



DRILL 1: Midfield Chase. 3 Players (A,B,C). Intensity = challenge the group scores.

Setup: Groups of 3 spread across the width of the pitch. Players at the side lines have a sliotar each.

Description: Work the player in the middle (B) to get as many touches as possible in 30 secs as he returns the sliotars to the sidelines. Mentor times the drill for 30 secs and counts the number of returns the player in the middle gets. Drill starts with C striking a low fast ball to B, who gathers and returns to C. Just as he turns around A drives another low fast ball in and B returns back to A and the drill continues for 30secs

Coaching: The player in the middle needs to work flat out for 30secs. Focus on a good 1st touch and return the ball with a low strike. Players at the sideline need to deliver the ball in hard enough to reach the midfielder quickly but not so hard as to go past him. Midfielder should never be waiting on a ball to be sent in.

Challenge: Count the group score for all 3 players and set a challenge to see which group wins

DRILL 2: Midfield Battle, 4 players. Number players in each group 1-4.

Description: 2 players in the middle (2,3) battle as 1 and then 4 deliver the sliotar. Whoever wins the sliotar attempts to strike it back while opponent blocks or hooks. Vary the delivered sliotar low and high. If sliotar goes outside an area marked off by a line of cones 5 meters either side of the half way line, then the player in possession can only strike from inside the coned area.

Challenge: Vary the delivered ball to be high and low. Count scores for ball delivered back, blocks, hooks, high catches.

Rotation: Rotate the players in the middle so each pair get to challenge. Allow for 1 minute for each pair to battle. Call the midfield pairing in the following order:

2/3, 1/4, 1/2, 3/4, 1/3, 2/4