

Munster GAA Conference 10th March

Lifting and the Solo Run

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Lifting

Jab Lift

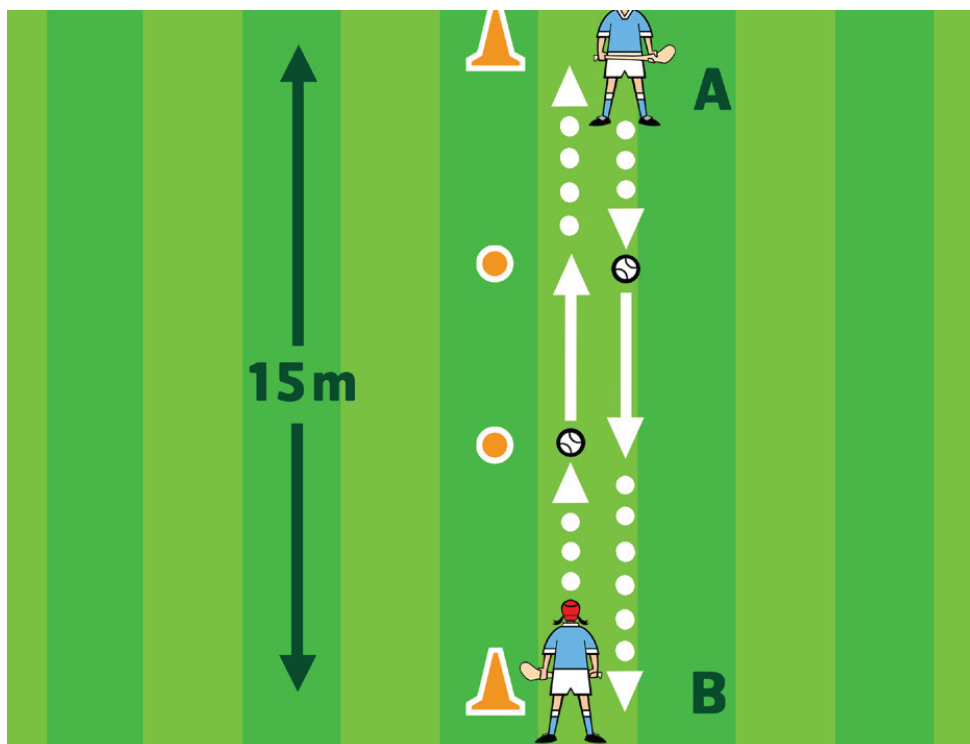
The Jab Lift is used to raise the sliotar from the ground into the hand.

Normally used when the player is on the run. Can also be used to raise the sliotar to strike without taking into the hand.

KEY TEACHING POINTS

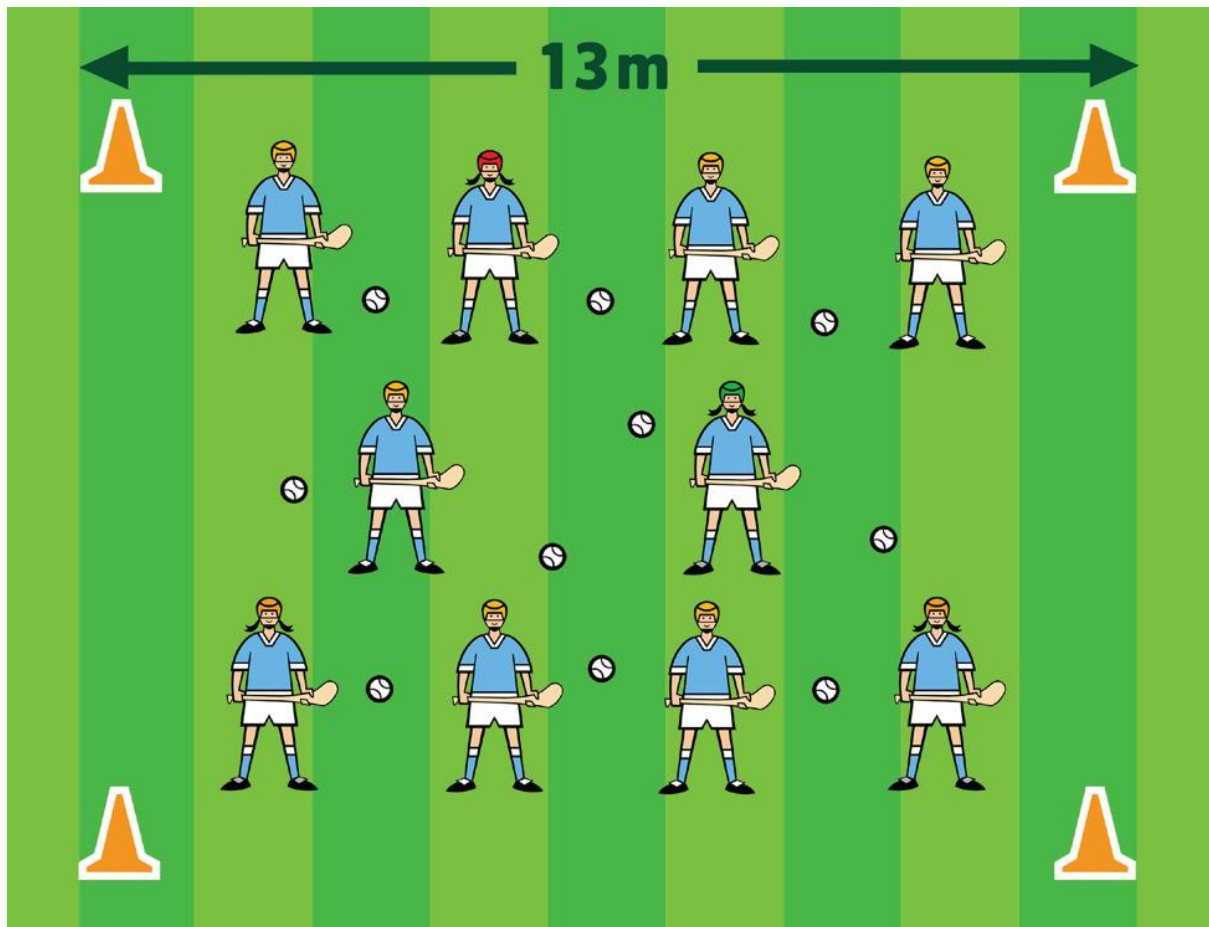
Adopt the Lifting Position. Eyes on the sliotar. Toe of the Hurley pointing away from the body on the dominant side. Thumbs pointing towards bas.

Slide the Hurley under the sliotar to lift it. Release the non-dominant hand into a cupped position to catch the sliotar.



Move and Jab Lift

Players jab lift at one cone and drop at the next.



Musical Chairs

Scatter sliotars throughout grid. On a signal players must Jab Lift the nearest sliotar.

The Roll Lift

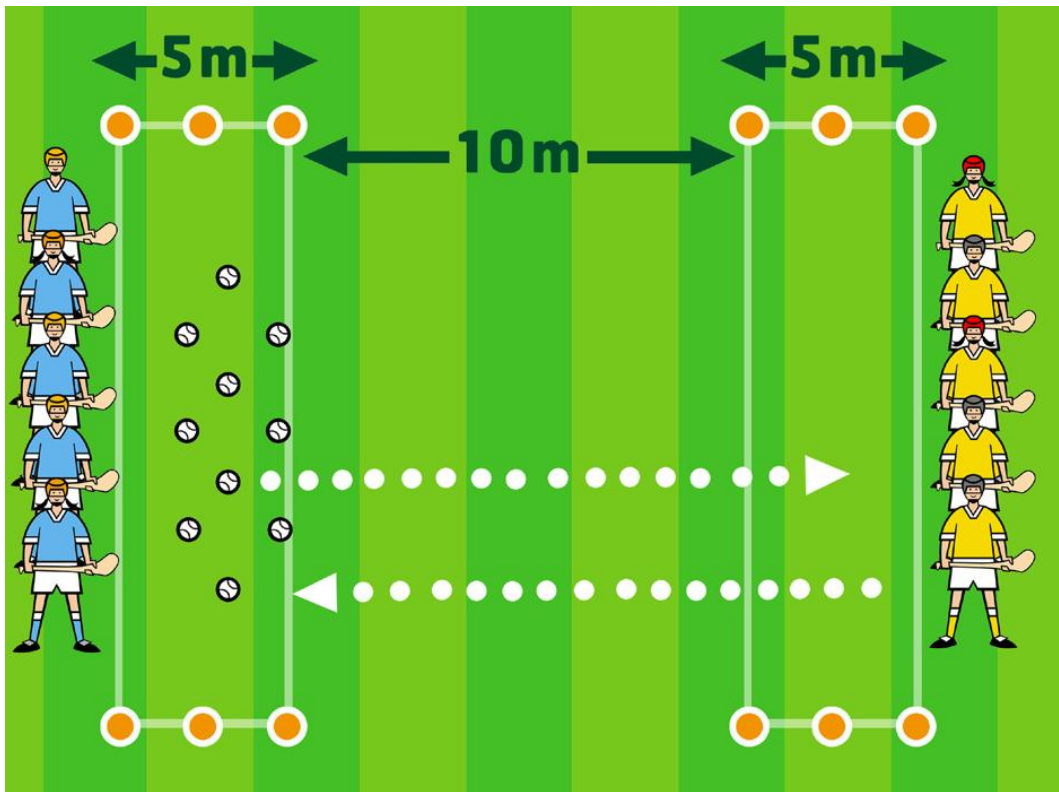
The Roll Lift is used to raise the sliotar from the ground into the hand. Generally used when the player is stationary.

Can also be used to raise the sliotar to strike without taking the sliotar into the hand.

Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.

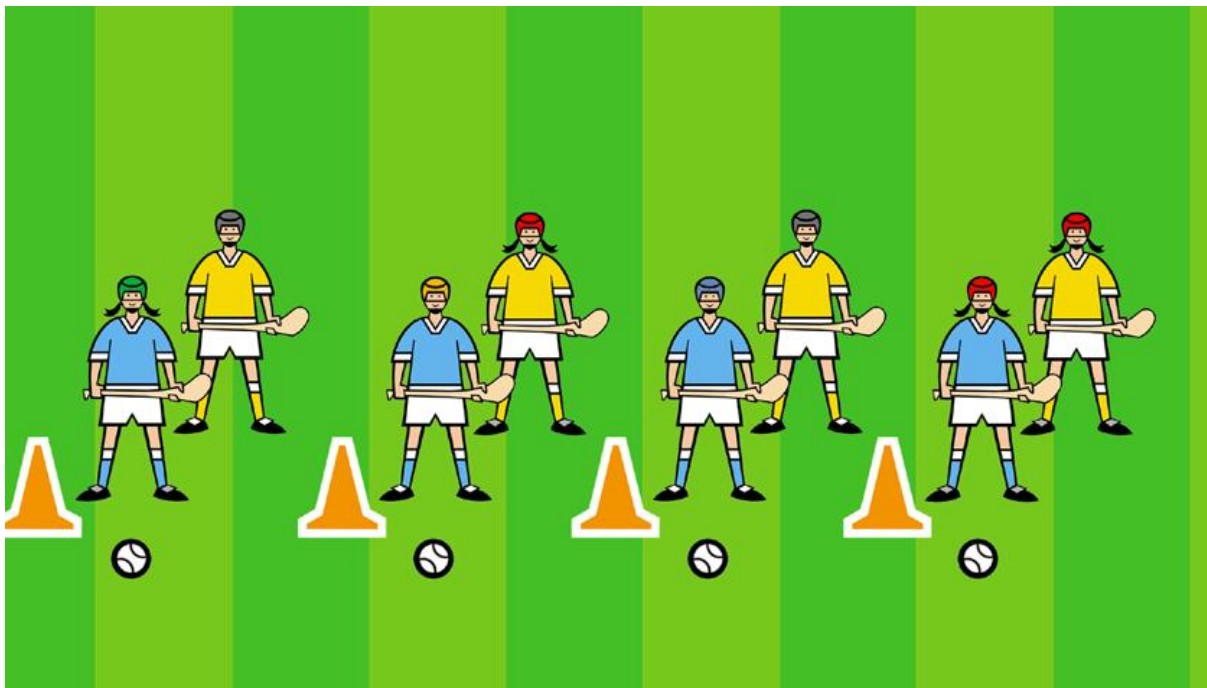
Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.

Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.



Grid Swap

Mark out two grids. Players must transfer sliotars from one grid to next using roll lift.



Stationary Roll Lift

Players in pairs. Each player roll lifts the ball for 1 minute.

SOLO RUN

The Solo Run is used to carry the sliotar to a better position, or to get away from an opponent. The sliotar may be carried balanced on the Hurley, or hopping on the Hurley.

KEY TEACHING POINTS

Point the Hurley forward, with the bas flat and the toe pointing away from body on the dominant side.

Toss the sliotar onto the bas of the Hurley. Place non dominant hand along the handle for balance. Move forward balancing or hopping the sliotar.

For very Young Children I would recommend the use of Bean Bags or Bean Balls thus improving their success rate and their convenience

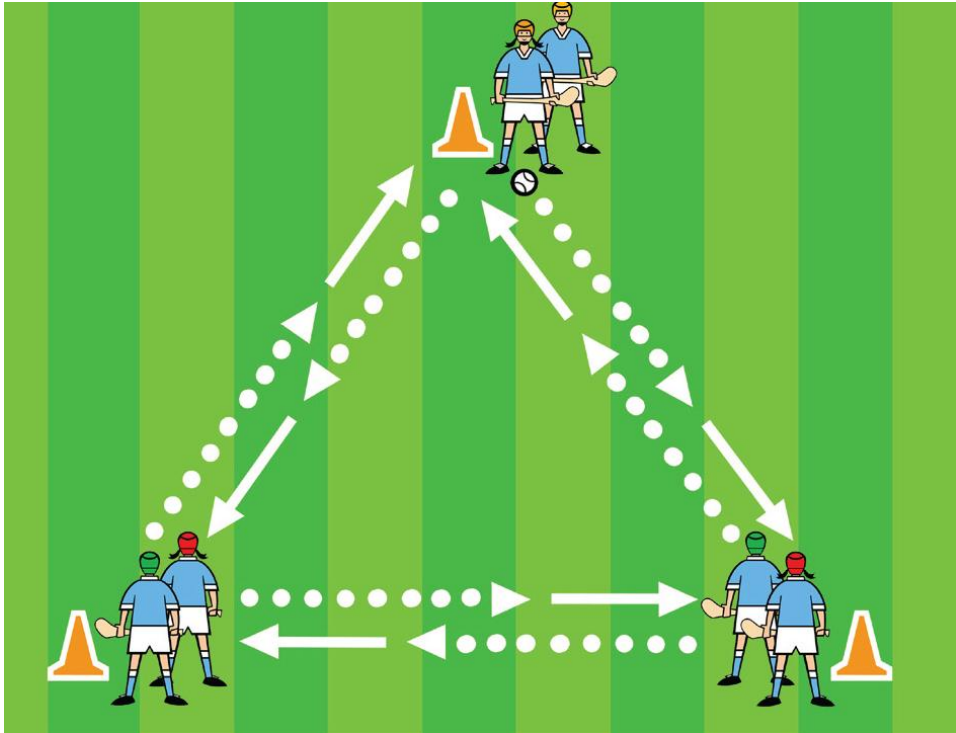
Solo and Pass

Players solo and hand pass either from the hand or off the Hurley

Grid Swap

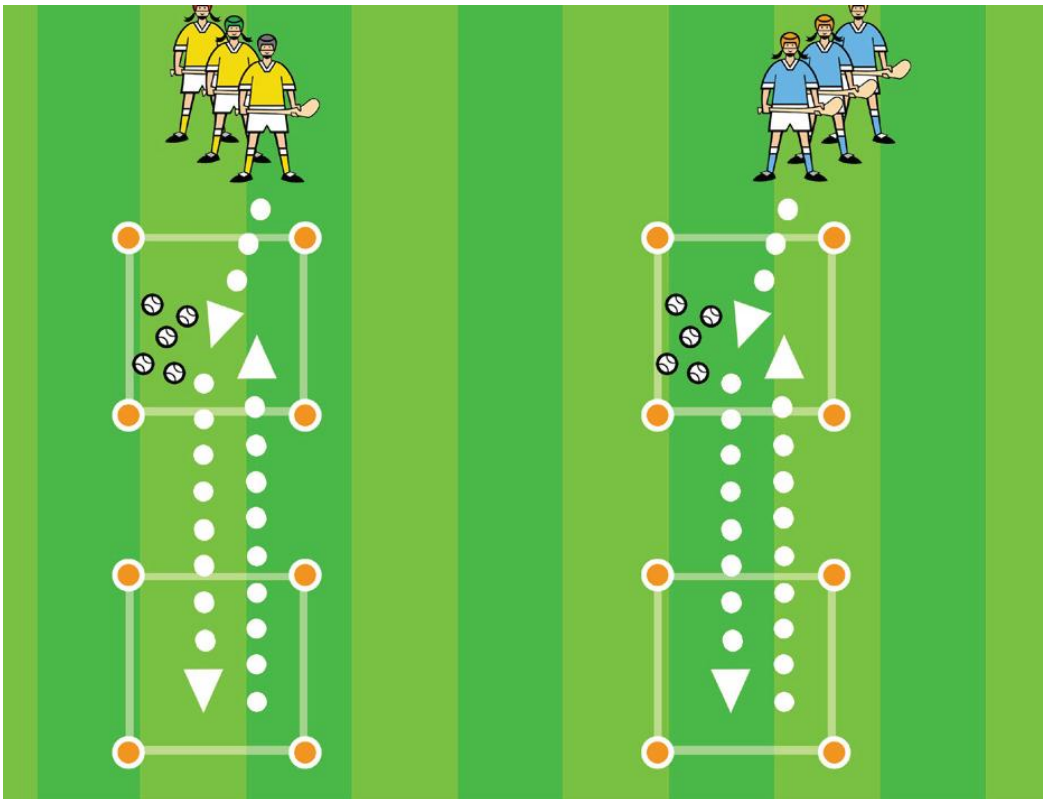
Mark out two grids. Players to transfer sliotars from one grid to next using the solo run.

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Solo and Pass

Players solo and hand pass either from the hand or off the Hurley



Grid Swap

Mark out two grids. Players to transfer sliotar from one grid to next using the solo run.