LEVEL 1

SOLO RUN - BALANCE, BOUNCE & TWIST

— HURLING

EQUIPMENT LIST

- Coach
- Cones
- Sliotar

C Y

This is a basic drill to practice the Solo technique

Organisation

- Provide each player with a ball; ensure each player has adequate space
- Each player attempts to balance the ball on the hurley; begin by using two hands
- Progress to bouncing the ball on the hurley
- Challenge the players to rotate the hurley with the wrists as they bounce the ball
- Introduce movement and repeat the sequence

STEP Variation

Initially the players should use two hands; progress to holding the hurley with one hand as they become more proficient

Notes