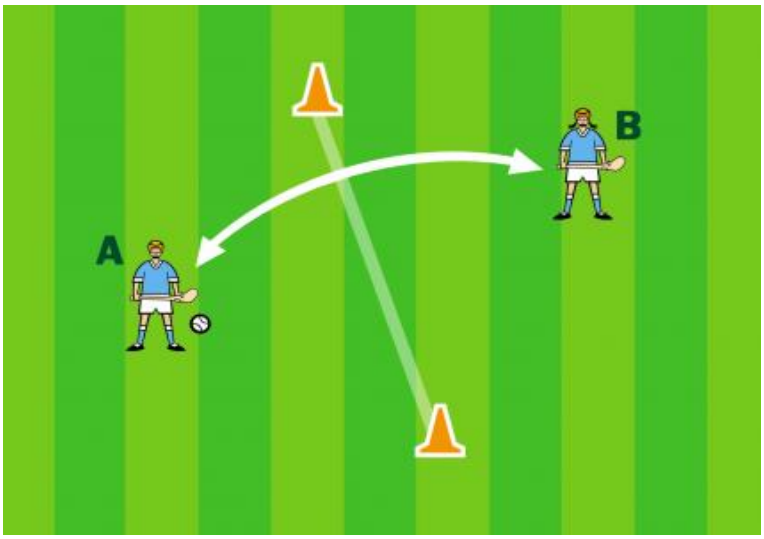
LEVEL 3

BATTING A BALL OVERHEAD - BAT & BACK

— HURLING



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This is a court game to improve the player's overhead batting

Organisation

- Divide the players into pairs
- Mark a centre line between the players using cones
- Player A throws the ball overhead and bats to B, who bats the ball back to A
- The players continue batting, counting the number of successful bats in succession

STEP Variation

Players - Increase the number of players and play as a team game

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes