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

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

**Description of Skill Activity**

* Lay out the drill as per the diagram above. Have a maximum of 5 players (Marked as X’s in diagram) per line (at the orange cone)
* Have a ball at each of the red, yellow, white and blue cones
* Call a colour. The 1st player at each of the orange cones has to run towards the ball at the colour cone that was called.
* They attempt to jab lift the ball and sprint back to the line. Don’t worry if they don’t lift the ball.
* Call a different colour for the next line of players and so on.
* Then vary the drill by calling a sequence of colours (Red, then white, then blue)

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

* Concentration of player. Moving to the correct cone.
* 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.
* Don’t flick the ball, let the ball settle on the bas of the hurley.

**Variations and Progressions of Drill:**

* Increase the speed and intensity as the drill goes on.
* Vary the sequence of the colours.
* Do a Jab lift at one colour cone and a roll lift at another colour cone.
* Have a race between individuals and the groups.