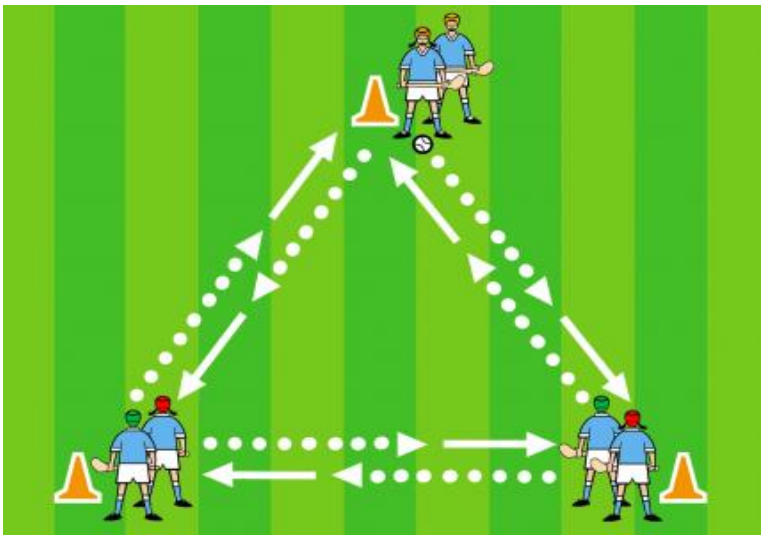
LEVEL 2

SOLO RUN - SOLO & PASS

— HURLING



C Y

This intermediate drill to practice the solo technique requires the players to hand pass off the hurley

Organisation

- Divide the players into groups of six; one ball per group
- Mark out a triangle with cones 10m apart
- Two players line up at each corner
- Each player solos to the next cone, hand passing the ball to the next player from 2 to 3m
- Repeat the drill in the opposite direction; pass the ball using the right hand when moving in an anti-clockwise direction and vice versa

STEP Variation

Task - To increase the challenge; the receiving player should move along their line to provide a moving target for the passer

EQUIPMENT LIST

- Coach
- Cones
- Sliotar

Notes