

BATTING A BALL OVERHEAD

Batting a Ball Overhead is used mostly by defenders and midfielders to prevent the sliotar from passing through and play it back in the direction that it came from.



KEY TEACHING POINTS



Position the Hurley above the head; slide the non-dominant hand to meet the dominant hand at the top of the handle.



Both thumbs should be facing the bas of the Hurley; the toe should be facing away from the body on the dominant side.



Keeping eyes on the sliotar, tilt the Hurley back as the sliotar approaches.



Swing the Hurley forward to bat the sliotar with the bas. If necessary, jump to meet the sliotar at its highest point.

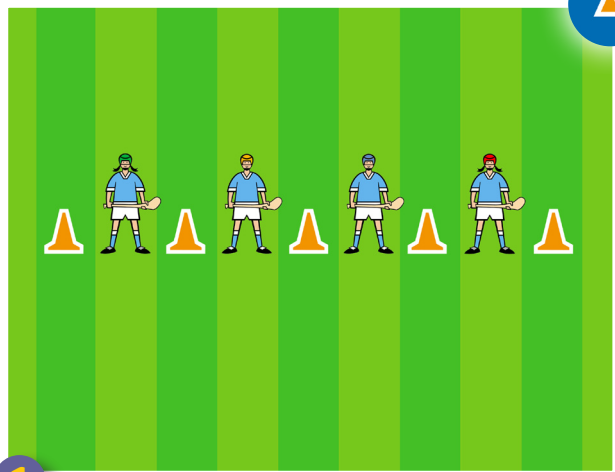
To Coach this Skill use the **IDEA** method

- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback

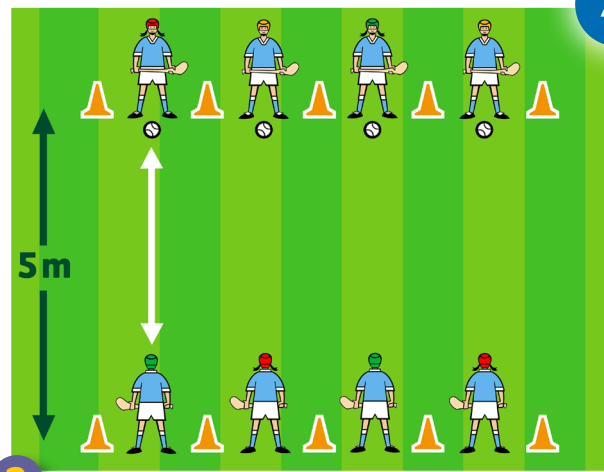
LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Holding the Hurley with the toe pointed inwards
- Attempting to bat the sliotar too far

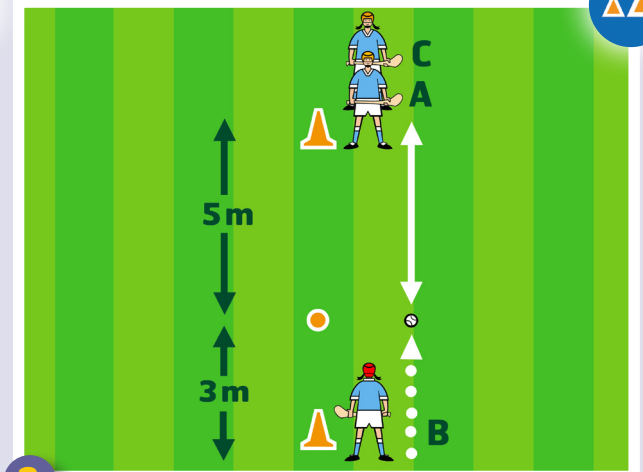
BATTING A BALL OVERHEAD PRACTISE THE TECHNIQUE



1 **IMAGINARY BATTING**
Players perform the bat on an imaginary sliotar.

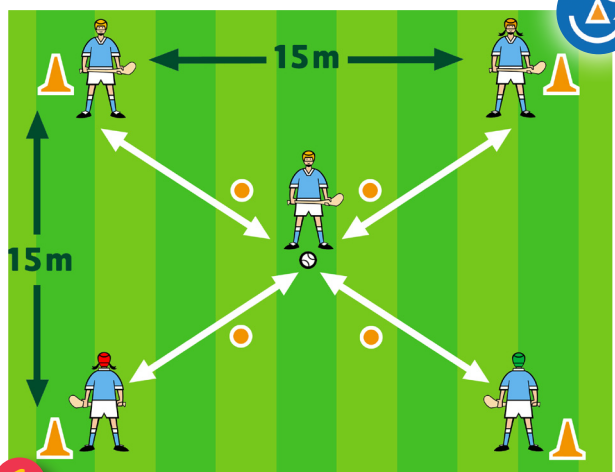


2 **BATTING IN PAIRS**
Players in pairs. Players throw the sliotar for their partner to bat it back.

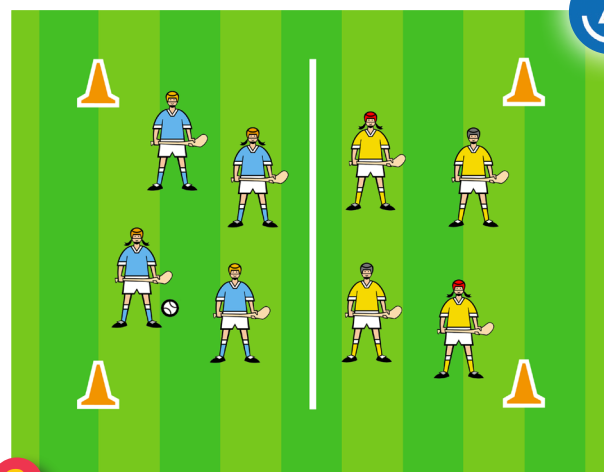


3 **ATTACK AND BAT**
Player A throws the sliotar for Player B to attack and bat. Player C catches.

BATTING A BALL OVERHEAD DEVELOP THE SKILL



1 **TARGET BAT**
In rotation, perimeter players throw the sliotar for the central player to bat.



2 **BATTING VOLLEYBALL**
Divide into two teams. Teams attempt to bat the sliotar into their opponents court. A score is awarded if the sliotar hits the ground.

VARIATIONS

The STEP method is a simple way to vary an exercise, drill, activity or game.

S pace **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS

