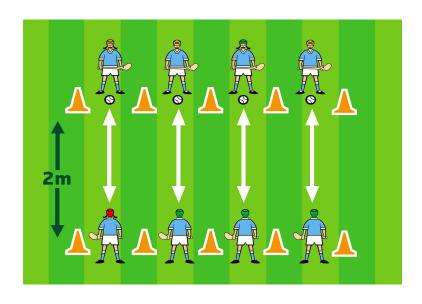




HAND PASS - PASS IN PAIRS HURLING





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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			