**Skill(s) to focus on in Activity/Drill: Name the Drill : Strike both sides**

* Short passing drill
* Striking left and right, catching,
* Short sharp, accurate strikes

**Description of Skill Activity**

* Setup three cones in a line, approx. 10m apart, One ball at each end
* One player at each cone.
* Player at white cone strikes to red. Red catches and strike back to white
* White catches and strikes back to red, using other side (ie one left, one right strike)
* Red catches and strikes back to white, using other side.
* Red turns to face yellow. Yellow strikes and now follow same steps as above
* Looking for a short grip & crisp wristy strikes, at head height.
* Hurley should not go below the hips (ie no lifting the ball into the air)
* Each player gets a turn in the middle