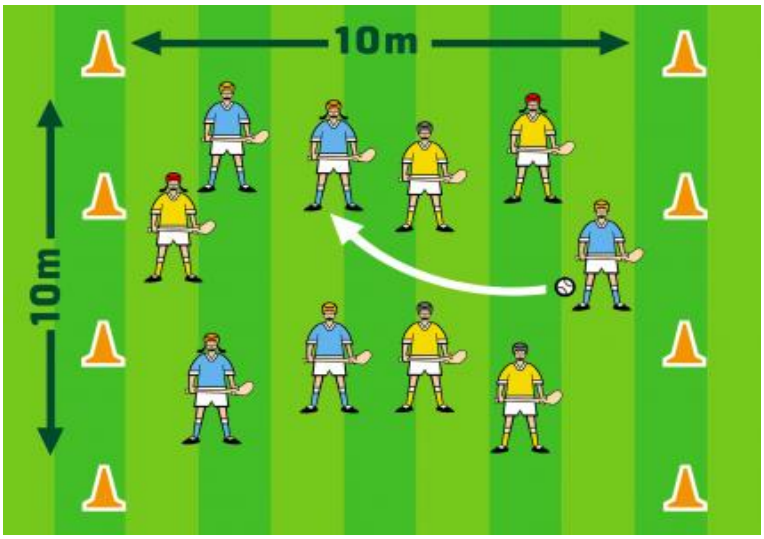
LEVEL 5

HAND PASS - POSSESSION HAND PASS

— HURLING



This is a grid game designed to improve the players' ability to perform the hand pass under pressure

Organisation

- Divide the players into two teams of three to five players each
- Mark out a grid 10m by 10m using cones
- Team A must retain possession of the ball by hand passing it to each other
- Team B gain possession by intercepting the ball, or when the ball hits the ground or leaves the grid
- The player in possession may not be tackled
- Each successful catch gains a score; alternatively, the team who makes the highest number of passes in succession wins

STEP Variation

Players - To increase the challenge; increase the number of players on each team

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes