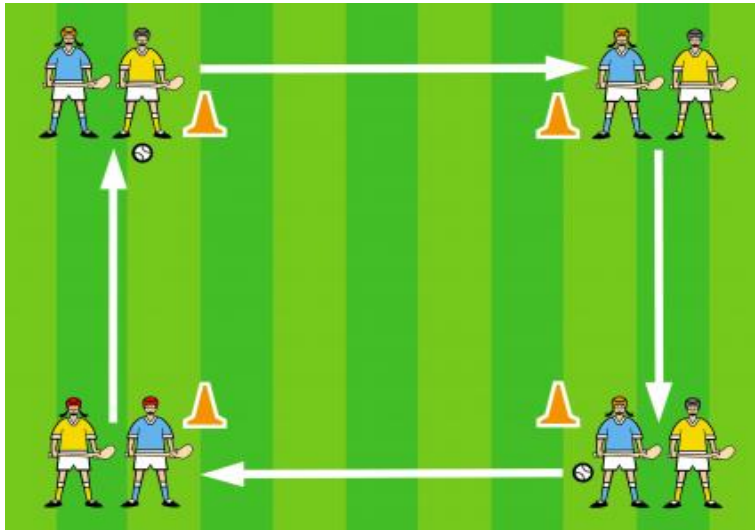


## LEVEL 5

# HAND PASS - AROUND THE SQUARE

## HURLING



### EQUIPMENT LIST



Cones



Player



Sliotar

This is a fun game to practice the HandPass technique

### Organisation

- Mark out a square or circle using cones
- Divide the players into two teams; one ball per team
- Position one player from each team at each cone
- One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction
- The first team to have the sliotar back to the starting player wins
- If the sliotar hits the ground, it must be returned to the starting player to begin again

### Step Variation

To increase the challenge; increase the size of the square

### Notes

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