**Skill(s) to focus on in Activity/Drill: Attacking and Defending in pairs at pace.**

**(The drill was outlined by Shane Cullinan U15 Hurler)**

 

**Description of Skill Activity**

* 4 cones (indicated in blue above)
* Players paired off in twos at each cone
* One Goalkeeper. Goals only and to only scored inside the 13 metre line.
* **(Step 1)** The first pair on the end line strike the ball diagonally across to the other pair and then follow it.
* **(Step 2)** The pair who received the ball, then have to work in towards goal, **(Step 3)** while the other pair try to defend.
* The object of the drill is for the attackers to score a goal or the defenders to stop the attack.
* If a goal is scored, the defenders win it back or the ball goes out of play, then the play is over and the pairs swap over.
* The other pair on the end line then strikes the ball diagonally to the opposite side and the drill continues.

**Things to note and make players aware of:**

* Good support play.
* Meeting the ball at full pace.
* Shortening the grip to get a strike on goal.

**Variations and Progressions of Drill:**

* Vary the distances
* Have 3 attackers v 2 defenders or vice versa