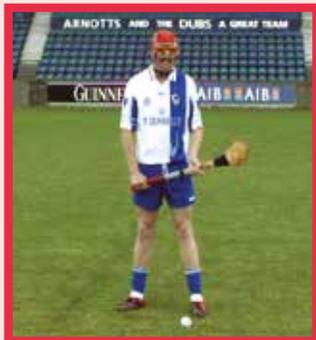


# GROUND STRIKE

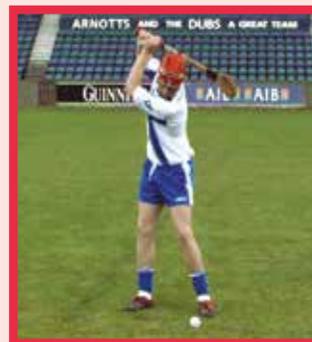
Striking the ball on the ground is one of the most important techniques in Hurling. It is important that players are encouraged to strike from the dominant and non-dominant side from an early age.



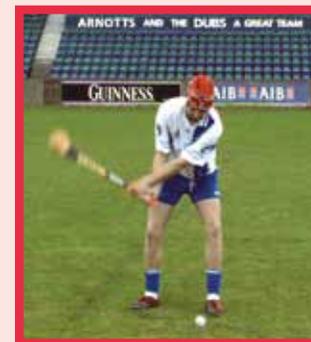
## KEY TEACHING POINTS



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.

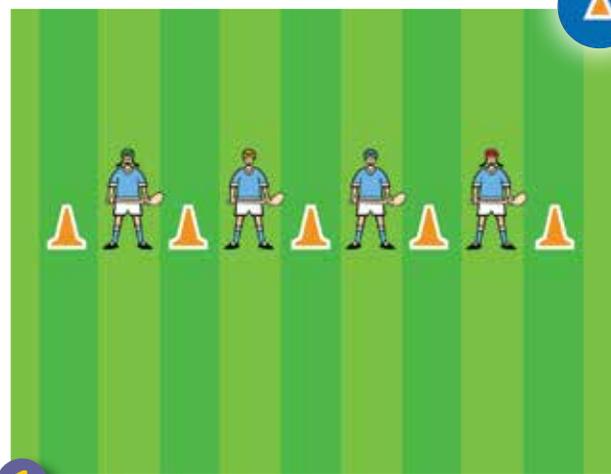
To Coach this Skill use the **IDEA** method

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

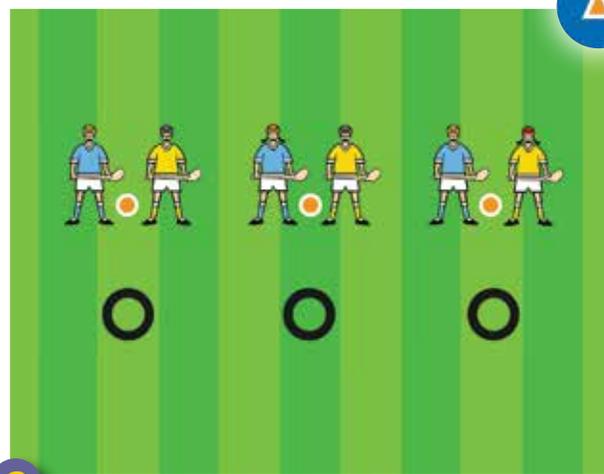
## LOOK OUT FOR THESE COMMON ERRORS

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

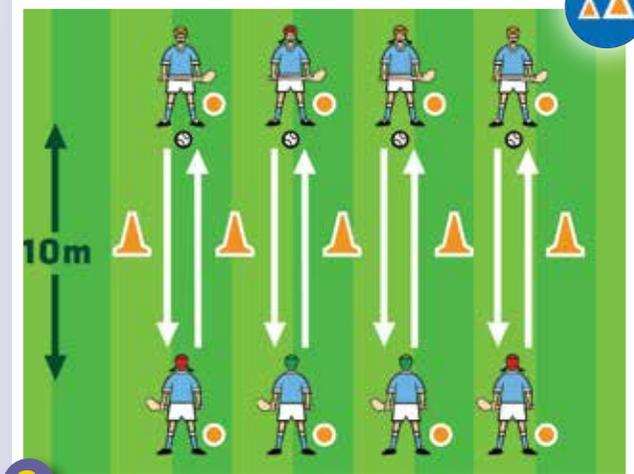
# GROUND STRIKE PRACTISE THE TECHNIQUE



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

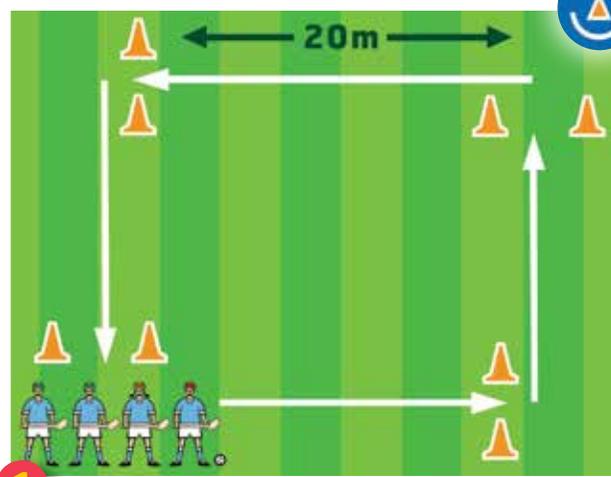


**2** **TYRE STRIKE**  
Players in pairs, one tyre per pair. Each player in turn strikes the tyre.

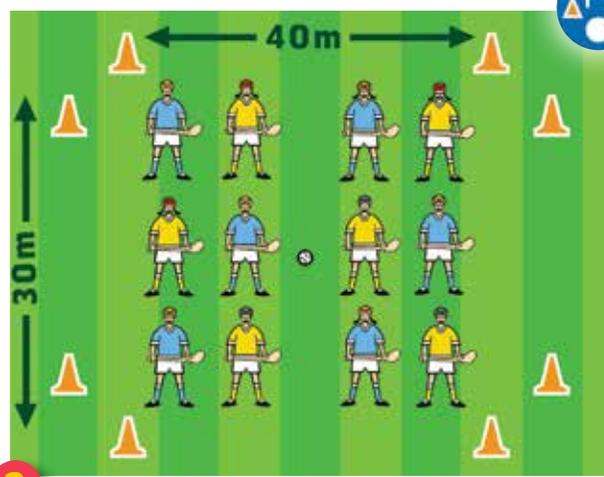


**3** **STRIKING IN PAIRS: ACCURACY**  
Players in pairs, one sliotar per pair. Players strike the sliotar through the goal to their partner.

# 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

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