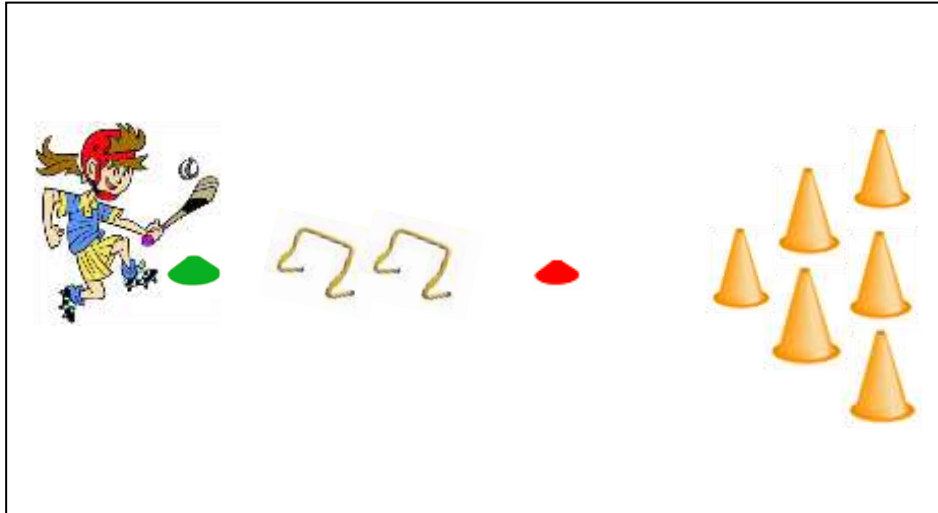


STATION 3: STRIKING Activity: Wrecking Ball



FOCUS

- Holding the hurl correctly to use a ground strike.

RULES - HOW TO PLAY

- Child starts at green cone with hurl and sliotar in hands.
- Runs to hurdles and uses 2 feet together to bounce over hurdles.
- Run to red cone, place ball on ground.
- Strike sliotar to knock down or move as many skittles as possible.
- Point for each skittle hit
- Replace skittles.
- Pass hurl and Sliotar onto next player.



HARDER

- Strike from non preferred side
- Roll sliotar and attempt to strike moving ball

EASIER

- Use large/ medium size ball
- Use larger skittles
- Use bat or hand
- Remove hurdles

COACHING POINTS

HEAD

- Eyes on the ball when striking

HANDS

- Writing hand on top of the hurl and move other hand close when striking

FEET

- Knees bent while bouncing, soft landing
- Stand side-on to target when striking
- Move weight from back foot when striking

EQUIPMENT

- Indoor Hurl
- Go-games sliotar /large or medium size ball
- 10 skittles
- Small domes
- Hurdles