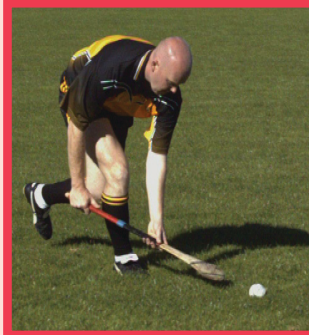


# JAB LIFT

The Jab Lift is used to raise the sliotar from the ground into the hand.

Normally used when the player is on the run. Can also be used to raise the sliotar to strike without taking into the hand.

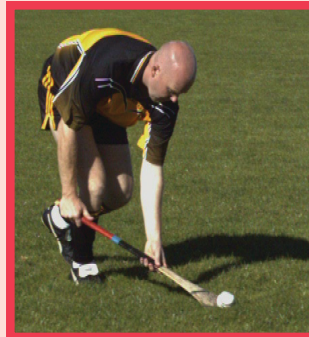


Adopt the Lifting Position. Eyes on the sliotar.

## KEY TEACHING POINTS

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



Toe of the Hurley pointing away from the body on the dominant side. Thumbs pointing towards bas.



Slide the Hurley under the sliotar to lift it.



Release the non-dominant hand into a cupped position to catch the sliotar.

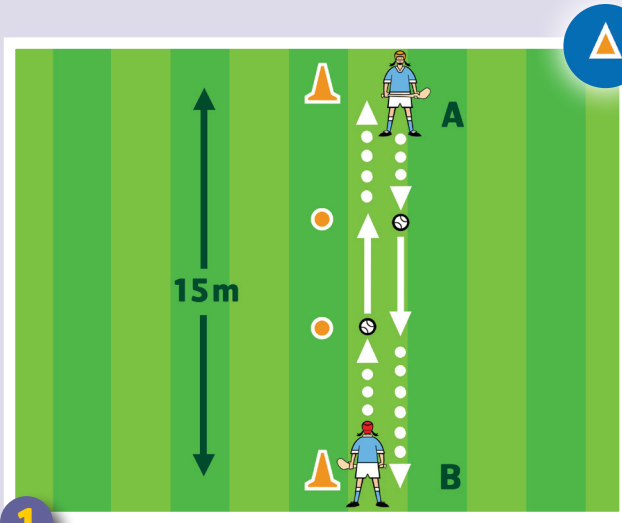
## LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle
- Catching the sliotar in the dominant hand



Michael McEvoy, Lois, in action against P.J. O'Connell, Antrim. GAA Hurling All-Ireland Senior Championship, 2011.

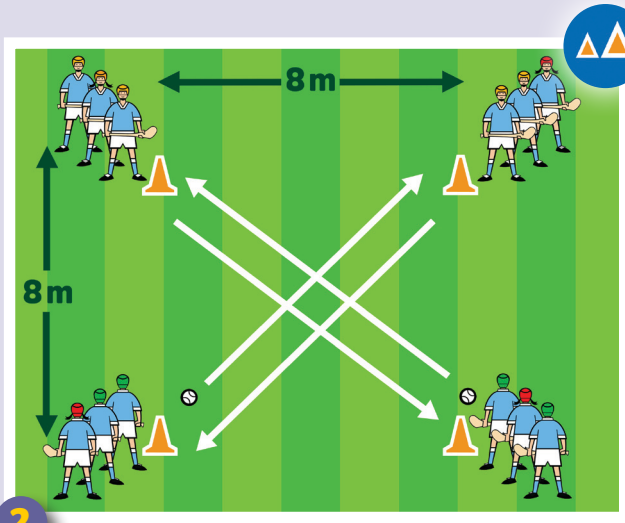
## JAB LIFT PRACTISE THE TECHNIQUE



1

### MOVE AND JAB LIFT

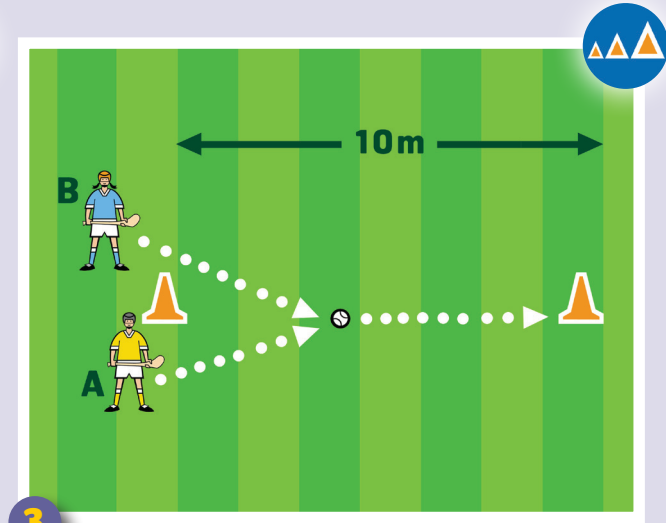
Players jab lift at one cone and drop at the next.



2

### CROSS RUNNING JAB LIFT

Players jab lift the slotar and drop for the group opposite.

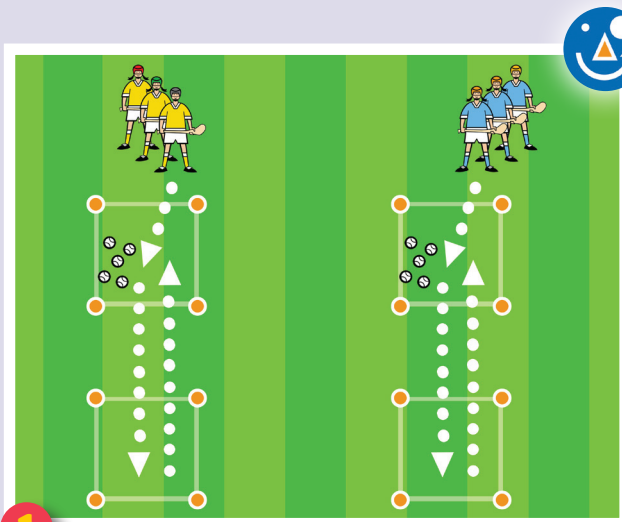


3

### JAB LIFT WITH OPPOSITION

Player A runs forward to jab lift the slotar. Player B provides opposition.

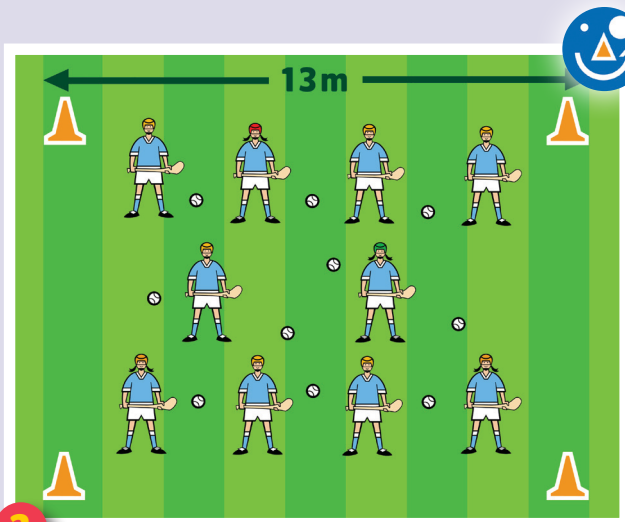
## JAB LIFT DEVELOP THE SKILL



1

### GRID SWAP

Mark out two grids. Players must transfer slotars from one grid to next using jab lift.



2

### MUSICAL CHAIRS

Scatter slotars throughout grid. On a signal players must Jab Lift the nearest slotar.

## VARIATIONS

The STEP method is a simple way to vary any 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



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine