

8. Fist Pass



Support ball in the palm of one hand



Swing back and extend the striking hand



Strike through the middle of the ball with the fist



Follow through in direction of the pass

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend



The Fist Pass is a variation of the hand pass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fist pass will travel a greater distance than an open handed hand pass.

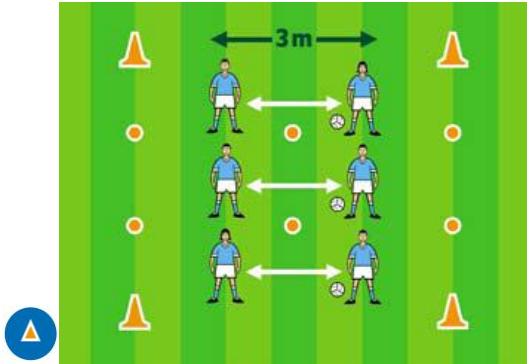
Pg. 85-90 FFD

Look out for:

- Striking the ball from underneath
- Throwing the ball
- Failing to keep the holding hand stationary
- Holding the ball too near or too far

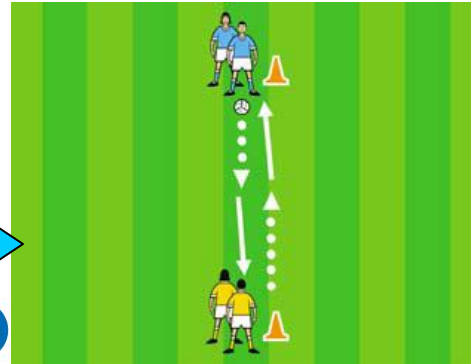
Fist Pass

Practice the Technique



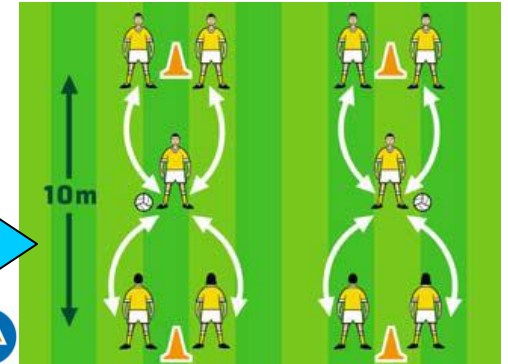
Stationary Pass

Each Player in turn Fist Passes the ball to their partner for 1 minute



Move and Pass

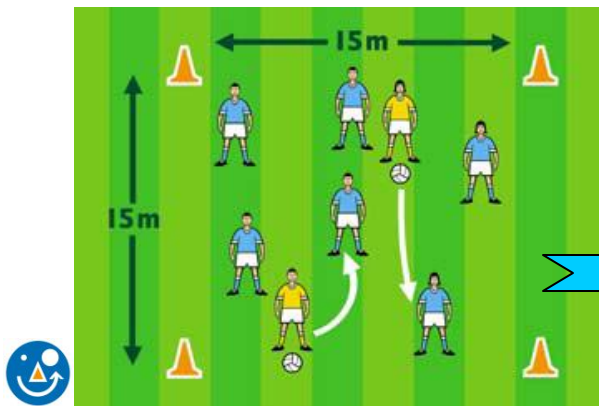
Players move forward and Fist Pass to the opposite player and continue to the other side



Pressure Pass

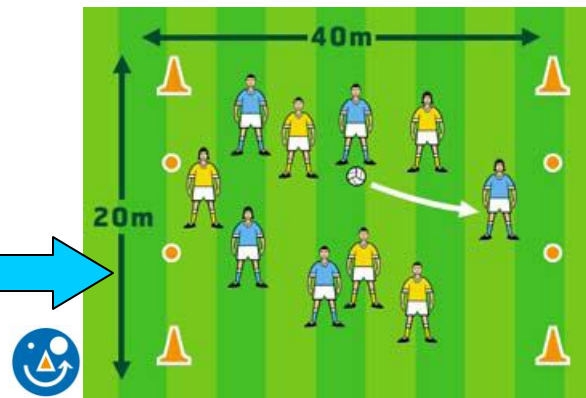
Players in turn Fist Pass the ball to the middle player who moves to receive the return pass

Develop the Skill



Dodge Ball

2 Player's score hits by striking the other players using the Fist Pass



Goals Galore

Players can only use the Fist Pass to pass the ball and score

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill