

# BATTING A BALL OVERHEAD



Batting a Ball Overhead is used mostly by defenders and midfielders to prevent the sliotar from passing through and play it back in the direction that it came from.



Position the Hurley above the head; slide the non-dominant hand to meet the dominant hand at the top of the handle.

## KEY TEACHING POINTS



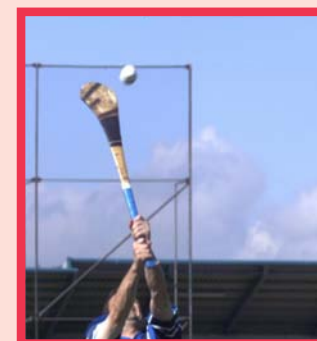
Both thumbs should be facing the bas of the Hurley; the toe should be facing away from the body on the dominant side.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



Keeping eyes on the sliotar, tilt the Hurley back as the sliotar approaches.



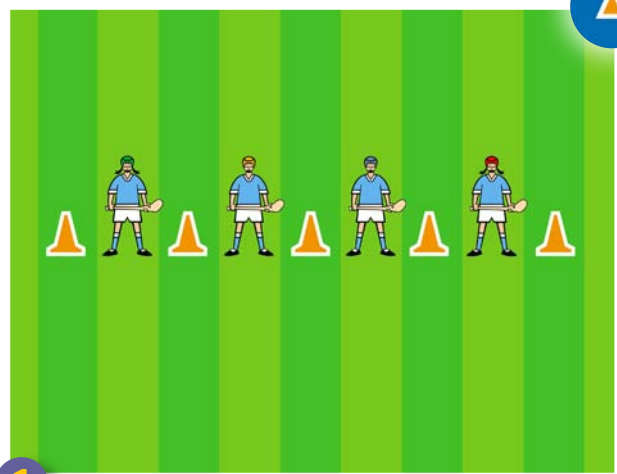
Swing the Hurley forward to bat the sliotar with the bas. If necessary, jump to meet the sliotar at its highest point.

## LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Holding the Hurley with the toe pointed inwards
- Attempting to bat the sliotar too far



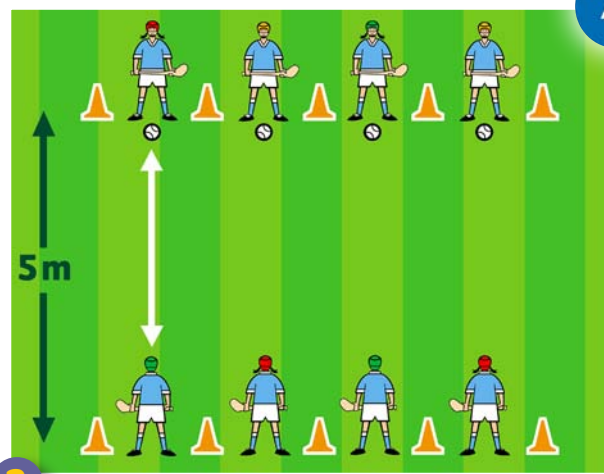
## BATTING A BALL OVERHEAD PRACTISE THE TECHNIQUE



1

### IMAGINARY BATTING

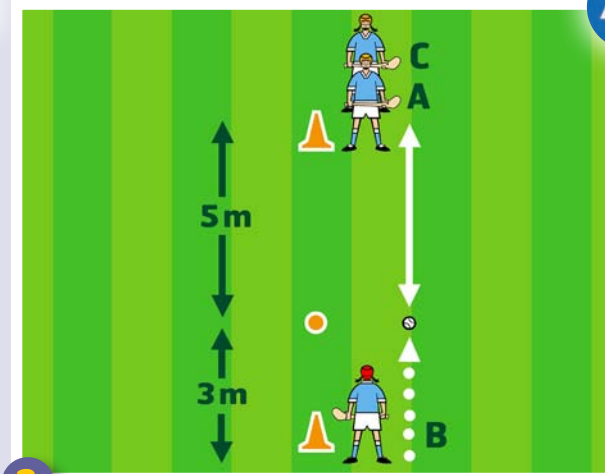
Players perform the bat on an imaginary sliotar.



2

### BATTING IN PAIRS

Players in pairs. Players throw the sliotar for their partner to bat it back.

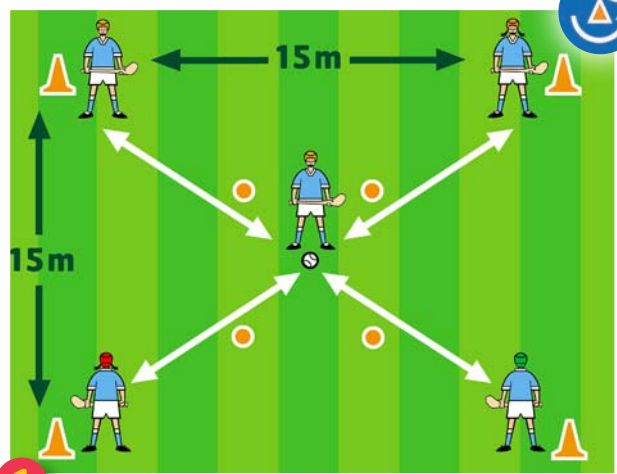


3

### ATTACK AND BAT

Player A throws the sliotar for Player B to attack and bat. Player C catches.

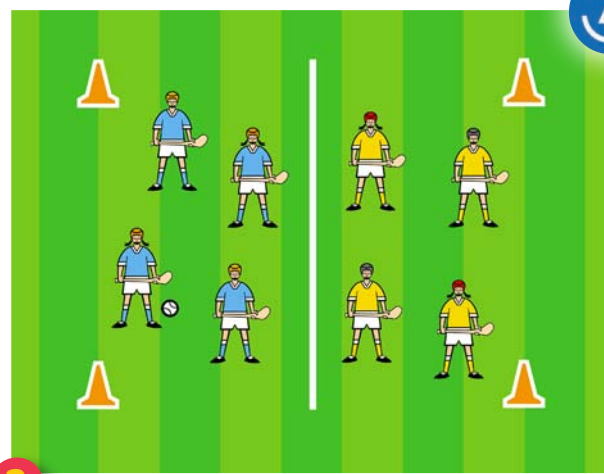
## BATTING A BALL OVERHEAD DEVELOP THE SKILL



1

### TARGET BAT

In rotation, perimeter players throw the sliotar for the central player to bat.



2

### BATTING VOLLEYBALL

Divide into two teams. Teams attempt to bat the sliotar into their opponents court. A score is awarded if the sliotar hits the ground.

### VARIATIONS

The STEP method is a simple way to vary an exercise, drill, activity or game.

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- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
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- E** alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

### DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine



# FRONTAL BLOCK

The Frontal Block, or Frontal Air Block, is a tackling technique used to block an opponent attempting to strike the sliotar from the hand, or double in the air.



As the opponent throws the sliotar up, bend into the tackle as if lunging. Reach forward sliding the non-dominant hand towards the dominant hand.

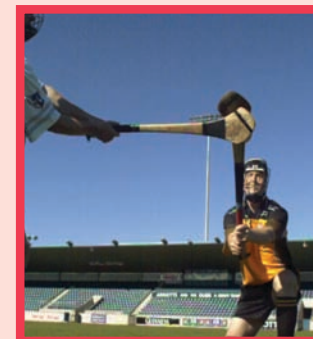
## KEY TEACHING POINTS

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Both thumbs face the bas of the Hurley; the toe of the bas faces away towards the dominant side.



As the opponent strikes, block down firmly on the sliotar and their Hurley.



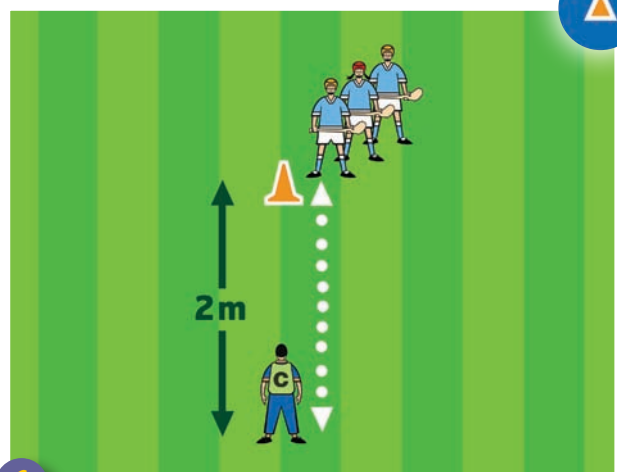
## LOOK OUT FOR THESE COMMON ERRORS

- Not stepping into the tackle
- Waiting for the opponents Hurley to strike the blocking Hurley
- Dropping the Hurley below the striking Hurley

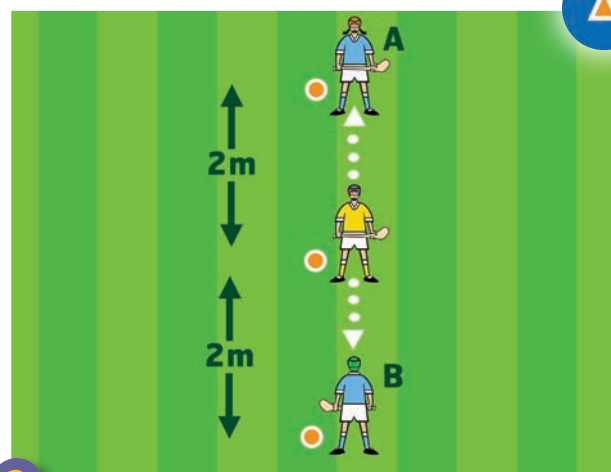
The block can be performed with one hand; stride forward with the dominant leg to increase reach.



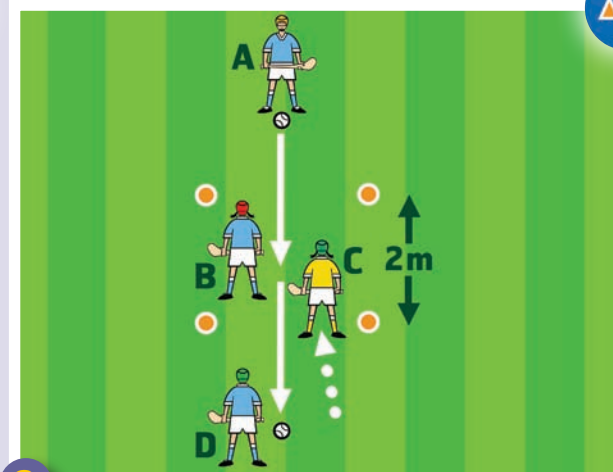
## FRONTAL BLOCK PRACTISE THE TECHNIQUE



**1 CONTACT BLOCK**  
Players line up and block the strike of the coach.

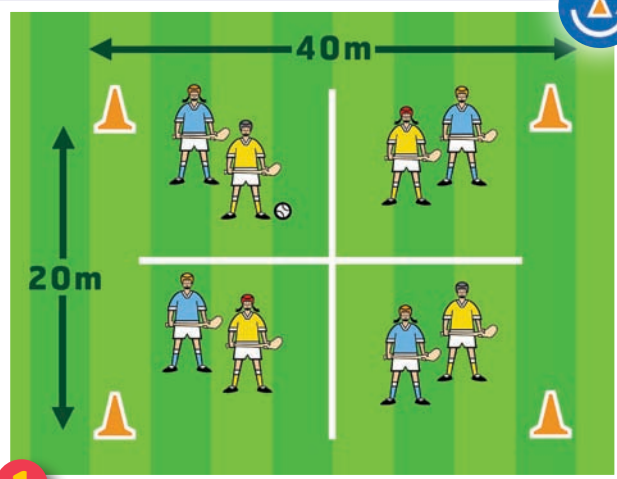


**2 TURN AND BLOCK**  
Blocking player turns to block each player in turn.

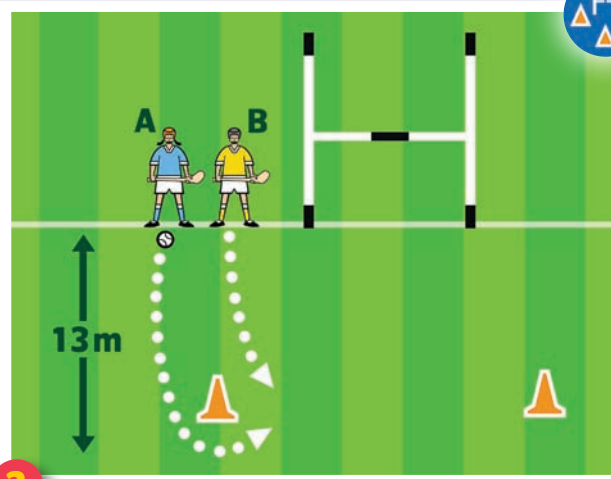


**3 HIT THE TARGET**  
Player A strikes to Player B. Player C attempts to block the strike to Player D.

## FRONTAL BLOCK DEVELOP THE SKILL



**1 GRID BLOCK**  
Players in pairs, one per part of the grid. Players attempt to keep possession by striking the sliotar to each other. Opponents attempt to block.



**2 CHASE AND BLOCK**  
Players in pairs. Player A moves around the cone and attempts to score. Player B attempts to block.

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine



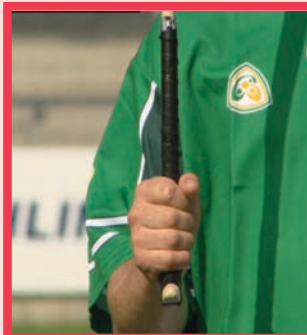
# GRIP AND SWING



These activities allow the coach to determine whether the Hurley is the correct size and weight for the player.



## KEY TEACHING POINTS



The stronger or dominant hand grips the Hurley at the top of the handle.



The Ready Position: Feet shoulder width apart. Dominant hand at the top of the handle, non-dominant down the handle.



The Lock Position: Slide the non-dominant hand up the handle to lock with the dominant hand.



The lifting position: toe of the Hurley facing away from the body on the dominant side. Bend the knees and hips; thumbs facing the base of the Hurley.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
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## LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the non-dominant hand on top
- Holding the Hurley with the toe facing inwards
- Not locking the hands

## GRIP AND SWING PRACTISE THE TECHNIQUE



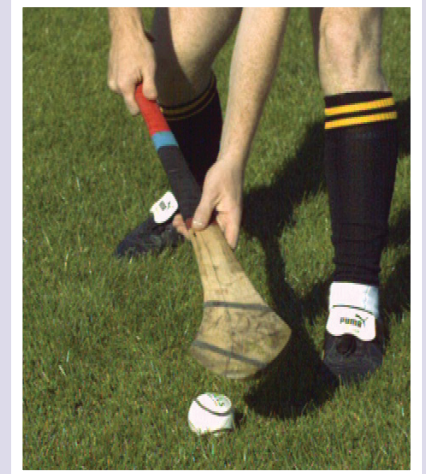
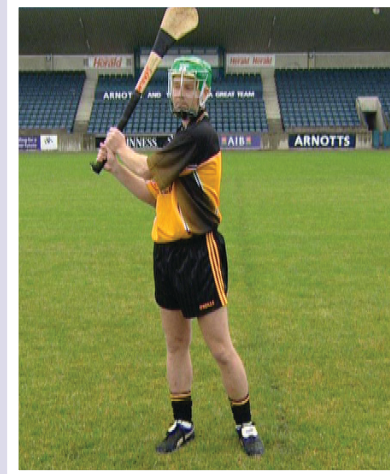
1

Holding the Hurley in the dominant hand wave it up and down.



2

Move between each position repeatedly.



## GRIP AND SWING DEVELOP THE SKILL



1

Hold the Hurley in both hands. Swing the Hurley in a circular motion above the head.



2

Hop the ball on either side of the base of the Hurley alternately.

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# GROUND STRIKE

Striking the ball on the ground is one of the most important techniques in Hurling. It is important that players are encouraged to strike from the dominant and non-dominant side from an early age.



## KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

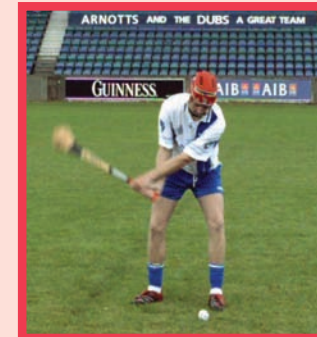
- I** NTRODUCE the skill
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Adopt the Ready Position. Feet shoulder width apart.



Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.



Swing the Hurley down. Strike the sliotar flat on with the bas.



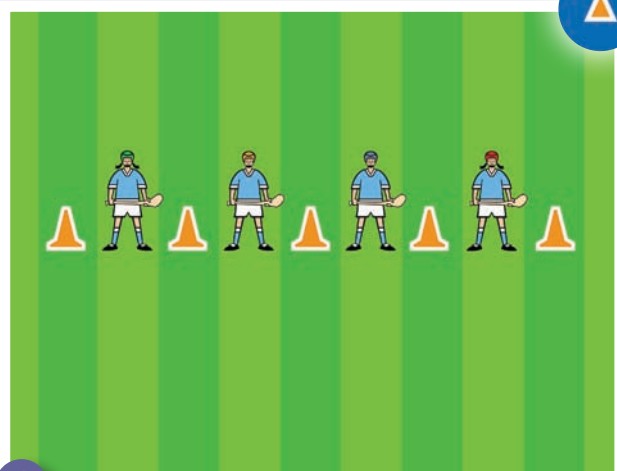
Keep the head down. Follow through in the direction of the strike.

## LOOK OUT FOR THESE COMMON ERRORS

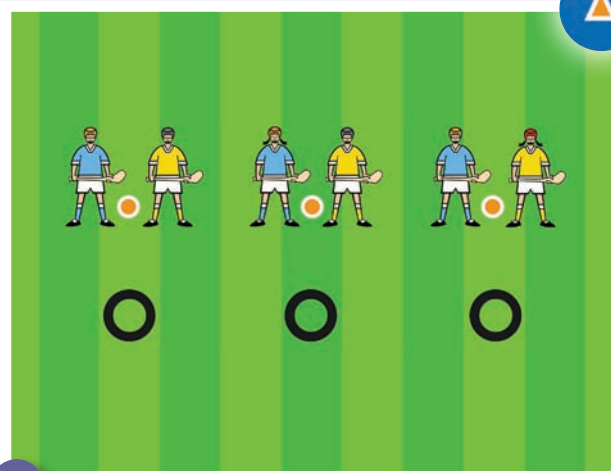
- Feet too close together
- Not standing close enough to the sliotar
- Lifting the head to follow the sliotar



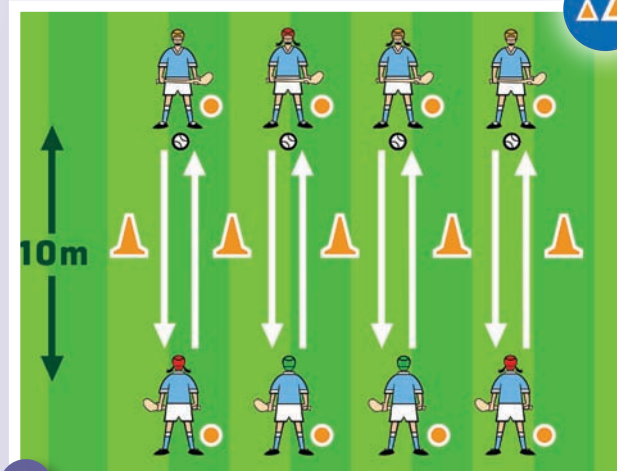
## GROUND STRIKE PRACTISE THE TECHNIQUE



**1 IMAGINARY STRIKING**  
Players strike an imaginary sliotar in front of them.

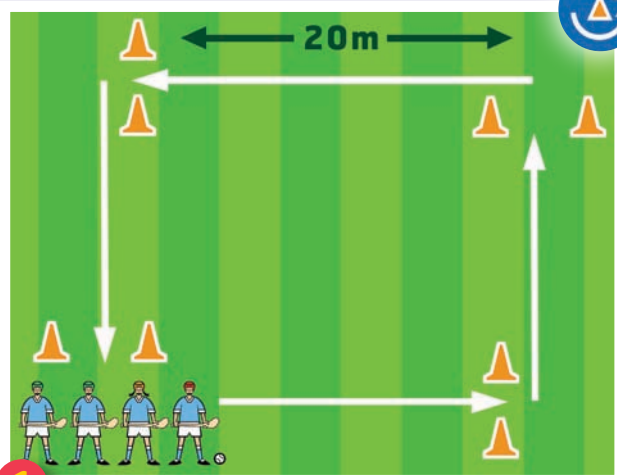


**2 TYRE STRIKE**  
Players in pairs, one tyre per pair. Each player in turn strikes the tyre.

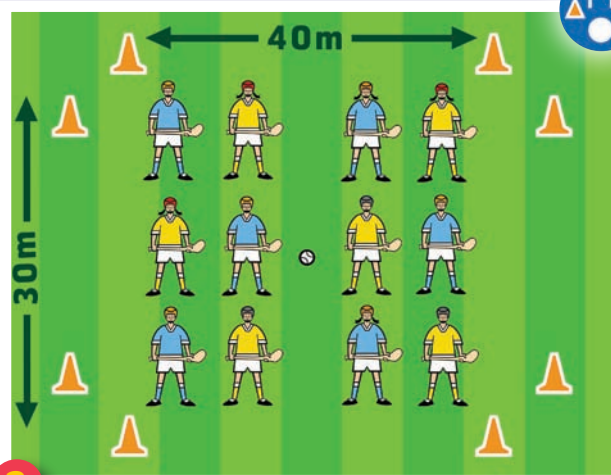


**3 STRIKING IN PAIRS: ACCURACY**  
Players in pairs, one sliotar per pair. Players strike the sliotar through the goal to their partner.

## GROUND STRIKE DEVELOP THE SKILL



**1 GOLF GOALS**  
Mark out a course. Players to strike in turn through the goals and around the course.



**2 FOUR GOAL GAME**  
Place 4 goals – 1 in each corner of the pitch. Teams attack and defend two sets of the goals.

### VARIATIONS

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### DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game

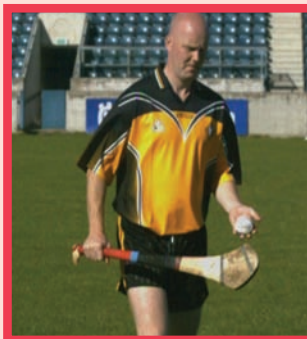


Game Play Routine

# HAND PASS



The Hand Pass is used to pass the sliotar over shorter distances by striking it with the palm and fingers of the hand.



Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.

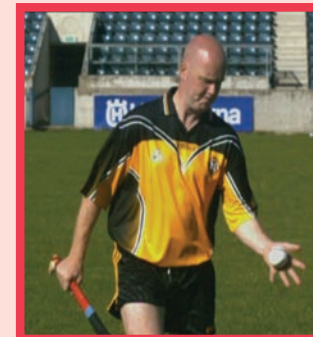
## KEY TEACHING POINTS

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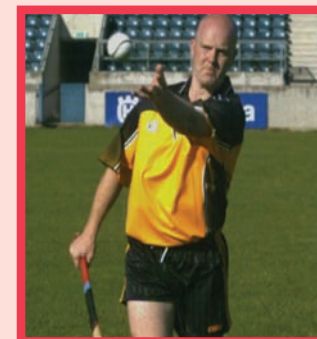
- I** NTRODUCE the skill
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Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.



Swing back the non-dominant arm; strike the sliotar in the direction of the receiver. Point of impact is where fingers meet palm of the hand.



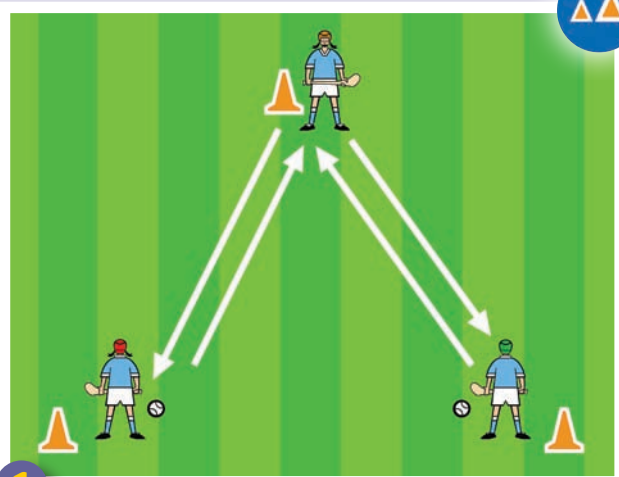
Follow through to pass the sliotar to the receiver.

## LOOK OUT FOR THESE COMMON ERRORS

- Tossing the sliotar too high
- Swinging the non-dominant hand back too far
- Striking the sliotar with the palm of the hand



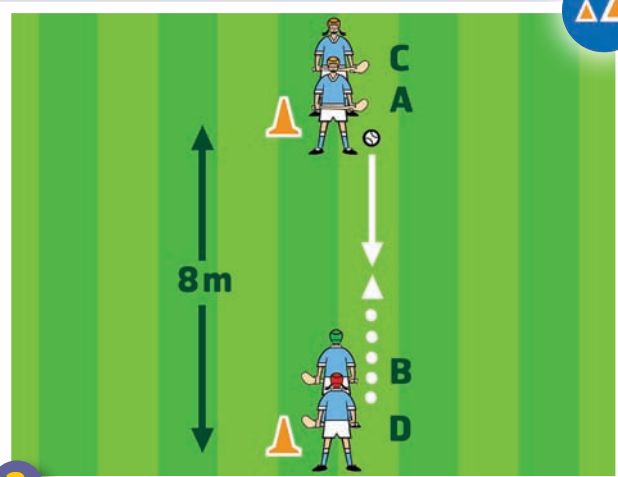
## HAND PASS PRACTISE THE TECHNIQUE



1

### PRESSURE PASS

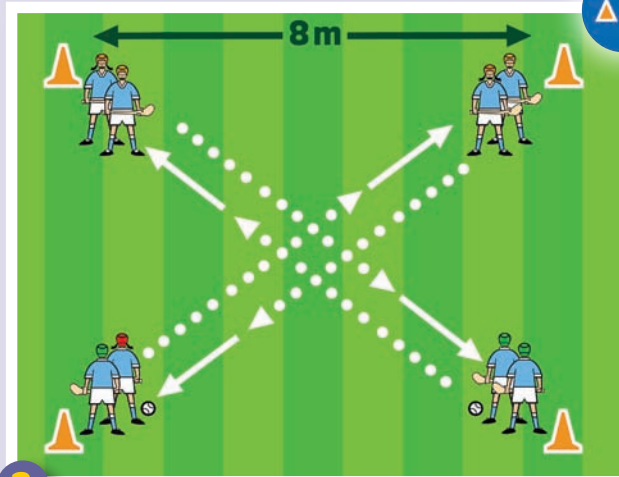
Players in groups of 3, 2 sliotars per group. Players hand pass the sliotar to central player in turn.



2

### MOVE AND PASS II

Players jog forward and hand pass to players coming from opposite direction.

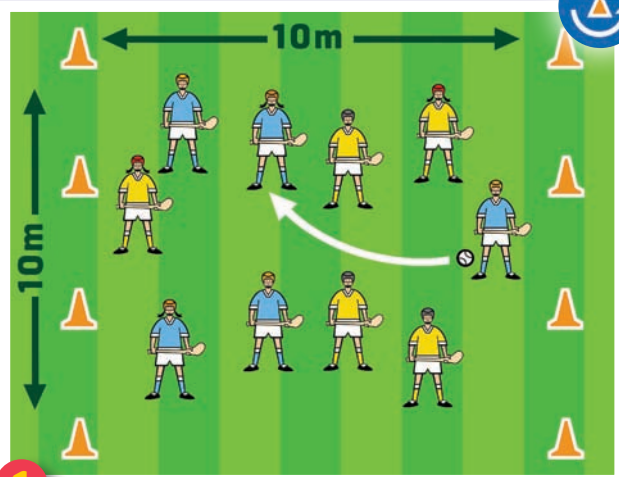


3

### CROSS RUNNING HAND PASS

Players hand pass the sliotar to players from the group opposite.

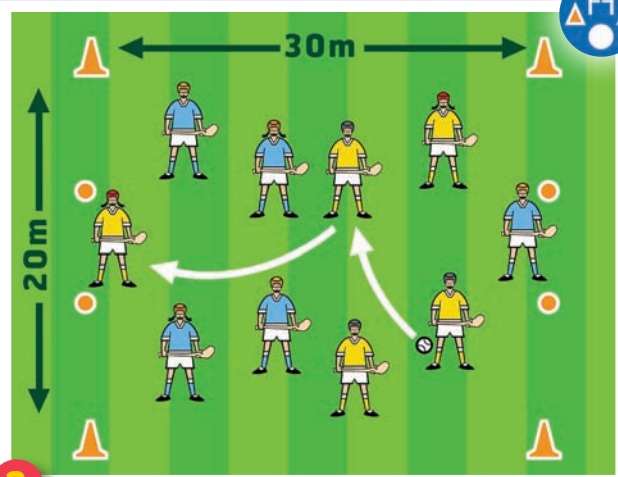
## HAND PASS DEVELOP THE SKILL



1

### POSSESSION HAND PASS

Players in two teams. Teams attempt to keep possession using the hand pass.



2

### CAPTAIN BALL

One player from each team acts as goal receiver. To score players must hand pass the sliotar for receiver to catch.

## VARIATIONS

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine



# HOOK

The Hook is a tackling technique used to prevent an opponent from striking the ball on the ground or from the hand. It involves hooking or deflecting the swing of the Hurley from behind the opponent.



Hold the Hurley in the dominant hand. Extend the arm while striding forward.

## KEY TEACHING POINTS

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use the **IDEA** method

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Extend the Hurley into the path of an opponents swing. The Hurley may be held with the toe pointing upwards or flat.



Flick the wrist as the opponents Hurley is deflected.



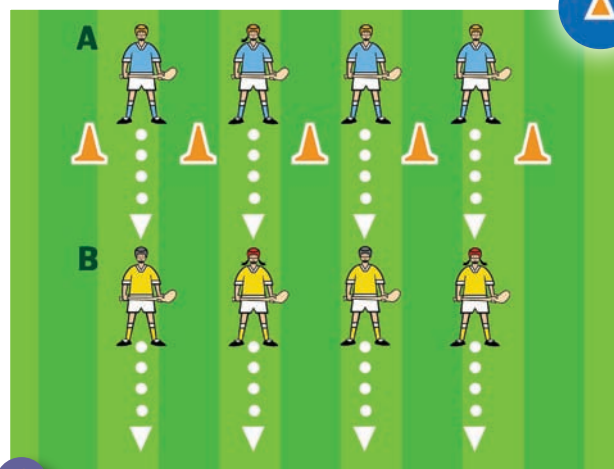
Move in quickly to gain possession.

## LOOK OUT FOR THESE COMMON ERRORS

- Attempting the hook from the front
- Not striding into the tackle and extending the arm
- Not following up on the sliotar after completing the hook



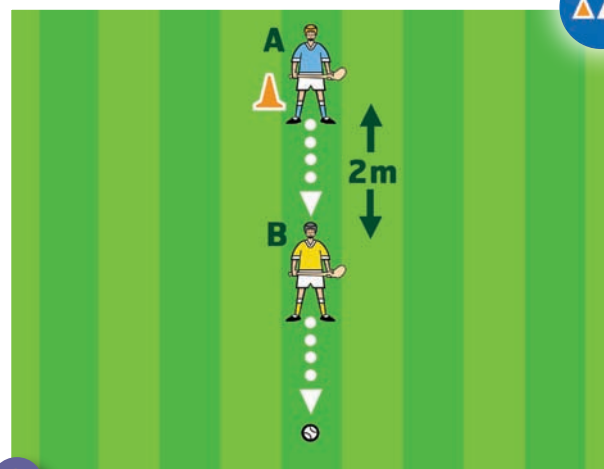
## HOOK PRACTISE THE TECHNIQUE



1

### SWING AND HOOK

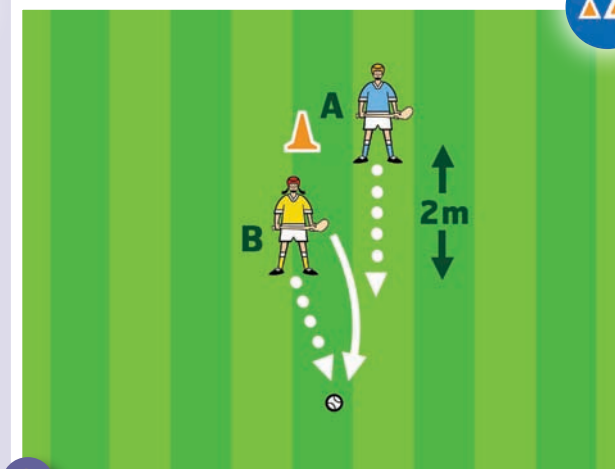
Player B strikes an imaginary sliotar while Player A attempts to hook.



2

### CHASE AND HOOK I

Player B attempts to strike the sliotar; Player A hooks.

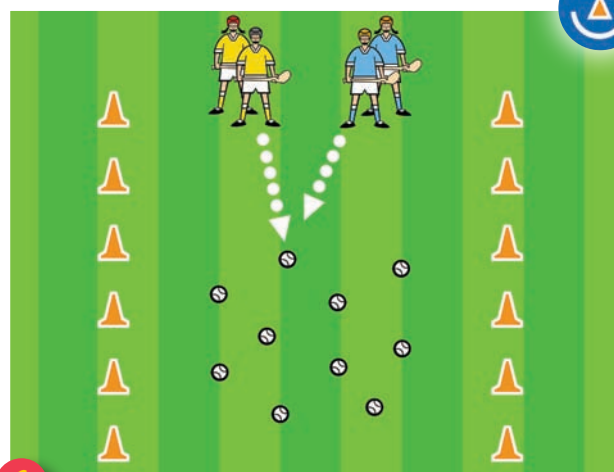


3

### CHASE AND HOOK II

Player B throws the ball randomly and attempts to strike on the ground; Player A hooks.

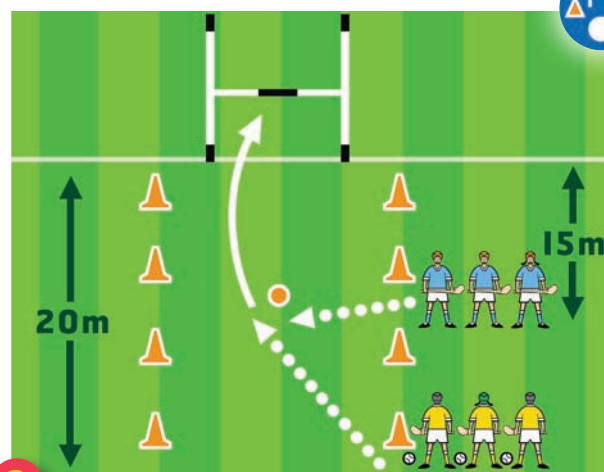
## HOOK DEVELOP THE SKILL



1

### A RACE AGAINST TIME

Scatter sliotars around playing area. In pairs, one player attempts to strike each sliotar; partner attempts to hook.



2

### ONE ON ONE

Attacking players attempt to dribble towards goal and score. Defending players chase and attempt to hook.

## VARIATIONS

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Advanced Drill



Fun Game



Modified Game



Game Play Routine



# JAB LIFT

The Jab Lift is used to raise the sliotar from the ground into the hand. Normally used when the player is on the run. Can also be used to raise the sliotar to strike without taking into the hand.



Adopt the Lifting Position. Eyes on the sliotar.

## KEY TEACHING POINTS



Toe of the Hurley pointing away from the body on the dominant side. Thumbs pointing towards bas.



Slide the Hurley under the sliotar to lift it.



Release the non-dominant hand into a cupped position to catch the sliotar.

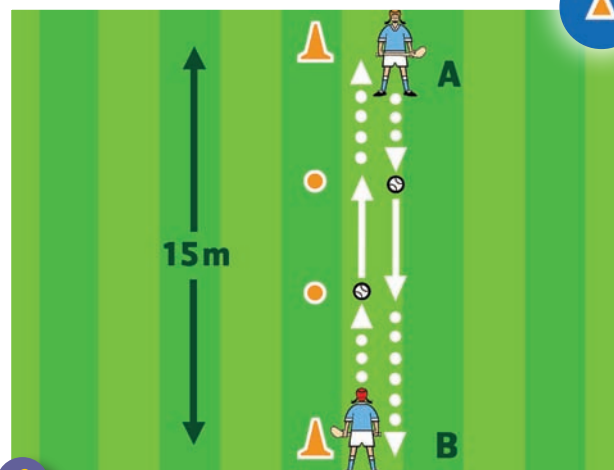
## LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle
- Catching the sliotar in the dominant hand

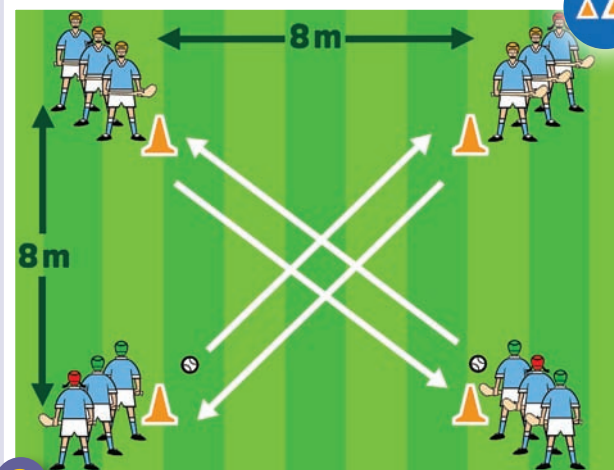




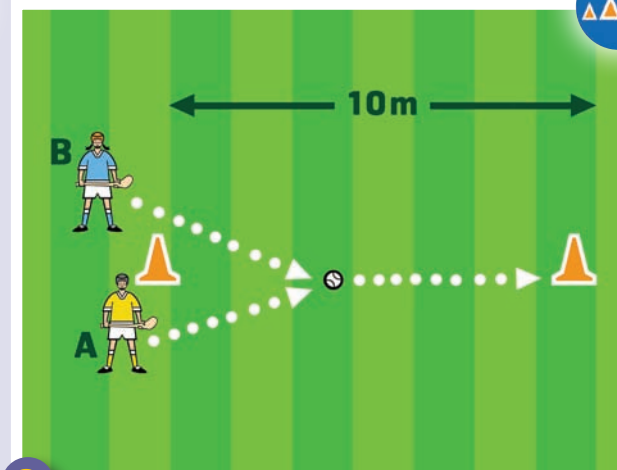
## JAB LIFT PRACTISE THE TECHNIQUE



- 1 MOVE AND JAB LIFT**  
Players jab lift at one cone and drop at the next.

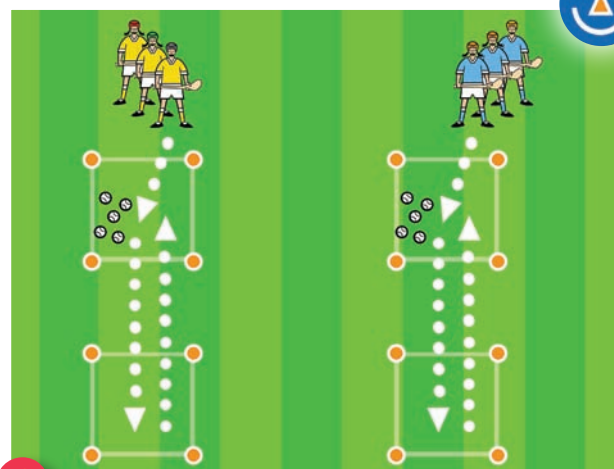


- 2 CROSS RUNNING JAB LIFT**  
Players jab lift the slotar and drop for the group opposite.

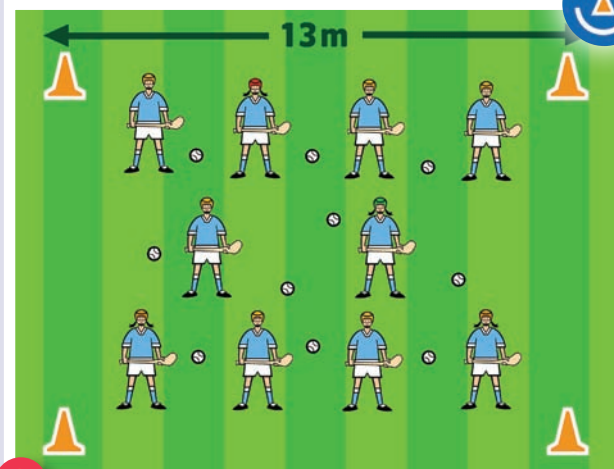


- 3 JAB LIFT WITH OPPOSITION**  
Player A runs forward to jab lift the slotar. Player B provides opposition.

## JAB LIFT DEVELOP THE SKILL



- 1 GRID SWAP**  
Mark out two grids. Players must transfer slotars from one grid to next using jab lift.



- 2 MUSICAL CHAIRS**  
Scatter slotars throughout grid. On a signal players must Jab Lift the nearest slotar.

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Advanced Drill



Fun Game



Modified Game



Game Play Routine

# OVERHEAD CATCH

The Overhead Catch is used to gain possession when the sliotar is approaching above head height. Requires excellent hand eye coordination.



Move towards the sliotar. Eyes on the sliotar.

## KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

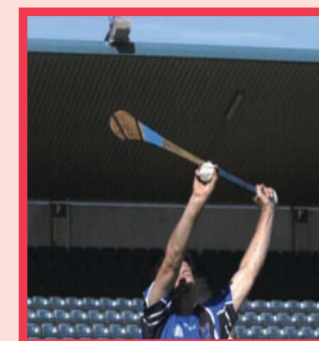
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Release the non-dominant hand and extend it above the head.



Raise the Hurley above the head to protect the catching hand.



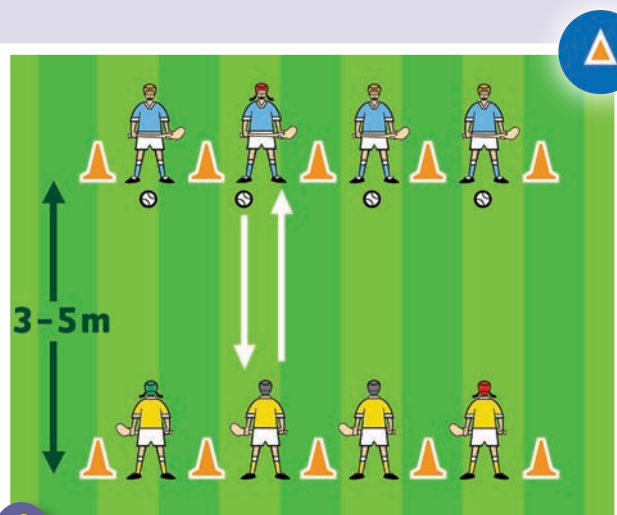
Relax the hand on impact, catching the sliotar with the fingers.

## LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Grabbing at the sliotar
- Failing to protect the catching hand



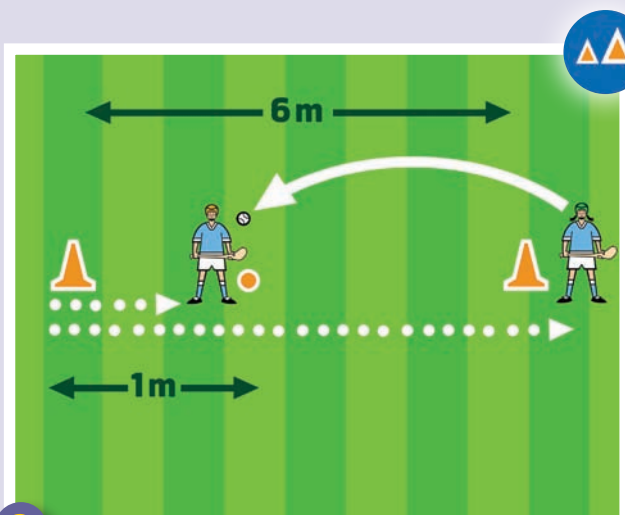
## OVERHEAD CATCH PRACTISE THE TECHNIQUE



1

### PARTNER CATCH

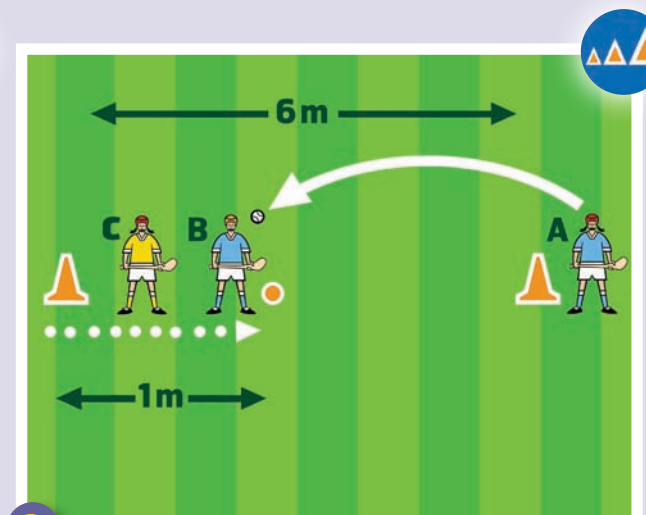
Players in pairs. Each player throws the sliotar for their partner to catch overhead.



2

### MOVE AND CATCH

Players in pairs. Player A throws the sliotar for Player B to catch.

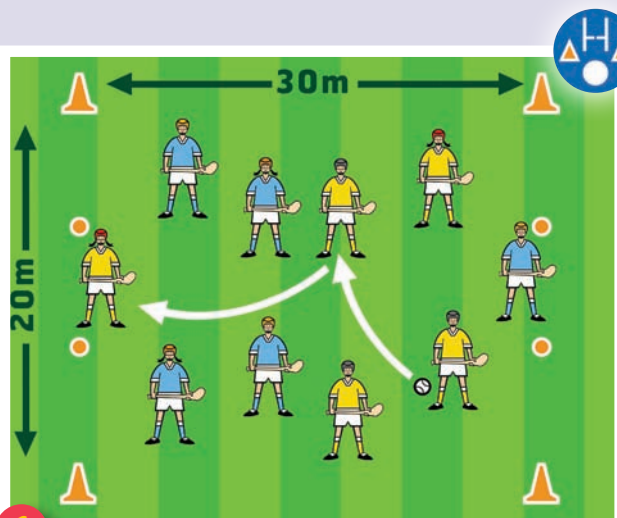


3

### OPPOSED CATCH

Player A throws the sliotar for Player B to catch. Player C provides opposition.

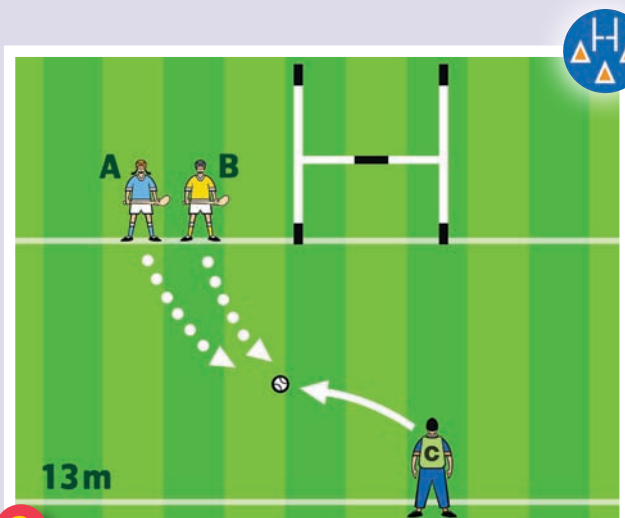
## OVERHEAD CATCH DEVELOP THE SKILL



1

### CAPTAIN BALL

One player from each team acts as goal receiver. To score players must throw for receiver to catch overhead.



2

### ONE ON ONE

Players in pairs. Coach throws the sliotar for Player A to catch and attempt to score. Player B provides opposition.

## VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

**S**pace **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

## DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine



# ROLL LIFT

The Roll Lift is used to raise the sliotar from the ground into the hand. Generally used when the player is stationary. Can also be used to raise the sliotar to strike without taking the sliotar into the hand.



Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.

## KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

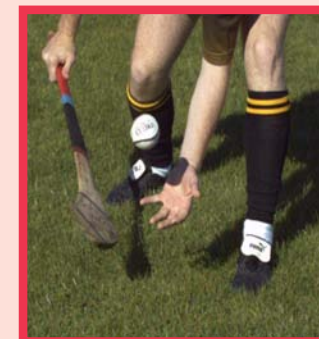
- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



Toe of the Hurley should be pointed away from the body. Thumbs point towards the bas.



Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.



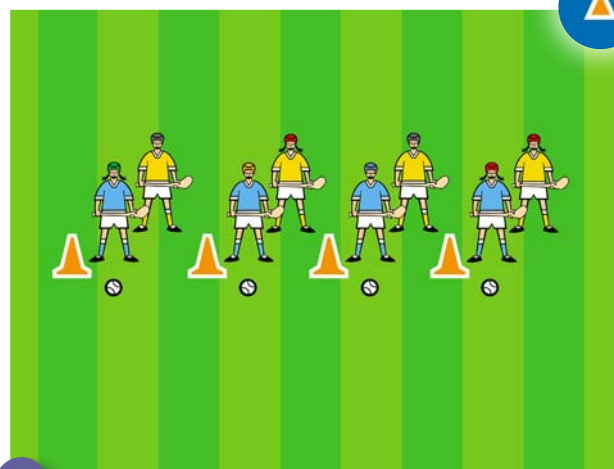
Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

## LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle



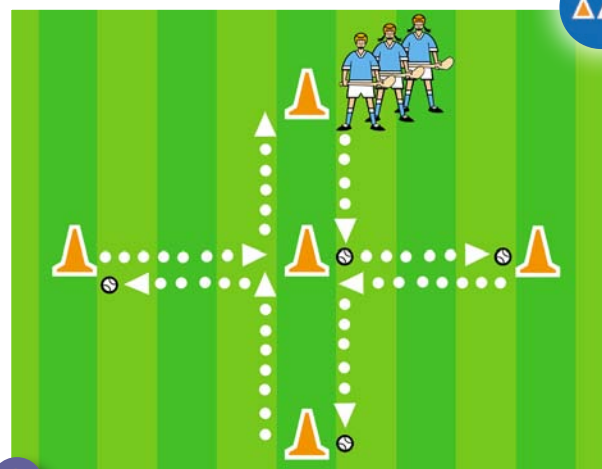
## ROLL LIFT PRACTISE THE TECHNIQUE



1

### STATIONARY ROLL LIFT

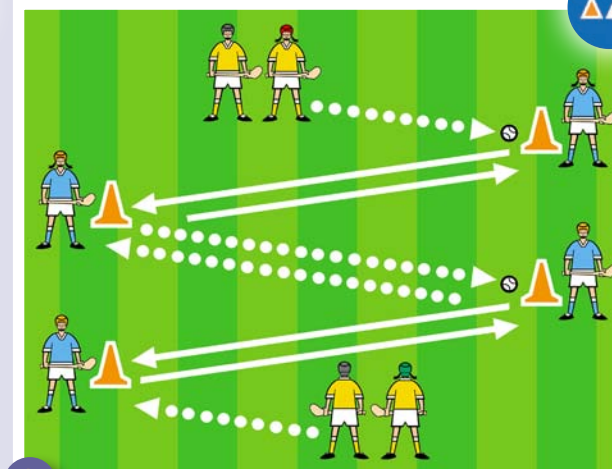
Players in pairs. Each player roll lifts the ball for 1 minute.



2

### AGILITY ROLL LIFT

Players must roll lift the sliotar at each cone in turn.

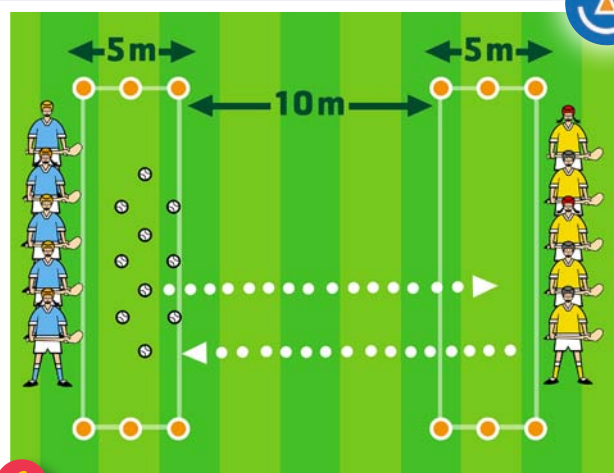


3

### ZIG ZAG ROLL LIFT

Players must roll lift the sliotar and change direction placing the sliotar at the next cone.

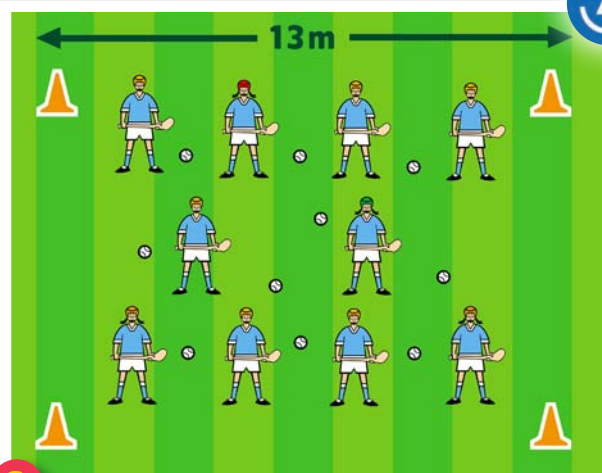
## ROLL LIFT DEVELOP THE SKILL



1

### GRID SWAP

Mark out two grids. Players must transfer sliotars from one grid to next using roll lift.



2

### MUSICAL CHAIRS

Scatter sliotars throughout grid. On a signal players must roll lift the nearest sliotar.

## VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

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Modified Game



Game Play Routine



# SOLO RUN



The Solo Run is used to carry the sliotar to a better position, or to get away from an opponent. The sliotar may be carried balanced on the Hurley, or hopping on the Hurley.



Point the Hurley forward, with the bas flat and the toe pointing away from body on the dominant side.

## KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



Toss the sliotar onto the bas of the Hurley. Place non-dominant hand along the handle for balance.



Move forward balancing or hopping the sliotar.



To help control the Hurley, use a shortened grip.

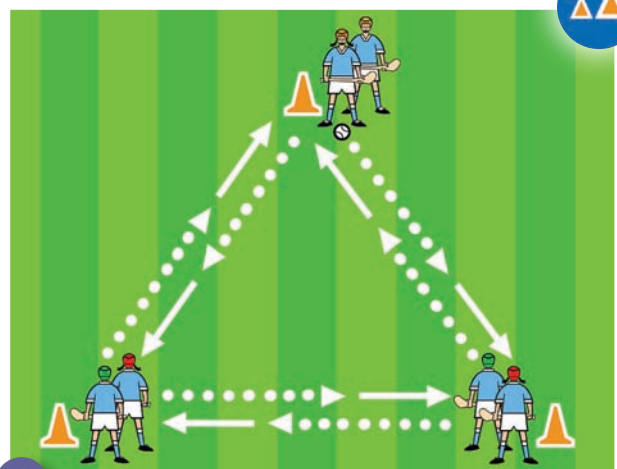
## LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at full length





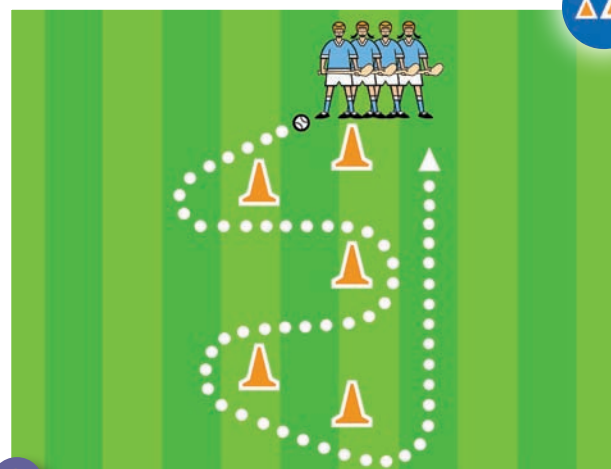
## SOLO RUN PRACTISE THE TECHNIQUE



1

### SOLO AND PASS

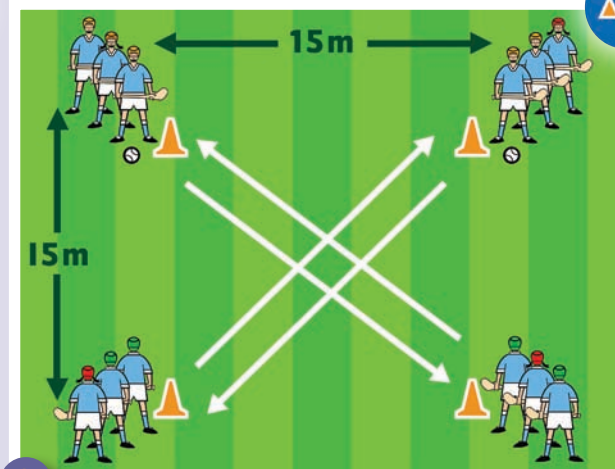
Players solo and hand pass either from the hand or off the Hurley.



2

### ZIG ZAG SOLO

Players solo around the cones and hand pass to the next player.

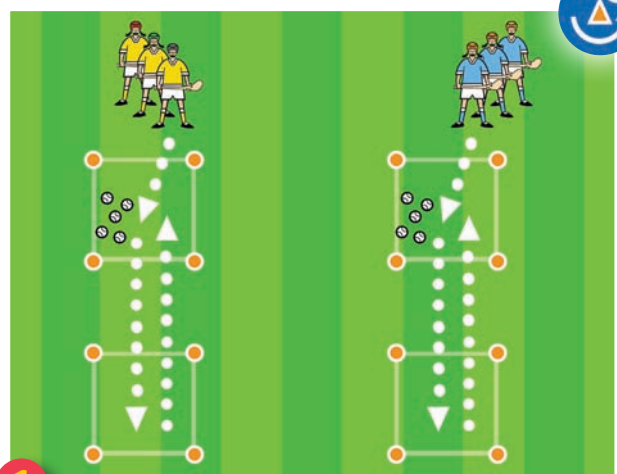


3

### THROUGH THE MIDDLE

Players solo through the middle and hand pass the sliotar to players from the group opposite.

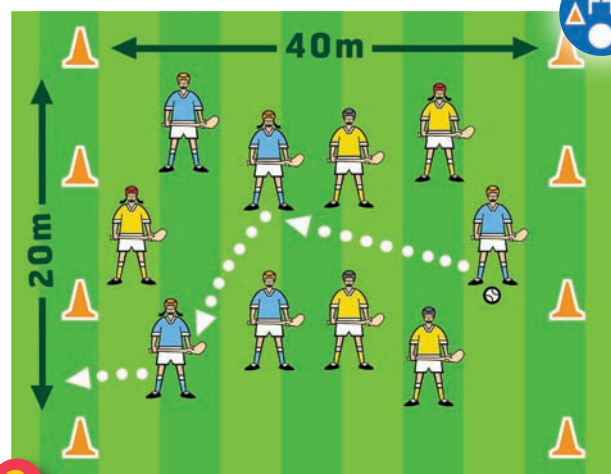
## SOLO RUN DEVELOP THE SKILL



1

### GRID SWAP

Mark out two grids. Players to transfer sliotars from one grid to next using the solo run.



2

### ON THE RUN

Divide into 2 teams. Teams score by soloing the sliotar over their opponents endline.

## VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

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Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine

# STRIKING FROM THE HAND

Striking from the Hand is the most common method of passing the sliotar or shooting for a score in Hurling. It is important that players are taught to strike from the dominant and non-dominant side from an early age.

## KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



Toss the sliotar from the cupped hand to shoulder height. Keep eyes on the sliotar.



Slide the non-dominant hand into the Lock Position, bending the elbows to raise the Hurley.



Step forward with the lead foot and swing the Hurley downward. Strike the sliotar at knee height.



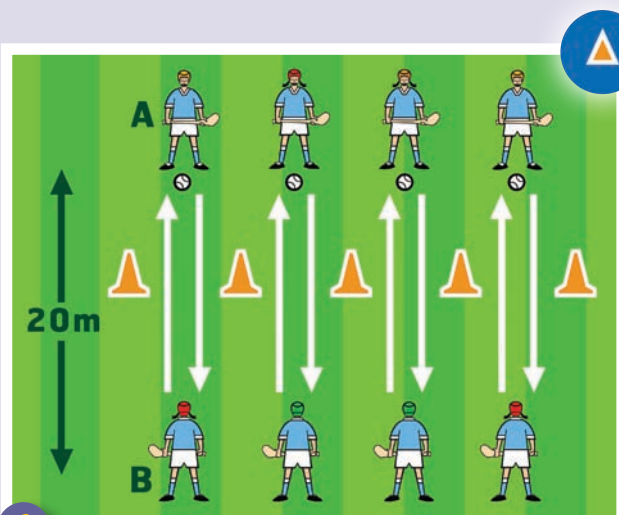
Transfer the body weight to the non-dominant leg as the swing is completed.

## LOOK OUT FOR THESE COMMON ERRORS

- Missing the ball completely
- Placing the non-dominant hand above the dominant hand on the Hurley
- Tossing the sliotar too high or too far in front



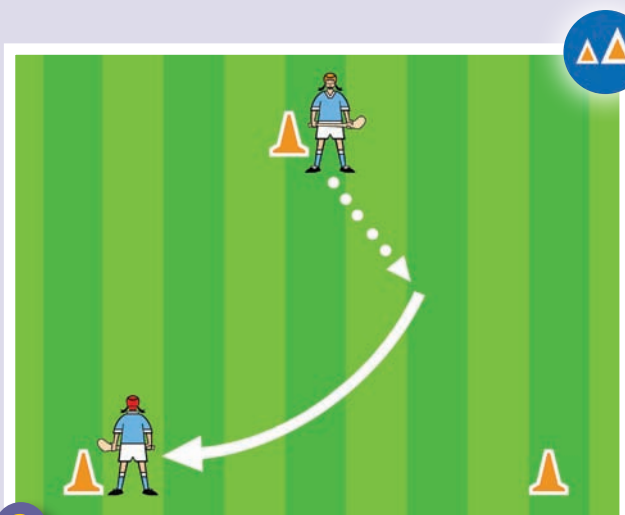
## STRIKING FROM THE HAND PRACTISE THE TECHNIQUE



1

### STRIKING IN PAIRS: ACCURACY

Players in pairs. Strike the sliotar through the gate. Strike off dominant and non-dominant sides.



2

### STRIKE AND MOVE

Strike on the run to stationary partner.

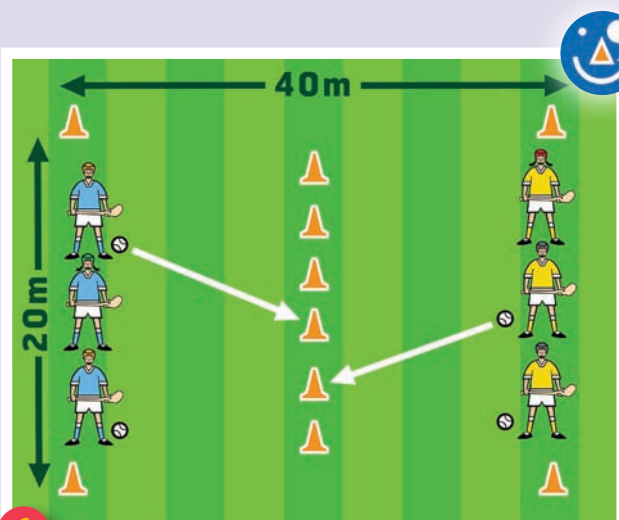


3

### STRIKE AND SCORE

Players run through gate and shoot for a score.

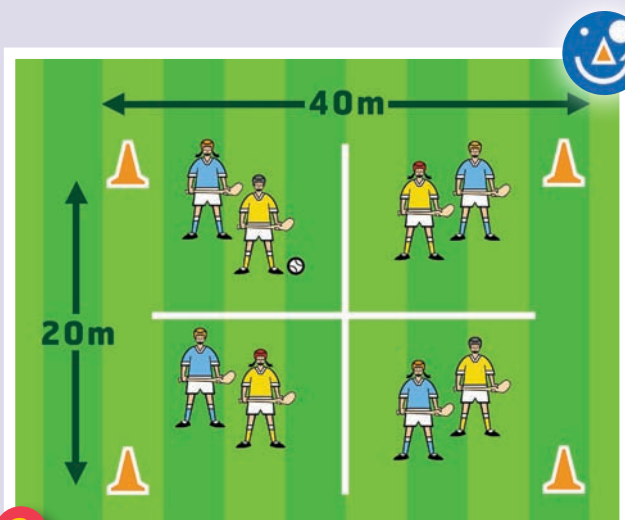
## STRIKING FROM THE HAND DEVELOP THE SKILL



1

### HIT THE CONES

Players strike the sliotar to attempt to knock over the targets.



2

### KEEP BALL

Players in pairs, one per part of the grid. Players attempt to keep possession by striking the sliotar to each other.

## VARIATIONS

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