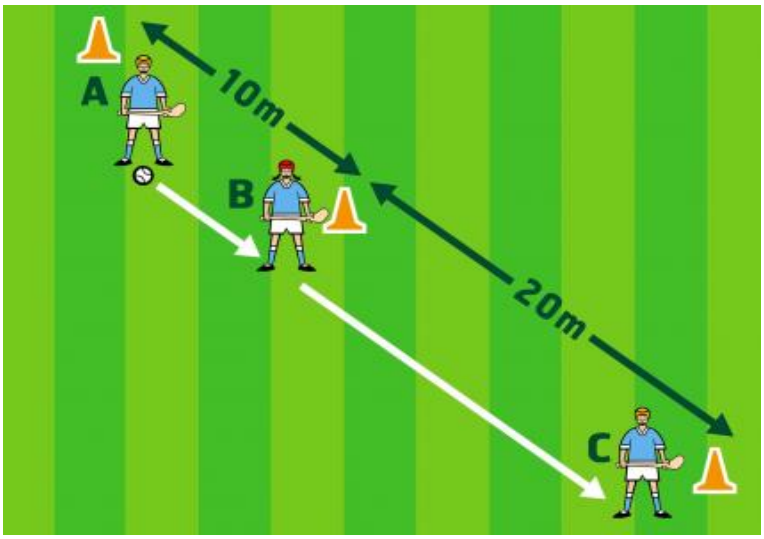
LEVEL 1

OVERHEAD STRIKING - STAND & STRIKE

— HURLING



Y

This is a basic drill to practice the Overhead Strike technique

Organisation

- Divide the players into groups of three; one ball per group
- Mark out distances of 10m and 20m using cones
- Player A throws the ball underarm for Player B to strike overhead to Player C
- Player C retrieves the ball and plays it back to Player A to repeat the drill
- Repeat for a set time before rotating positions
- Ensure the players practice striking off both their right and left sides

STEP Variation

Task - Vary the height and side to which the ball is thrown to challenge the striker further

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes