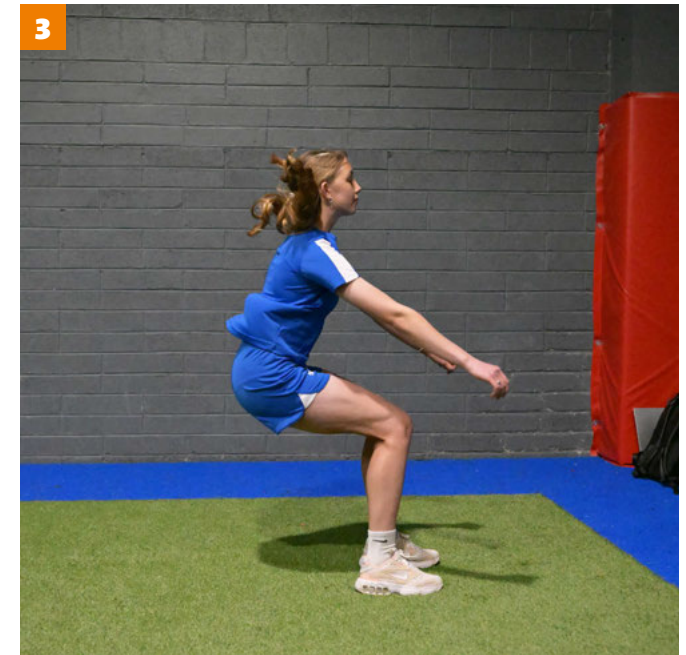
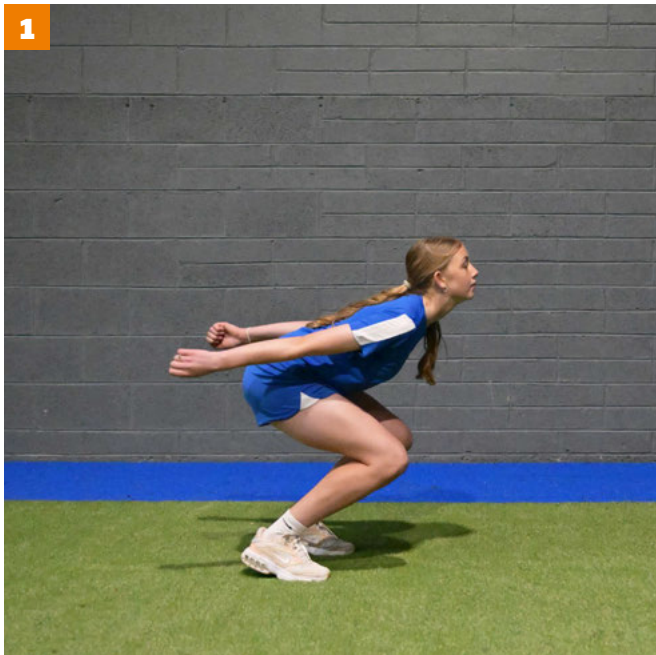


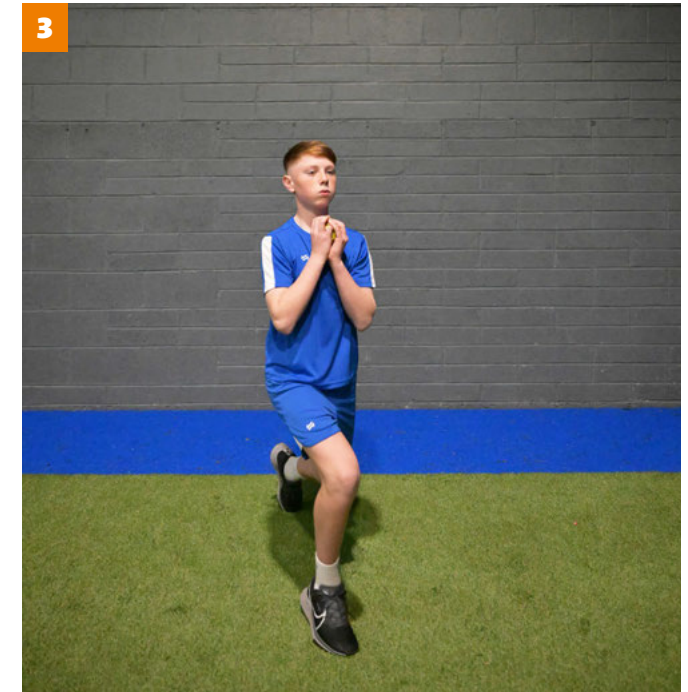
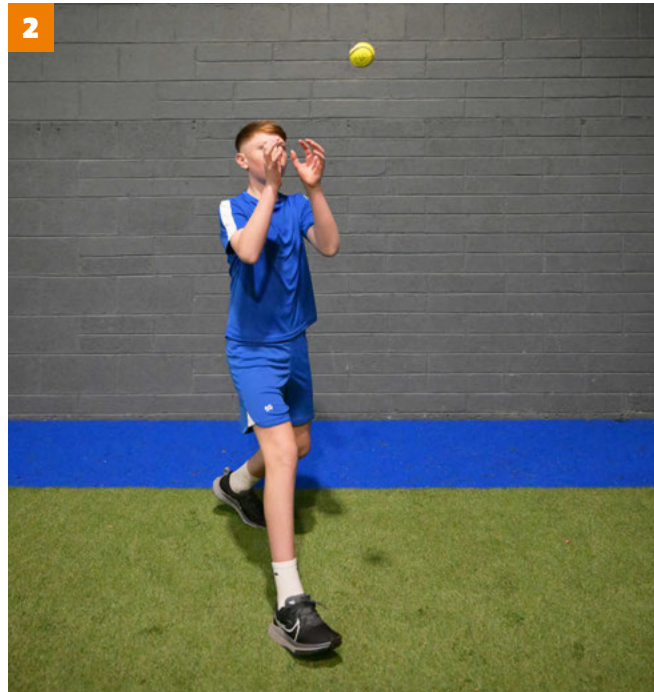
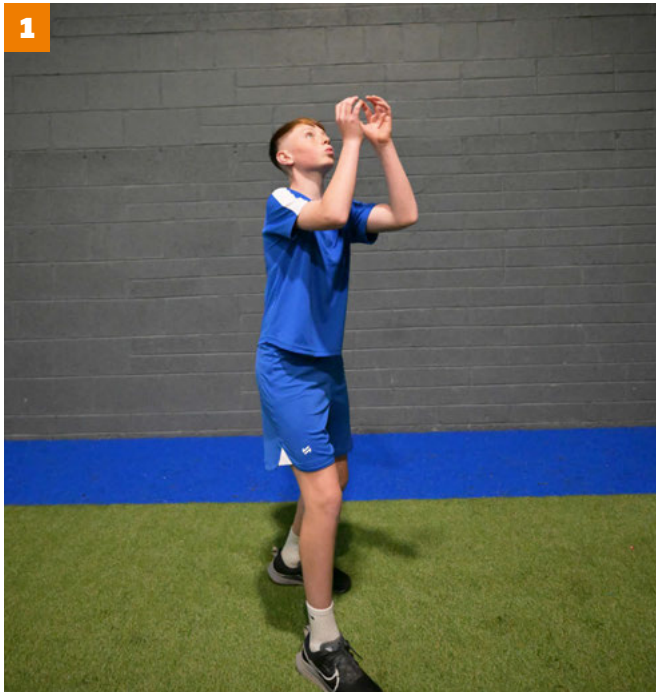
JUMPING FOR DISTANCE

- Get into the 'ready' position by bending the knees, hips and ankles
- Swing the arms back behind the body then quickly forwards and upwards
- Push off from both feet together, with the toes the last part of the body to leave the ground
- Land on both feet at the same time bending the hips, knees and ankles to absorb the impact



CATCHING

- Eyes focused on the object throughout the catch
- Move feet to place the body directly in the path of object and secure a wide base of support
- Catch and control the object with the hands only. Elbows bend at least 90 degrees to absorb the impact



THROWING

- Step toward a target with the foot of non throwing side (transferring weight from the back foot to the front foot)
- Hips then shoulders rotate forwards
- Throwing arm moves forward, releases the object, then follows through in the direction of a target and down across the body



HOPPING



- Take off and land on the same foot, pushing off from the ball of the foot
- The non-hopping leg swings in rhythm with the hopping leg
- Practise on both right and left legs to become proficient on both

RUNNING

- Elbows bent at 90 degrees
- High knee lift with the thigh almost parallel to the ground
- Lean slightly forward when accelerating and slightly backwards when slowing down



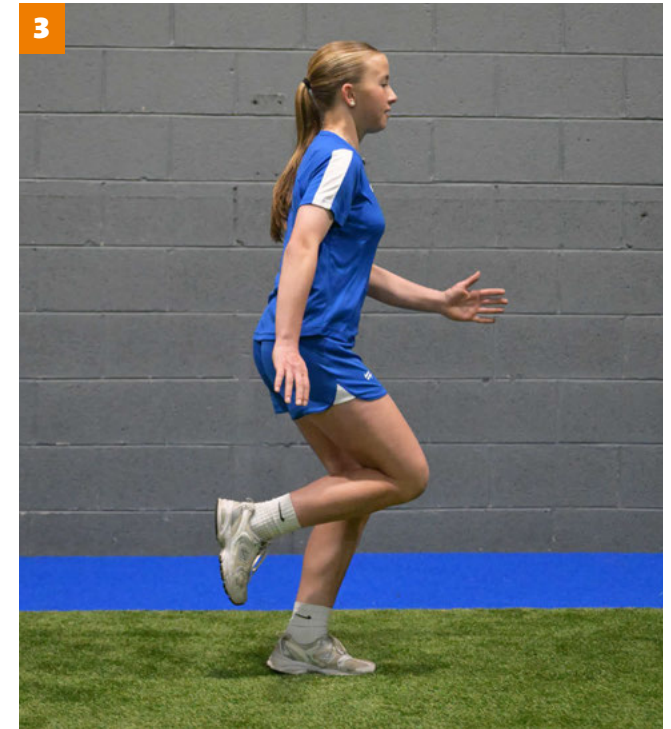
BALANCING



- Support leg still, with foot flat on the ground
- Non-support leg bent and not touching the support leg
- Head stable with eyes focused forward on a target

SKIPPING

- Step forward and hop on the same foot with a high knee drive
- Land on the ball of the foot
- Arms should be relaxed and swing in opposition to the legs to help maintain balance



DODGING

- Head up and eyes focused forward
- Low body position
- To add a deceptive element to the dodge, step/lean one way and push off in the other direction



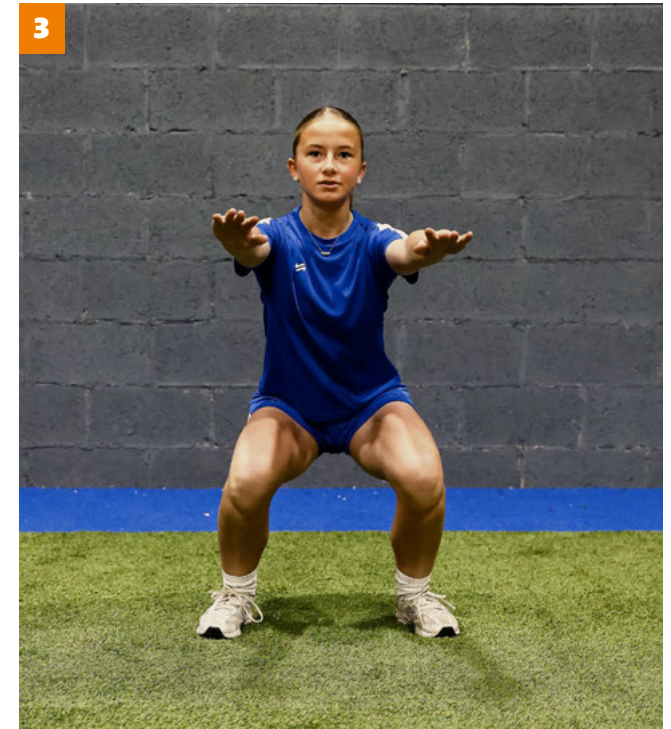
LANDING

- Head up, stable and looking straight ahead
- Bend the knees
- Land on the feet in the order toes-ball-heel



JUMPING FOR HEIGHT

- Crouch with knees bent and arms behind the body
- Arms and legs extend as far as possible in the flight phase
- Ankles, knees and hips bend on landing to absorb the shock. Land on both feet



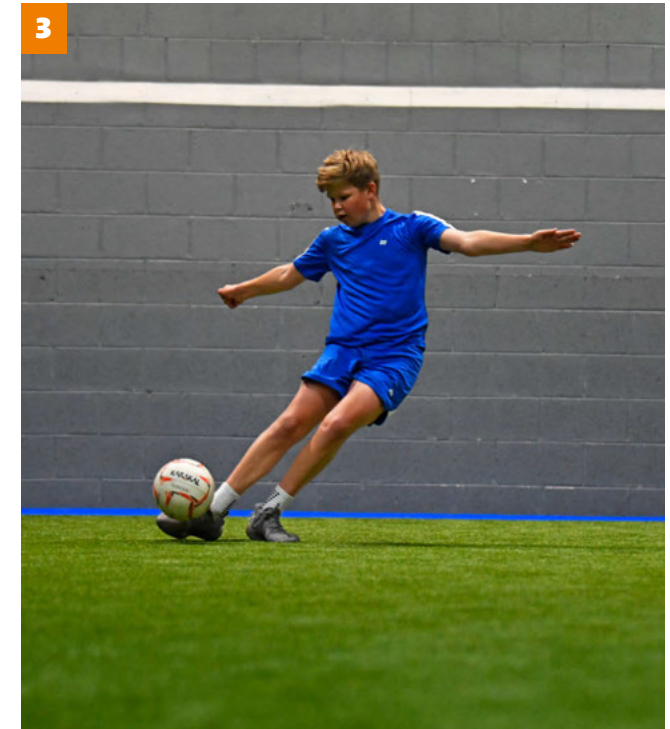
SIDE STEPPING

- Knees slightly bent with weight on the balls of the feet
- Free foot follows quickly behind. There should be a brief period where both feet are off the ground
- Movement should be rhythmical



KICKING

- Approach the ball from behind and slightly to the side
- Place the non-kicking foot to the side of the ball
- Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot



STRIKING WITH THE HAND

- Keep your eyes on the ball and your target.
- Support the ball in the non-striking hand.
- Strike the ball with a fist using the heel of the hand.
- Step into the pass with the opposite foot to generate power.



STRIKING WITH AN IMPLEMENT



- Watch the sliotar from the toss to the strike.
- Slide your catching hand up the hurley to prepare the swing.
- Keep the hurley under control throughout the strike.
- Step forward into the swing and follow through.
- Transfer weight to your striking side.