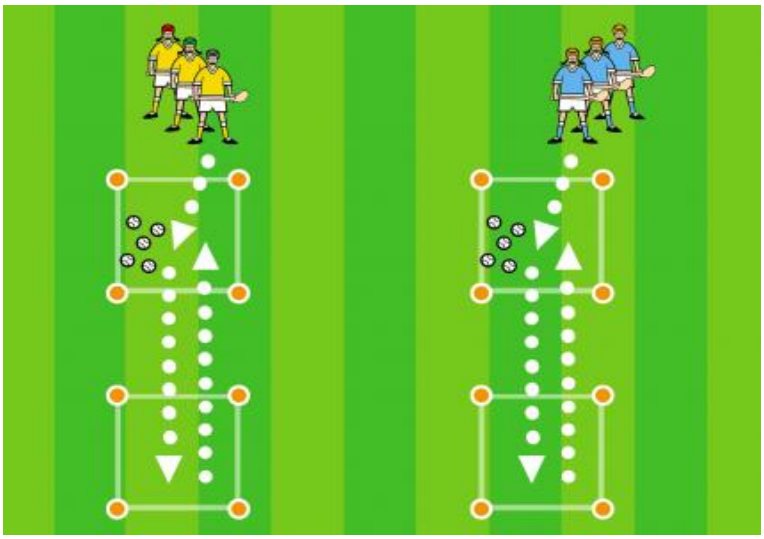
LEVEL 5

SOLO RUN - GRID SWAP

— HURLING



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This is a grid game designed to increase the speed at which players perform the Solo Run

Organisation

- Divide the players into equal teams
- Mark out four grids 5m by 5m, with a distance of 5m between each grid; each team is assigned two grids
- Place the same number of balls in each of the near grids
- The first player in each team jab lifts each ball in turn and transfers it to the other grid
- Each player in turn transfers the balls in the opposite direction
- The team who completes the drill in the quickest time wins

STEP Variation

Use two grids and assign one to each team. Each team in turn must transfer the balls to the other team's grid

EQUIPMENT LIST

- Coach
- Cones
- Sliotar
- Whistle

Notes