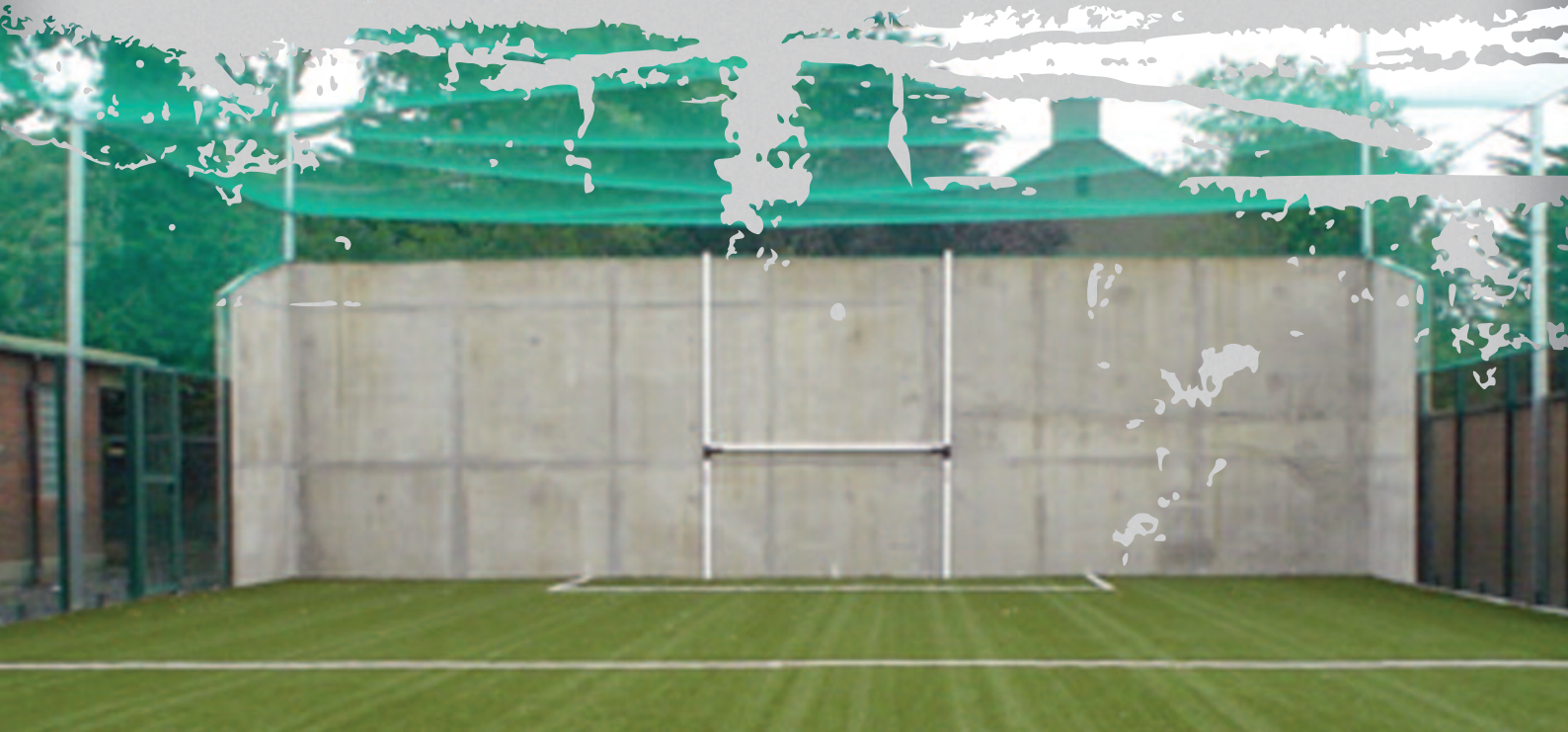
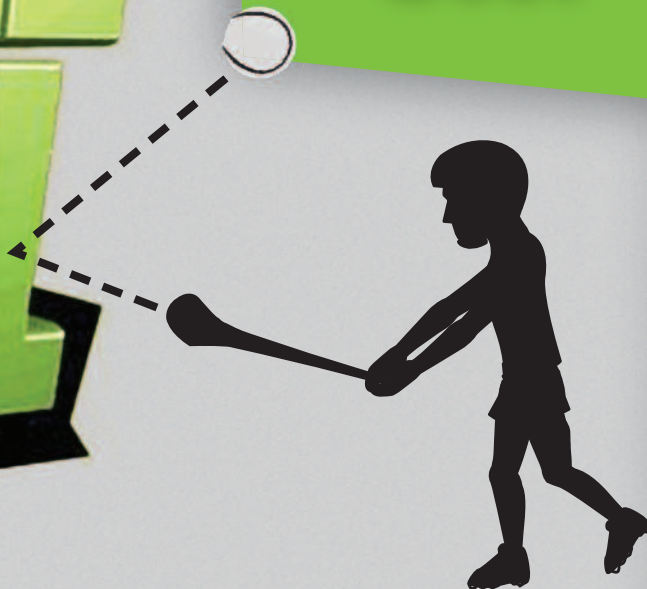




GAA

WALL BALL



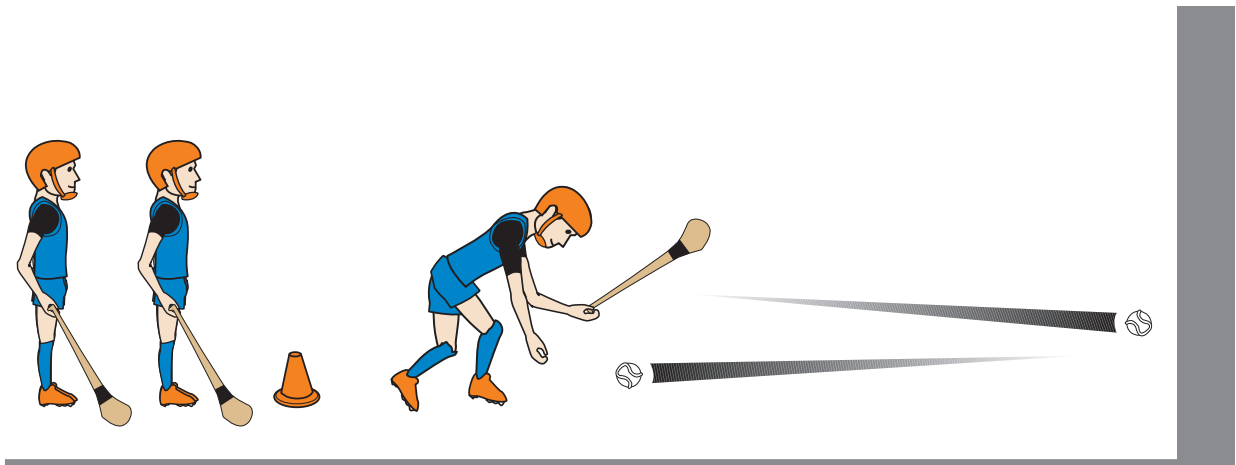
HURLING AND HANDBALL SESSIONS FOR THE WALL

Developed by Gerard O'Connor 2011

EXERCISE 2

» Catching Low Ball »
Duration: 2 mins

» Players take turns striking the ball out of the hand low against the wall and catching it on the return before the next player goes.



EXERCISE 3

» Drop Shot »
Duration: 2 mins

» Players take it in turns to drop the ball from the hand and strike it after the bounce. They then control the returning ball from the wall with one touch on the Hurley and hand-pass to the next player in their lane.

