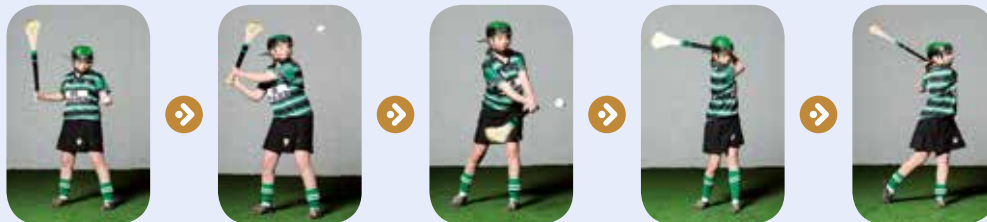


# STRIKE FROM THE HAND

*Because of the complexities of this skill from the coordination and timing aspects we adopt a slightly different approach.*



- To provide a stable target for striking, the coach holds own rubber based hurley between knee and thigh for player to strike.
- Hurley is held in hand at 90 degrees to forearm.
- Toss imaginary ball in air from non-dominant hand.
- Non-dominant hand then goes into lock position.
- Player strikes bas of coach's hurley.
- Ball/Balloon introduced – held in non-dominant hand. Shoulders and feet in line with the target.
- Toss ball/balloon from non-dominant hand to shoulder height.
- Non-dominant hand then goes into lock position, elbows bent.
- Swing hurley downward – strike ball between knee and hip level.
- Weight transferred to non-dominant leg.



Eyes on ball until strike is completed.



Non-dominant hand below dominant hand. Toss ball shoulder high. Shorter grip if missing ball.



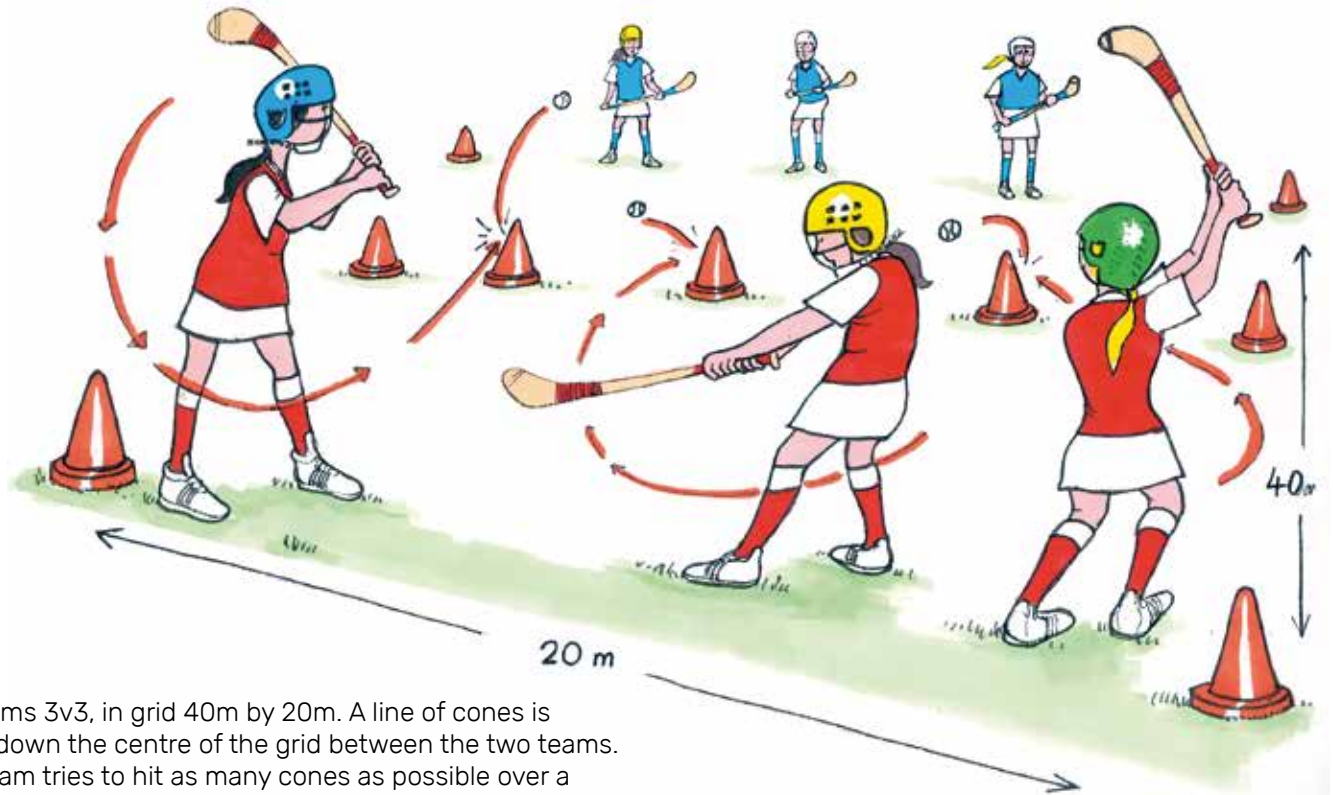
Transfer weight from dominant to non-dominant leg.



Ensure dominant hand remains above non-dominant hand especially when hurley is shortened. Look at ball not at the target. Toss ball just to shoulder height. May be necessary for some players to just practice throwing ball to shoulder height a few times and catching it, before actually attempting to strike.

# STRIKE FROM THE HAND

## Practice Game



### 3v3

Two teams 3v3, in grid 40m by 20m. A line of cones is placed down the centre of the grid between the two teams. Each team tries to hit as many cones as possible over a set piece of time. To start the game one team strikes three sliotars, then opponents get a chance and so on.

# GRIP & SWING GROUND STRIKE



- Adopt ready position.
- Ball in front of non-dominant (weak) foot.
- Slide non-dominant (weak) hand into Lock Position.
- Elbows bent.
- Knees bent.
- Swing and strike ball flat on with bas with “wristy” action.
- Follow through to shoulder height.
- Transfer weight to non-dominant leg.



## HEAD



Eyes on ball 'til strike completed.

## HANDS



Slide from Ready Position to Lock Position – follow through.

## FEET



Ball in front of non-dominant (weak) leg – feet shoulder width apart – transfer weight to non-dominant leg.

## VITAL



Feet not too close together – stand close to ball – place bas behind ball before swinging – keep eyes on ball until swing completed. Non-dominant hand slides from Ready to Lock Position for each strike.

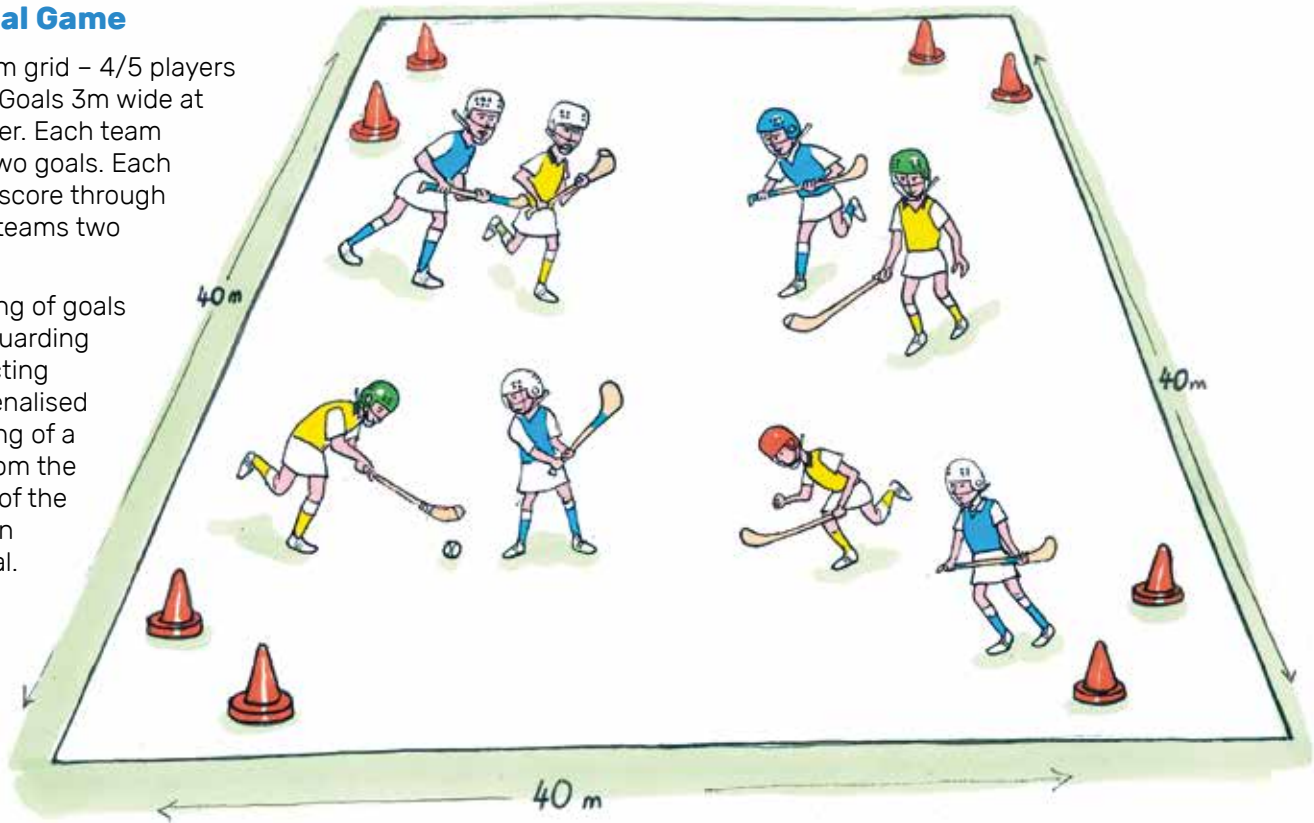
# GRIP & SWING GROUND STRIKE

## Practice Game

### Four Goal Game

40m x 40m grid – 4/5 players per team. Goals 3m wide at each corner. Each team defends two goals. Each team can score through the other teams two goals.

No guarding of goals allowed, guarding of goal (acting keeper) penalised by awarding of a penalty from the mid point of the grid into an empty goal.



# ROLL LIFT



- Adopt Ready Position.
- Change to lifting position.
- Non-dominant foot alongside ball.
- Bend knees and back.
- Eyes on ball.
- Hurley almost parallel to ground with toe pointed to dominant side – thumbs pointed towards bas.
- Place hurley on ball, roll ball backwards, slide toe of hurley under ball to rise it.
- Catch ball in cupped non-dominant (weak) hand as low as possible.



## HEAD



Head over ball.  
Eyes on ball.

## HANDS



Adopt lifting position.  
Thumbs on top side of hurley pointing towards bas.  
Hurley held almost parallel to the ground.  
Catch ball in “cupped” non-dominant (weak) hand.

## FEET



Non-dominant (weak) foot alongside ball.  
Knees bent.

## VITAL



Toe of hurley is turned away from body.  
Hurley is almost parallel to the ground.  
Dominant hand brought down the handle for greater control and stability when executing lift.  
Ensure that players catch ball in “cupped” hand rather than snatching it from above.

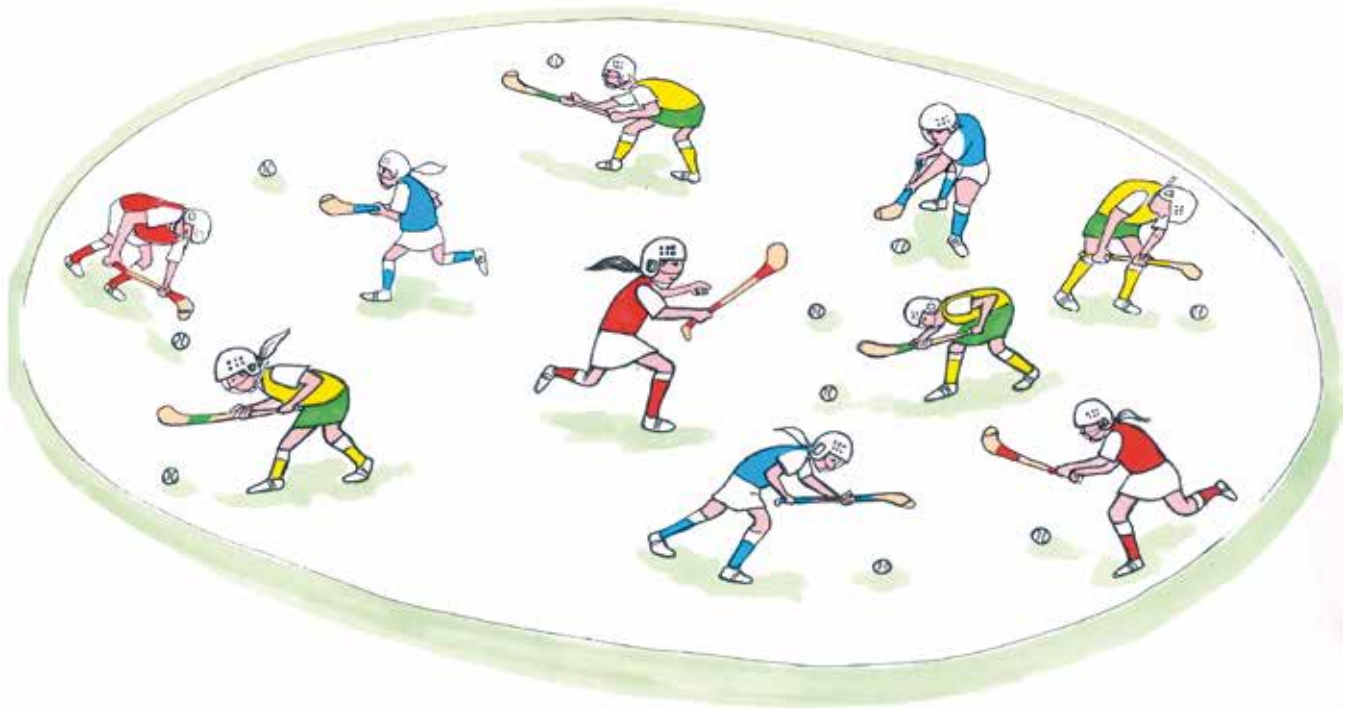


# ROLL LIFT

## Practice Game

### Musical Chairs

10 players and 10 sliotars spread randomly within a circle. Players jog around the circle. On signal from the coach players roll lift the ball. One ball now taken away and game continues. On next whistle player who fails to get a ball leaves the circle. The game continues until only one player is left.



# CATCH



- Players adopt the ready position.
- Hold hurley in dominant hand across front of body.
- Shorten grip if necessary.
- "Cup" non-dominant hand.
- Move/adjust feet to position oneself for catch.
- "Cushion" ball by relaxing chest/fingers.

## HEAD



Eyes on ball.

## HANDS



Dominant hand gripping hurley across body.

Grip shortened.

Non-dominant hand "cupped" to receive ball.

## FEET



Move/adjust forward, sideways or backwards to receive ball.

## VITAL



Move so that ball caught between hand and chest or in front of face, movement may be forward sideways or backwards. "Cushion" ball on chest or in hand. Ensure hurley held shorter and across body, not trailing on the ground.

# CATCH

## Practice Game

### Beat the Circle – Teams of 5

One team passing within the circle while opponents are running around in relay style around the circle. The number of catches executed while opponents run around the circle, determine the winners.





# DRIBBLING



- Adopt Ready Position.
- As in blocking ground ball, slide non-dominant hand down handle for better control when dribbling.
- Use both sides of bas, every second strike where possible, when dribbling.
- Have heel of hurley on ground at beginning of dribble.
- Heel of hurley not to be raised above shin level when dribbling.



Eyes on ball.  
Head over ball.



Adopt Ready position.  
Slide non-dominant hand down handle for control.

Use alternate sides of bas.

Keep heel of hurley below shin level.



Adjust feet constantly so as not to overstretch.  
Avoid temptation to use feet to control ball.



Keep ball within hurley length of body at all times.

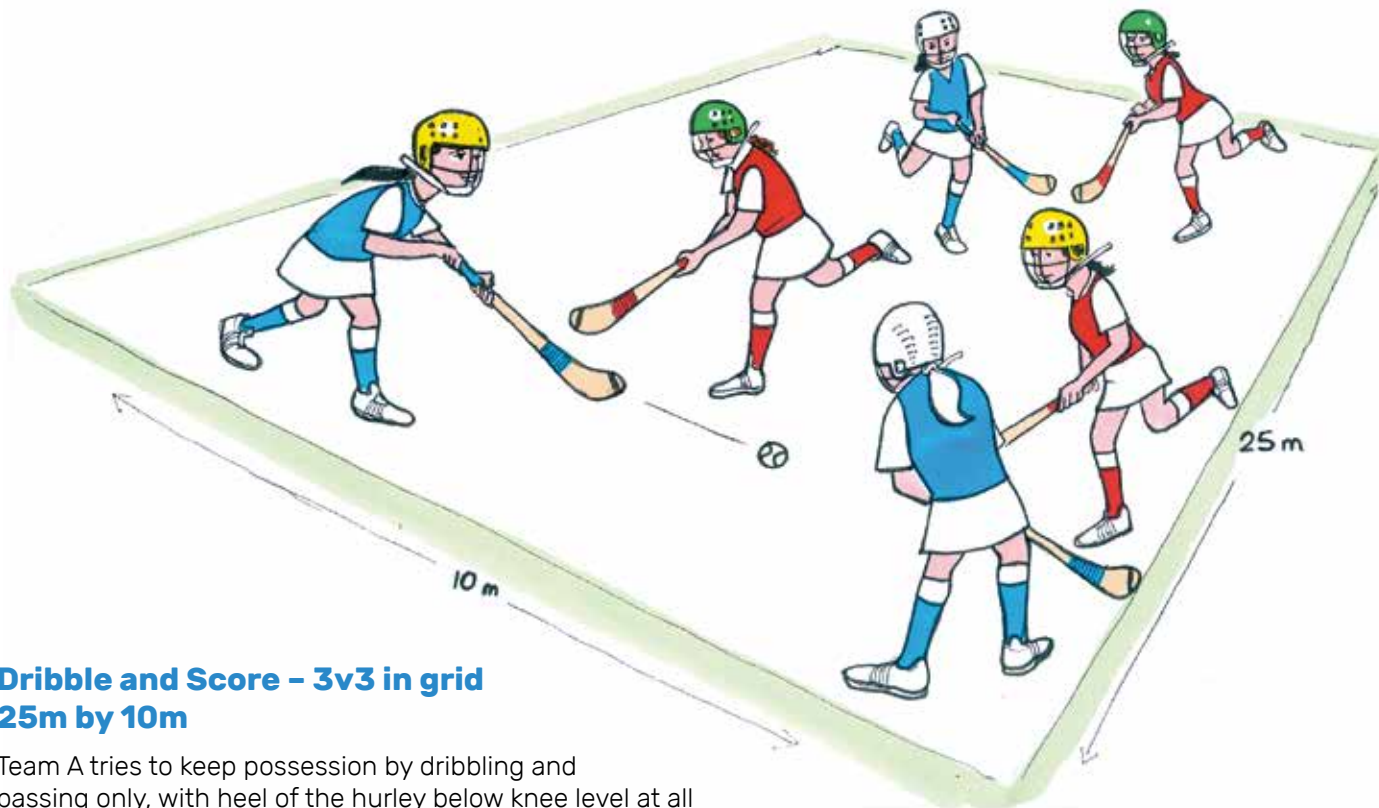
Emphasise close control.

Encourage use both sides of bas.

Avoid resorting to using feet to move ball on.

# DRIBBLING

## Practice Game



### **Dribble and Score – 3v3 in grid 25m by 10m**

Team A tries to keep possession by dribbling and passing only, with heel of the hurley below knee level at all times. To score team A or B must dribble ball over their opposite end line. Play for a set period of time.