**Skill(s) to focus on in Activity/Drill: Jab lift the ball at pace**

* Run at speed towards ball
* Execute the jab lift by getting down low to the ball and with both hands on the hurley
* Body position
* Check for correct grip and ensure the ball is caught by the correct non dominant hand.

**Description of Skill Activity**

* 16 cones / 8 sliothars
* Lay out the drill as per the diagram above. Have players facing each other as marked by the X’s in the diagram.
* On the whistle, a player on one side lifts on the 1st cone and drops at the 2nd cone, then lifts on 3rd cone and drops on the 4th.
* The player on the opposite side then starts on and lifts on the 4th cone, drops on the 3rd etc….
* This has to be all done at pace.
* Then vary the drill by getting them to change direction (See red dashed arrow bove in diagram). Lift on 1st cone on line 1 and then drop on 2nd cone on line 2 and lift on 3rd cone on line 1 and drop on 4th cone on line 2. The played on the opposite group then goes back the other way.

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

* Correct body position. It is important to get down low.
* Jab lift is easier to execute when you are moving.
* Two hands on the hurley and get down low.
* Look to get the ball into hand as quick and as near as possible to the ground.

**Variations and Progressions of Drill:**

* Increase the speed and intensity as the drill goes on.
* Change direction. Diagonal lift and drop as per the dashed arrow in diagram above.