

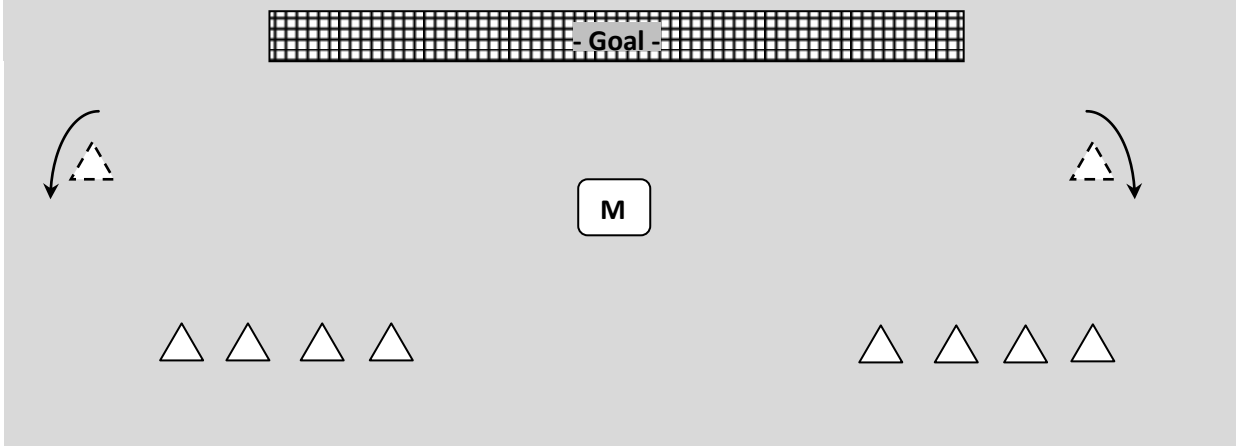
HURLING SKILLS

BASE NO: 6

BASE NAME: 'Dribble & Strike'

OBJECTIVE: Close control of the sliothar and pull on the move

BASE SETUP:



BASE INSTRUCTIONS: Split into groups of 4 or 5 maximum

- Place each group behind a starting cone
- Players should each have a sliothar
- Players should dribble through the cone slalom and then strike on goal.
- Retrieve your sliothar and return to the end of the line.

VARIATIONS:

- Switch groups from the left side to the right side and vice versa – encourage players to strike the ball from both sides of their body.

LEGEND:



Cone



Hoop



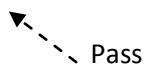
Square



Mentor



Sliothar



Pass



Run



Run
around Cone