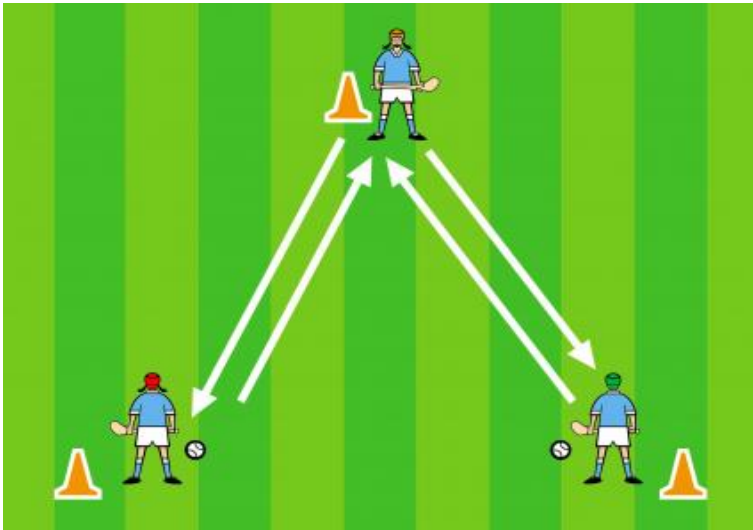


LEVEL 2 HAND PASS - PRESSURE PASS HURLING



EQUIPMENT LIST



Cones



Player



Sliotar

This is an intermediate drill to practice the Hand Pass technique that requires the players to catch and pass in different directions

Organisation

- Divide the players into groups of three; each group forming a triangle
- Two players act as feeders, with one ball each; the third player is the central player
- The central player must take and return a pass from each player in turn for a set period of time
- Reverse the roles, giving each player the chance to be the central player

STEP Variation

Task - To increase the challenge; the feeders pass the ball as the central player returns the previous pass

Notes
