

Practice Makes Perfect
Some of the Skills you need
to constantly practice



Strike from Hand
Both Sides

Ground Strike
Both Sides

Overhead
Strike

Long Strike

High Catch

Sideline Cuts
& Frees

Roll Lift
&
Jab Lift
One & Two Handed

Hand pass
& Solo

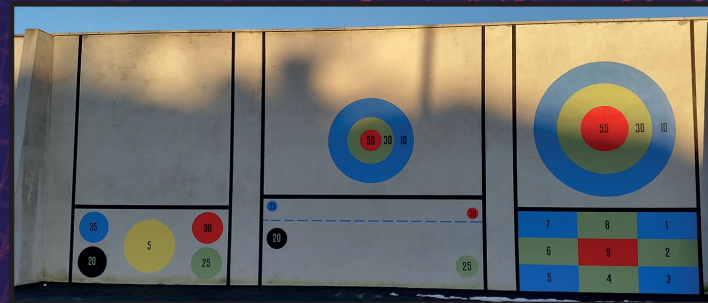
Hook & Block

Drop Shot

Advice from

Tommy Walsh

Winner of
9 Senior All-Irelands & 9 All-Stars



Set your own targets! Use the Ball Wall!

- Practice all the skills as often as you can.
- Work on your own or with friends against a wall or in the field
- Fitness is important but Skill is far more important
- The Gym will not put the ball over the bar or clear a ball for you
- Speed of touch is hugely important
- Learn to rise the ball quickly
- Learn to strike Long, Accurately & Quickly
- Practice long striking & Catching
- Practice Ground Hurling – learn when to Rise and when to Strike on the ground
- You should have a hurl in your hand every day
- Striking, Catching, Handling, Rising, First Touch, Hooking, Blocking, Hand passing are the “Bread & Butter” of hurling!
- Play games, even 1 v 1 + Goalie (3 Goals & In), as often as you can

National Hurling Development

Hurling

The Greatest Game in the World



Joe Canning
Player of the Year
2017



Austin Gleeson
Player of the Year
2016

Reach for the Stars!
Follow their example!
Practice the skills every day!



**Practice the Skills in your own time – Challenge yourself regularly to see if you are improving.
Devise your own Challenges – Here are a few to get you started.**

Challenge	Description	Date	Result	Date	Result	Date	Result
Ground Strike Right Side	How far can I strike the sliotar?						
Ground Strike Left Side	How far can I strike the sliotar?						
Strike from Hand Right Side	How far can I strike the sliotar?						
Strike from Hand Left Side	How far can I strike the sliotar?						
Strike for accuracy	How far can I strike the sliotar accurately? I.e. To pass between two poles 4 Metres apart or into juvenile goals. Use "Targets" on a wall if you have them.						
Hand Pass Standing	How far can I Hand Pass the sliotar. Test for accuracy also. I.e. Passing to a team mate.						
Hand Pass On the Run	How far can I Hand Pass the sliotar? Test for accuracy also. I.e. Passing to a team mate.						
Roll Lift Standing (2 Hand & 1 Hand)	How many can I perform in 30 seconds? Maybe include "without missing one"						
Jab Lift Standing (2 Hand & 1 Hand)	How many can I perform in 30 seconds? Maybe include "without missing one"						
First Touch	How many can I control out of 10. Your partner, from a distance strikes a low sliotar to you. You attempt to flick it into your hand with maximum control. As you improve, run with increasing speeds towards the sliotar and try to control it. This exercise can be done on your own by striking the sliotar at a wall and running towards the rebound.						
Jab Lift on the run (2 Hand & 1 Hand)	How many can I lift without missing? 10 is Max.						
Catch 1	Striking against the wall, how many times can I catch the sliotar in 30 seconds without dropping it? Increase the distance as you improve.						
Catch 2	Using a partner, puck sliotars high from increasing distances. Record the distance you can catch 5 balls in a row from. The sliotar must be hit high enough to give you a chance to be under it. If not, it is not valid and your partner strikes another.						
Solo	Record how far you can solo without dropping the ball. Use 3 speeds as you improve. Jog, Run, Sprint. As you improve try to glance left and right without dropping the ball.						
Hook	Using a partner pucking against a wall or net record how many hooks you can make out of 10 shots. As you improve get your partner to alternate between Right & Left strikes. As you further improve get your partner to run before striking.						
Block	Using a partner pucking against a wall or net record how many blocks you can make out of 10 shots. As you improve get your partner to alternate between Right & Left strikes. As you further improve get your partner to stand further away (you will have to use one hand). As you even further improve get your partner to twist and turn and try to avoid your block.						