

CHOOSING THE CORRECT HURLEY SIZE



Correct Grip:

Shake hands with the hurley. Gripping the hurley with your dominant (strong) hand will give you a better strike and give you more control over your hurley.

Ready Position

Your dominant hand (usually the hand you write with) grips the hurley. Your other hand is for balance.



Correct Swing:

Hands are "locked".



Incorrect Swing:

Hands are separated which will result in "shovelling" the ball and poor striking.



Rising / Lifting



Grip Hand (dominant) stays in place

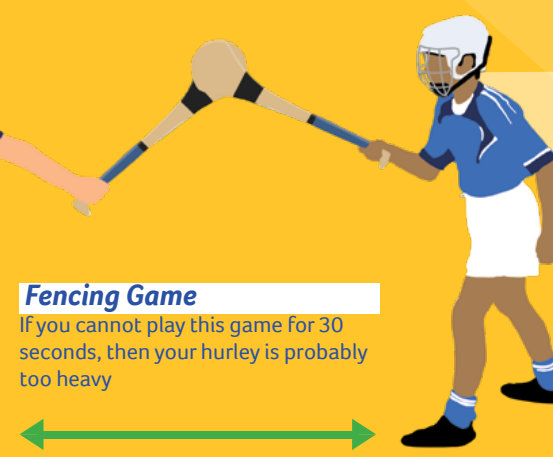
Note: Catching the sliotar in the grip hand will result in an awkward and poorer swing and should be corrected

Lower Hand catches sliotar



Fencing Game

If you cannot play this game for 30 seconds, then your hurley is probably too heavy



Sizing your Hurley

- Standing straight, looking forward and with your hurley held firmly (shaking hands with the hurley) at the "butt" (top of handle) swing your hurley like a pendulum.

- The hurley should brush the ground just opposite your toe.

- Your hurley will be held at a slight angle and the heel will almost be on the ground.

Too Long

- Hard to Swing, handle gets in the way
- Can develop a poor swing
- Probably too heavy also



A heavy hurley will adversely affect your swing, strike and touch.

Too Short

- Limits length of strike.
- Golfers do not use putters on the T-Box!
- Will miss several hooks, blocks and flicks
- Will limit your reach for a ball
- Limits ground striking



A heavy hurley will limit your reaction, your ability to reach, stop shots, hook, block and flick.

Just Right

Goalies – Choose a hurley that is not too big or too heavy.



For further information please contact:

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WHERE WE ALL BELONG



Strong Recommendation

- For tall youths and adults, using a short hurley 32" or 34" puts you at a serious disadvantage when it comes to reach. It is very easy to shorten a 36" hurley down to a 30" for a tidy strike or to avoid a hook but it is impossible to lengthen a 34" to a 36" or 37" when you need that extra reach to hook, block, flick or even rise a ball.

Size of Bos

- A large "bos" will not improve your striking or stopping ability. It will add unnecessary weight to your hurley and as such limit your touch, swing and reaction.
- Chose a "bos" that is not too wide. 5 ½" at its widest point is more than wide enough for a 30" hurley.
- If you examine the markings left by a slotar on a hurley you will notice that much of the bos never comes into contact with the slotar and so is unnecessary. The centre of the bos or "sweet spot" is where the striking and blocking is done.

Strong Flexible Wrists

- Strong flexible wrists will improve your use of the hurley greatly.
- Sports such as Handball, Badminton, Tennis and Squash are all excellent to help improve your touch, use of your wrist and general footwork and movement.
- Press-ups and pull-ups will help to strengthen your arms and wrists.
- A mock "Sword fighting or Fencing" game is an excellent way to improve your wrist work and control of the hurley.
- It is also excellent for footwork and movement.
- You can play the game with a "real" or "imaginary" opponent.
- This exercise will improve your ability to block, hook, kill and flick the ball.

Hurley Length, Weight, Grip and Swing

- The length and weight of a hurley is a personal choice.
- There is no right or wrong size.
- Here are some observations and recommendations that might help you to choose the correct hurley for yourself or your child.
- Many children use hurleys that are too long and too heavy. This can have long lasting consequences by giving the child a poor grip and swing which can be very difficult to correct in later years.
- **If in doubt choose a shorter, lighter hurley.**
- There is also a growing trend where tall youths and adults are using hurleys that are very "short". This can also greatly affect how you play.
- A hurley is a "tool" so we should choose the best tool for the job. Your hurley is called upon to perform many tasks in a game.
- Unlike a golfer who can choose from a bag of clubs for every shot the hurler or camogie player carries just one, so a good choice is essential.

Interesting Facts

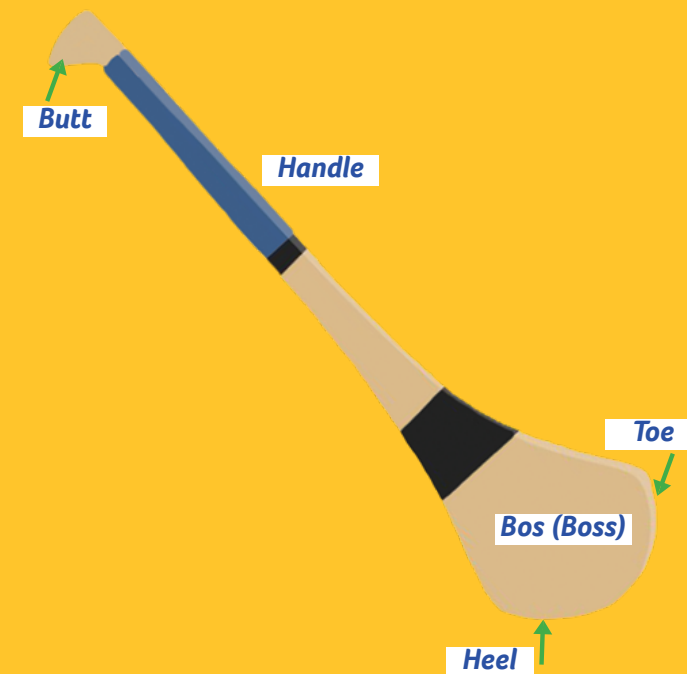
- If J. J Delaney's hurley was an inch shorter in the 2014 All-Ireland Final, he would have missed the hook on Seamus Callanan and the Liam MacCarthy cup would likely have gone to Tipperary instead of to Kilkenny as Seamie had the goals at his mercy.
- If Seamus Callanan's hurley was shorter and he did not practice his ground hurling, he might not have scored his brilliant Goal in the 2019 All-Ireland Semi-final v Wexford

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