

CUMANN LÚTHCLEAS GAEL

AN COISTE STIÚRTHA NÁISIÚNTA FÉILE NA nGAEL

HURLING SKILLSTAR COMPETITION

1. GROUND STRIKING

- Six sliotair are placed on the 20 metre line 4 metres apart.
- Players must run to and strike on the ground from alternate sides.
- The sliotar must travel a distance of 20 metres.
- Time allowed – 10 seconds (2 points will be deducted for every second over the allotted time)

Score: 5 points per sliotar.

Maximum Score: 30 points.

2. FREE TAKING

- Four sliotair are placed on 45 metre line as follows:
- (a) 10 metres to right of centre (b) 10 metres to left of centre (c) 25 metres to right of centre (d) 25 metres to left of centre
- Sliotar must be struck over the bar.

Score: 10 points for (a) and (b). 20 points for (c) and (d)

Maximum score: 60 points.

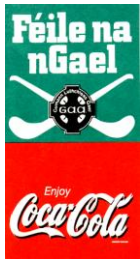
3. JAB LIFT AND STRIKE

- Three sliotair are placed on the 20 metre line, 12 metres apart.
- The centre sliotar is in line with the centre of the goals.
- Players must jab lift the sliotar into the hand and strike it on the run to pass over the bar, first from the right side and then left or vice versa.
- Time allowed – 10 seconds (2 points will be deducted for every second over the allotted time)

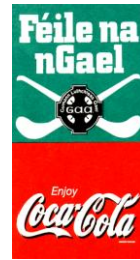
Score: 10 points per sliotar right and left side.

Maximum Score: 60 points.

NB. No points are allocated if the sliotar does not pass over the bar.



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4. GROUND CUT

- Four sliotair are placed on the 30 metre line as follows:
- (a) 10 metres to right of centre (b) 10 metres to left of centre (c) 25 metres to right of centre (d) 25 metres to left of centre
- Sliotair must be struck over the bar.

Score: 10 points for (a) and (b). 20 points for (c) and (d).

Maximum Score: 60 points.

5. BALL CONTROL

- 6 grid poles are placed in a line 2 metres apart.
- Players must begin at the cone, 5 metres from the first pole.
- Players jab lift the sliotar onto the hurl, carry it through the poles, around the end cone (which is 5 metres from the last pole) and back through the poles to the start.
- The sliotar must not be taken into the hand or dropped at any time.
- Time allowed – 15 seconds (5 points deducted every time the sliotar is touched by the hand or dropped. 2 points deducted for every second over the allotted time).

Score: 50 points

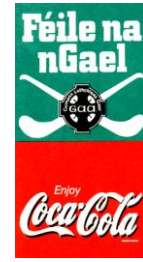
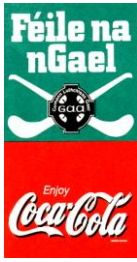
Maximum score: 50 points.

6. LONG PUCK

- Players must strike two sliotair from the hand from the end line.
- Distance is measured from the first bounce.
- If end line is crossed prior to striking the sliotar **that** puck is null and void.

Score: Up to 60 metres - 5 points per sliotar.
60-70 metres - 10 points per sliotar.
Over 70 metres - 20 points per sliotar.

Maximum Score: 40 points.



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OVERALL SCORE (maximum) - 300

1st, 2nd and 3rd places awarded

**NOTE: Player with the highest score at end of the competition will be the winner.
In the event of players ending level on points, skill 4 will be repeated.**

**CLUBS ARE ENCOURAGED TO PROMOTE THE COMPETITION AT LOCAL
LEVEL**