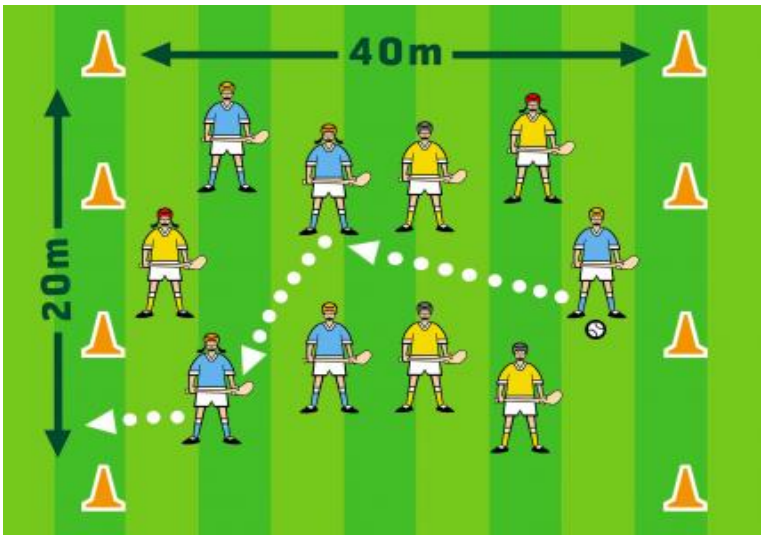
LEVEL 3

SOLO RUN - ON THE RUN

— HURLING



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This is a Conditioned game to develop the players' ability to Solo Run in a game situation

Organisation

- Mark out a playing area 40m long and 20m wide
- Divide the group into two teams of five players
- The aim is to score by soloing with the ball over the opponent's end line
- Players may only solo and hand pass the ball
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley
- If a ball is intercepted or falls to the ground, the other team gain possession

STEP Variation

Players - The teams take turns in possession; allow more players on the team in possession

EQUIPMENT LIST

- Cones
- Sliotar

Notes