

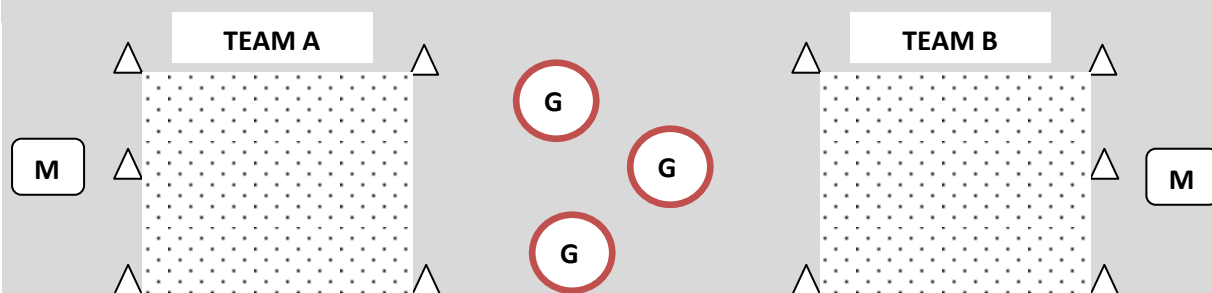
HURLING SKILLS

BASE NO: 1

BASE NAME: 'Past the Guard – Ground Strike'

OBJECTIVE: To practice the standing ground strike and the ground stop.

BASE SETUP:



BASE INSTRUCTIONS: Start the Base by demonstrating the standing ground strike and stop.

- Divide group into three – two teams, A and B and 2-3 guards (G)
- Each team, A and B has a sliothar per person and must stay inside their square
- Teams A and B ground strike the ball from within their square trying to get it past the guards and into the opposing teams square.
- Teams are also trying to ground stop the sliothars that come into their square and send them back.
- **Points are awarded to any team that can strike the ball through the opposing teams square and out the back.**
- Change the guards every 5 minutes or so.
- Mentors keep score.

VARIATIONS:

- Place targets (3 or 5 cones stacked) at the back of the squares. Award double points to any team that knocks down the targets.

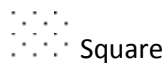
LEGEND:



Cone



Hoop



Square



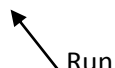
Mentor



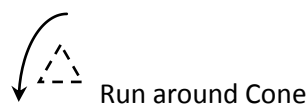
Sliothar



Pass



Run



Run around Cone