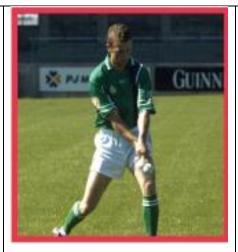
Striking the ball out of the hand



- Toss sliotar to shoulder height
- Keep eyes on sliotar



- Place two hands together at top of hurl
- Bend elbows raise hurl



- Step forward with opposite leg
- Swing hurl downwards
- Make contact at knee height



- Swing low to high and transfer weight to other leg
- Follow through with swing