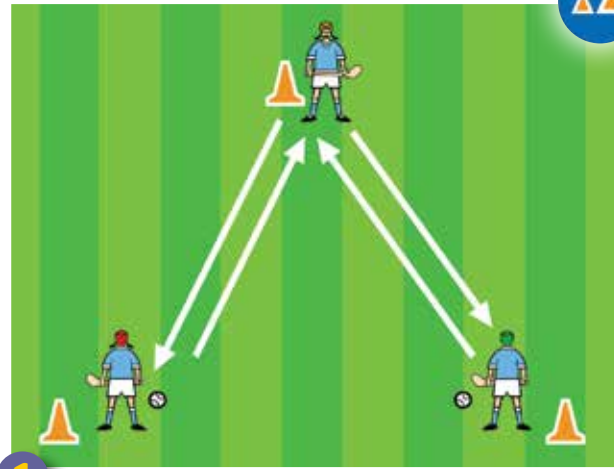
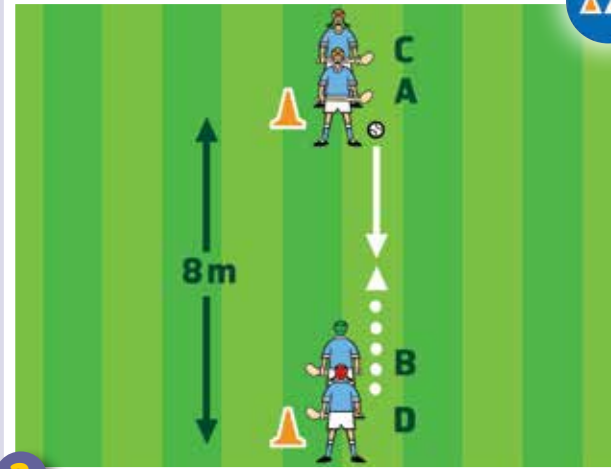


NO UPDATED HAND PASS IMAGE SUPPLIED

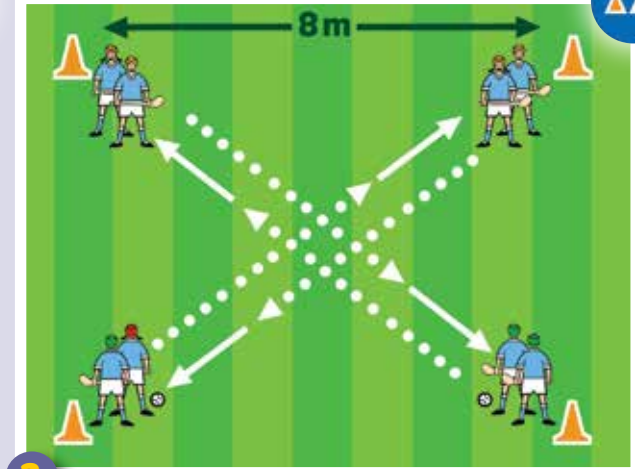
# HAND PASS PRACTISE THE TECHNIQUE



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

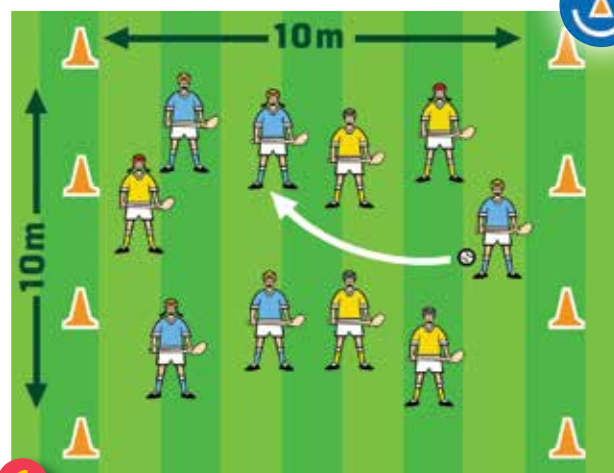


**2 MOVE AND PASS II**  
Players jog forward and hand pass to players coming from opposite direction.

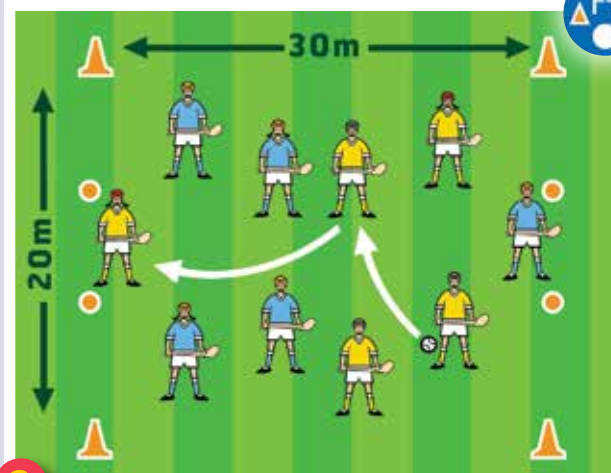


**3 CROSS RUNNING HAND PASS**  
Players hand pass the sliotar to players from the group opposite.

## 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 sliotar for receiver to catch.

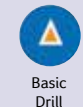
### VARIATIONS

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



Basic Drill



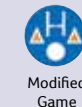
Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine