

The Clash – Working with tyres.

By: Paudie Butler

1. Static Striking

Two players on strong side – STATIC. Both players striking the tyres at the same time.

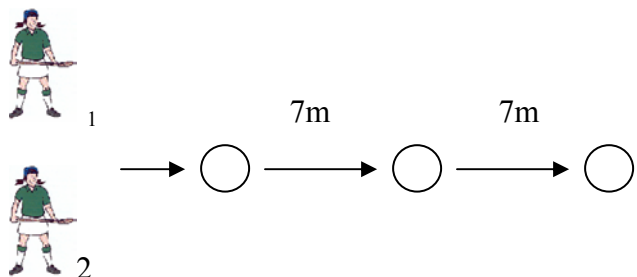


Pull on command.

Coaching Note: Coach should give feedback on – Grip
Stance
Power
Sound
Speed

Players switch to weak side and repeat drill.

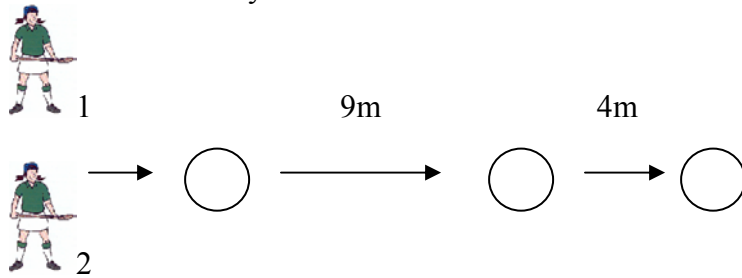
2. On the run.



1, 2 run and pull together on each tyre, turn at cone and pull again on return.

3. "Change Distance"

Same as above only varied distance.



4. "Change direction and pattern"



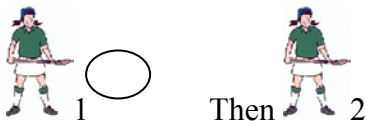
Coaches command players react and strike the tyres.

E.g. Pattern 1 2 3 2 4

or

1 3 2 4

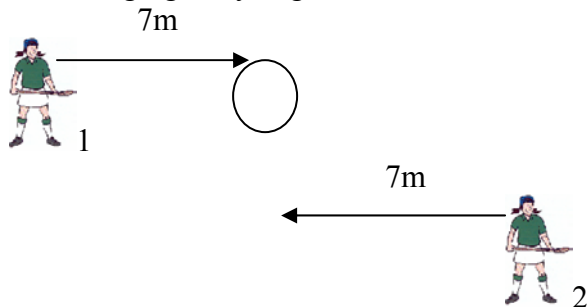
5. "Speed - 30sec"



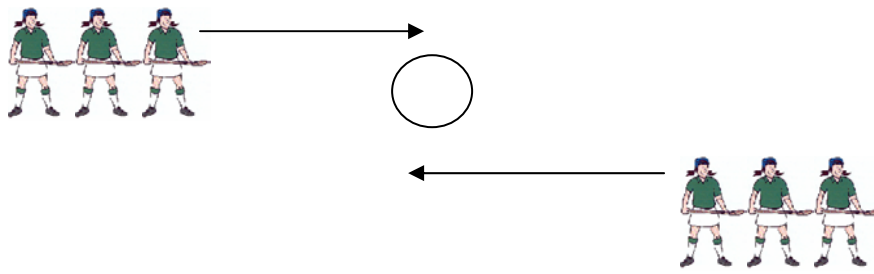
One player strikes as fast as he can for 30sec no patterned runs.

1 - 5 necessary for good confidence, power development, speed development but not

6. "Changing body angle"



Players move from opposite sides and both pull on right hand side X₁ going to his left and X₂ going to his left.



It is ideal to have three or four players on each side.

SAFETY is huge here.

- 1) Walk players through first.
- 2) Also walk them through when switching to pulling on left.