

# Munster GAA Coaching Conference 10<sup>th</sup> March

## Andy Ryan Grip and Swing

The correct grip is the foundation upon which all skills are developed. While an incorrect grip may not appear to hinder a hurler at the Nursery level, it will especially impact the child strives to become an elite hurler.

### **Establish the Dominant (Strong) Hand:**

Once the dominant is established wristbands could be used to identify the dominant hand for each player. The benefit is twofold. Firstly the child can be coached the correct grip with the wristband hand always on top and the ball should never be handled with the wristband hand. Secondly the wristband acts as a quick guide for the coach to correct the grip.

### **The Grip:**

- Get the child to shake hand with the hurley (one handed) using the dominant hand (wristband hand)
- Make an X, write initials
- Mimic the coach

### **The Ready Position:**

- Get the child to shake hand with the hurley (one handed) using the dominant hand (wristband hand)
- Now get the child to bring the hurley across the body. The non dominant hand supporting just above the bas.
- This is 'the ready position' and should be in use at all time when players are non interacting with the sliotar or an opponent. Coaches should constantly highlight this position. " Be Vocal"

### **The Lock Position:**

- Adopt ready position
- Slide non dominant hand up the handle of hurley
- Lock with the dominant hand
- This the lock position

## **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 dominant and non dominant side from an early age.

## Key Teaching Points of Ground Strike

- 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.

## Common Errors

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

## Ground Striking Drill

**1. The ball starts with the player at cone A who strikes the ball towards cone B. The player in the middle runs to cone B and returns the ball to A .**

**2. The player at cone A stops the ball & now strikes in the other direction towards cone C. The player in the middle must now leave cone B and make it to C before the ball stops.**

**3 This is continued for one minute before reversing roles. This exercise improves ground striking both left and right whilst on the run.**

