

Shoulder Clash

Elite
Image

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

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Shoulder Clash is a basic contact skill required by hurling players. This is where players make shoulder to shoulder and hip to hip contact when contesting for possession.

Pg. 23-28 Hurling Fun
Do



Move towards the ball in the Ready position



Move to the Lock position. Eyes on the ball



One foot on the ground



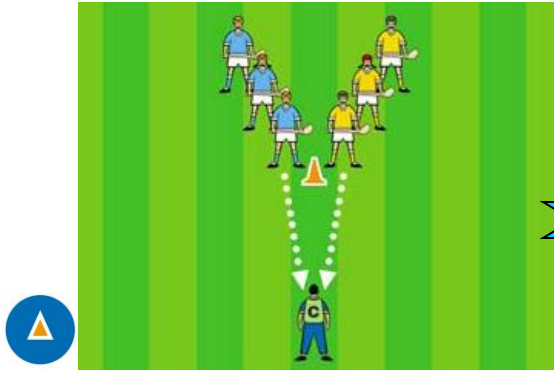
Use a Two-handed wristy action to swing

Look out for:

- Not getting close enough to the opponent
- Not locking the hands
- Swinging too slow

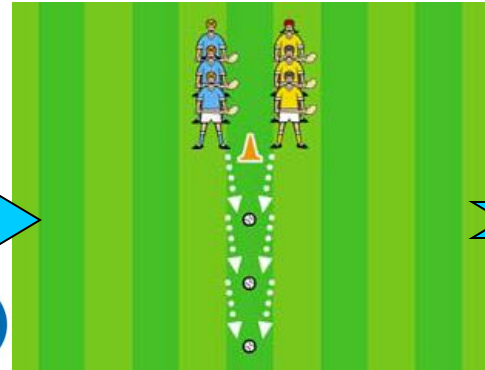
Shoulder Clash

Practice the Technique



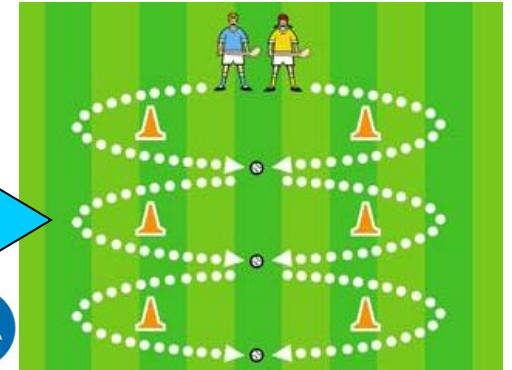
1, 2, 3 Clash

Players pair off and run forward to clash on Coach's hurley



Jog and Clash

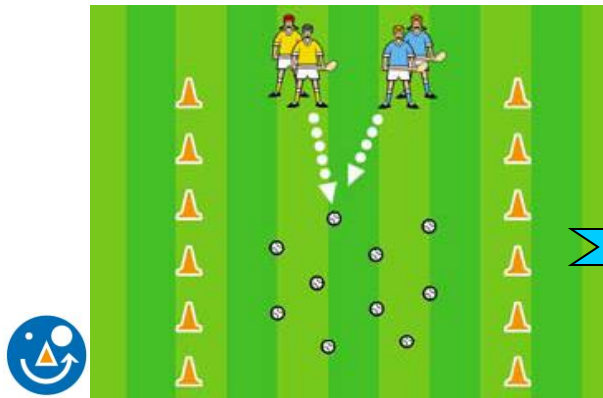
Each pair jogs forward and clashes on each ball in sequence



Zig-Zag Clash

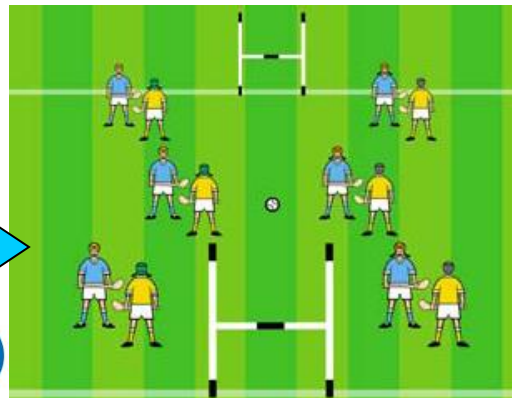
Pairs run around each cone and clash on each ball in the centre in sequence

Develop the Skill



A Race Against Time

Pairs run through the grid clashing on each ball. Player who strikes the most balls wins



Skill Point Game

3pts for a goal, 2pts for a successful Shoulder Clash

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill