

Overhead Strike

Elite Image

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

The Overhead Strike is a skill that requires a considerable amount of practice and is a spectacular element of the game when carried out successfully. If a player is not in a position to catch or gain control of the sliotar, the Overhead Strike is a quick and efficient means of moving play in the desired direction. It is a very effective technique for goal scoring as it is difficult for goalkeepers and defenders to react in time to stop the ball.

Pg. 135-140 Hurling Fun oD



Focus on the flight and pace of the ball



Move under the ball as it drops



Move to the lock position



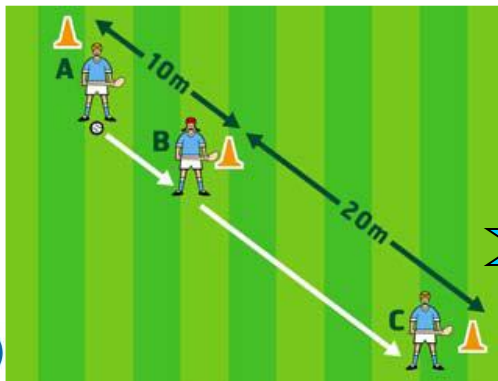
Use a wristy action to strike the ball

Look out for:

- Trying to hit the ball too hard
- Not aligning the body
- Allowing the ball to drop too far

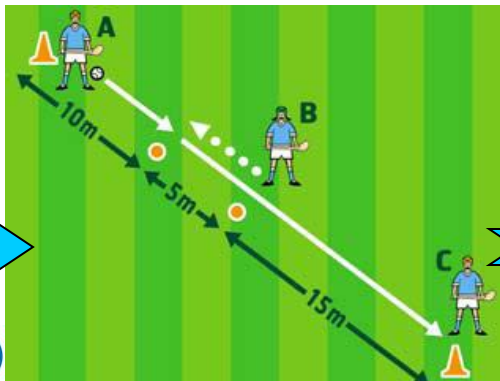
Overhead Strike

Practice the Technique



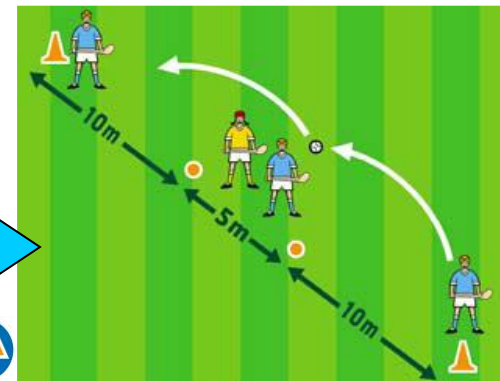
Stand and Strike

Player A throws the ball for Player B to strike overhead to Player C, who plays it back to Player A to repeat



Move and Strike

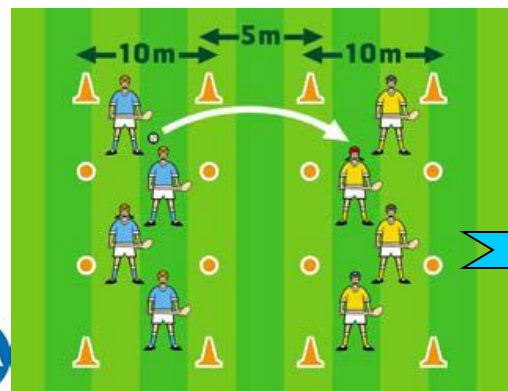
Player A throws the ball for Player B to move and strike overhead to Player C



Opposed Strike

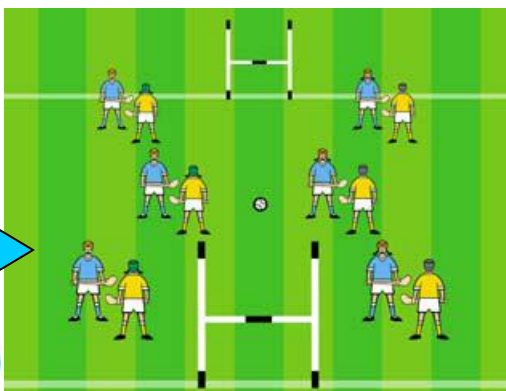
Second player in the middle provides shadow opposition to the other player

Develop the Skill



No Mans Land

Objective is to strike the ball into the opponent's section. No catching allowed



Skill Point Game

3pts for a goal and 2pts for striking the Ball Overhead successfully.

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill