

Munster GAA Conference 10th March

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Skill 1 Stopping a ground ball

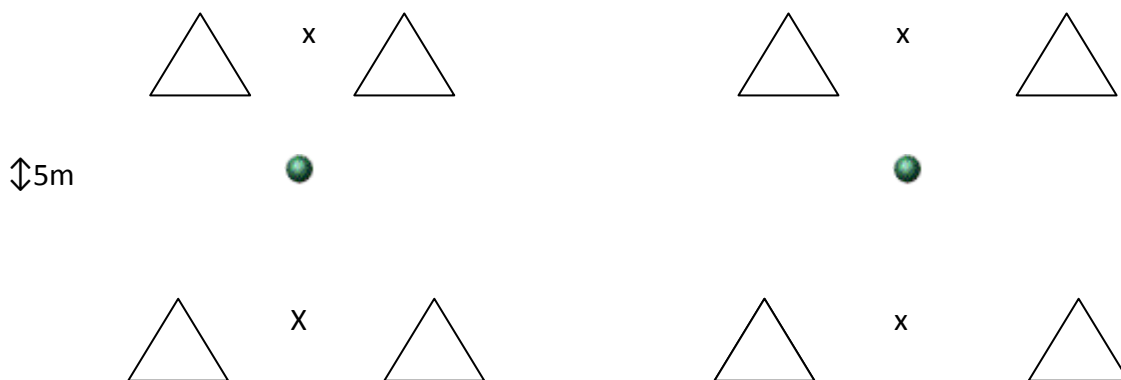
Teaching points

- Adopt the ready position
- Bend the knees and lower the non- dominant hand. The heel of the hurley rests on the ground. This is the blocking position on the strong side.
- To block the ball between the legs move from the ready position to the lifting position.
- Remain upright bending the knees lower the bas of the hurley to the ground. Keep the legs together to block the ball if missed by the hurley

Drill 1

Basic Drill to practice stopping a ground ball

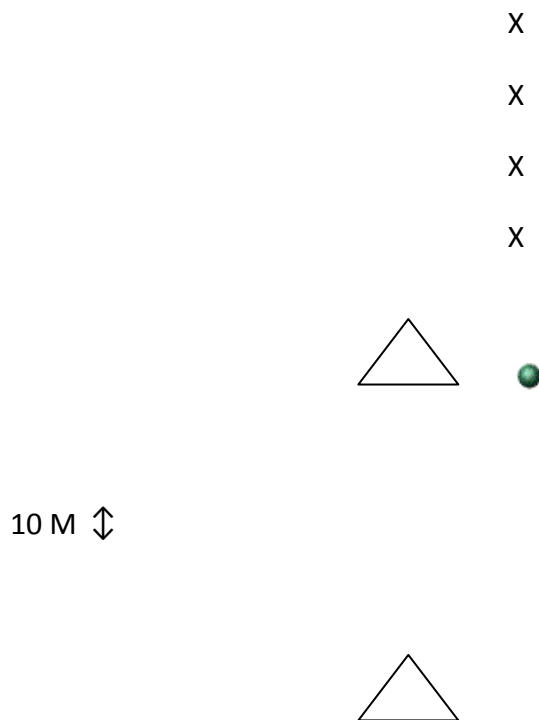
- Mark out a distance of 5M using cones.
- Divide the players into pairs , one ball per pair.
- The first player from each pair rolls the ball gently to the strong side or between the legs of there partner who attempts to block it.
- Continue to alternate the roles



Drill 2

Dribble Strike and Block

- I. Mark out distance of 10 M using cones
- II. Line up the players up behind the first cone, one sliotar per group.
- III. The first player dribbles around the far cone and strikes the sliotar on the ground to the next player before returning to the end of the line.
- IV. Each player in turn moves forward to block the sliotar and repeat the drill



Drill 3

Fun game to develop the technique for stopping a ground ball that challenges the players to block the ball as their partner attempts to score a goal.

- I. Mark the goals 5 M apart using cones
- II. Divide the players into pairs one ball per player
- III. Each player in turn tries to score a goal by striking the sliotar on the ground past their partner

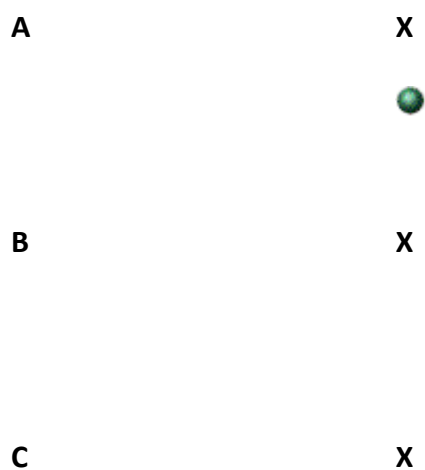
Skill 2

Blocking an overhead ball

Teaching points

- a. Both hands should be locked together.
- b. Thumbs faced in the direction of the bas of the hurley.
- c. If you want to bring the ball into the hand both hands should be relaxed on the hurley.

Activity—Pass the guards



- i. Divide the players into three
- ii. Player B acts as the guard
- iii. Players A and C attempt to throw the ball high over the head of player B.
- iv. Player B attempts to block the ball overhead.
- v. One point is scored each time a ball passes the guard.