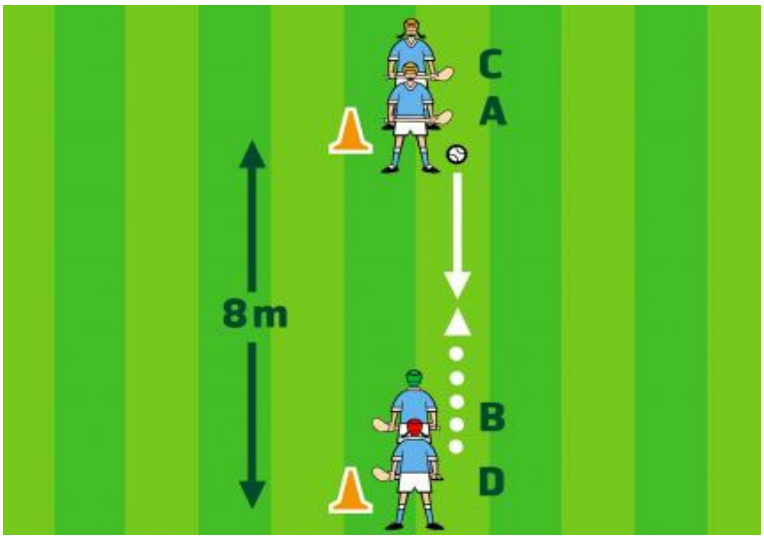
LEVEL 2

HAND PASS - MOVE & PASS II

— HURLING



This intermediate drill to practice the HandPass technique focuses on the timing and weight of the handpass

Organisation

- Mark out a distance of approximately 8m using cones
- Divide the players into groups of 4; 2 balls per group
- The players line up 2 facing 2
- Working in pairs, the players pass the ball over and back to one another, Player A to Player B and Player C to Player D
- The receiver moves to the ball requiring the passer to time and weight their pass accordingly
- Both passer and receiver move to the far cone as the pass is completed

STEP Variation

Equipment - Use one ball per group; each player in turn passes to the next player in the opposite line

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes