

STRIKING FROM THE HAND

Striking from the Hand is the most common method of passing the sliotar or shooting for a score in Hurling. It is important that players are taught to strike from the dominant and non-dominant side from an early age.



KEY TEACHING POINTS



Toss the sliotar from the cupped hand to shoulder height. Keep eyes on the sliotar.



Slide the non dominant hand into the Lock Position, bending the elbows to raise the Hurley.



Step forward with the lead foot and swing the Hurley downward. Strike the sliotar at knee height.



Transfer the body weight to the non-dominant leg as the swing is completed.

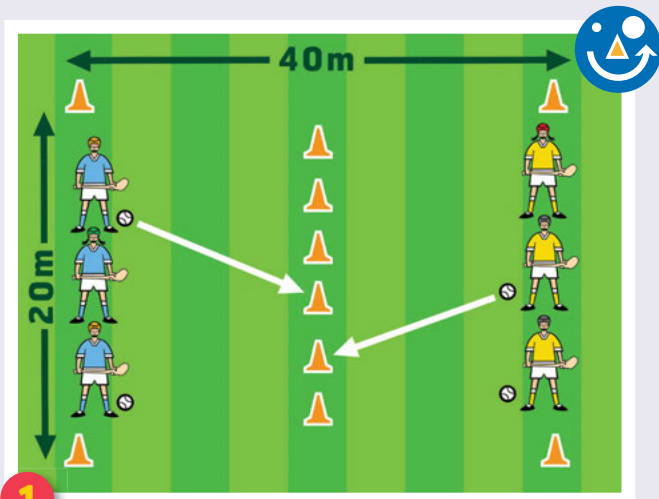
To Coach the Skill use the **IDEAL** method

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

LOOK OUT FOR THESE COMMON ERRORS

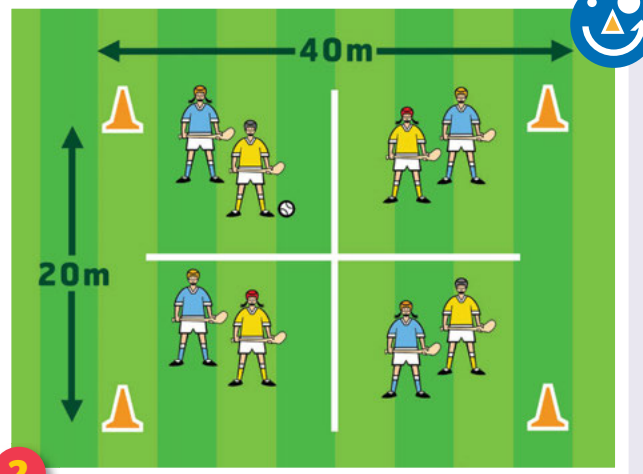
- Missing the ball completely
- Placing the non-dominant hand above the dominant hand on the Hurley
- Tossing the sliotar too high or too far in front

STRIKING FROM THE HAND DEVELOP THE SKILL



1 HIT THE CONES

Players strike the sliotar to attempt to knock over the targets.



2 KEEP BALL

Players in pairs, on per part of the grid. Players attempt to keep possession by striking the sliotar to each other.

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

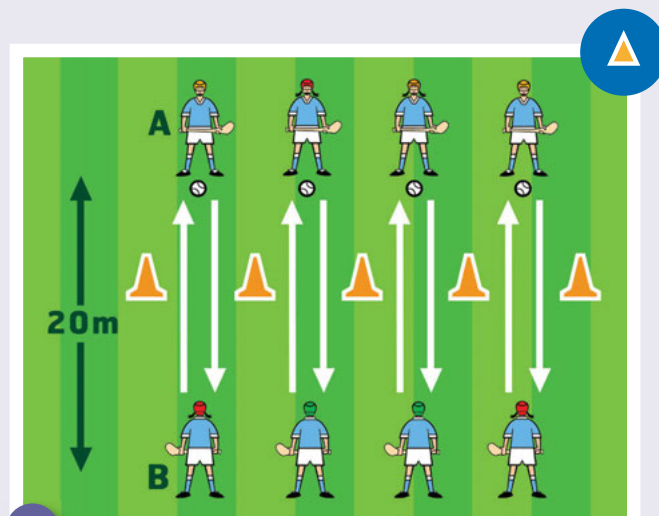


Modified Game



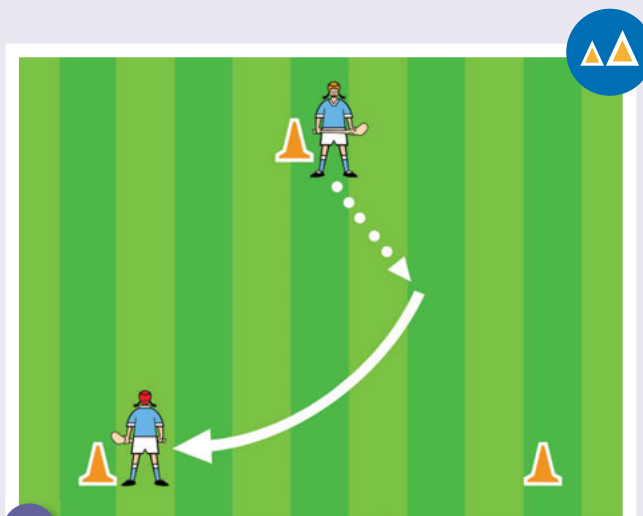
Game Play Routine

STRIKING FROM THE HAND PRACTISE THE TECHNIQUE



1 STRIKING IN PAIRS: ACCURACY

Players in pairs. Strike the sliotar through the gate. Strike off dominant and non dominant side.



2 STRIKE AND MOVE

Strike on the run to stationary partner.



3 THREE GOALS AND YOU'RE IN

Two v Two. One of the First Team to 3 goals swaps with the goalkeeper.