

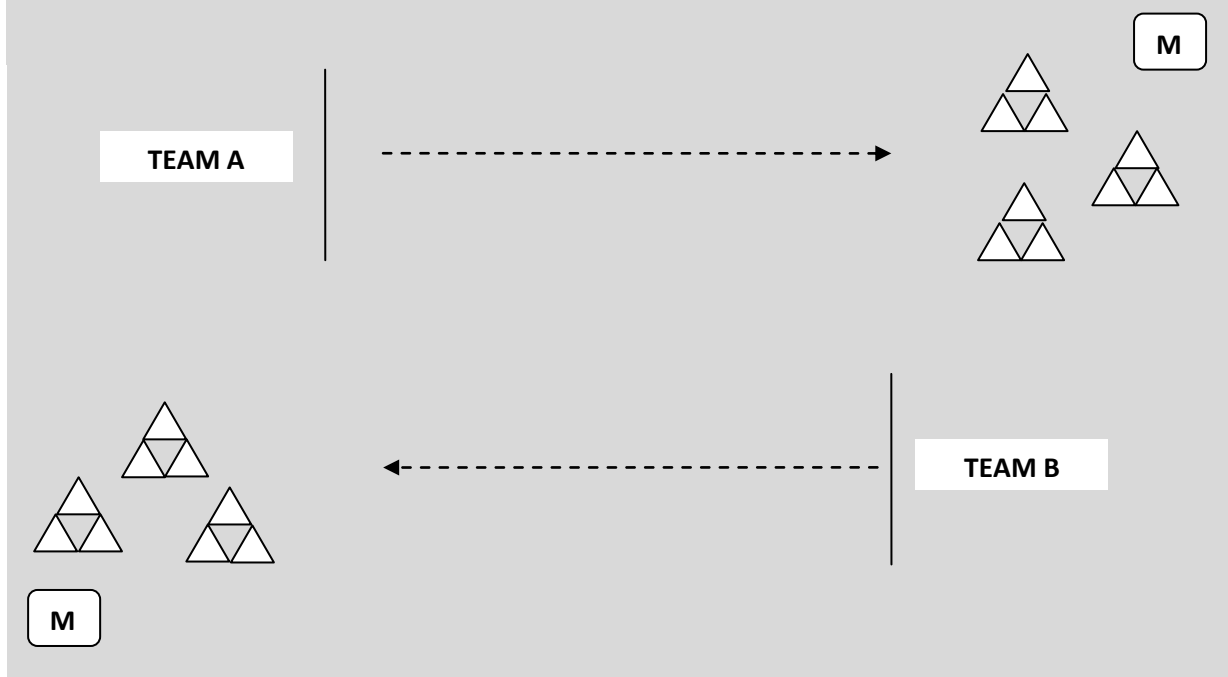
HURLING SKILLS

BASE NO: 8

BASE NAME: 'Skittles'

OBJECTIVE: Practice the ground strike

BASE SETUP:



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

- Layout your area as shown in the diagram above – setup 3 or 4 targets at each end (cones stacked on top of each other)
- Divide players into two teams, A and B
- The objective of the game is for each team to knock down the other team's targets first by ground striking the ball at the targets.
- Players are not allowed to block the other team's shots
- Players take their shots one at a time from behind a designated line.
- Mentors should return the sliothars to the teams

VARIATIONS:

- ...

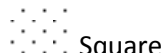
LEGEND:



Cone



Hoop



Square



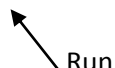
Mentor



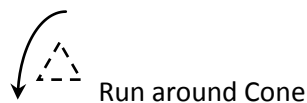
Sliothar



Pass



Run



Run around Cone