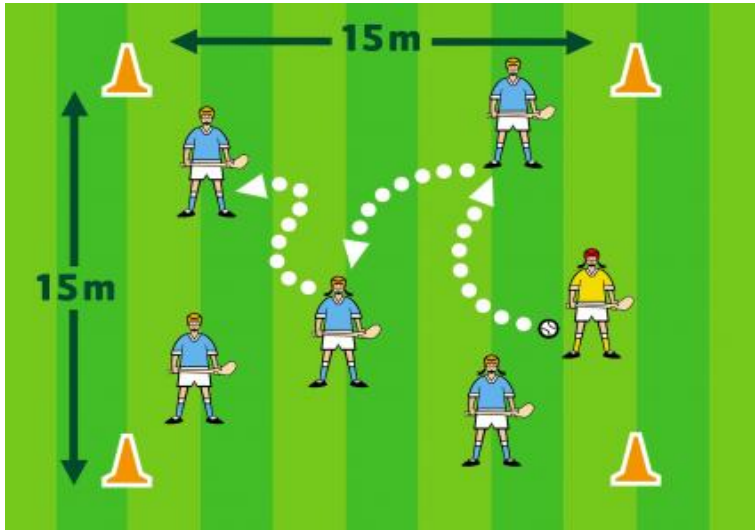


LEVEL 5

SOLO RUN - SOLO TAG

— HURLING



This is a fun game to develop the Solo run technique

Organisation

- Mark out a grid 15m X 15m
- One player with a ball solos around attempting to tag the other players
- The player must solo the ball as they travel between the players; catch the ball to tag each player
- As each player is tagged they must leave the game
- Change the player with the ball when all the players have been tagged

STEP Variation

Players = Increase the number of ‘taggers’

EQUIPMENT LIST

Coach

Cones

Slotar

Whistle

Notes
