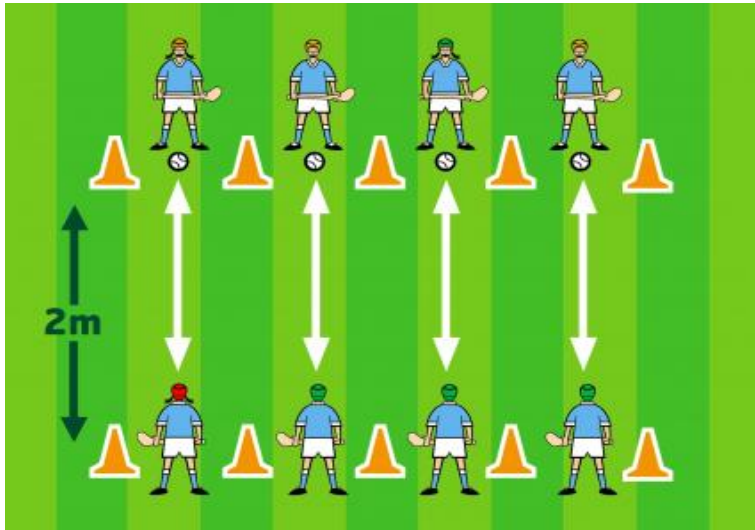


## LEVEL 1

## 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

[illegible]