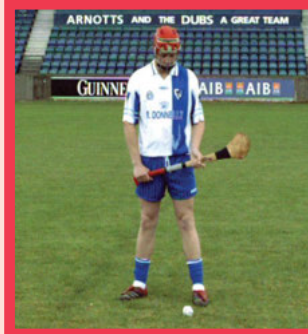


GROUND STRIKE

Striking the ball on the ground is one of the most important techniques in Hurling. It is important that players are encouraged to strike from the dominant and non dominant side from an early age.



Adopt the ready position. Feet shoulder-width apart.

KEY TEACHING POINTS



Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.



Swing the Hurley down. Strike the sliotar flat on with the bas.

To Coach the Skill use the **IDEAL** method

- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe



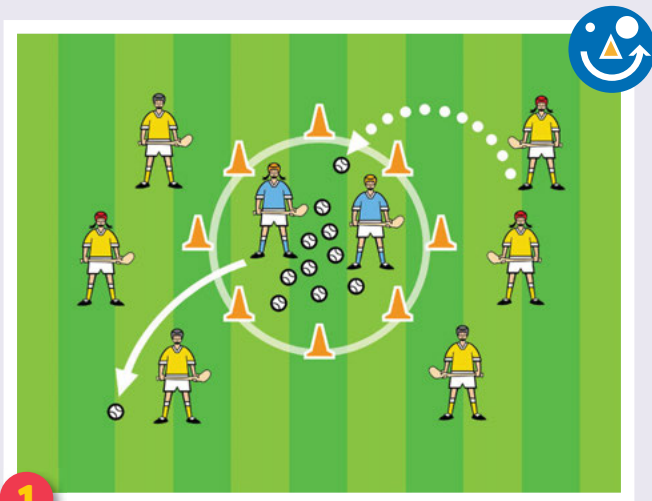
LOOK OUT FOR THESE COMMON ERRORS

- Feet too close together
- Not standing close enough to the sliotar
- Lifting the head to follow the sliotar



Keep the head down. Follow through in the direction of the strike.

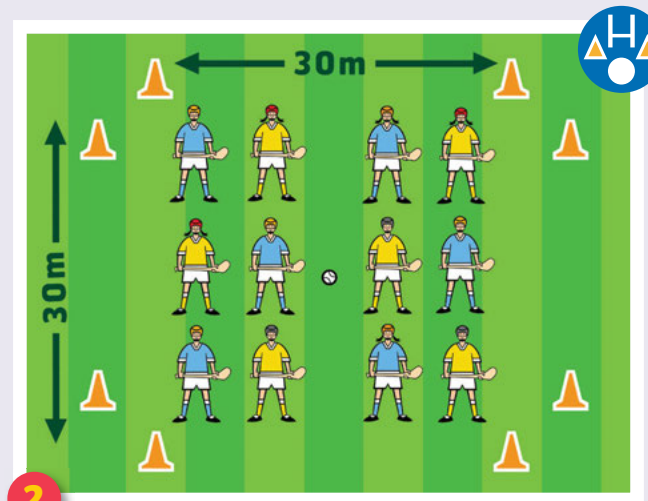
GROUND STRIKE DEVELOP THE SKILL



1

EMPTY THE CIRCLE

The Players in the Circle attempt to strike all the slotars out. The players outside block and dribble them back in.



2

FOUR GOAL GAME

Place 4 goals - 1 in each corner of the pitch. Teams attack and defend two sets of the goals.

VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

Space **T**ime **E**quipment **P**layers **R**ules

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** how long are players working for? Challenge the intensity by reducing the time
- E** alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition
- R** adapt the rules of the game to assist with achieving a certain outcome.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine

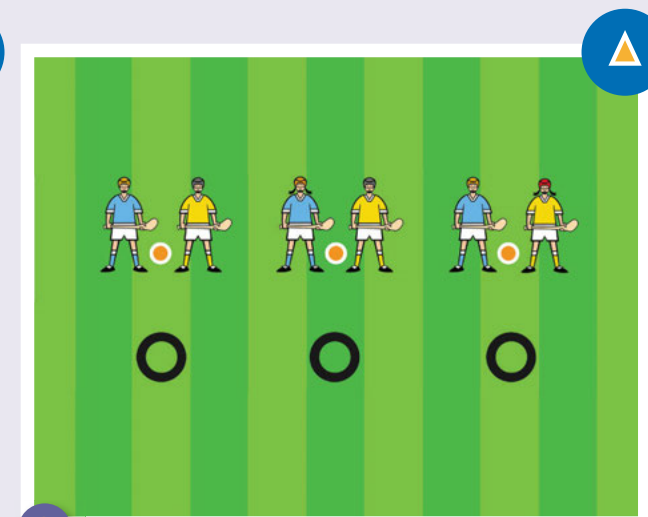
GROUND STRIKE PRACTISE THE TECHNIQUE



1

IMAGINARY STRIKING

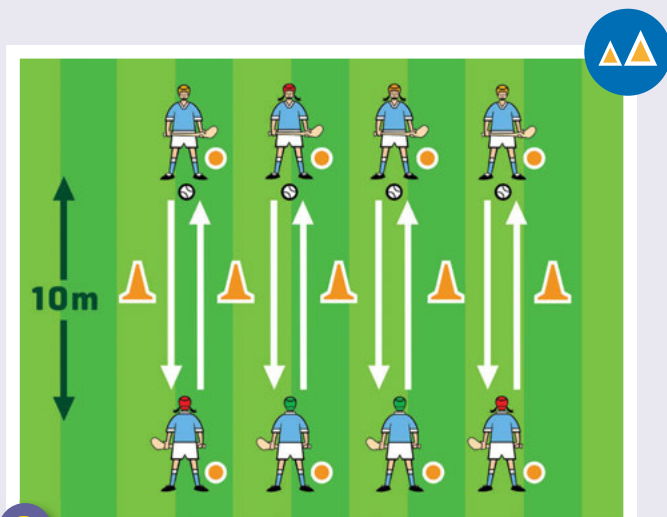
Players strike an imaginary slotar in front of them.



2

TYRE STRIKING

Player in pairs, one tyre per player. Each player in turn strikes the tyre.



3

STRIKING IN PAIRS: ACCURACY

Players in pairs, one slotar per pair. Players strike the slotar through the goal to their partner.