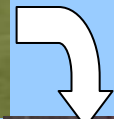


# 5. Hand Pass



Support the ball in the palm of one hand



Extend the striking hand back



Strike through the middle of the ball



Follow through in the direction of the pass

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

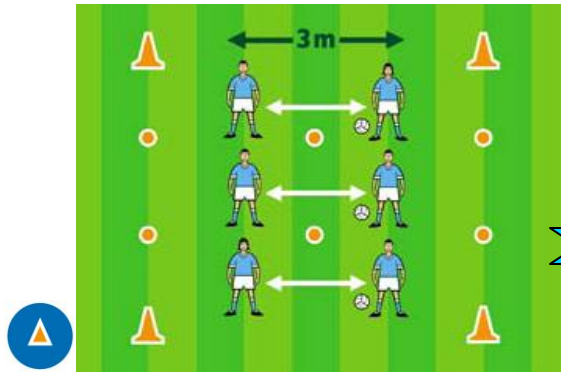


The Hand Pass is a basic technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the open free hand.

- Look out for:
- Hitting with the wrong part
  - Not using a definite striking action

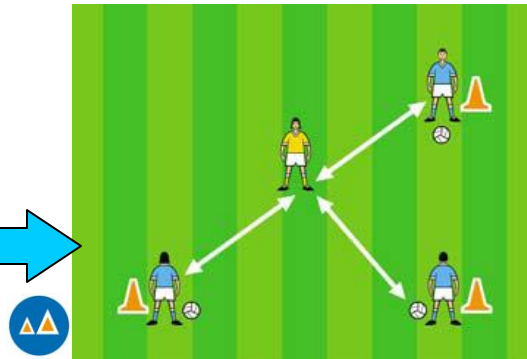
# Hand Pass

## Practice the Technique



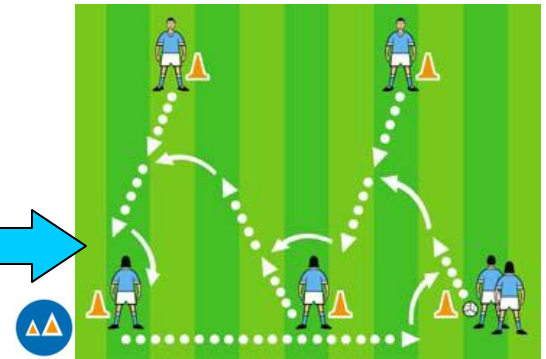
### Hand Pass to Partner

Players Hand Pass to their partner in turn



### Pressure Pass

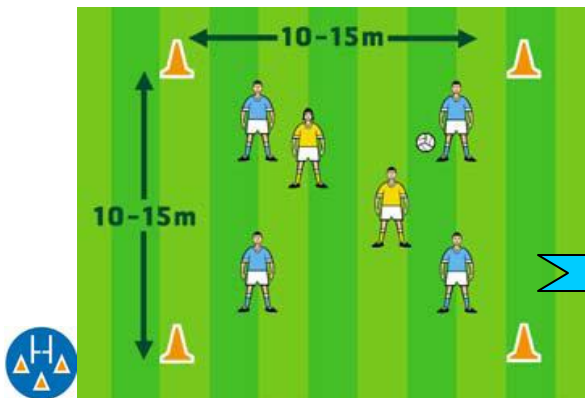
Middle player in turn takes and returns a pass from outer players.



### Zig-Zag Pass

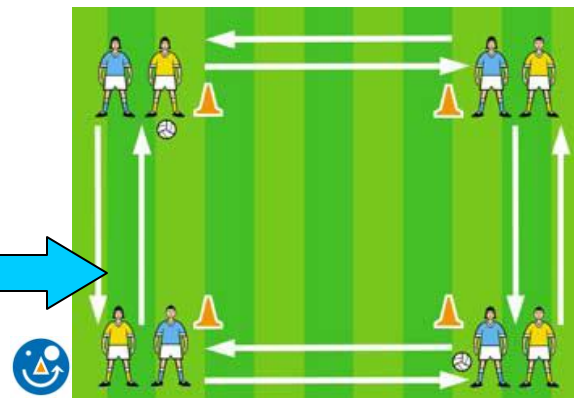
Players Hand Pass the ball for the next player to run on to and then take their place

## Develop the Skill



### Keep Ball

Players retain possession by Hand Passing to each other.



### Around the Square Game

One teams Hand Passes clockwise around the square and the other goes anti-clockwise

# STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill