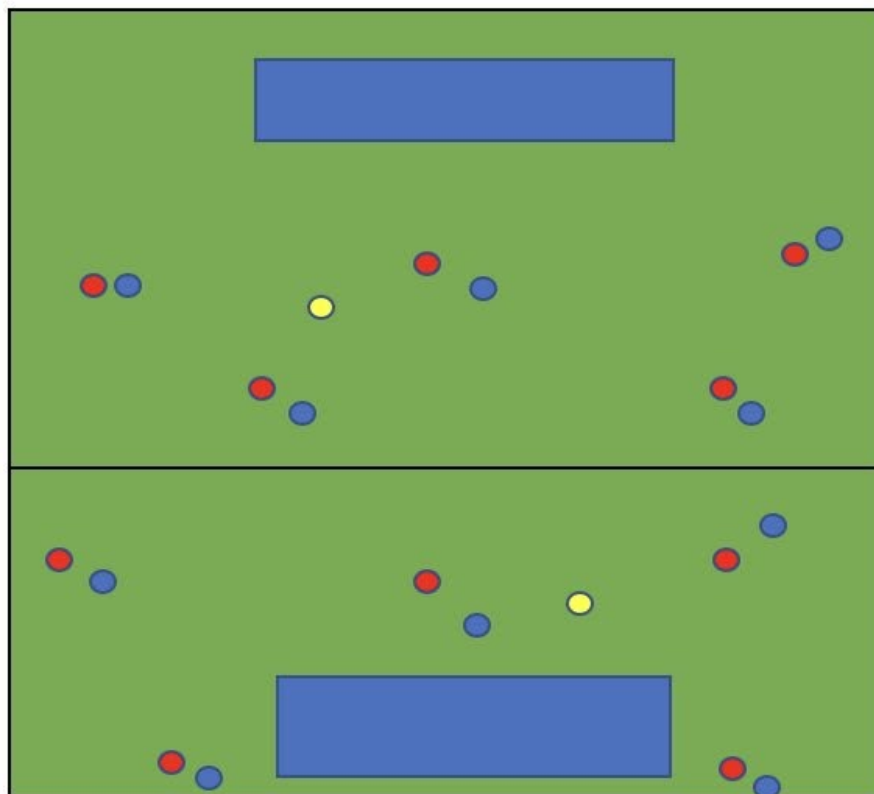


Target man



- Set up 2 goal pitch split in half
- Play at least 8 v 8
- Each team has a target man (marked yellow) in their half
- The target man must be given a pass before ball is played into the opposition half
- Target man must stay in own half
- If one team strikes the ball to the opposition target man they lose a point
- Score by striking ball into large end-zone
- Works on heads up hurling, avoiding potential sweeper and using your extra man/default sweeper

