

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



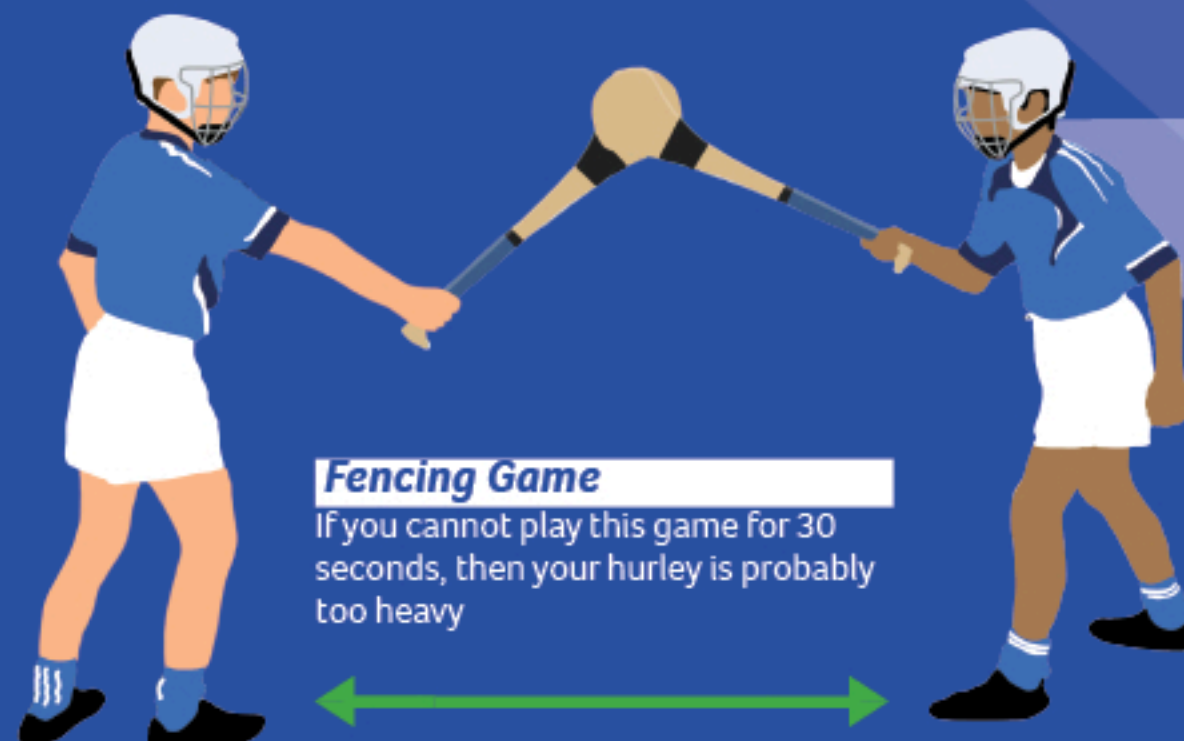
Grip Hand (dominant) stays in place

Lower Hand catches sliotar



Fencing Game

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



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

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.