

ONE ★ STAR CHALLENGES



CHALLENGE 1 DRIBBLE

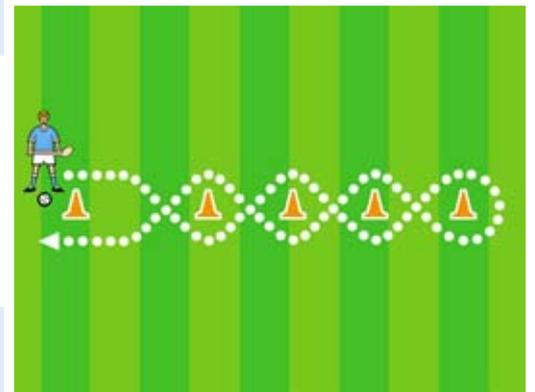
A skills challenge to test proficiency at the Dribble

ORGANISATION

- Place one cone for participating players to stand at
- Place a further line of four cones 2m apart beginning 3m from the first cone
- The player Dribbles out and back through each of the cones
- Players are only permitted to play the sliotar forward. Playing the sliotar back or hitting a cone with the sliotar is not allowed

SCORING

- 1 point for Dribbling out correctly and 1 point for Dribbling back correctly, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 2 GROUND STRIKE

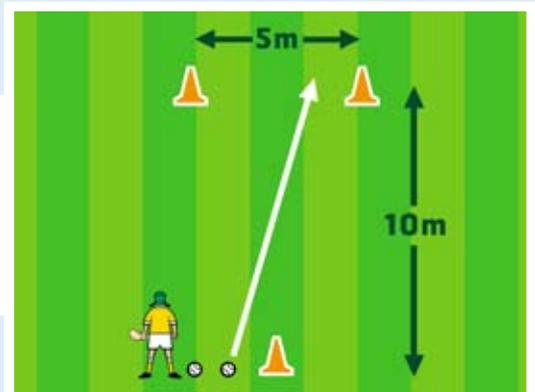
A skills challenge to test proficiency at the Ground Strike from a stationary position

ORGANISATION

- Mark out a goal 5m wide using two cones
- Place another cone a distance of 10m from the goal
- Place two sliotars alongside the 10m cone
- Using their preferred side the player strikes each sliotar in turn to pass through the goal

SCORING

- 1 point is awarded for each goal scored, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 3 CHEST CATCH

A skills challenge to test proficiency at the Chest Catch

ORGANISATION

- The player holds the hurley in the dominant hand
- Throw the sliotar above the head and perform a Chest Catch as the sliotar drops

SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

