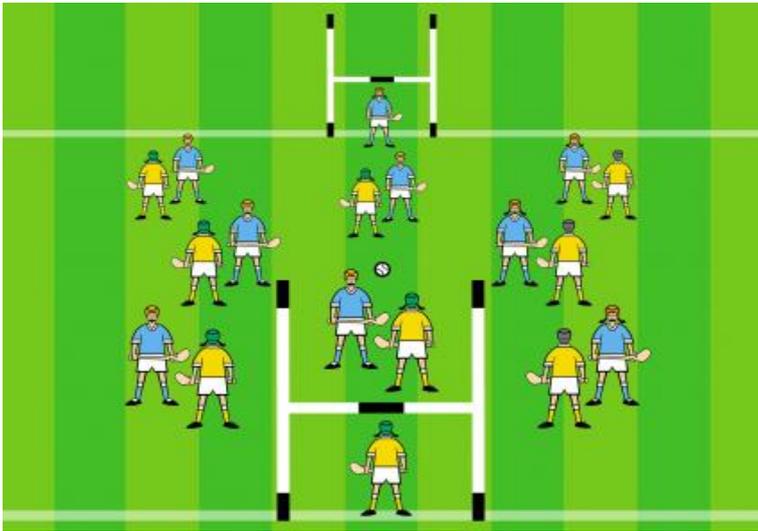




ACTIVITY 1



STRIKE FROM THE HAND - SKILL POINT GAME
HURLING — CONDITIONED GAME



This modified game to develop Striking from the Hand awards points to Players who perform the technique correctly during the game

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players may strike the ball from the hand, and from the ground, and use the hand pass
- Award 3 points for striking a point from the hand and 2 points for a goal

STEP Variation

Task - To ensure plenty of striking, do not permit solo running

USER NOTES

I need to make this for 5 v 5

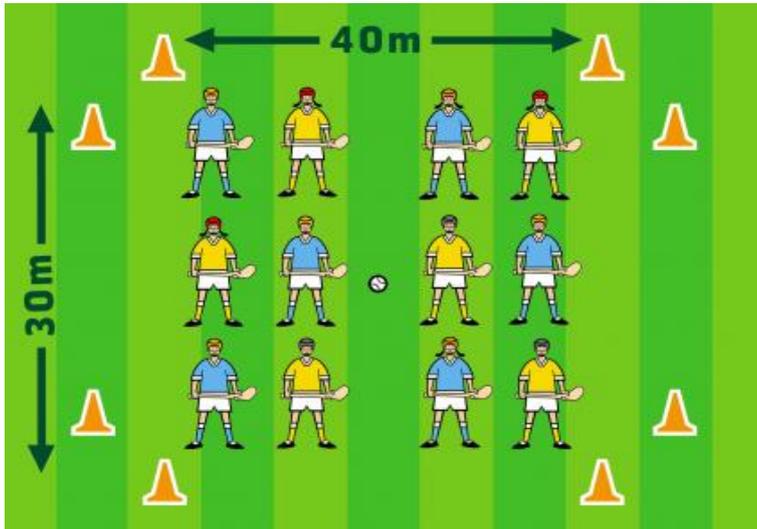


ACTIVITY 2



STRIKE ON THE GROUND - FOUR GOAL GAME

HURLING — CONDITIONED GAME



This is a modified game focussing on the ground strike which incorporates blocking and dribbling and will aid the development of decision-making and team play

Organisation

- Mark out a playing area 40m x 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used

STEP Variation

Space - Change the size of the playing area

and the width of the goals to match the ability of the players

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

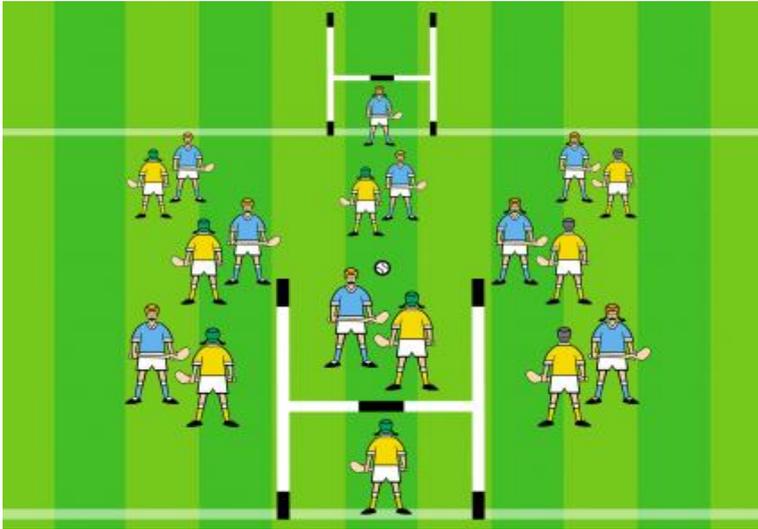
USER NOTES



ACTIVITY 3

CHEST CATCH - CAPTAIN BALL

HURLING — CONDITIONED GAME



This is a modified game designed to improve the players' ability to perform the handpass, the solo and catching techniques in a game situation

Organisation

- Set up a playing area approximately 30m x 20m
- Mark a goal area at each end using cones
- Divide the players into two equal teams
- One player from each team acts as the goal receiver
- The aim of the game is to retain possession using the handpass and score by handpassing the ball to the goal receiver
- After each score, the goal receiver returns the ball to the opposing team
- The Players are not permitted to use their hurleys

STEP Variation

Task - Challenge the Players to score with as few passes as possible

Task - As the Players improve require them to use the hand pass to retain possession

USER NOTES