

ROLL LIFT

The Roll Lift is used to raise the sliotar from the ground into the hand. Generally used when the player is stationary. Can also be used to raise the sliotar to strike without taking the sliotar into the hand.



Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.

KEY TEACHING POINTS



Toe of the Hurley should be pointed away from the body. Thumbs point towards the bas.



Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.



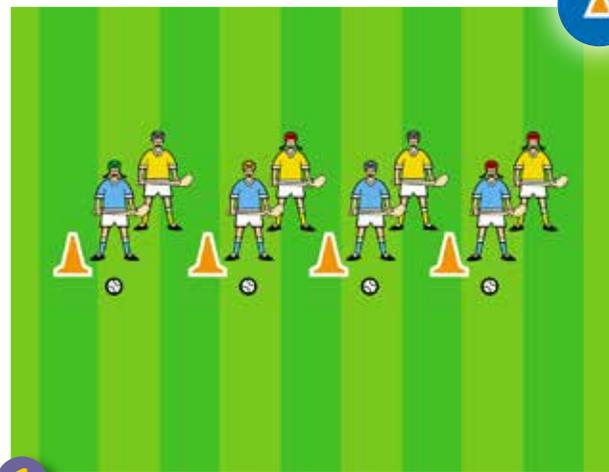
Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

LOOK OUT FOR THESE COMMON ERRORS

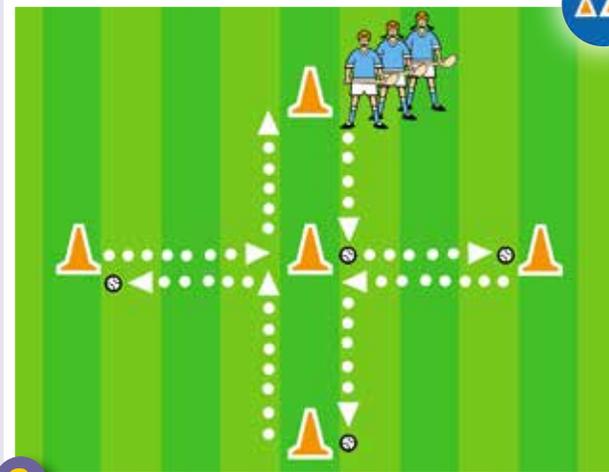
- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle



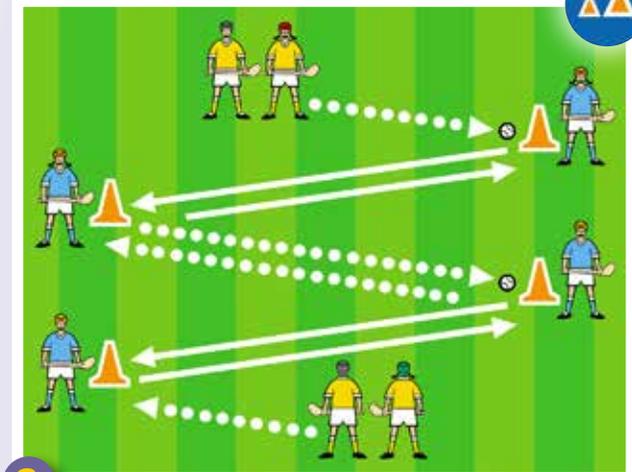
ROLL LIFT PRACTISE THE TECHNIQUE



1 STATIONARY ROLL LIFT
Players in pairs. Each player roll lifts the ball for 1 minute.

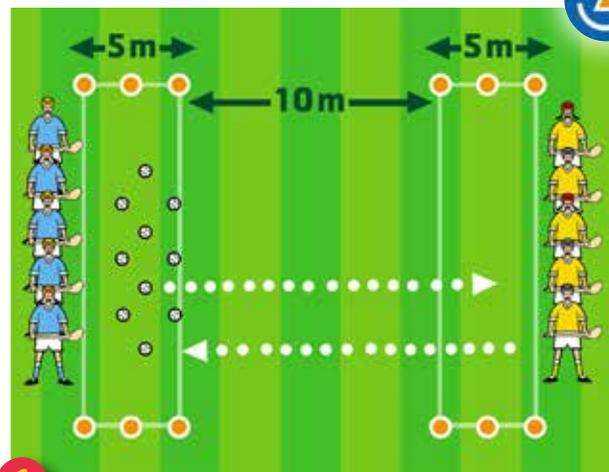


2 AGILITY ROLL LIFT
Players must roll lift the sliotar at each cone in turn.

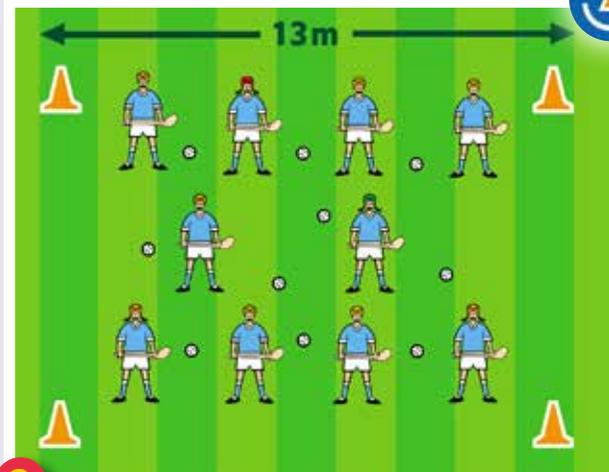


3 ZIG ZAG ROLL LIFT
Players must roll lift the sliotar and change direction placing the sliotar at the next cone.

ROLL LIFT DEVELOP THE SKILL



1 GRID SWAP
Mark out two grids. Players must transfer sliotars from one grid to next using roll lift.



2 MUSICAL CHAIRS
Scatter sliotars throughout grid. On a signal players must roll lift the nearest sliotar.

VARIATIONS

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

Space **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