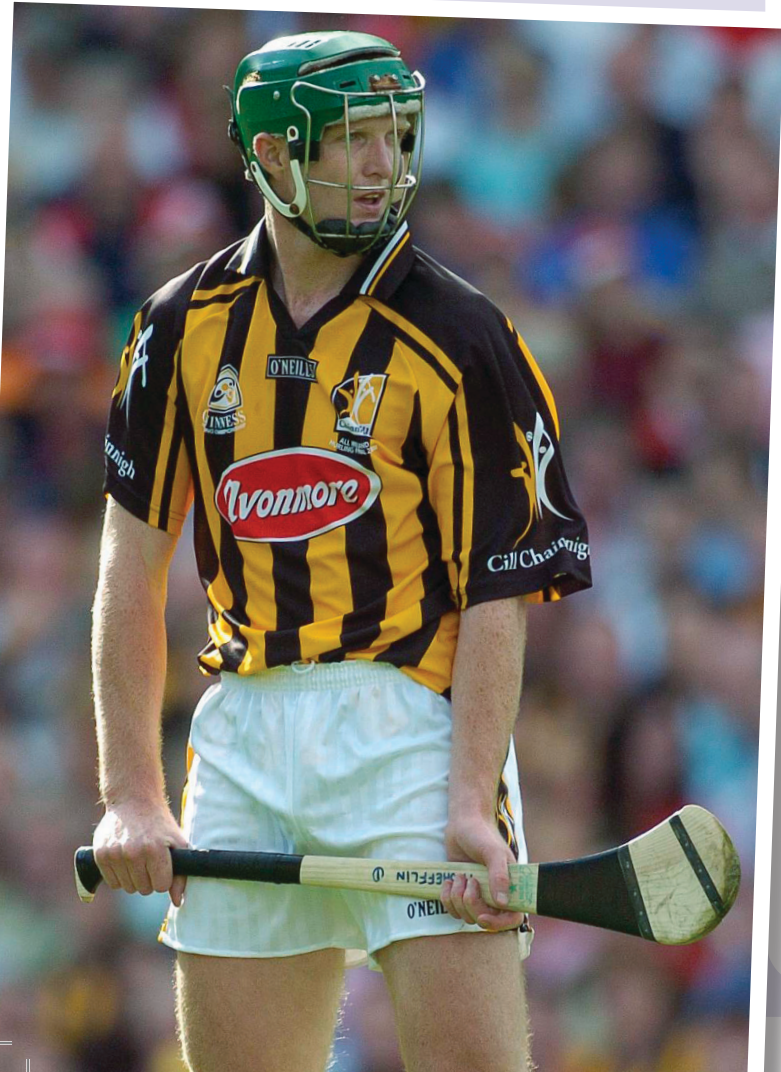


GRIP AND SWING

These activities allow the coach to determine whether the Hurley is the correct size and weight for the player.



KEY TEACHING POINTS



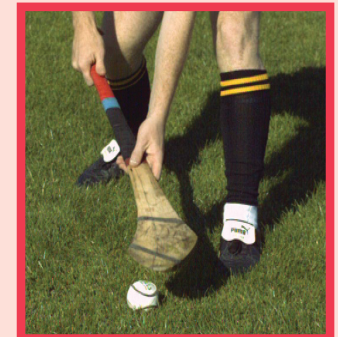
The stronger or dominant hand grips the Hurley at the top of the handle.



The Ready Position: Feet shoulder width apart. Dominant hand at the top of the handle, non-dominant down the handle.



The Lock Position: Slide the non-dominant hand up the handle to lock with the dominant hand.



The lifting position: toe of the Hurley facing away from the body on the dominant side. Bend the knees and hips; thumbs facing the bas of the Hurley.

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

- Holding the Hurley with the non-dominant hand on top
- Holding the Hurley with the toe facing inwards
- Not locking the hands

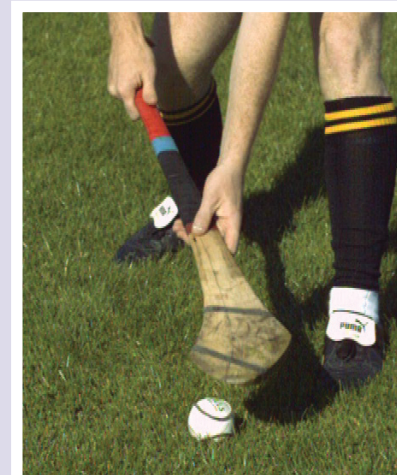
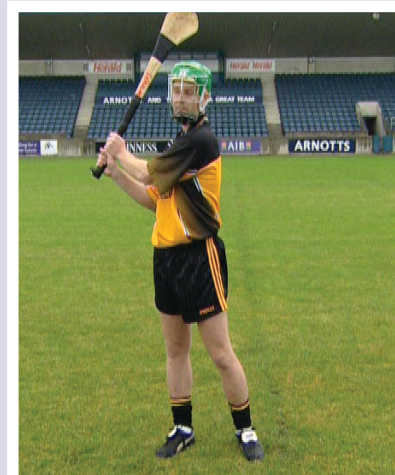
GRIP AND SWING PRACTISE THE TECHNIQUE



1 Holding the Hurley in the dominant hand wave it up and down.



2 Move between each position repeatedly.



GRIP AND SWING DEVELOP THE SKILL



1 Hold the Hurley in both hands. Swing the Hurley in a circular motion above the head.



2 Hop the ball on either side of the base of the Hurley alternately.

VARIATIONS

The STEP method is a simple way to vary an 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.