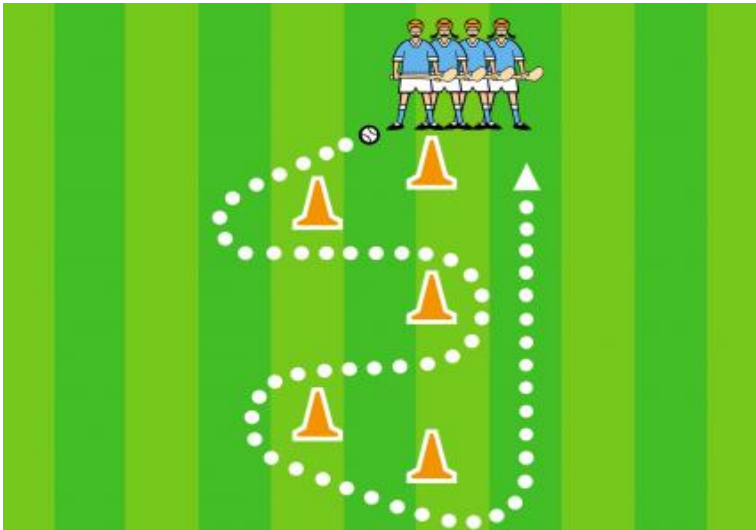


LEVEL 2

SOLO RUN - ZIG-ZAG SOLO

— HURLING



EQUIPMENT LIST

Coach

Cones

Sliotar

This intermediate drill to practice the Solo Run technique requires players to maintain control of the ball while soloing around a series of cones

Organisation

- Divide the Players into groups of five; one ball per group
- Place five cones in a zigzag formation; 5m between each cone
- Each player solos out and around each cone
- Once round the far cone, they solo straight back and hand pass to the next player who repeats the drill
- Initially, players should catch the ball as they round the far cone.

STEP Variation

Task - Initially, players should catch the ball as they round the far cone; progress to rounding the cone without catching the ball

Notes
