

# Ground Flick

Elite Image

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

The Ground Flick is a tackling skill used in hurling. The player sacrifices power and distance in the ground stroke by flicking with one hand on the hurley to increase the speed of the stroke. The Ground Flick gives the player a better reach in order to win possession. It is often used when the player finds themselves behind their opponent when going for the ball. It is important that players follow up on the flick to gain possession.

Pg. 129-134 Hurling Fun Do



Move towards the sliotar in the ready position.



Stay close to opponent. Release non-dominant hand



Flick the ball away using a wristy action



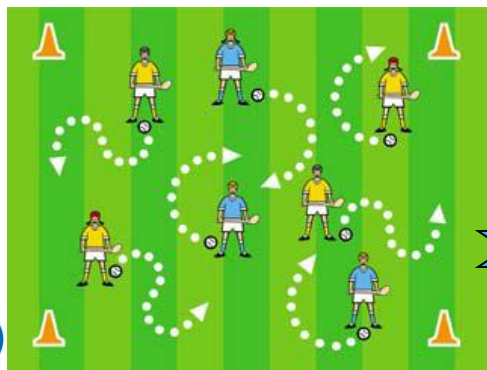
Stay close to avoid follow through

## Look out for:

- Not getting close enough to the opponent
- Taking the eyes off the ball
- Swinging too slow

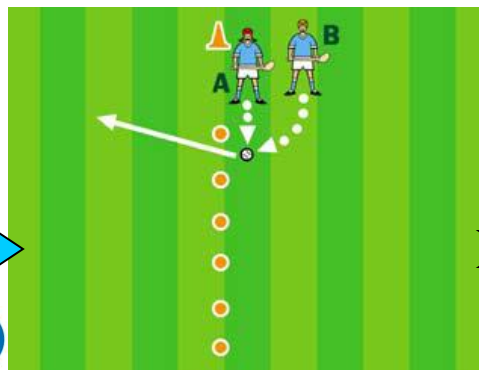
# Ground Flick

## Practice the Technique



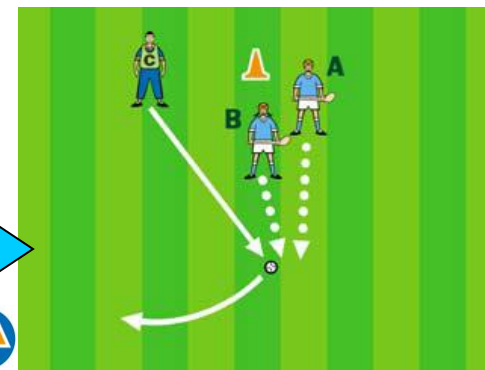
### Ground Flick Dribble

Players move the ball around the grid with the dominant hand on the hurley



### Stand and Flick

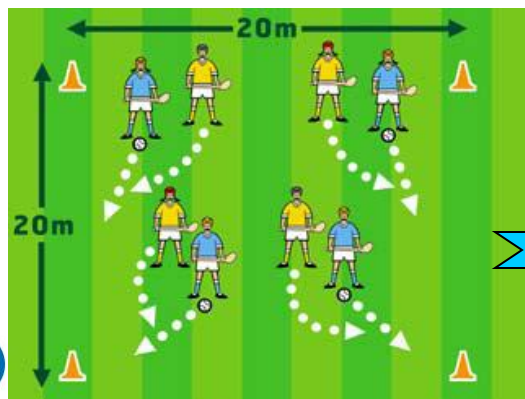
Move to each marker where Player B tries to flick the ball away from Player A



### Roll and Flick

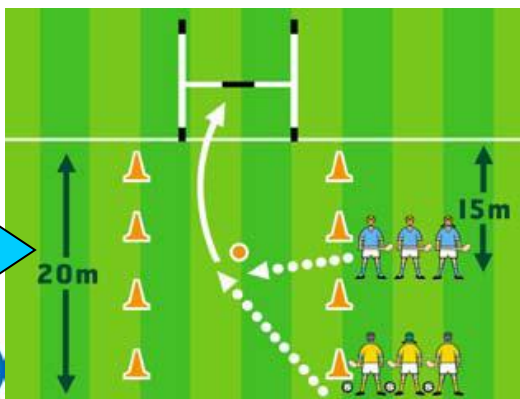
Coach throws the ball, both players run after it Player A tries to flick it ahead of Player B who tries to strike it.

## Develop the Skill



### Keep Ball

One player keeps possession the other tries to flick the ball away while avoiding the other pairs



### One on One

The Attackers dribble towards goal, the defenders give chase and attempt to flick the ball

# STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill