

# Stopping a Ground Ball

Elite  
Image

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

Stopping a Ground Ball is a hurling technique used to stop a ball which is moving along the ground. It is one of the basic ways to intercept and gain possession of the ball.

Pg. 29-34 Hurling Fun  
Do



Adopt the Ready Position



Move into the Blocking position on strong side



Or lifting position in the middle



Keep legs together to block the ball if missed by the hurley

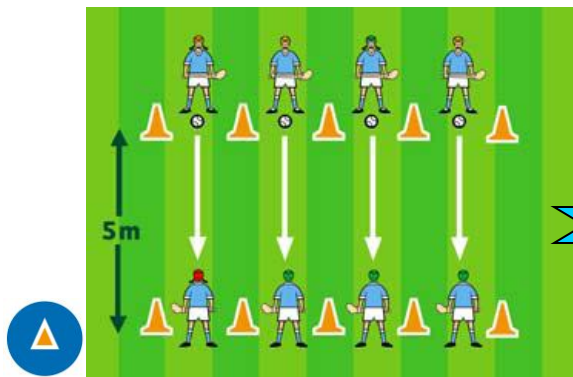
## Look out for:

- Locking the hands
- Ball going underneath the hurley
- Reaching to block



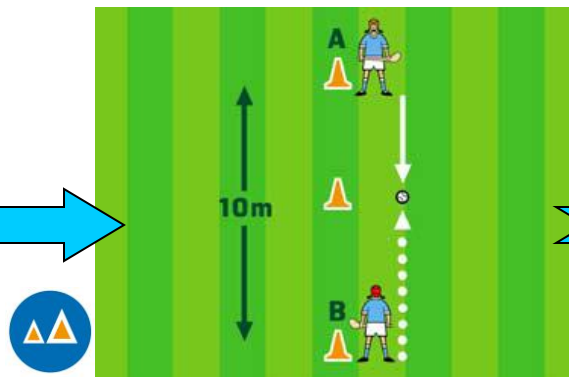
# Stopping a Ground Ball

## Practice the Technique



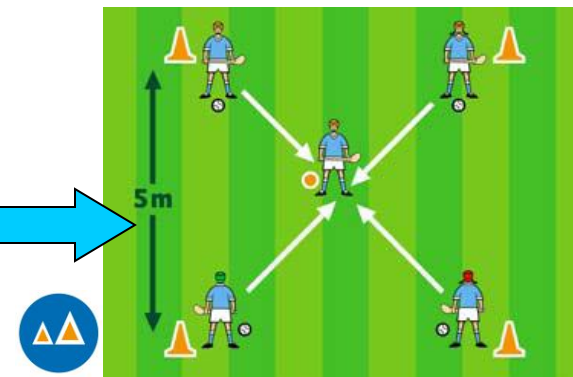
### Roll and Block

Players roll the ball for their partner to stop. Alternate the rolls.



### Run to Block

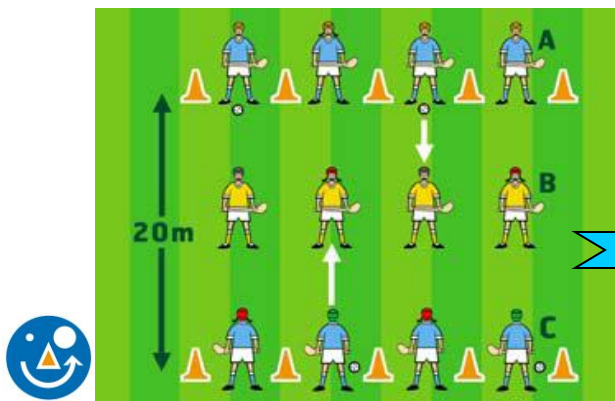
Player A rolls the ball for Player B to run out and stop it.



### Turn and Block

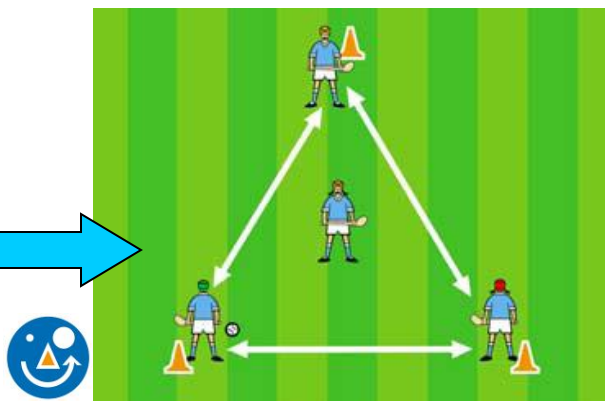
Corner Players in turn roll the ball for the centre player to block and return it.

## Develop the Skill



### Pass the Guards

Players A and C, strike the ball to each other, while Player B tries to stop the ball.



### Piggy in the Middle

Player in the middle tries to stop the ball as the outer players pass it around.

# STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill