

# 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



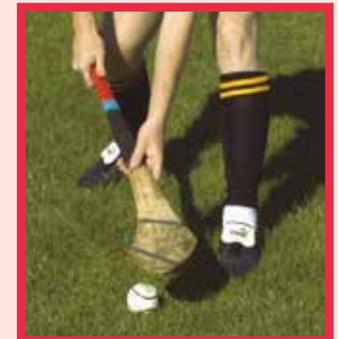
The stronger or dominant hand grips the Hurley at the top of the handle.



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

## 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

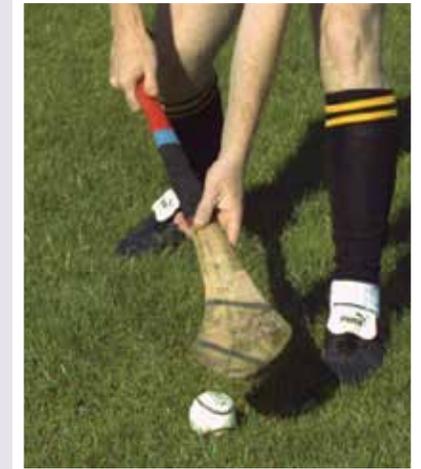
## GRIP AND SWING PRACTISE THE TECHNIQUE



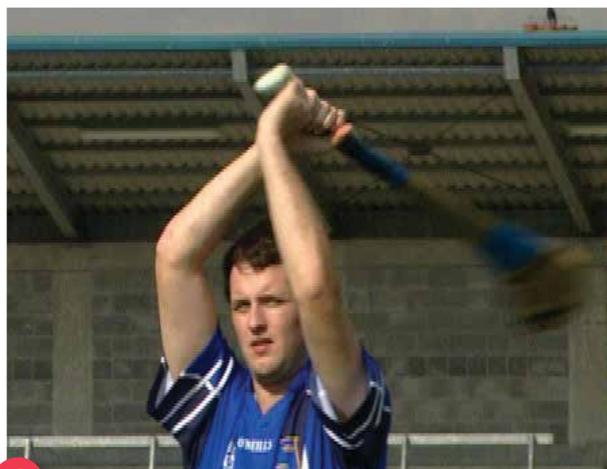
**1** Holding the Hurley in the dominant hand wave it up and down.



**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 bas of the Hurley alternately.

### VARIATIONS

The STEP method is a simple way to vary an 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.