








STRIKING WITH AN IMPLEMENT

Ag bualadh le huirlis



Target Pupil								Comments
Keep eyes on the ball.		Head						
Stand side on to the target.		Trunks						
Feet shoulder width apart , knees slightly bent with weight on the back foot in the preparation phase.		Legs						
Step forward with the front foot, rotating the hips and shoulder during the striking action.								
Hands should be together at the base of the implement with the hand at the end matching the front foot.		Arms						
Arms should be extended fully at the point of contact with the ball.								
Follow through the ball and around the body.								

Hints	What instructions should I give? Using the bat, hit the ball as far as you can.	From where should I observe this skill? To the side so you don't get hit but still facing the striker.	What equipment do I need? A bat of any description and a ball.
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