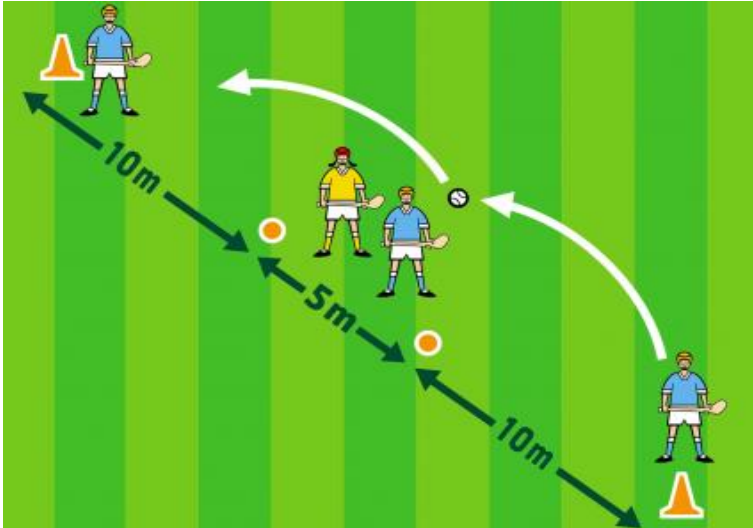


LEVEL 3

OVERHEAD STRIKING - OPPOSED STRIKE

— HURLING



This advanced drill to practice the Overhead Strike and Batting techniques introduces an opponent

**Organisation**

- Divide the players into groups of four; one ball per group
- Using cones, mark out distances of 10m, 5m and 10m
- The players on the outer cones act as servers, throwing the ball for 2 players to contest in the centre zone
- The forward player in the zone attempts to strike the ball overhead as their opponent attempts to bat it back
- Serve from the alternate side on every second go and the central players reverse roles
- After a set time, rotate positions

**STEP Variation**

Task - Challenge the players to win 3 contests in succession; rotate the central players

EQUIPMENT LIST

- Cones
- Player
- Slotar

Notes

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