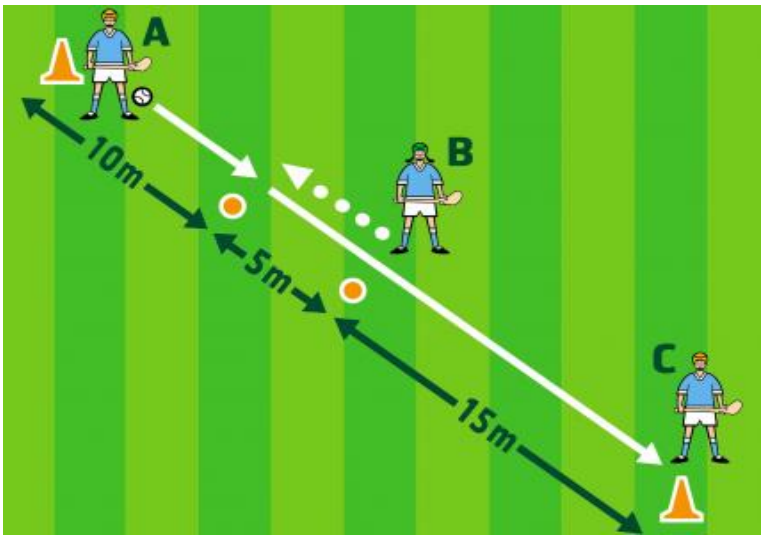
LEVEL 2

OVERHEAD STRIKING - MOVE & STRIKE

— HURLING



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This intermediate drill to practice the Overhead Strike technique requires the player to move towards the dropping ball before striking

Organisation

- Divide the players in groups of three; one ball per group
- Mark out distances of 10m, 5m and 15m using cones
- Player A throws the ball underarm for Player B to strike overhead
- Beginning at the 5m marker, Player B moves forward to strike the ball to Player C from the 10m marker
- Player C retrieves the ball and plays it back to Player A to repeat the drill
- Repeat for a set time before rotating positionsAfter a set time, rotate positions.

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