



Skill Challenges

These Skill Challenges have been designed for 12 - 14 Year-Olds.

Ground Striking	
<p>Place six sliotars along a line at intervals of 4 metres. The player must run and strike each ball on the ground from alternate sides without breaking stride. The balls must travel a distance of 20 metres.</p> <p>Five points are awarded for each strike of 20m or more, giving a possible total of 30 points. Record the time taken by each player to complete the test. For each second over the allotted time of 10s deduct 2 points.</p>	
Free Taking	
<p>Place five sliotars along the 45m line as follows: 1 in line with the centre of the goals, a 2nd and 3rd at 10m either side of the centre and a 4th and 5th 5 metres in from each sideline.</p> <p>The player, starting at a ball of his choice must lift and strike each ball off the hurley without catching in an attempt to score a point. 10 points are awarded for each score from balls 1, 2 and 3 while 20 points are awarded for each score from balls 4 and 5, giving a possible total of 70 points.</p>	
Jab Lift and Strike	
<p>Place four sliotars along the 20m line at intervals of 7ms, evenly spaced to either side of the goal area.</p> <p>Beginning at one side the player must jab lift each ball in turn, take it into his hand and strike it to pass over the bar on the run. The player must then attempt the challenge from the opposite side.</p> <p>Failure to jab lift the ball on the first attempt will rule the effort disallowed.</p> <p>10 points are awarded for each point scored giving a possible total of 80 points.</p> <p>The time allowed is 10 seconds in each direction. For each second over the allotted time deduct 2 points.</p>	



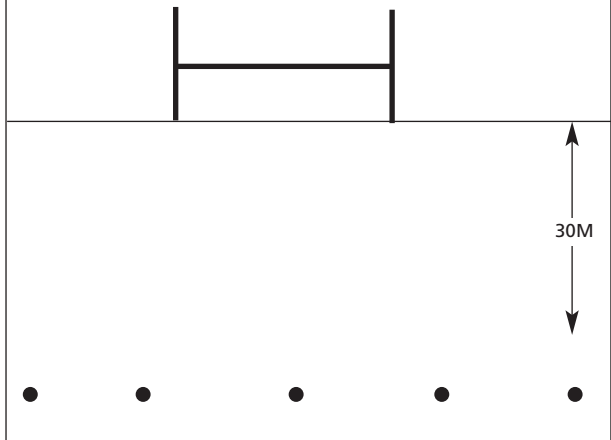
Sideline Cut

Place five sliotars along the 30m line as follows:

One in line with the centre of the goals, a second and third at 10m either side of the centre and a fourth and fifth 5 metres in from each sideline.

The player, starting at a ball of his choice must attempt to strike each ball over the bar from the ground.

10 points are awarded for each score from balls 1, 2 and 3 while 20 points are awarded for each score from balls 4 and 5, giving a possible total of 70 points.



Jab Lift, Solo and Strike off the Hurley

Place four sliotars, 2m apart, on the 45m line in front of the scoring space.

Beginning approximately 50 metres out the player runs to the first ball, jab lifting the ball without taking ball into his hand, and soloing to at least the 30m line. The ball must be struck off the hurley to pass over the bar before the player reaches the 20m line.

Returning to the starting point the player repeats the challenge with the next ball and so on until four efforts have been made. Two balls must be struck from the dominant and two from the non dominant side.

20 points are awarded for each point scored, giving a possible total of 80 points.

Record the time taken by each player to complete the test. For each second over the allotted time of 1min deduct 2 points.

