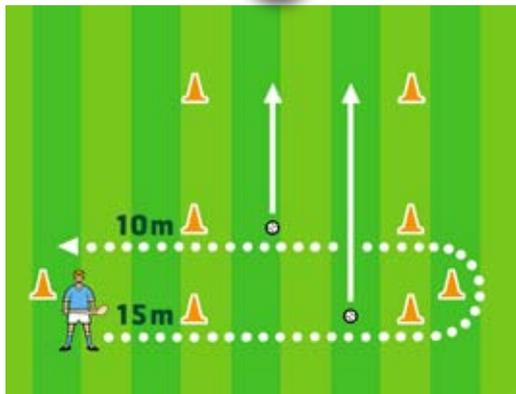


CHALLENGE 1 RUNNING GROUND STRIKE



A skills challenge to test proficiency at the Ground Strike on the Run

ORGANISATION

- Set up the challenge as shown
- Place a sliotar in between each pair of cones
- Starting to one side, the player runs along either the 10 or the 15m line
- Without breaking stride, strike the sliotar to pass through the goal
- Continue around the outer cone on the far side, striking the next ball off the other side

SCORING

- 1 point is awarded for each goal scored
- Strike the ball on the 15m line with the preferred side and the ball on the 10m line with the non-preferred side
- Attempt the challenge three times giving a possible final total of 6 points

CHALLENGE 2 ROLL LIFT



A skills challenge to test proficiency at the Roll Lift

ORGANISATION

- Place three cones to form a triangle, cones 3m apart
- Place a sliotar at two of the cones
- The player, starting from cone 1, Roll Lifts each sliotar into the hand, drops it on the ground and returns to cone 1

SCORING

- 1 point is awarded for each successful Roll Lift
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 3 STRIKE FROM THE HAND



A skills challenge to test the Strike from the Hand from a stationary position

ORGANISATION

- Place two cones 10m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines with cones
- While stationary, the player strikes the first sliotar from the hand using one side and the second sliotar using the opposite side

SCORING

- One sliotar must pass the 30m line to score a point, the other must pass the 20m 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