

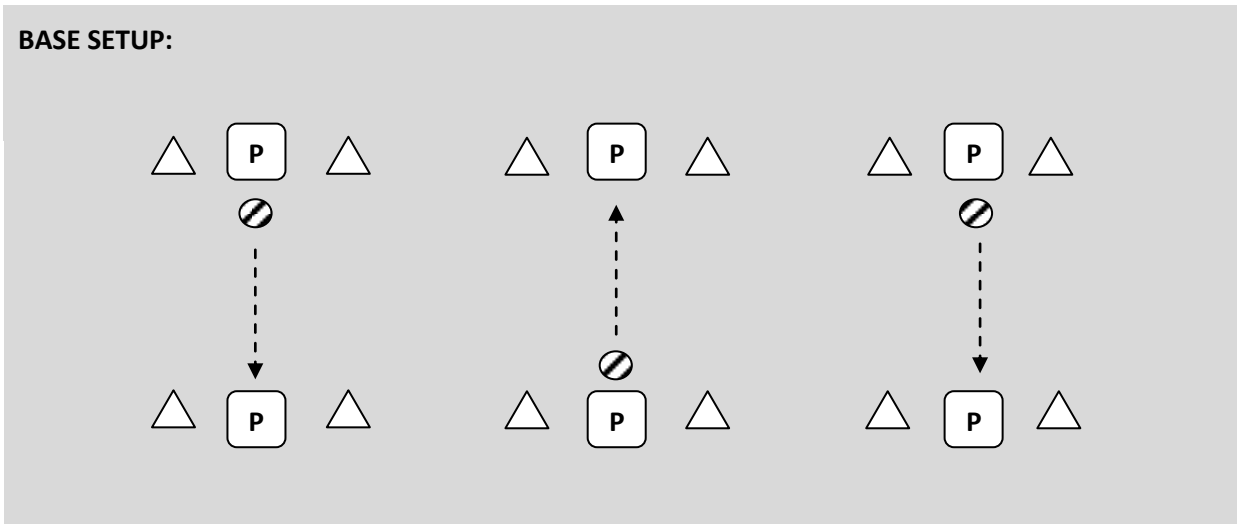
## HURLING SKILLS

BASE NO: 4

BASE NAME: 'Pairs – Ground Stop'

OBJECTIVE: To practice the ground stop.

BASE SETUP:



**BASE INSTRUCTIONS:** Start the base by demonstrating a ground stop with the hurley – place emphasis on stopping the ball if you are playing as a goalkeeper.

- Split the group into pairs.
- Each pair stands opposite each other in small goals laid out with cones as shown in the diagram above.
- Players take turns striking the sliothar at each other – the objective is to stop the other players strike before it passes through your cones.

**VARIATIONS:**

- Add a competitive element by counting the number of stops each player makes.

