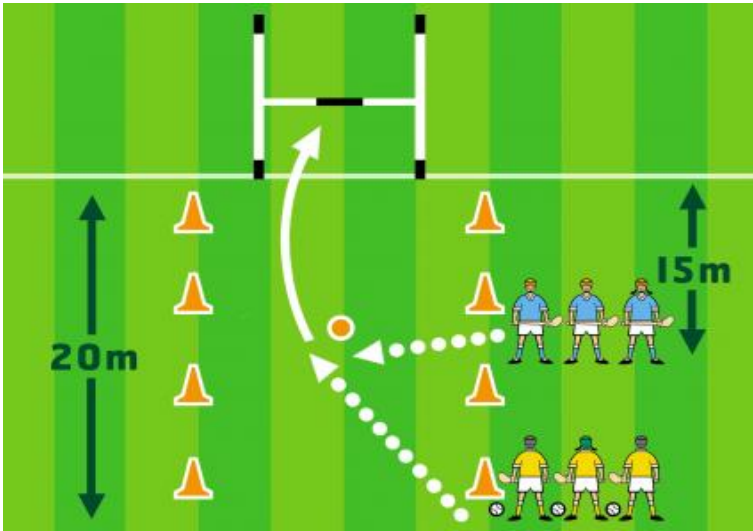




ACTIVITY 1

HOOK - CATCH ME IF YOU CAN
HURLING — PRACTICE PLAY



This Practice Play challenges the defending player to chase down and hook the attacking player

Organisation

- Divide the players into a line of defenders and a line of attackers;
- Position the lines facing towards the sideline from a position in front of the goals; the attackers line nearer the goal
- Position the ball out from the line of attackers
- One of each line run on the whistle to challenge for the ball, the attacker arriving first to strike and the defender attempting to hook them

STEP Variation

Task - Position the ball an even distance from each line and let the contest between the players develop

USER NOTES

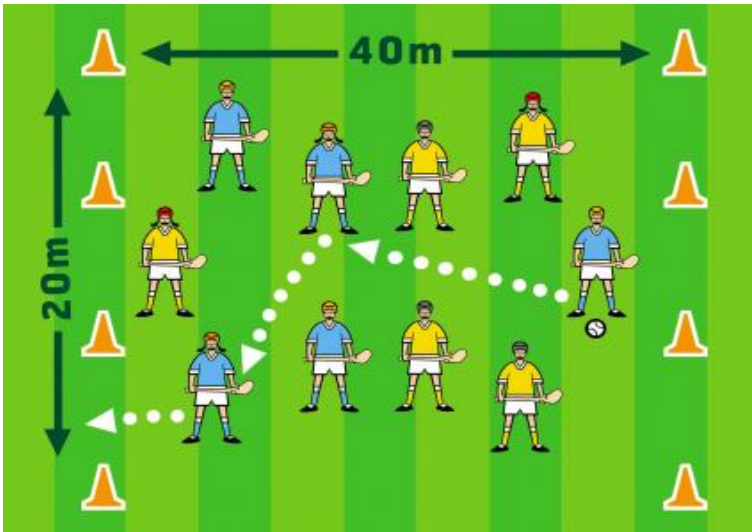
Amendment Notes



ACTIVITY 2

SOLO RUN - ON THE RUN

HURLING — CONDITIONED GAME



This is a Conditioned game to develop the players' ability to Solo Run in a game situation

Organisation

- Mark out a playing area 40m long and 20m wide
- Divide the group into two teams of five players
- The aim is to score by soloing with the ball over the opponent's end line
- Players may only solo and hand pass the ball
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley
- If a ball is intercepted or falls to the ground, the other team gain possession

STEP Variation

Players - The teams take turns in possession; allow more players on the team in possession

USER NOTES