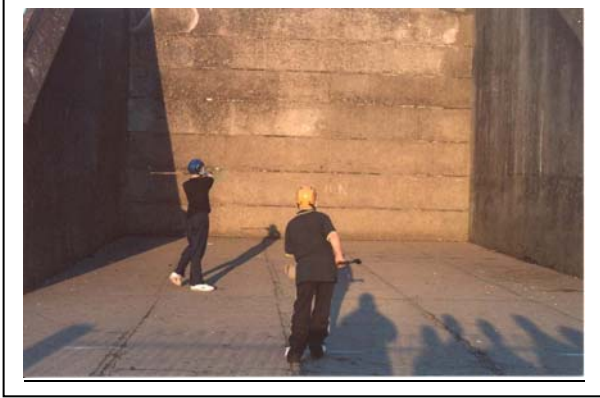


# Hurling Wall Ball



## Striking on the Ground

### Drill 1 – Basic – Striking on the Ground

This is a basic drill to improve the ground strike technique by striking a stationary and moving ball.

#### Organisation

- Position each Player approximately 5m from the wall; one ball per Player
- Each Player strikes the ball off the wall, stops the return and repeats the drill
- Count the number of successful attempts scored in a set time
- Challenge each Player to perform the skill using the left and right sides

#### Variation **s t e p**

**t** As the players become more proficient the coach can mark a 2m wide goal in front of each Player. Each Player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated.

**t** Challenge each Player to return the ball to the front wall without stopping it.

#### Equipment Required

Player x 1, Ball x 1

## Drill 2 – Basic – Striking on the Ground

This is a basic drill to improve the ground strike technique by striking a stationary and moving ball.

### Organisation

- Line up Players in groups of 3 – 5 at one end of the court; one ball per line
- The first Player strikes the ball along the ground to return off the front wall. Each following Player must stop the ball and strike to return off the front wall for the next player in line
- Challenge each Player to perform the skill using the left and right sides

### Variation **s t e p**

**t** As the Players become more proficient the coach can mark a goal 2m wide in front of the line of Players. Each Player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated

**t** Challenge each Player to strike the ball against the side wall (if applicable) before returning to front wall

**t** Challenge each Player to return the ball to the front wall without stopping it

**t** Challenge each Player to return the ball to side walls and then to the front without stopping it

### Equipment Required

Player x 5, Ball x 1

### Drill 3 – Intermediate – Striking on the Ground in Pairs

This is an intermediate drill to improve the ground strike technique by striking a stationary and moving ball.

#### Organisation

- Divide the Players into pairs; Player A at the back of the court and Player B at the front of the court; one ball per pair
- Mark a line  $\frac{3}{4}$  of the way down the court
- Player A strikes the ball along the ground to return off the front wall
- Player B must return the ball to strike the front wall before it crosses the marked line
- Award one point to Player A if the ball crosses the marked line before it is returned, or if Player B fails to reach the front wall with the return strike
- Reverse the roles after each attempt
- Challenge each Player to perform the skill using the left and right sides

#### Variation



As the Players become more proficient allow the drill to repeat so that each Player must return their partners strike to the front wall before it crosses the marked line. Award one point if (a) either Player fails to reach the ball before it crosses the line or (b) either Player fails to hit the front wall with their strike

#### Equipment Required

Player x 2, Ball x 1

## Chest Catch


### Drill 1 – Basic – Toss and Catch

This is a basic drill to practice the Chest Catch Technique in a stationary position

#### Organisation

- Position each Player approximately 2 – 3m from the wall; one ball per Player
- Challenge each Player to throw the ball against the wall and catch the return using the Chest Catch
- Challenge each Player to perform the skill using the left and right hands

Variation 

 Challenge the Players to complete as many chest catches as possible in a set time

#### Equipment List

Player x 1, Ball x 1


### Drill 2 – Intermediate – Move to Catch

This is an intermediate drill to practice the Chest Catch Technique while moving.

#### Organisation

- Divide the Players into groups of 3 – 5 Players. Line up each group approximately 5m from the wall; one ball per group
- The first Player in the line throws the ball against the wall for the next Player to advance and catch using the Chest Catch technique. Repeat the drill for a set time.
- Challenge each Player to perform the skill using the left and right hands

Variation 

 Challenge the Players to complete as many chest catches as possible in a set time

#### Equipment List

Player x 5, Ball x 1

## Hand Pass

### **Drill 1 – Basic – Hand Pass off the wall**


This is a basic drill to improve the hand pass technique.

#### **Organisation**

- Position each Player approximately 3m from the wall; one ball per Player
- Each Player hand passes the ball against the wall and catches the rebound
- Challenge each Player to perform the skill using the left and right hands

#### **Variation**



-  Increase the difficulty of the challenge by increasing the distance between the Players and the wall

#### **Equipment Required**

Player x 1, Ball x 1

### **Drill 2 – Intermediate – Hand Pass off the wall in groups**


This is an intermediate drill to improve the hand pass technique.


#### **Organisation**

- Divide the Players into groups of 3 – 5. Position each group in a line approximately 5m from the wall; one ball per line.
- The first Player in the line hand passes the ball to return from the front wall. Each subsequent Player catches the ball and repeats the drill.
- Challenge each Player to perform the skill using the left and right hands

#### **Variation**



-  Increase the difficulty of the challenge by increasing the distance between the Players and the wall

-  Challenge each Player to hand pass the ball for the next Player to catch (a) overhead, (b) into the chest and (c) control using the Hurley

#### **Equipment Required**

Player x 1, Ball x 1

## Overhead Catch

### Drill 1 – Basic – Toss and Catch


This is a basic drill to practice the Overhead Catch Technique in a stationary position.

#### Organisation

- Position each Player approximately 5m from the wall; one ball per Player
- Players toss the ball underarm against the wall to catch the return
- Challenge each Player to perform the skill using the left and right hands

#### Variation



-  Increase the difficulty by increasing the distance from the wall and challenging the players to jump to catch

#### Equipment Icons

Player x 1, Ball X 1

### Drill 2 – Intermediate – Toss and Catch


This is an intermediate drill to practice the Overhead Catch Technique.

#### Organisation

- Divide the Players into groups of 3 – 5. Position each group in a line approximately 5m from the wall; one ball per line
- The first Player in the line throws the ball underarm to return from the front wall. Each subsequent Player catches the ball overhead and repeats the drill.
- Challenge each Player to perform the skill using the left and right hands

#### Variation



-  Increase the difficulty by increasing the distance from the wall and challenging the players to jump to catch

#### Equipment Icons

Player x 5, Ball x 1

## Striking from the hand

### Drill 1 – Basic – Striking off the Wall

This is a basic drill to practice striking from the hand.

#### Organisation

- Position each Player approximately 5m from the wall; one ball per Player
- Players strike the ball off the wall to catch and return
- Challenge each Player to perform the skill using the left and right sides

#### Variation

s t e p

**s** Increase difficulty by increasing the distance between the Players and the wall

**t** Challenge the Players to strike the ball to return from the wall and catch (a) overhead, (b) chest catch, (c) control with the Hurley into the hand and (d) control with the Hurley and return without taking the ball into the hand

#### Equipment Required

Player x 1, Ball x 1

## Drill Two – Intermediate – Striking off the Wall

This is an intermediate drill to practice striking from the hand.

### Organisation

- Divide the Players into groups of 3 – 5. Position each group in a line approximately  $\frac{3}{4}$  of the way down the court; one ball per line
- The first Player in the line strikes the ball from the hand to return from the front wall. Each subsequent Player catches the ball and repeats the drill.
- Challenge each Player to perform the skill using the left and right sides

### Variation



**s** Increase difficulty by increasing the distance between the Players and the wall

**t** Challenge the Players to strike the ball to return from the wall for the next Player to catch (a) overhead, (b) into the chest, (c) control with the Hurley into the hand and (d) control with the Hurley and return without taking the ball into the hand.

**t** Mark a line across the court and challenge each Player to take possession of the ball before it crosses the line and return off the front wall

**t** Introduce the solo run into the activity by challenging the Players to take possession of the ball and solo over a 5m distance prior to returning the ball to the front wall. Increase the difficulty by challenging the Players to strike the ball off the Hurley i.e. without taking the ball into the hand

### Equipment Required

Player x 5, Ball x 1

### Drill 3 – Advanced – Striking while off balance

This is advanced drill to practice striking from the hand.

#### Organisation

- Divide the Players into groups of 3 – 5. Position each group in a line approximately towards the front of the court; one ball per line
- The first Player in the line strikes the ball from the hand to return from the front wall. Each subsequent Player must chase the ball, taking it into the hand, turning and striking it off the front wall
- Challenge each Player to perform the skill using the left and right sides

#### Variation



**s** Increase the difficulty by drawing a line on the court for each Player to take possession and return the ball before it can cross the line. Each Player begins with 3 Lives – take one life away each time they fail to return the ball before it crosses the line

**t** Challenge each Player to increase the accuracy of their strike by marking goalposts on the front wall. Challenge each Player to score with their return

**t** Increase the difficulty of the activity by challenging each Player to (a) take possession of the ball and return it to the front wall using the hand only and (b) take possession of the ball and return it to the front wall without using the hand

#### Equipment Required

Player x 5, Ball x 1

## Blocking a ball overhead

### Drill 1 – Basic – Blocking against the Wall


This is a basic drill to practice Blocking a Ball Overhead technique.


#### Organisation

- Position each Player approximately 5m from the wall; one ball per Player
- Each Player throws the ball underarm against the wall and blocks the return
- Initially players should block the ball in a standing position progressing to throwing the ball higher and jumping to block the ball

#### Variation



 Increase difficulty by increasing the distance between the Players and the wall.

 Challenge each Player to block the return from the wall (a) onto the ground (b) blocking the ball to drop into the hand

#### Equipment Required

Player x 1, Ball x 1

## Batting a ball overhead

### Drill 1 – Basic – Batting against the Wall

This is a basic drill to practice the Batting a Ball Overhead technique.

#### Organisation

- Position each Player approximately 5m from the wall; one ball per Player
- Each Player throws the ball overhead and bats the ball against the front wall
- Initially players should bat the ball in a standing position progressing to throwing the ball higher and jumping to bat the ball

#### Variation



**s** Increase difficulty by increasing the distance between the Players and the wall

**t** Challenge each Player to control the return from the wall using (a) the overhead catch or (b) blocking the ball to drop into the hand.

**t** Increase the difficulty by challenging the Player to bat the ball as it returns off the wall

**t** Further increase the difficulty by challenging the Players to double on the returning ball to the opposite wall

#### Equipment Required

Player x 1, Ball x 1

## Wall Ball Hurling




This is a game to further develop all of the striking skills.

### Organisation

- Divide the Players into teams of one or two Players; one ball per pair of teams
- Mark two lines across the court, one (the service line) approximately 5m from the front wall and the second line (the return line) approximately 10m from the front wall
- In 1 v 1 Wall Ball Hurling, Player A stands at the service line. Player B positions himself anywhere behind the return line.
- Player A serves, striking the ball off the front wall to land beyond the return line
- If the ball fails to reach the return line, possession is lost and Player B serves
- If the ball lands beyond the return line, Player B strikes the ball to the front wall (without the ball hitting the ground prior to striking the wall)
- The game continues until either (a) the ball bounces twice before it is returned, or (b) the ball bounces before striking the front wall
- Only the serving Player can score. If the returning Player wins the play, they take over the serve.
- First team to score 21 points is the winner
- In 2 v 2 Wall Ball Hurling Players rotate service between each partner – i.e. each partner takes every second serve.

### Variation



-  To reduce the challenge, reduce the distance from the front wall to the service/return lines
-  To reduce the challenge, increase the number of times the ball is allowed to bounce before it is returned
-  Further increase the difficulty by challenging the Players to strike the ball against a side wall before the ball strikes the front wall

### Equipment Required

Player x 2, Ball x 1