LEVEL 1

HAND PASS - PASS IN PAIRS

HURLING

EQUIPMENT LIST

- Cones
- Sliotar

This is a basic drill to practice the HandPass technique in a stationary position

Organisation

- Divide the players into pairs; one ball per pair
- The players stand facing each other two Hurley lengths apart
- Each player in turn hand passes the ball to their partner who catches it and hand passes it back

STEP Variation

Task - To increase the challenge; Alternate between using the dominant and non-dominant hands to pass

Notes