

Skill	Skill Area	Drill	Equip.	Explanation
1	Grip/Striking	Zorro Swordfighting	No	Cross Hurls and imitate sword fight in slow motion. One player advances- other player retreats.
2	Swing/Striking	Swing Right & Left on imaginary ball, stationary & moving	No	Line of 6. Swing R & L on imaginary ball. Standing & jogging
3	Swing/Striking	Striking Pole Trainers R & L	Poles	High & Low. Players line of 3
4	Swing/Striking	Striking Tyres	Tyres	Stationary position first. Then running in lines R & L.
5	Swing/Striking	Striking sliotars on a rope	Rope	Lines Right & Left
6	Clash/Striking	Using Pole trainer	Poles	Players in 2's. Stand / run in - pull on ball simultaneously (slight contact contact)
7	Clash/Striking	Using tyres	Tyres	Players run in 2's and pull on tyres simultaneously (no contact)
8	Clash/Striking	Using ball on rope	Rope	Players run in 2's and pull on balls simultaneously (minimum contact)
9	Dribble	Dribble ball	Cones	Dribble ball out. Lines of 3. Advance to weaving between cones
10	Dribble	Dribble & Strike	No	Dribble ball out half way then Strike to colleague. 2 opposite 1
11	Dribble- Strike	Dribble ball & Flick	Cones	Dribble ball around area, attempt to knock other players balls out of area while protecting your own.
12	Strike & Stop	Ground Strike & Stop	No	Player strikes ball on ground to partner who blocks ball and strikes back. R & L. Variation- use 1st. Touch ball.
13	Strike & Catch	Strike from Hand & Catch if U can	No	Various distances one opposite one. R & L
14	Strike & Touch	Strike from Hand low & Touch	No	Various distances one opposite one. R & L
15	Strike Ground	Strike moving ball on ground	No	Lines of 3. Middle player keep ball moving. End players block & strike
16	Hand Pass	Hand pass-standing	No	1 opposite 1. Catch into the tummy. Increase distance.
17	Hand Pass	Hand pass on the run	No	Players jog around in 3's
18	Hand Pass	Hand pass-moving no solo	No	2 opposite 1. Player runs out, passes ball to opposite player.
19	Solo	Solo on the run	No	Player solos out, hands ball to opposite player. Jog to back of opposite line. Variation- Use Beanbag
20	Solo	Solo & Hand pass on the run	No	Player solo out, hand pass ball to opposite player. Jog to back of opposite line

21	Rising	Roll Lift Running – One & Two Hands	No	2 opposite 1
22	Rising	Jab Lift Running – One & Two Hands	No	2 opposite 1 Variaton- use beanbag
23	Rising	Miss jab lift & retrieve	No	Player runs out, misses lift, turns & retrieves. Jog to back of opposite line
24	Catch	Tummy catch	No	Players in 2's throw ball to each other and catch into the tummy. Start 1M apart. Increase distance. Advance to hand pass
25	Catch	Low	No	Players throw ball low below knee to each other and catch. Right, Left & Centre. Start 1M apart. Increase distance. Advance to hand pass.
26	Catch	High/Overhead catch	No	Players throw ball high to each other and catch overhead using hurl for protection. Start 1M apart. Increase distance. Increase height. Advance to hand pass or strike to moving around - running & throwing.
27	Stop/Tap	Stop / Tap high ball	Poles	Run out, Jump & Block. Jog to back of opposite line. Lines of 3
28	Stop/Tap	Stop / Tap ball High & to side	No	Player 1 throws sliotar over head and then to both sides of Player 2 who attempts to stop the ball. Pairs
29	Block	Frontal Block-Two hands High & Low	Poles	Coach holds pole trainer & swings hurl. Player blocks. Lines of 3
30	Block	Frontal Block-Two hands Strike from hand. High & Low	No	Player 1 simulates a strike in slow motion (no ball). Player 2 performs a two handed block in slow motion. Pairs
31	Block	Frontal Block-One hands. High	No	Player 1 simulates a strike in slow motion (no ball). Player 2 performs a one handed block in slow motion. Pairs
32	Hook	Hooking player	No	Player 1 simulates a ground strike. Player 2 is slightly behind and attempts to hook. Start off standing in slow motion, then walking, finally jogging. Hook with one hand
33	Hook	Hooking player striking balls on a rope	Rope	Player 1 runs along balls on rope striking one side. Player 2 is slightly behind and attempts to hook. Advance to player striking alternatively R & L
34	Pole Trainer	Activities	Poles	A few fun exercises with pole trainers - Jump over, Run under, chase, taser, etc
	Games	Variety of mini games	No	6 v 6. Ground only. Normal. Hand-pass only. 9 v 9 Normal
	Video	Magnificent 7 Poster at start		Rising, Catching, Hooking, Blocking, Striking, Hand-pasing, First Touch