

CHALLENGE 1 LIFT, CATCH AND STRIKE

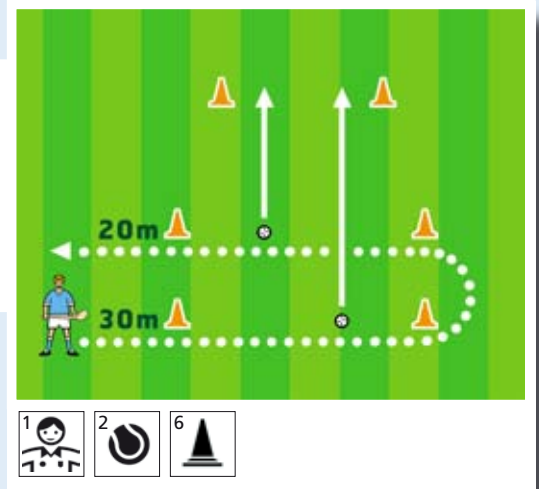
A skills challenge to test the Jab Lift and Strike while moving

ORGANISATION

- Place two cones 10m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines
- From the first cone the player runs and Jab Lifts either ball. Without breaking stride, strike the ball from the hand
- Continue around the second cone, attempt to strike the remaining ball using the opposite side

SCORING

- One sliotar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The sliotar may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 2 HAND PASS

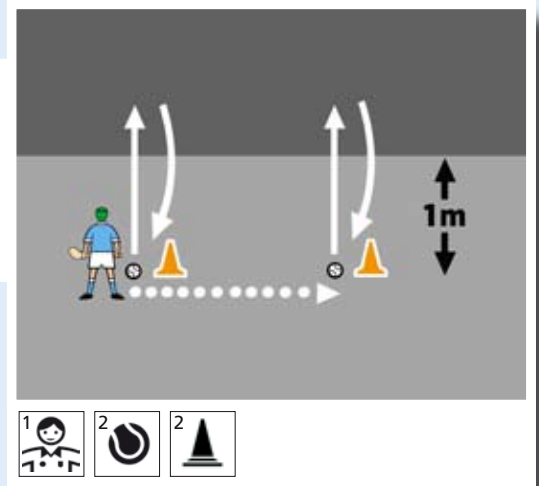
A skills challenge to test proficiency at the Hand Pass

ORGANISATION

- Place two cones 1m from a wall; place a sliotar at each
- The player Roll Lifts the sliotar at the first cone and Hand Passes it against the wall
- Catching it outside the 1m marker, the player places it back at the cone
- The skill is then repeated at the second cone

SCORING

- 1 point is awarded for each successful Hand Pass and catch, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 3 OVERHEAD CATCH

A skills challenge to test proficiency at the Overhead Catch

ORGANISATION

- Set up a grid 2m X 2m, with a further cone 3m-5m to each side
- The player lines up at one side and the Coach stands at the other
- The Coach throws the sliotar under arm as the player moves into the square to catch the sliotar overhead
- The player then returns to the cone and repeats the challenge

SCORING

- 1 point is awarded for each Overhead Catch made
- Attempt the challenge six times giving a possible total of 6 points

