

SOLO RUN

The Solo Run is used to carry the sliotar to a better position, or to get away from an opponent. The sliotar may be carried balanced on the Hurley, or hopping on the Hurley.



Point the Hurley forward, with the bas flat and the toe pointing away from the body on the dominant side.

KEY TEACHING POINTS



Toss the sliotar onto the bas of the Hurley. Place non dominant hand along the handle for balance.



Move forward balancing or hopping the sliotar.



To help control the Hurley, use a shortened grip.

To Coach the Skill use the **IDEAL** method

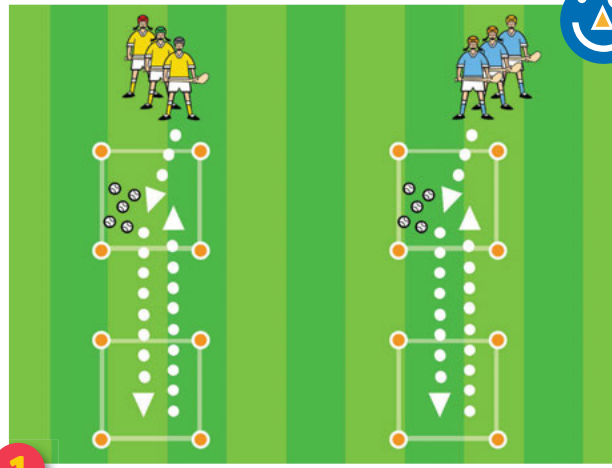
- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe

LOOK OUT FOR THESE COMMON ERRORS

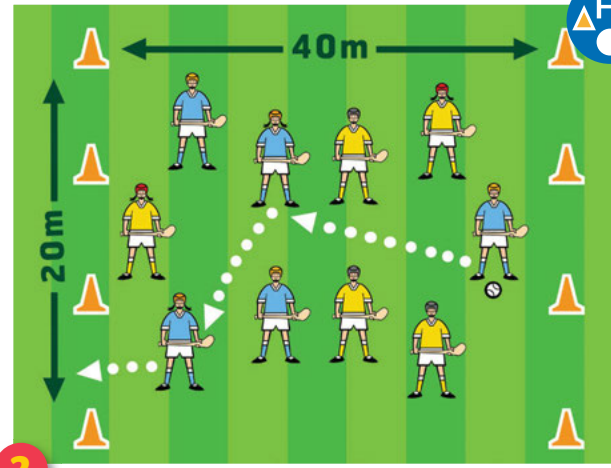
- Holding the Hurley with the toe facing inwards
- Holding the Hurley at full length



SOLO RUN DEVELOP THE SKILL



1 **GRID SWAP**
Mark out two grids. Players transfer sliotars from one grid to next using the solo run.



2 **ON THE RUN**
Divide into two teams. Teams score by soloing the sliotar over their opponents endline.

VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

- S**pace **T**ime **E**quipment **P**layers **R**ules
- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
 - T** how long are players working for? Challenge the intensity by reducing the time
 - E** alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
 - P** increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition
 - R** adapt the rules of the game to assist with achieving a certain outcome.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

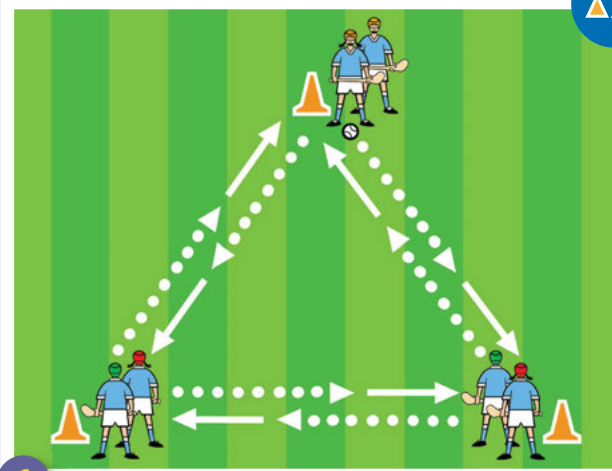


Modified Game

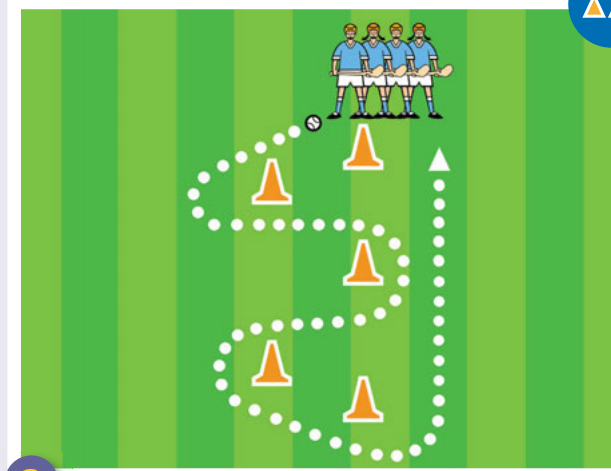


Game Play Routine

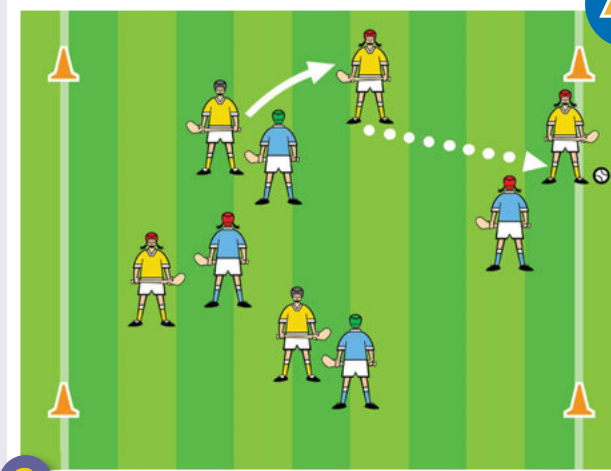
SOLO RUN PRACTISE THE TECHNIQUE



1 **SOLO AND PASS**
Players solo and hand pass either from the hand or off the Hurley.



2 **ZIG ZAG SOLO**
Players solo around the cones and hand pass to the next player.



3 **TO THE ENDLINE**
The team in possession must attempt to carry the ball over the end line.