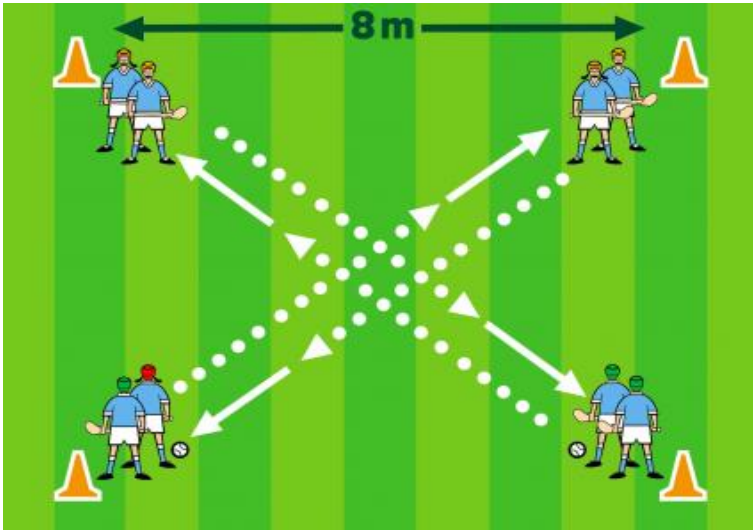


LEVEL 2

HAND PASS - CROSS RUNNING HAND PASS

— HURLING



This intermediate drill requires the players to receive and hand pass the ball while running across the path of other players

Organisation

- Divide the players into four equal groups
- Mark out a grid 8m by 8m using cones
- One group lines up behind each cone
- The front players in two of the four groups run and hand pass to the front player at the opposite corner
- Each player in turn receives and passes the ball across the centre of the grid before continuing to join the end of the opposite line
- The players should focus on moving to receive the ball, accelerating through the centre and hand passing in front of the oncoming player

STEP Variation

Equipment - To increase the challenge; introduce a second ball to each line

EQUIPMENT LIST



Player



Sliotar

Notes
