

FRONTAL BLOCK

Stopping an opponent's swing by blocking in front of them.

Head:

- Keep your eyes on the sliotar at all times.
- Time your block as the opponent strikes.

Hands:

- Lock both hands on the hurley with thumbs facing up.
- Block with two hands or one hand if needed for extra reach.

Feet:

- Stride forward with your dominant leg to close the distance and increase reach.

Watch out for

- ✗ Poor hurley positioning (leaving space for the ball to pass)
- ✗ Slow reaction or hesitation (late to block the strike)
- ✗ Incorrect body positioning (standing side-on instead of square to the striker)



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GRIP AND SWING

Holding and swinging the hurley correctly, making sure it suits the player.

Head:

- Focus on the ball and keep your head steady when preparing to swing.

Hands:

- Hold the hurley with your dominant (pencil) hand at the top.
- Slide your catching hand up to meet and lock with your pencil hand.
- The toe of the hurley should face away from your body.

Feet:

- Stand with feet shoulder-width apart and knees slightly bent for balance.

Watch out for

- ✗ Incorrect hand placement (hands too close together or too far apart)
- ✗ Over-gripping the hurley (causes stiffness and poor swing flow)
- ✗ Swinging across the body (not following through in a straight line)



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GROUND STRIKE

Hitting the sliotar while it's on the ground, from either side.

Head:

- Keep your eyes on the sliotar at all times.

Hands:

- Slide your catching hand up the hurley for control.
- Keep elbows bent and hands relaxed through the swing.

Feet:

- Stand with feet apart, step into the sliotar as you strike.
- Follow through in the direction of the strike.

Watch out for

- ✗ Lifting the head too early (causes missed strikes)
- ✗ Incorrect hurley angle (resulting in mishits or top spins)
- ✗ Poor foot positioning (standing too far from or too close to the ball)



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HAND PASS

Passing the sliotar by hitting it with an open hand.

Head:

- Keep your eyes on the target and the sliotar to ensure accuracy.

Hands:

- Hold the sliotar in your non-striking hand and use your open striking hand to push through the ball with a clear, strong motion.

Feet:

- Step towards the target with your opposite foot to generate power and balance.

Watch out for

- ✗ Using an open hand (causes a throw rather than a proper pass)
- ✗ Lack of follow-through (leading to weak or inaccurate passes)
- ✗ Poor timing (passing too late, increasing turnover risk)



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OVERHEAD CATCH

Catching the sliotar above your head using your hands.

Head:

- Move toward the sliotar, watching it closely.

Hands:

- Extend your catching hand high to catch.
- Raise the hurley to protect your hand.
- Relax fingers to catch the sliotar securely.

Feet:

- Step into the catch to position your body under the ball.

Watch out for

- ✗ Not timing the jump (either jumping too early or too late)
- ✗ Arms not fully extended (reduces catching height and control)
- ✗ Eyes off the ball (distracted by other players or pressure)



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ROLL LIFT

Rolling the hurley under the sliotar to lift it off the ground into your hand.

Head:

- Keep eyes on the sliotar throughout the lift.

Hands:

- Place thumbs pointing towards the bas with the hurley flat.
- Roll and scoop the sliotar with soft hands.
- Catch the ball after lifting.

Feet:

- Bend hips and knees, placing your weak foot beside the sliotar.

Watch out for

- ✗ Incorrect hurley angle (causing the ball to slip or spin away)
- ✗ Standing too upright (making it harder to control the ball close to the ground)
- ✗ Failing to step towards the ball (causing missed or weak lifts)



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SOLO RUN

Carrying the sliotar on the hurley while running.

Head:

- Keep eyes on the sliotar while moving.

Hands:

- Hold the hurley flat with the bás facing up.
- Toss the sliotar onto the bás and balance it.
- Place your non-dominant hand lower on the hurley for control.

Feet:

- Move forward smoothly while balancing or hopping the sliotar on the hurley.

Watch out for

- ✗ Players look up too early and take their eyes off the sliotar, causing them to lose control.
- ✗ Holding the hurley with the toe facing inwards or forget to place their thumb along the flat of the hurley for balance.
- ✗ Running too fast or with uneven steps, making it difficult to balance the sliotar smoothly while moving forward.



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STRIKING FROM THE HAND

Hitting the sliotar from your hand, often to pass or score.

Head:

- Watch the sliotar from the toss to the strike.

Hands:

- Slide your catching hand up the hurley to prepare the swing.
- Keep the hurley under control throughout the strike.

Feet:

- Step forward into the swing and follow through.
- Transfer weight to your striking side.

Watch out for

- ✗ Poor ball toss (too high, too low, or away from the swing path)
- ✗ Incorrect grip or hand placement (leading to inaccurate or weak strikes)
- ✗ Lack of follow-through (causing reduced distance and control)



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FIRST TOUCH

Your first control of the sliotar when it comes to you.

Head:

- Keep your eyes on the sliotar as you prepare to control it.

Hands:

- Hold the hurley with both thumbs pointing down.
- Keep soft hands on the hurley for a controlled first touch.
- Catch the sliotar with your fingertips.

Feet:

- Position your body behind the sliotar to control and balance the ball.

Watch out for

- ✗ Hurley too rigid or too loose (poor control on ball impact)
- ✗ Misjudging ball speed or direction (leading to fumbled touch)
- ✗ Not moving feet to meet the ball (stuck in place, reducing control)



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