

DRIBBLE

Dribbling is a Hurling technique used to move the sliotar along the ground in order to avoid opponents or to place the ball in a better position for striking. It may be performed with one hand on the Hurley but using two hands will provide more control.



Bend the hips and knees, place the heel of the Hurley on the ground.

KEY TEACHING POINTS



Non-dominant hand, placed down the handle of the Hurley.



Use alternate sides of the bas on every second stroke



Progress to one hand.

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

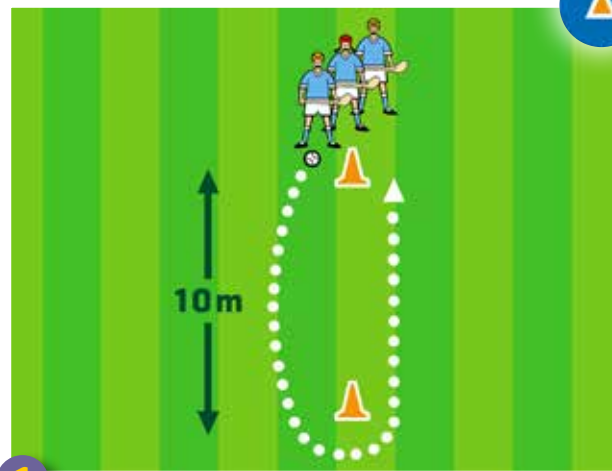
- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

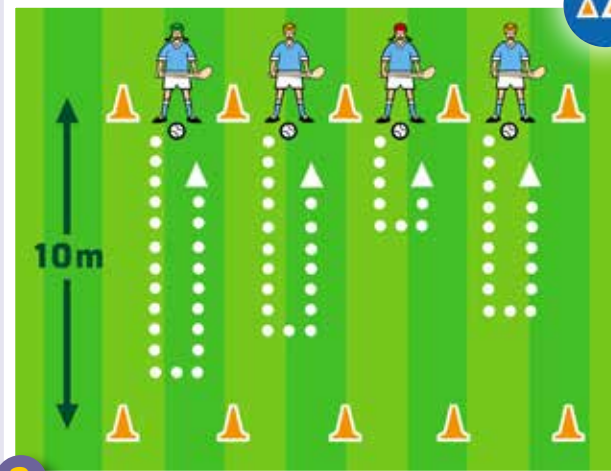
- Locking the Hands
- The bas of the Hurley striking over the top of the sliotar
- Pushing the sliotar too far in front



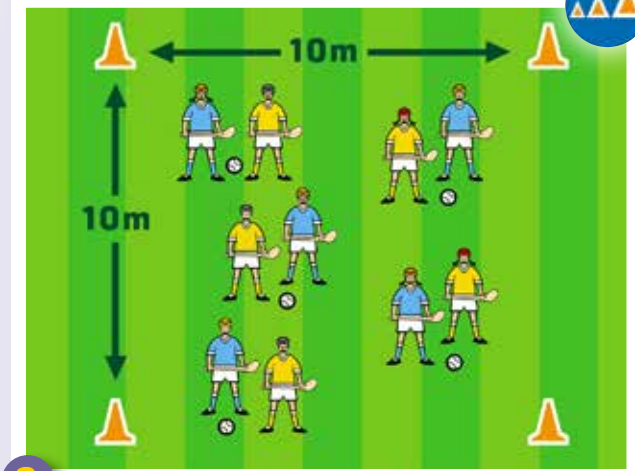
DRIBBLE PRACTISE THE TECHNIQUE



1 OUT AND BACK
Dribble out to the far cone and back in turn.

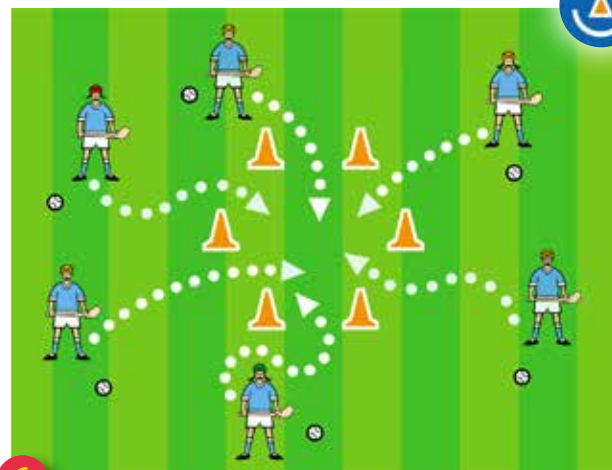


2 SIGNAL AND TURN 1
Change direction when signalled by the coach.

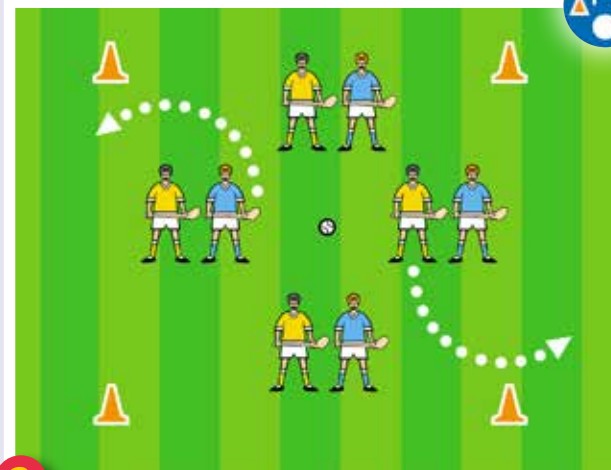


3 OPPOSITION TUSSEL
1 player dribbles, 1 player tries to flick the ball.

DRIBBLE DEVELOP THE SKILL



1 FILL THE CIRCLE
Players dribble ball into the circle as fast as possible.



2 DRIBBLE AND SCORE
Dribble and pass using the ground strike
Dribble ball over the line to score.

VARIATIONS

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

Space **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