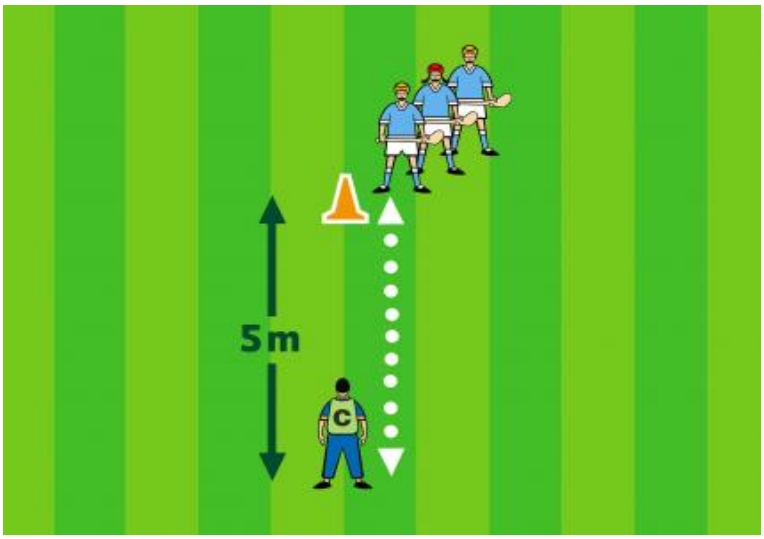
LEVEL 1

OVERHEAD STRIKING - IMAGINARY STRIKE

— HURLING



This is a basic drill to practice the Overhead Strike technique

Organisation

- Players line up in single file behind one cone
- The coach stands 5 meters away directly in front of the first player in the line
- The first Player strides forward and pulls overhead connecting with the coaches Hurley
- The coach should adjust the height of the hurley to suit each player's confidence and ability
- Ensure the players practice striking off both their right and left sides

STEP Variation

Task - Increase the height of the hurley to require the players to jump to strike the bas

EQUIPMENT LIST

- Cones
- Player

Notes