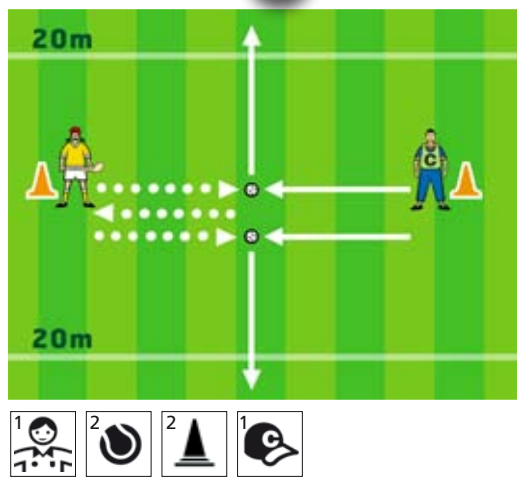


CHALLENGE 1 CONTROL AND STRIKE



A skills challenge to test Controlling a Moving Ball and Striking from the Hand on the run

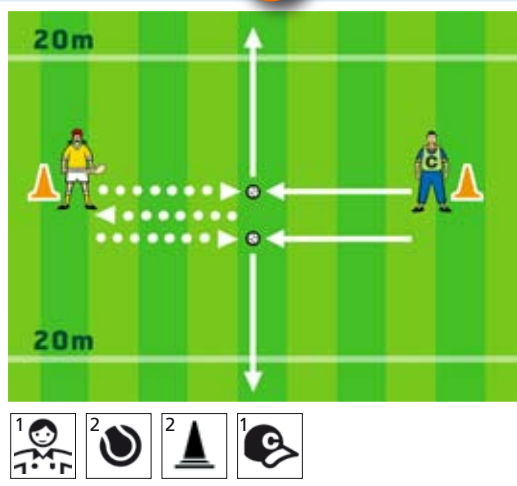
ORGANISATION

- Mark two lines 20m either side of a central line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball towards the player
- The player controls the ball into the hand, strike the ball to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

SCORING

- 1 point is awarded for each sliotar that passes over the 20m line
- The player is allowed only one touch to control the ball
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 2 DOUBLING



A skills challenge to test proficiency at Doubling on a moving ball on the ground

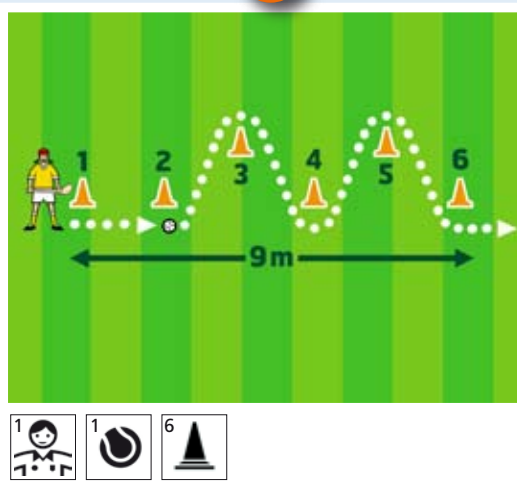
ORGANISATION

- Mark a line using two cones 15m apart
- Mark out another line 20m either side of this line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball along the ground towards the player
- The player doubles on the moving sliotar to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

SCORING

- 1 point is awarded for each sliotar that passes over the 20m line, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 3 SOLO RUN



A skills challenge to test proficiency at the Solo Run

ORGANISATION

- Using six cones set up a formation as shown. The distance from cone 1 to cone 6 should be 9m
- Beginning at cone 1, the player jogs to cone 2 to Jab Lift the ball
- Without catching, Solo around the cones to the end of the formation
- The player is not permitted to handle the sliotar

SCORING

- 1 point is awarded for a successful Jab Lift and 1 point for a successful Solo, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points