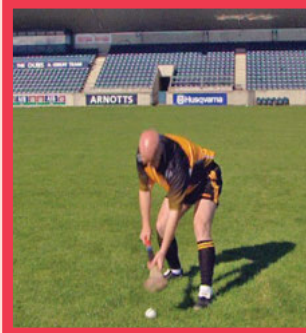


ROLL LIFT

The Roll Lift is used to raise the sliotar from the ground into the hand. Generally used when the player is stationary. Can also be used to raise the sliotar to strike without taking the sliotar into the hand.



Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.

KEY TEACHING POINTS

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



Toe of the Hurley should be pointed away from the body. Thumbs point towards the bas.



Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.



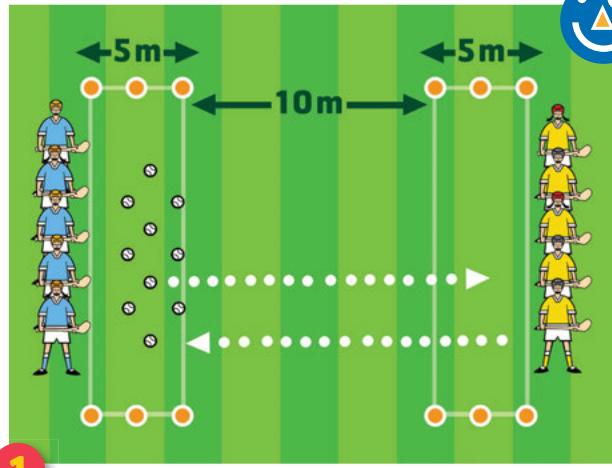
Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle



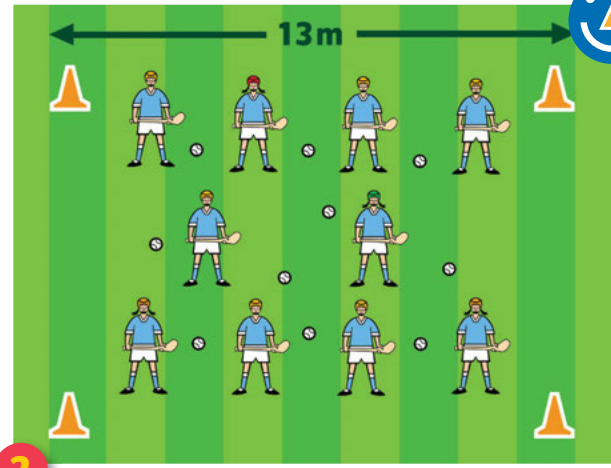
ROLL LIFT DEVELOP THE SKILL



1

GRID SWAP

Mark out two grids. Players must transfer slotars from one grid to next using roll lift.



2

MUSICAL CHAIRS

Scatter slotars throughout grid. On a signal, players must roll lift the nearest slotar.

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

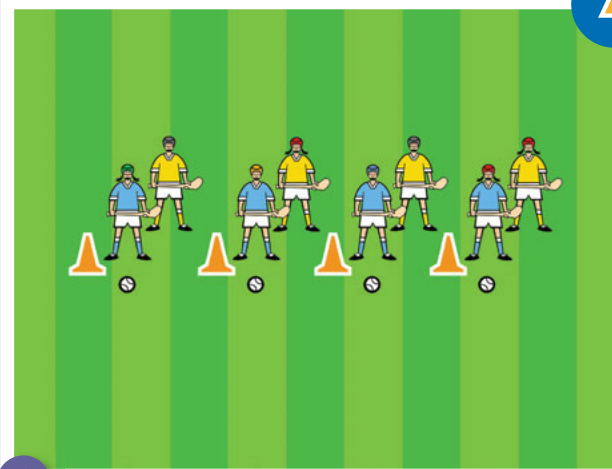


Modified Game



Game Play Routine

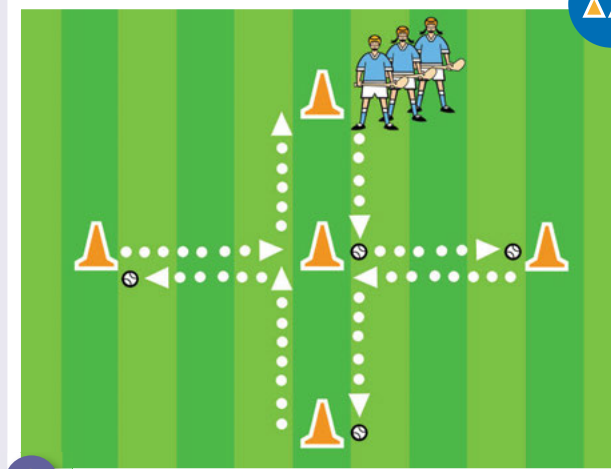
ROLL LIFT PRACTISE THE TECHNIQUE



1

STATIONARY ROLL LIFT

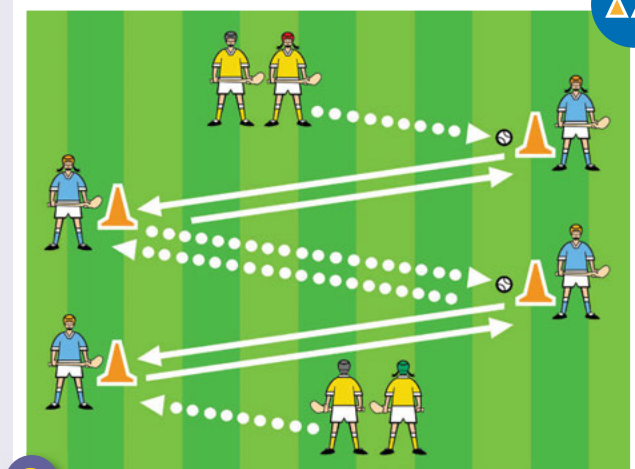
Players in pairs. Each player roll lifts the ball for one minute.



2

AGILITY ROLL LIFT

Players must roll lift the slotar at each cone in turn.



3

ZIG ZAG ROLL LIFT

Players must roll lift the slotar and change direction placing the slotar at the next cone.