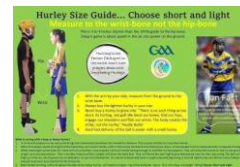


Ready, Lock, Step, Strike & Stop!

Hurley size & weight

- Introduce the parts of the hurl - the handle, the bas, the tape and the toe.



The Grip

- Get the children to shake hands with the Hurley (one handed) using their **dominant** hand.
- Make an X, write initials
- Mimic the coach.
- Touch the sliotar (on the ground)



The Ready Position

- Get the child to shake hands with the Hurley using their dominant hand.
- Now get the child to bring the Hurley across the body - The non-dominant hand holding the tape, just above the bás.
- Make sure that the toe of the hurl is pointing upwards



The Lock Position

- Adopt the ready position. Slide non-dominant hand up the handle of Hurley while raising the hurley upwards & back to the dominant shoulder.



The Swing & Strike

- Begin in the Ready Position, go to the Lock Position
- Bend the knees slightly, step forward with the opposite leg and swing the Hurley down with a wristy action.
- Finish at opposite shoulder (Big C)



Stopping a ground shot (block)

- Start in the ready position, move the heel of hurley to the ground to block ba



Go through each action slowly, and then call out each action more quickly for child to complete.

Mix up the commands, getting the children to mimic the coach (Game of Simon says)

Move from stationary position to walking action while completing