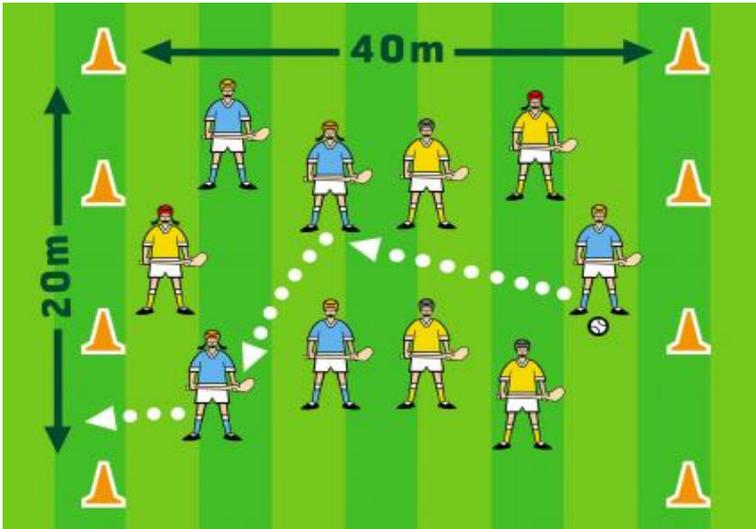




ACTIVITY 1

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

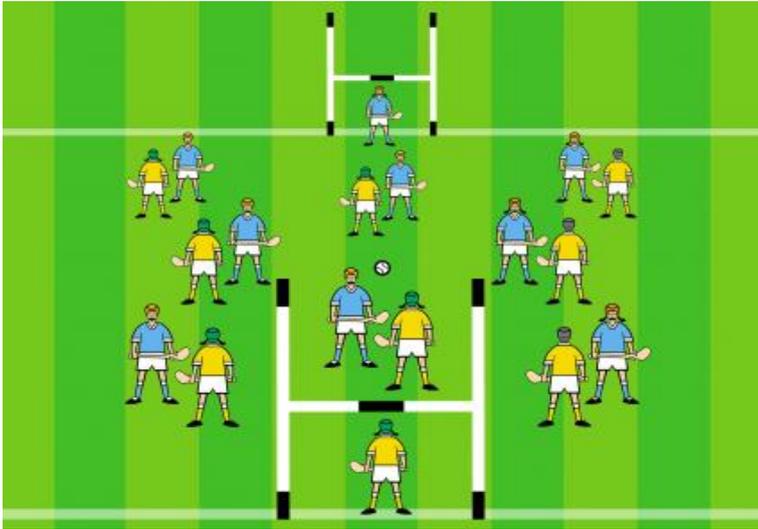
I will amend by doing x



ACTIVITY 2

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

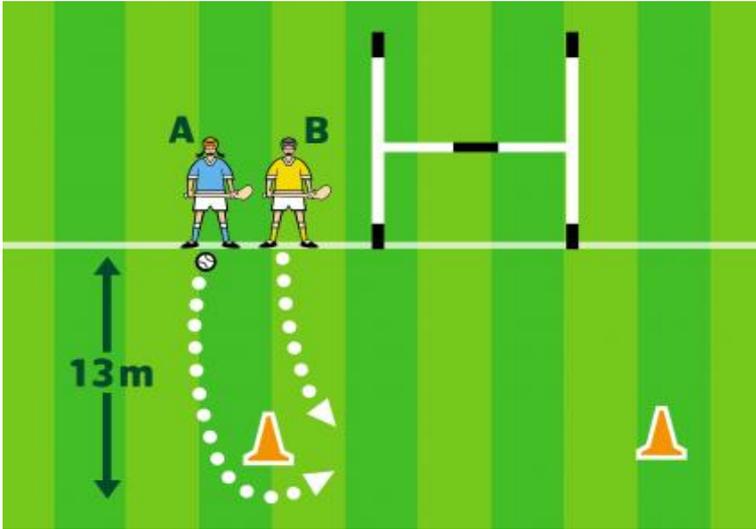


ACTIVITY 3



FRONTAL BLOCK - CHASE & BLOCK

HURLING — PRACTICE PLAY



This is a game play drill to develop the Frontal Block technique requiring the players to perform the block on an opponent striking for a point

Organisation

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A solos to the cone to strike the ball on the inside for a point
- Player B follows and attempts to block
- Award points for a successful block
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

STEP Variation

Task - To increase the challenge to the blocker; Give the attacking player a head start

USER NOTES