

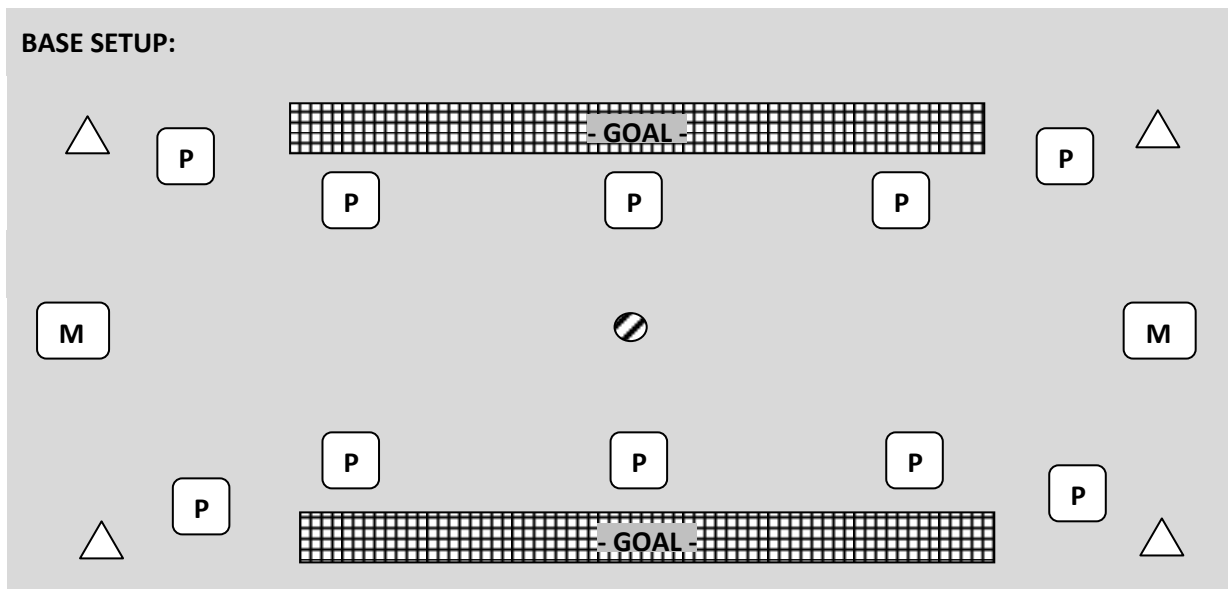
HURLING SKILLS

BASE NO: 5

BASE NAME: 'Numbers'

OBJECTIVE: To practice winning possession. To practice being alert during a game

BASE SETUP:



BASE INSTRUCTIONS: Demonstrate the base first step by step.

- Divide the players into two equal groups. Line one group up in front of one goal and the second group in front of the other as shown in the diagram.
- Give each player in each group a number (e.g.: 1-5 Team A; 1-5 Team B)
- Place a sliothar in the middle between the two goals and call out a number – the players with that number on each team run out and compete for the ball. If a player wins possession he/she should try and score in the other teams goals.
- The other team members should be guarding their goal if they are not competing for the sliothar – *this is the part where they practice staying alert during a game.*
- Award scores – 1 point for winning possession / 2 points for scoring

VARIATIONS:

- Call more than one number at a time
- Add a time element

