

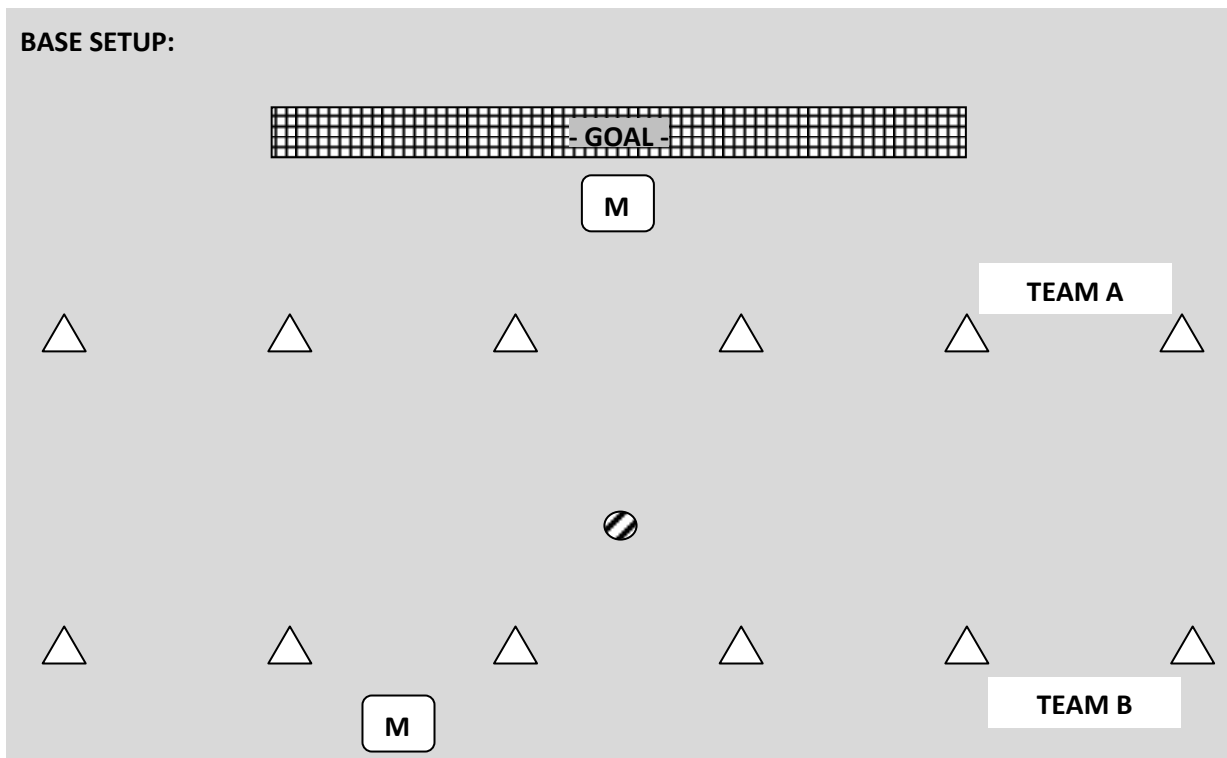
HURLING SKILLS

BASE NO: 2

BASE NAME: 'Backs & Forwards – Strike or Block'

OBJECTIVE: To practice the running ground strike for forwards/ ground blocking for defenders.

BASE SETUP:



BASE INSTRUCTIONS: Start the base by demonstrating the running ground strike and ground block.

- Divide group into two teams, A and B – team A will be Backs, Team B will be Forwards.
- Players stand in the ready position at each cone. Assign a number to each player on each team.
- A sliothar is placed between the teams closer to the forwards than the backs
- Call a number – forwards are to run out and strike the ball first time at the goal. Defenders are to run out and attempt to block the strike. (Forwards cannot dribble the ball)
- Switch teams after a while.

VARIATIONS:

- Call out two defenders against one forward

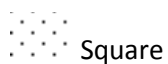
LEGEND:



Cone



Hoop



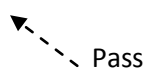
Square



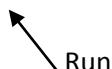
Mentor



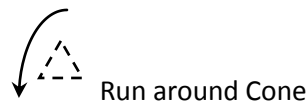
Sliothar



Pass



Run



Run around Cone