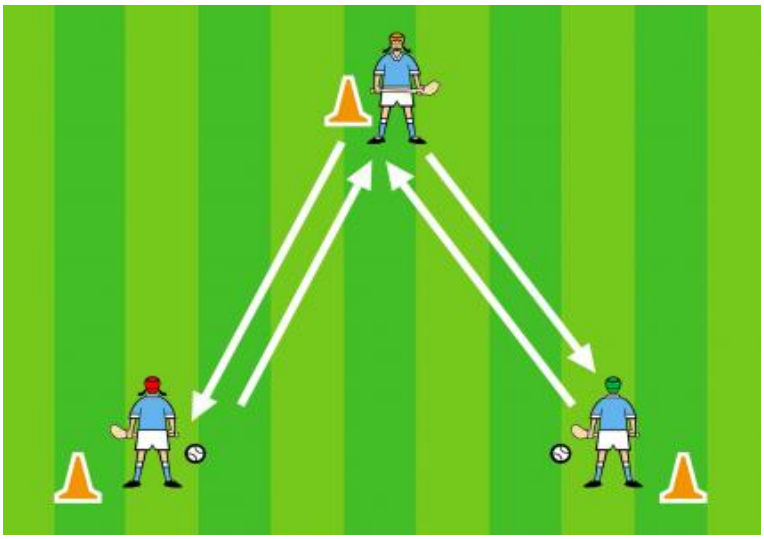
LEVEL 2

HAND PASS - PRESSURE PASS

— HURLING



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This is a 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

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes