

Controlling a Moving Ball

Elite
Image

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

The ability to Control a Moving Ball is one of the most important skills in hurling. As the ball travels along the ground or in the air, players need to be able to control the ball while moving at full pace. Players who have the ability to control a moving ball are often said to have a good 'first touch'.

Pg. 111-116 Hurling
Fun Do



Adopt the lifting
Position



Hold the Hurley at an
angle to deflect the ball
towards the body



Release non-dominant
hand to catch



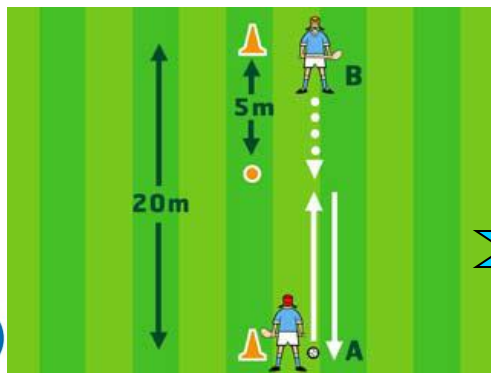
In the air move hurley
to intercept the ball

Look out for:

- Holding the hurley at full length
- Not bending at the hips and knees to adopt the lifting position
- Pushing the hurley through the ball

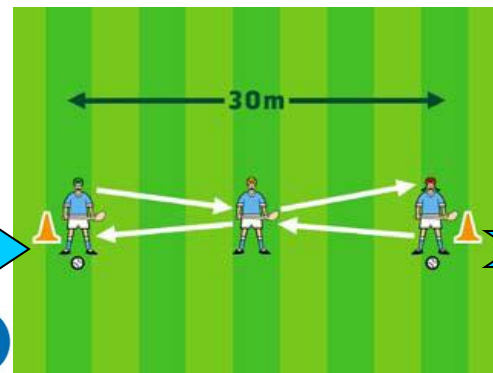
Controlling a Moving Ball

Practice the Technique



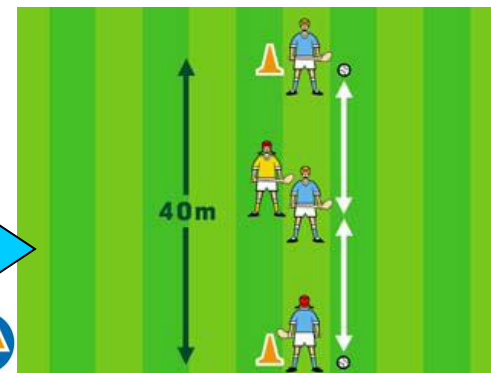
Move and Control

Move to the ball, control it and return it



Centre and Control

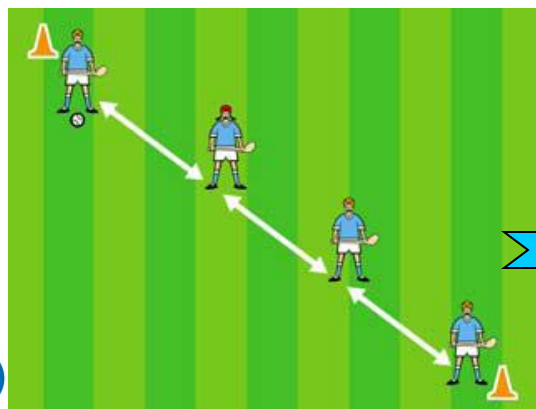
Players on the outside in turn strike the ball for the centre player to control and return



Opposed Control

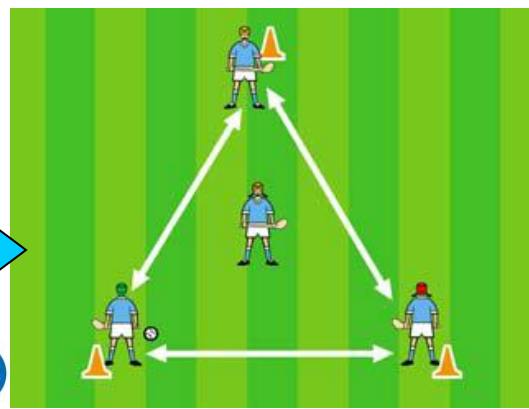
Second player provides shadow opposition to centre player controlling the ball

Develop the Skill



Control and Strike Relay

Players move the ball up and down the line



Piggy in the Middle

Player in the middle attempts to block the ball while outside players pass and control

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill