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.

KEY TEACHING POINTS

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

Toss the sliotar onto the bas of the Hurley. Place non-dominant hand along the handle for balance.
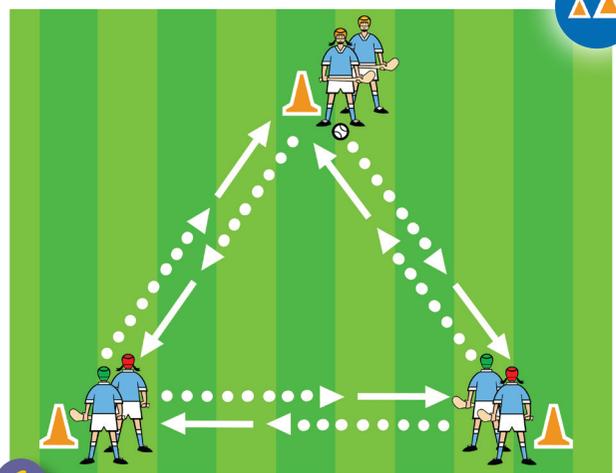
Move forward balancing or hopping the sliotar.

To help control the Hurley, use a shortened grip.

To Coach this Skill use the IDEA method

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

LOOK OUT FOR THESE COMMON ERRORS

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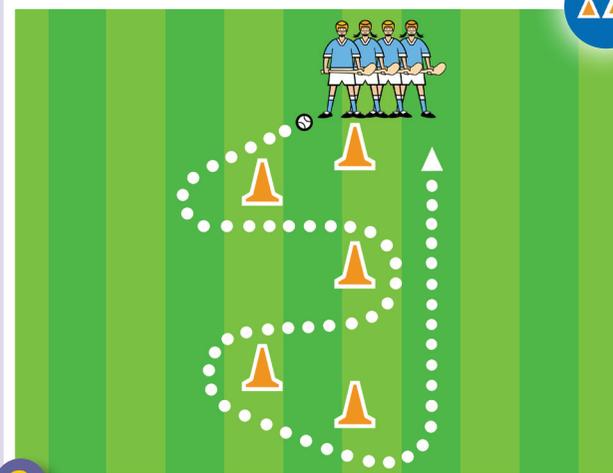- Holding the Hurley at full length

SOLO RUN PRACTISE THE TECHNIQUE
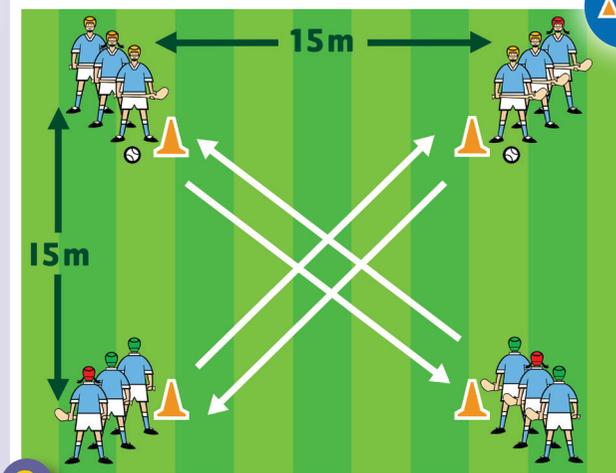
1 SOLO AND PASS
Players solo and hand pass either from the hand or off the Hurley.

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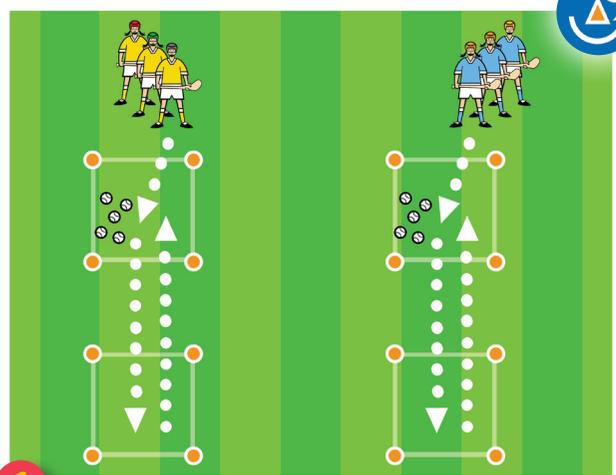Players solo around the cones and hand pass to the next player.

15m

15m

3 THROUGH THE MIDDLE
Players solo through the middle and had pass the sliotar to players from the group opposite.

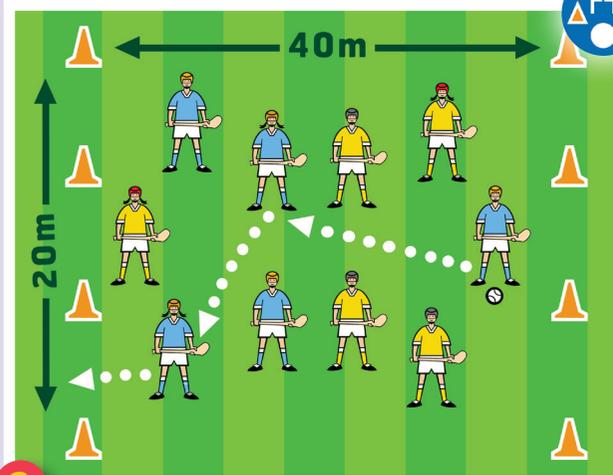# SOLO RUN DEVELOP THE SKILL

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

40m

20m

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

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 |