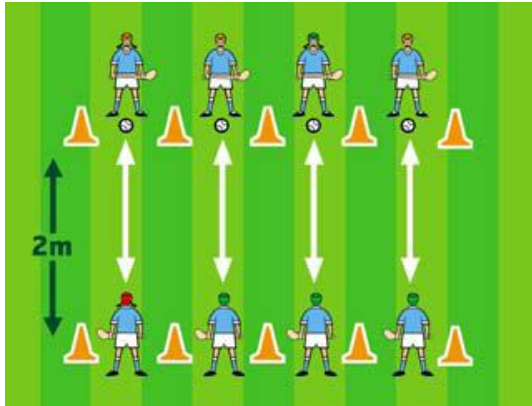


Basic Drill



Pass in Pairs

Hand Pass the ball to your partner who hand passes it back.

Handpass

Key Points

1. Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand
2. Toss the sliotar to shoulder height; step towards the receiver with the dominant foot
3. Swing back the non-dominant arm; strike the sliotar in the direction of the receiver. Point of impact is where fingers meet palm of the hand
4. Follow through to pass the sliotar to the receiver

Head - Hands - Feet

STEP - Vary the activity

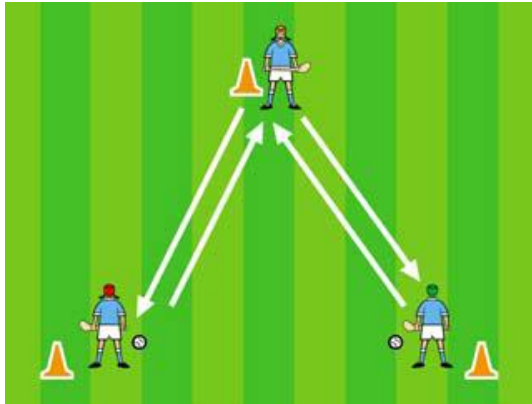
Vary Space

Vary Task

Vary Equipment

Vary Players

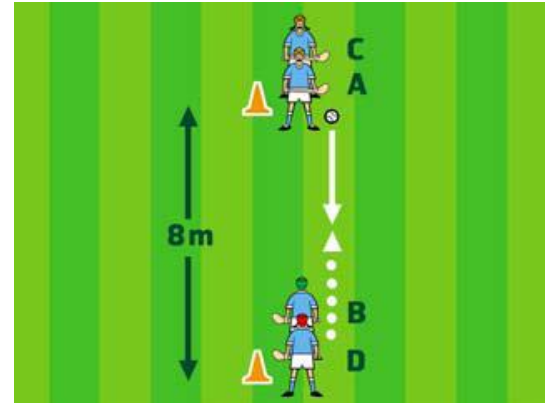
Intermediate Drill



Pressure Pass

Central player must take and return a Hand Pass from the other two players

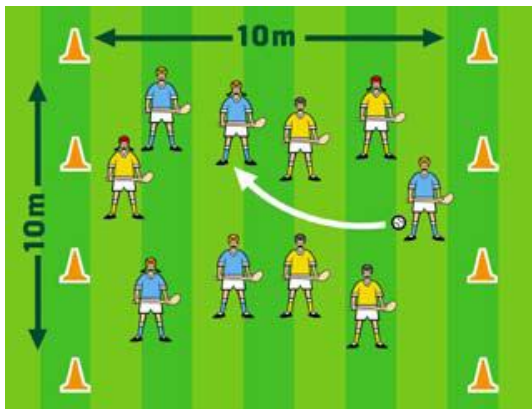
Intermediate Drill



Move and Pass II

Players hand pass the ball over and back to one another and continue to opposite cone.

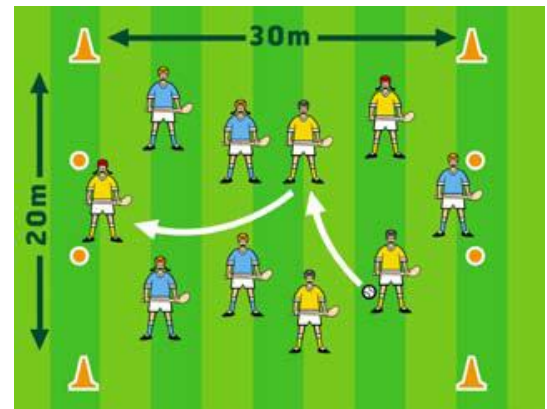
Fun Game



Possession Hand Pass

Team A, retain possession by Hand Passing B tries to gain possession by interception

Modified Game



Captain Ball

One player acts as goal receiver. Score by Hand Passing the ball to the goal receiver