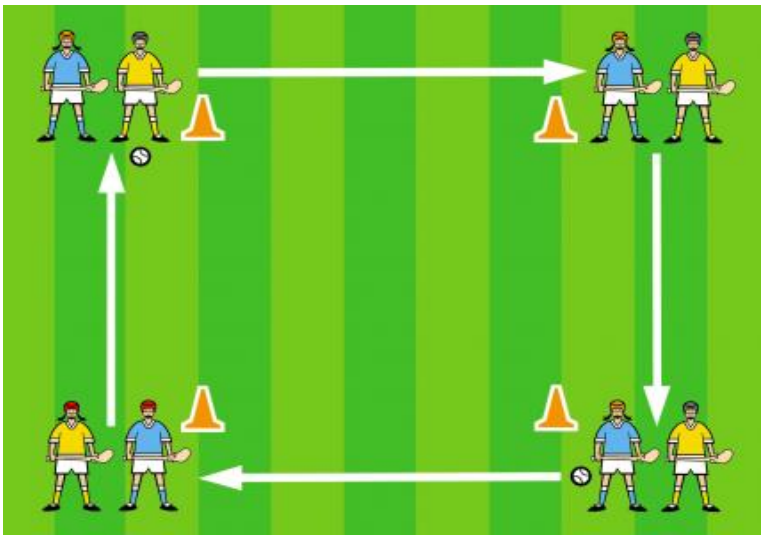
LEVEL 5

HAND PASS - AROUND THE SQUARE

— HURLING



C Y

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

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes