

Munster GAA Conference Sat 10th March

Gavin O'Mahony

Defensive Drills

Hook

I'll be using the ball on a rope first
Kids will be working in pairs
One striking the sliotar/one practicing the hook

In pairs again kids on the 21'
Ball placed on the 13'
Develop the skill

Shoulder to shoulder

In pairs at one end of the ball on a rope
Slow pace striking every second ball
Repeat drill using every ball increasing tempo

In pairs again kids on the 21'
Ball placed on the 13'
Develop the skill