

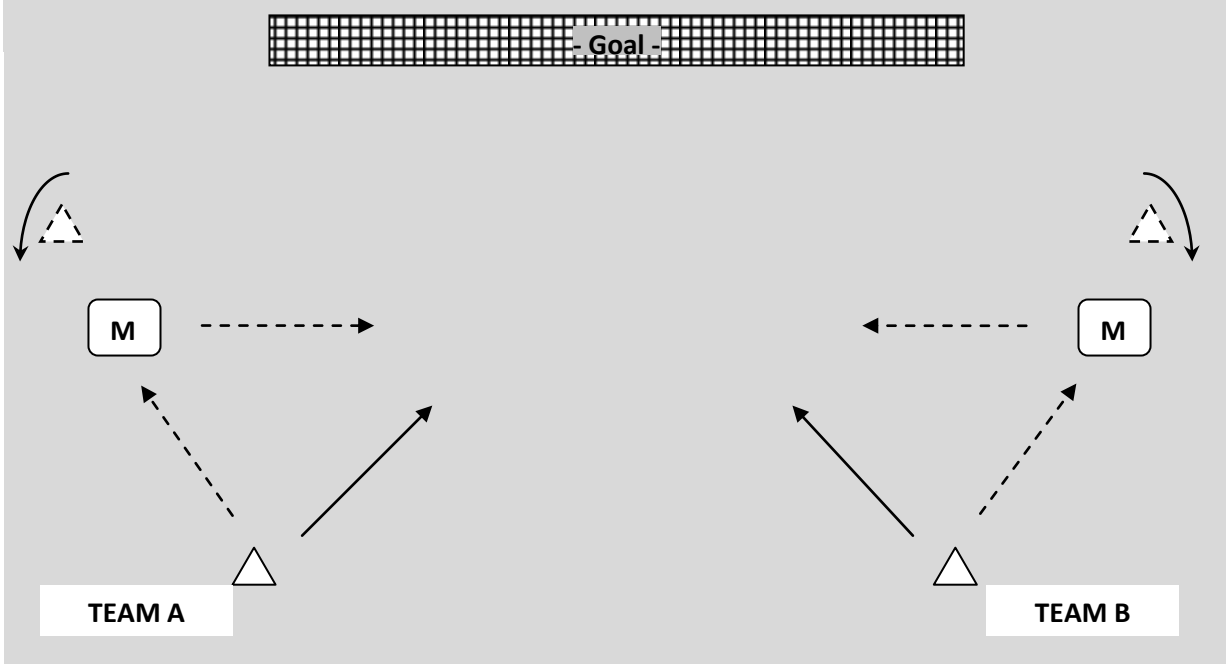
## HURLING SKILLS

BASE NO: 3

BASE NAME: 'Pass, Run, Strike'

OBJECTIVE: To practice receiving and striking a ground ball on the run.

### BASE SETUP:



**BASE INSTRUCTIONS:** Start the base by demonstrating how to strike a rolling ball.

- Divide group into two teams, A and B (if you have too few, this can be done with one team)
- Each player has a sliothar and lines up their team cone.
- The first player passes his/her sliothar to the Mentor, who passes it into space. The Player must run onto the Mentors pass and strike 1<sup>st</sup> time for the goal.
- Players collect their sliothar from the goal and run around the outside of the secondary cones to re-join the back of the line.

*Note: keep the players moving as fast as they can*

### VARIATIONS:

- Put a Player in the Mentors position.

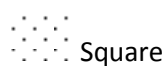
### LEGEND:



Cone



Hoop



Square



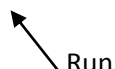
Mentor



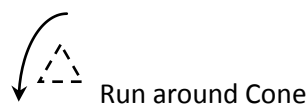
Sliothar



Pass



Run



Run around Cone