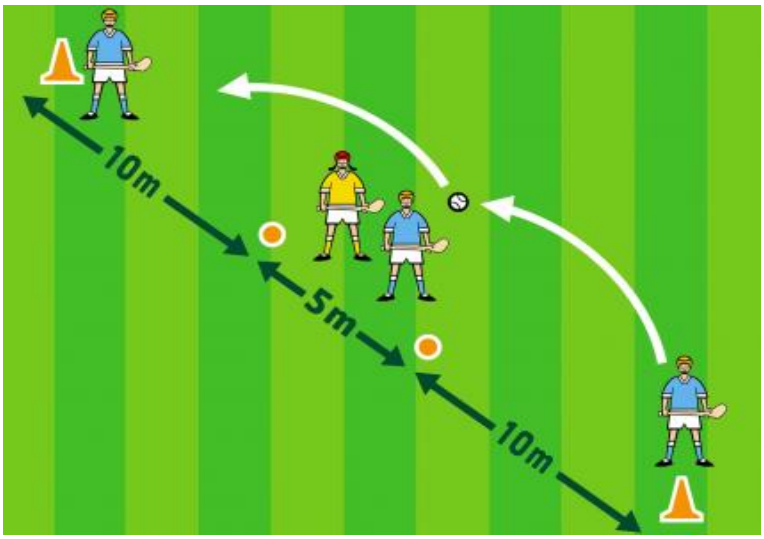
LEVEL 3

OVERHEAD STRIKING - OPPOSED STRIKE

— HURLING



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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
- Sliotar

Notes