

17. Solo



Release ball into the hand on kicking side



Step forward,
Drop the ball on to
the foot



When ball impacts
on foot, flick toes up



Extend arms to catch
the ball

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



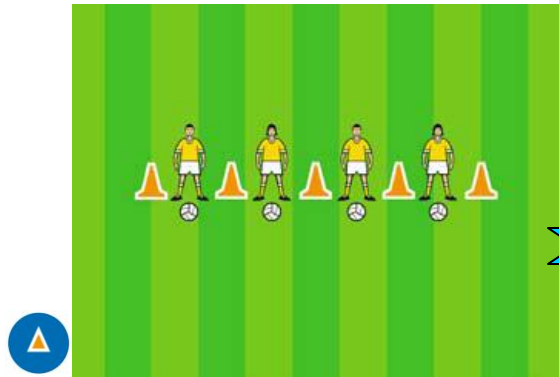
Look out for:

- Using the opposite hand to drop the ball
- Throwing the ball
- Not using a straight leg
- Soloing too high

The Solo in Gaelic Football is a technique used to play the ball in order to keep possession without fouling. It is used to carry possession to a better position or to evade an opponent. A solo run may incorporate a sequence of alternating bounces and toe taps, or just toe taps.

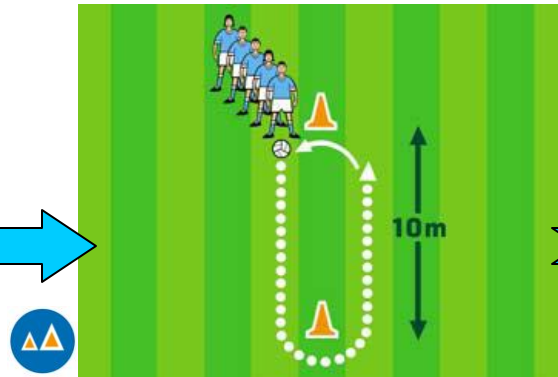
Solo

Practice the Technique



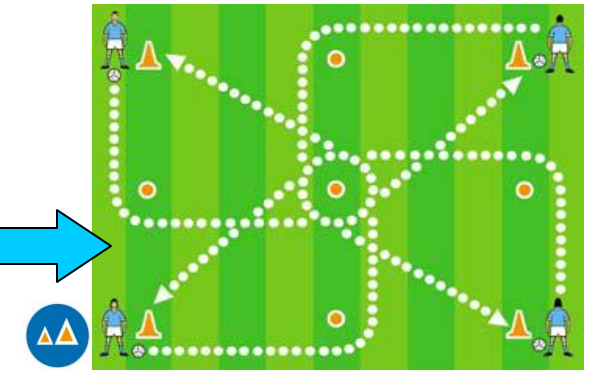
Stationary Toe Tap

Players Solo the ball on the spot.



Toe Tap, Turn and Pass

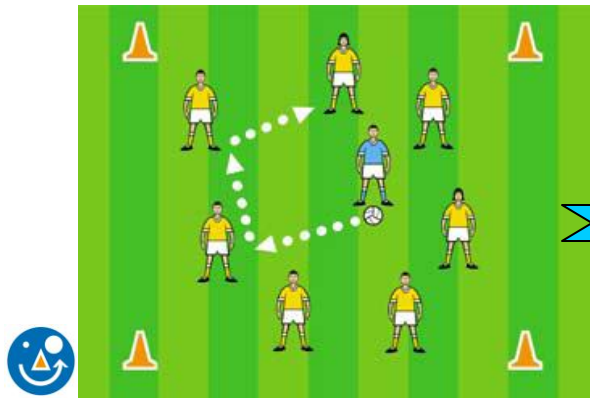
Players Solo out around the cone, turns and fist passes to the next player



Crazy Solo

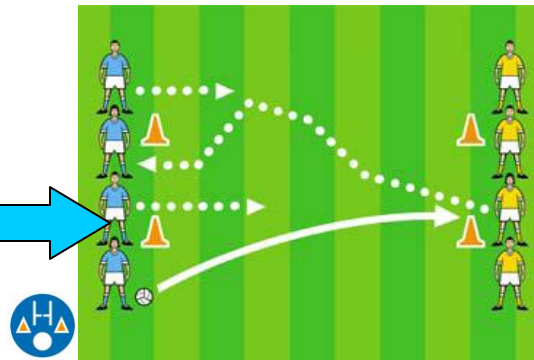
Players Solo in an anti-clockwise direction around the first and centre marker each time

Develop the Skill



Toe-Tap Tag

One player Solos around the grid and attempts to tag the other players



Skill Point Invasion Game

One team Punt Kicks to the other team, who then Solos and hand passes the ball up the field and through the goals to score

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill