

These are fun exercises to develop Striking

EXERCISE 1 HURLEY GRIP

ORGANISATION

- Ensure each player has a hurley of appropriate size
- Grip the hurley in the dominant hand as if shaking hands with it
- Hold the hurley out in front of the body with the bas flat; twist it using the wrist
- Wave the hurley up and down to get a sense of the weight
- To move to the ready position move the feet shoulder width apart
- Lift the hurley in front of the body to hold it with the non-dominant hand above the bas; the toe is pointed upwards
- Practise the ready position in a stationary position, then walking and jogging

KEY POINTS

- Ensure all players wear a helmet
- Ensure the players have enough room to perform the exercise safely



EXERCISE 2 HURLEY EXTENSION

ORGANISATION

- The players hold the hurley by their side
- Trace an 'x' or 'w' on the ground
- Kick the bas of the hurley with each foot in turn in a stationary position; introduce walking and jogging
- Holding the hurley with both hands swing the hurley above the head
- Touch a ball on the ground with the hurley
- Hold the ball and the hurley at the same time; first in the ready position, then with the hurley up straight beside the dominant shoulder

KEY POINTS

- Ensure all players wear a helmet
- Ensure the players have enough room to perform the exercise safely



EXERCISE 3 HURLEY DRIBBLE

ORGANISATION

- Each player has a ball; use markers for the players to dribble around
- To vary, allow the players to tap away the balls of the other dribblers
- In pairs one player attempts to follow a partner
- Use obstacles or defenders to dribble past
- Dribble with a big ball or a soft ball or balloon before moving onto a small ball

KEY POINTS

- Use 2 hands and dribble using both sides of the hurley; progress to a 1 handed dribble
- Look up frequently to track the paths of other players



EXERCISE 4 PASS THE GUARD

ORGANISATION

- Position a number of guards who are allowed to block the ball but not move from their positions
- The striking player strikes the ball along the ground to pass the guards

KEY POINTS

- Move the feet to place them side on to the target
- Practise striking off the right and left sides



EXERCISE 5 HURLEY AND BALL BALANCE

**ORGANISATION**

- Each player has a ball
- Balance the ball on the hurley in a stationary position
- Use two hands to aid control
- Progress to walking as you become more proficient

KEY POINTS

- The toe of the hurley should be pointed away from the body to the non-dominant side
- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players

EXERCISE 6 BOUNCE AND CONTROL ON HURLEY

**ORGANISATION**

- Each player has a ball
- In a stationary position bounce the ball on the end of the hurley
- Use two hands to aid control
- Progress to walking as the players become more proficient
- Challenge the players to toss the ball from the hurley into the air, allowing it to bounce before attempting to control it on the base of the hurley again

KEY POINTS

- The toe of the hurley should be pointed away from the body to the non-dominant side
- Ensure the players have enough room to move around safely
- To control the ball soften the grip

EXERCISE 7 HURLEY KEEPIE UPPY

**ORGANISATION**

- Each player has a balloon or ball
- Strike the balloon or ball into the air continuously
- Progress from batting the ball to using a full striking action

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Alternate between controlling and striking to reduce the difficulty

EXERCISE 8 BALANCE AND STRIKE

**ORGANISATION**

- Use a bench for this exercise; the player stands on the bench and strikes balls thrown by the coach or another player
- If the ball comes to the left strike to the left and vice versa

KEY POINTS

- Ensure safety mats are in place
- Move at a steady sure pace