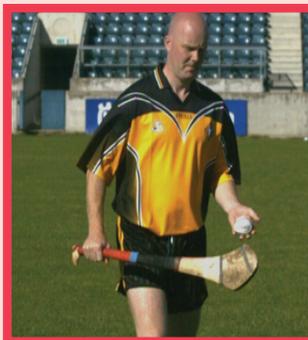


HAND PASS

The Hand Pass is used to pass the sliotar over shorter distances by striking it with the palm and fingers of the hand.

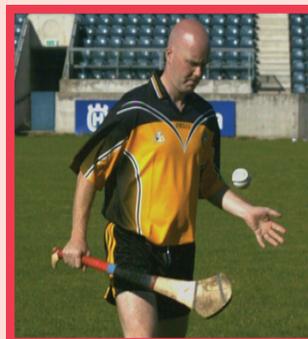


Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.

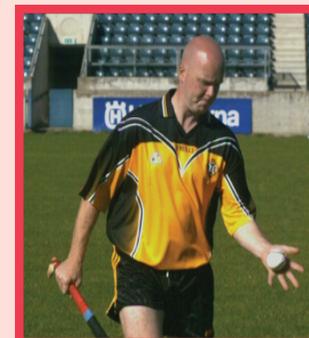
KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

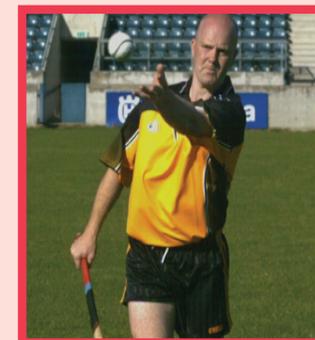
- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.



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.



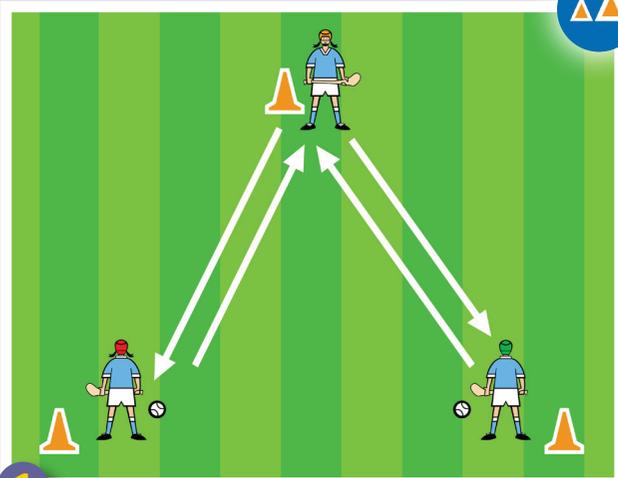
Follow through to pass the sliotar to the receiver.

LOOK OUT FOR THESE COMMON ERRORS

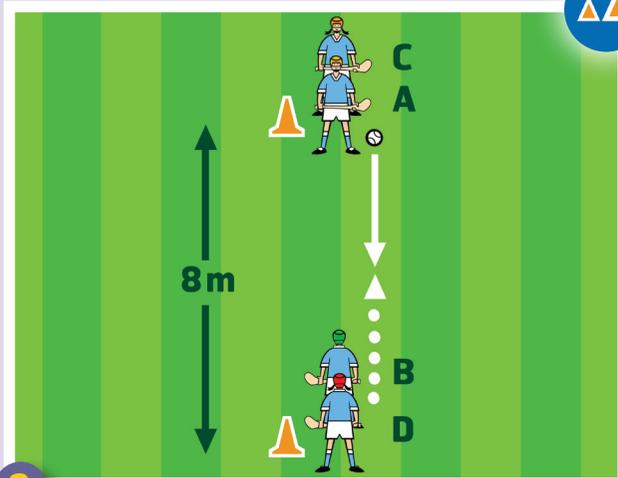
- Tossing the sliotar too high
- Swinging the non-dominant hand back too far
- Striking the sliotar with the palm of the hand



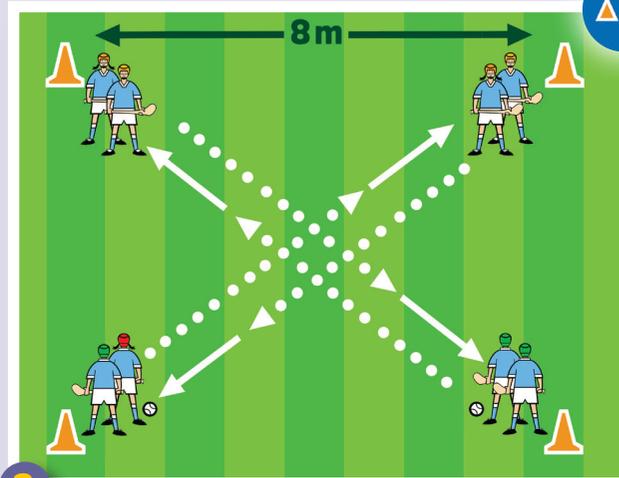
HAND PASS PRACTISE THE TECHNIQUE



1 PRESSURE PASS
Players in groups of 3, 2 slotars per group. Players hand pass the slotar to central player in turn.

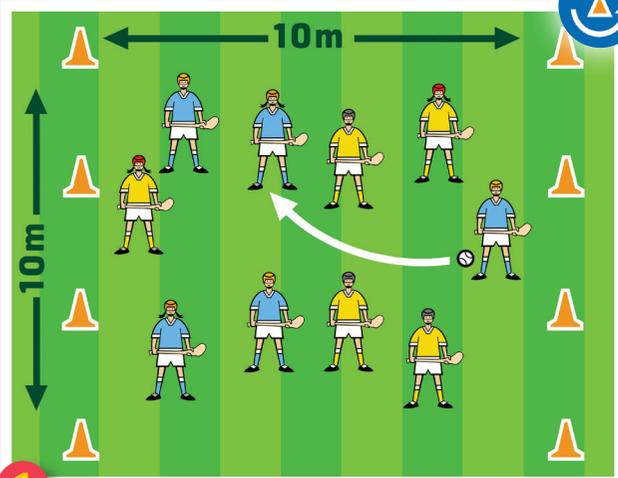


2 MOVE AND PASS II
Players jog forward and hand pass to players coming from opposite direction.

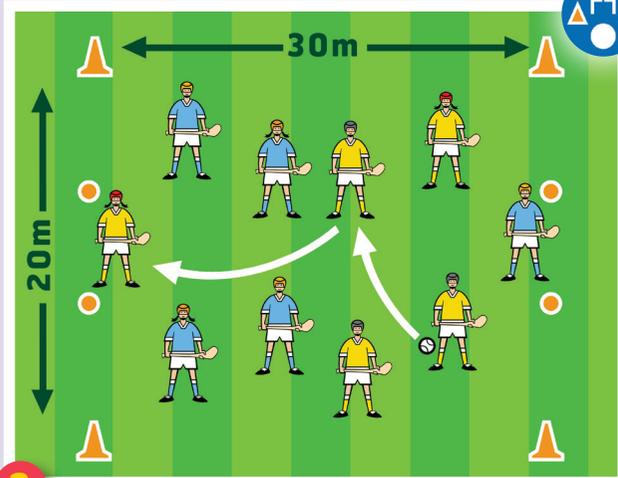


3 CROSS RUNNING HAND PASS
Players hand pass the slotar to players from the group opposite.

HAND PASS DEVELOP THE SKILL



1 POSSESSION HAND PASS
Players in two teams. Teams attempt to keep possession using the hand pass.



2 CAPTAIN BALL
One player from each team acts as goal receiver. To score players must hand pass the slotar for receiver to catch.

VARIATIONS

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

S pace **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - using a bigger or smaller ball, Hurley or 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.

DESCRIPTIVE ICONS

