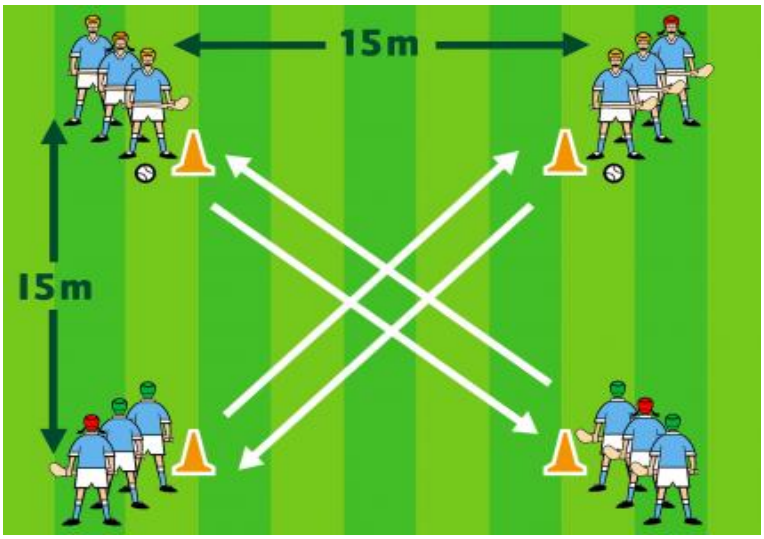
LEVEL 2

SOLO RUN - THROUGH THE MIDDLE

— HURLING



C Y

This intermediate drill to practice the solo technique requires the players to maintain control of the ball while soloing through a common area

Organisation

- Mark out a grid 15m square, using cones
- Three players line up at each corner of the grid
- Starting from two corners the players must solo across the grid and hand pass to the next player from 2 to 3 m away
- The players may catch the ball as they pass through the centre of the grid

STEP Variation

Task - To increase the challenge; add two more balls so four players go through centre of grid

EQUIPMENT LIST

- Coach
- Cones
- Sliotar

Notes