

Skillstar Competition for Hurling



1. Ground Striking

Six sliotars are placed on the 20 metre line four metres apart.
Players must run and strike the sliotars on the ground from alternate sides.
The sliotars must travel a distance of 20 metres.

Time allowed – 10 seconds.

Score: 5 points per sliotar.
2 points will be deducted for every second over the allotted time.

Maximum score: 30 points.

2. Free Taking

Four sliotars are placed on the 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

Sliotars 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 sliotars are placed on the 20 metre line, twelve 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 on the run to pass over the bar,
first from the right side and then left or vice versa.

Time allowed 10 seconds.

Score: 10 points per sliotar right and left side.
2 points will be deducted for every second over the allotted time.

Maximum score: 60 points.

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4. Ground Cut

Four sliotars are placed on 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

Sliotars 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

Six grid poles are placed in a line 2 metres apart.

Players must begin at the cone, 5 metres from the first cone; jab lift the sliotar on to the hurl; carry it through the poles; around the end cone, 5 metres from the final cone and back through the poles to the start.

The sliotar must not be taken in to the hand or dropped at any time.

Time allowed 15 seconds.

Score: 50 points.
5 points deducted each time the sliotar is touched by the hand or dropped.
2 points deducted for every second over the allotted time.

Maximum score: 50 points.

6. Long Puck

Players must strike two sliotars 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.
Over 70 metres: 20 points.

Maximum score: 40 points.

Maximum Overall Score: 300 points.

Player with highest score at end of competition will be winner.
In the event of players ending with even points, skill 4 will be repeated.

Clubs are encouraged to promote the competition at local level.