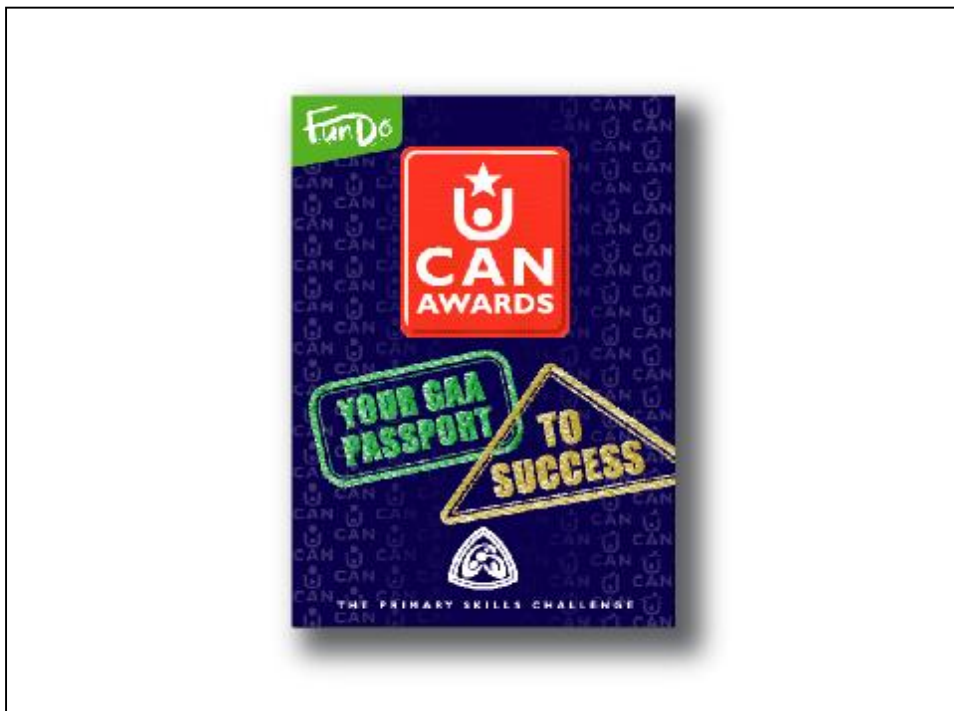


The U-Can Awards



The Primary Skills Challenge for Hurling

U-Can Awards

An effective *coach* is defined as one who enables players to become *competent* by *assisting* and *challenging* them to *achieve* their true potential.

The Ú Can Awards have been developed with a view to recognising differing levels of ability and ensuring that all participants strive to master the basic technical skills of the game. The more they are prepared to practice in their own free time, the more successful they will be in this regard.

Apart from assisting players to develop playing proficiency, these awards will also provide an effective benchmark for monitoring and evaluating the impact of coaching programmes.

- *All participants to have three attempts at each Skill Challenge*
- *As there are three Challenges per class, the maximum score attainable by each participant is 18 points*
- *Merit Badges are awarded on the following basis:*

15 – 18 points = GOLD

10 – 14 points = SILVER

1 – 9 points = BRONZE

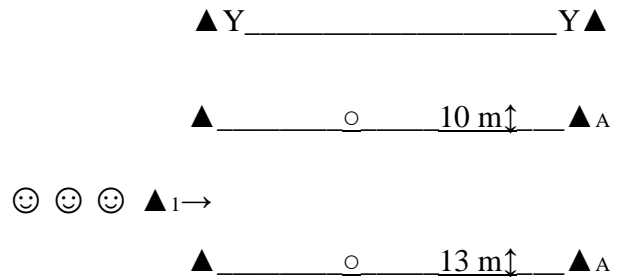
2nd Class / Primary 4 / 7-8 years (All participants to have three attempts at each Skills Challenge)	
Challenge 1 - Dribble	
<p>Player dribbles through cones and back to starting position - cones 1m apart Note: Players are only permitted to play the sliotar forward [1 point if player dribbles out correctly and 1 point if player dribbles back correctly, 2 points in total]</p>	
Challenge 2 – Ground Strike – Stationary Position	
<p>Place two cones 5m apart and another cone a distance of 10m from both Players strike – on their preferred side - two sliotars to pass through ‘goal’ [1 point for each goal scored, 2 points in total]</p>	
Challenge 3 – Chest Catch	
<p>Player holds hurley in one hand, throws sliotar above head with the other and performs a chest catch as the sliotar drops. [1 point for each catch, 2 points in total]</p>	

3rd Class/Primary 5 / 8-9 years

(All participants to have three attempts at each Skills Challenge)

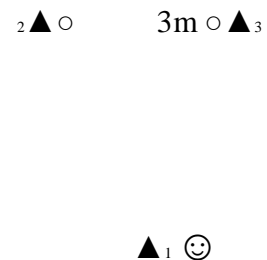
Challenge 1 – Ground Strike (on the run) - Distance

Player X start from Cone 1. He/she runs and strikes sliotar on the ground (without breaking stride) to pass over line 'Y'. Player X continues around cone A and returns to strike second sliotar on the ground – to pass over line Y. Player strikes from 13m line using preferred side and 10m line using non - preferred side.
[1 point for each sliotar that crosses line Y, 2 points in total]



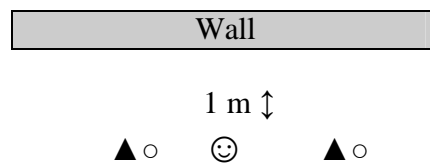
Challenge 2 – Roll Lift

Player starts at Cone 1. He/she moves to cone 2 and roll lifts sliotar into hand – and then drops it on ground. The player proceeds to Cone 3 and repeats skill - player then returns to Cone 1.
[1 point for each successful roll lift, 2 points in total]



Challenge 3 -Handpassing

Place two cones/two balls 1m from the wall. Player roll lifts sliotar 1 and hand passes it against wall – catching it outside the 1m marker. Skill is repeated at second cone.
Note: This Challenge can be carried out indoor if desirable, using hall/gym and air/tennis ball
[1 point if the sliotar is successfully handpassed/caught – 2 points in total]

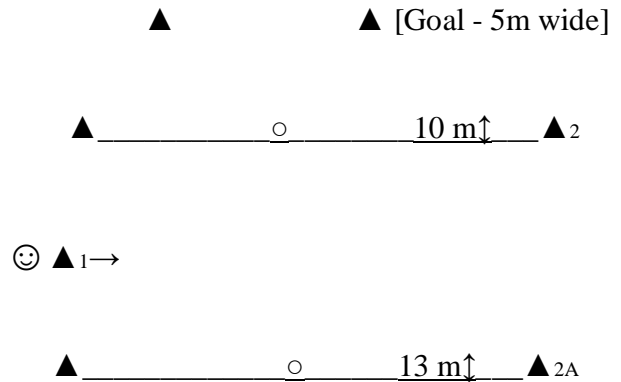


4th Class/Primary 6 / 9-10 years

(All participants to have three attempts at each Skills Challenge)

Challenge 1 – Ground Strike (on the run) – Distance & Accuracy

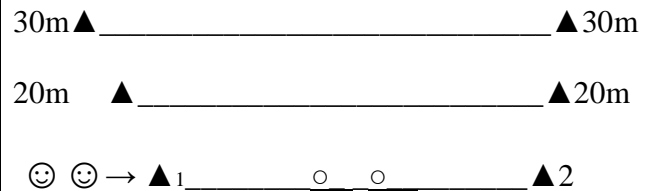
Player X starts from Cone 1. He/she runs and strikes one sliotar on the ground (without breaking stride) to pass through goal. Player X continues around Cone 2 and returns and strikes second sliotar on the ground to pass through goal. Player strikes from 13m distance using preferred side and 10m distance using non - preferred side.
[1 point for each goal scored, 2 points in total]



Challenge 2 - Jab Lift and Strike from Hand – Moving

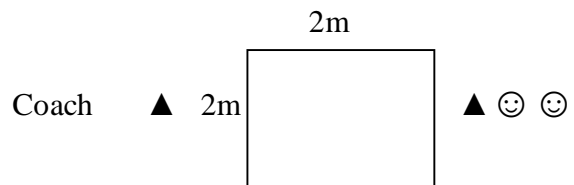
Players line up behind Cone 1 with two sliotars placed on the line in front of them. Player X runs in direction shown, jab lifts either ball cleanly and strikes (without breaking stride) to pass over 20/30m line. Player then continues around cone 2 and on return repeats skill using opposite side, striking the remaining ball from the hand to pass over 20/30m line. (Sliotar may bounce or roll over line)

[1 point awarded if one sliotar passes over 20m line. Second point awarded if other sliotar passes over the 30m line. 2 points in total]



Challenge 3 –Overhead Catching

Set up an area of two metre square, with Cones placed 1m from each side. Players line up at one side and Teacher/Coach stands at the other. Teacher/Coach throws the sliotar (under arm) and Player X moves into the square to catch the sliotar overhead. Player then returns to Cone and repeats the skill challenge.
[1 point for each over head catch made, 2 points in total]



5th Class/Primary 7 / 10-11 years

(All participants to have three attempts at each Skills Challenge)

Challenge 1 - Raising a Moving Ball and Striking from Hand (on the run)

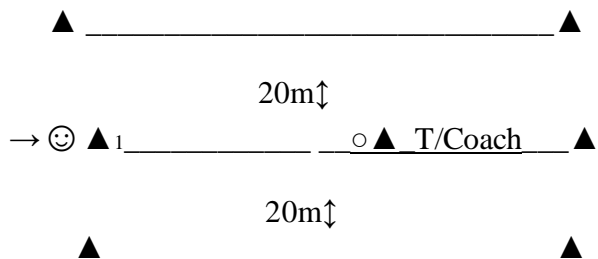
Players line up behind Cone 1 facing Teacher/Coach.

Player runs towards Teacher/Coach who, in turn, rolls the sliotar along the ground towards player. Using the jab lift (only one attempt allowed), Player raises moving sliotar into hand and strikes ball (without breaking stride) to pass over 20m line.

* No roll lift or solo run permitted

Player immediately jogs back to starting position. Feeder rolls second sliotar and Player controls sliotar into hand (two touches) and strikes it in other direction to pass over 20m line. (Sliotar may roll/bounce over line)

[1 point for each sliotar that passes over the 20m line, 2 points in total]

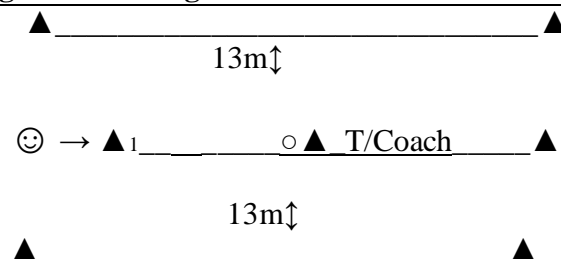


Challenge 2 - Doubling

Players line up behind Cone 1 facing Teacher/Coach.

Player runs towards Teacher/Coach who, in turn, rolls ball along the ground towards Player. Player strikes moving sliotar to pass over 13m line. Player immediately jogs back to starting position. Feeder rolls second sliotar and Player strikes moving sliotar in the other direction to pass over 13m line. (Sliotar may roll or bounce over the line)

[1 point for each sliotar which passes over 13m line, 2 points in total]



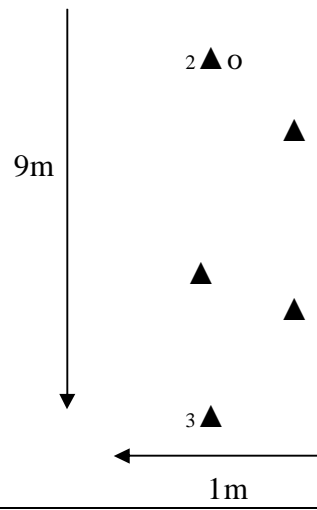
Challenge 3 – Solo Run

Players line up behind Cone 1. Player jab lifts sliotar at Cone 2, solo runs with the sliotar on the hurley between the cones to cone 3. (Player is not

Starting Point



permitted to handle the sliotar).
[1 point for successful jab-lift, 1
point for successful solo, 2 points in
total]



6th Class / 11-12 years

(All participants to have three attempts at each Skills Challenge)

Challenge 1 - Side Line Cut	
<p>Standing on the Line 1, the Player takes two sideline cuts to pass over a line 15m away. (The sliotar may <u>not</u> touch the ground before it crosses the line) One point for each sliotar that crosses the 15m line without touching the ground, 2 points in total]</p>	
Challenge 2 – 30 Metre Free	
<p>From a stationary position on the 30 metre line, Player X lifts the sliotar and strikes it over the bar, without taking it into the hand. One attempt in line with left goalpost, one attempt in line with right goalpost. [1 point awarded if one sliotar passes over crossbar, 2 points awarded both Sliotars pass over bar]</p>	
Challenge 3 - Lift and Strike.	
<p>Players line up behind Cone 1 – and two sliotars are set out in front of them Player X runs in direction shown, lifts the sliotar without catching (sliotar must be lifted on the first attempt) solos 5 meters and strikes from the hurley (without breaking stride) to pass over 20/30m line. Player X then continues around Cone 2 and, on return, repeats skill using opposite side - lifting and striking the sliotar to pass over 20/30m line. (Sliotar may not bounce over the line) [1 point awarded if one sliotar passes over 20m line without rolling or bouncing. Second point awarded if other sliotar passes over the 30m line without bouncing or rolling, 2 points in total]</p>	<p style="text-align: center;">Starting Point</p>

