

Age 7-8



AIM

To develop the basic technical skills of Hurling (grip, ground strike & stop) in a Controlled competitive environment

Playing Rules

- Playing commences with a sliothar thrown in at the half way line or a puck out
- The side-to-side (shoulder) charge is not permitted but incidental contact is permitted
- Outfield players must play the sliothar on the ground at all times
- The goalkeeper is permitted to catch or lift the sliothar into the hand, take four steps and strike it from the hand but it not permitted to solo run with the sliothar on the hurley
- All frees are taken from the ground. The player who is fouled takes the free
- When a free is awarded, the sliothar is to be given immediately to the player taking the free puck. If this does not happen the ball is advanced 5m
- When a player fouls the sliothar e.g. catches the ball, the opponent nearest to where the sliothar crosses the line takes the sideline puck from the ground
- When a team plays the sliothar over its own endline, the other team are awarded a free puck (off the ground) from the 20m line opposite where the sliothar crossed the line (optional)
- Players are not permitted to kick the sliothar but if the ball strikes the foot or leg of a player this does not constitute a foul



Scoring System

- 1 point when sliothar is played between the other (side) cones
- 2 points when sliothar is played over the cross bar
- 3 points when sliothar is played under the crossbar

Equipment

- Well secured portable goal posts (10' x 6' or 3m x 1.8m)/ training poles or flags may be used
- Bibs and cones
- Modified (rubber bas) hurleys are the preferred option
- Three first touch (size 1) sliothars – one placed behind each goal and one in play



Playing The Game

- 7 v 7
- Playing area 45m x 40m (4 playing areas fit on 1 standard pitch)
- 1 goalkeeper, 2 defenders, 2 midfielders and 2 attackers
- Three zones: 20m, 5m, 20m. Players remain within the zone to which they are assigned – midfielders can enter other zones but must return to the centre zone for any free puck, sideline or puck out
- All players must rotate positions after each half
- All players must wear helmet with full facial protection



Time Duration

- 2 Halves
- 7 minutes per half

Modifications

- Players are permitted to lift the sliotar into the hand
- Skill points may be awarded e.g. 1 point for a successful block, hook, catch

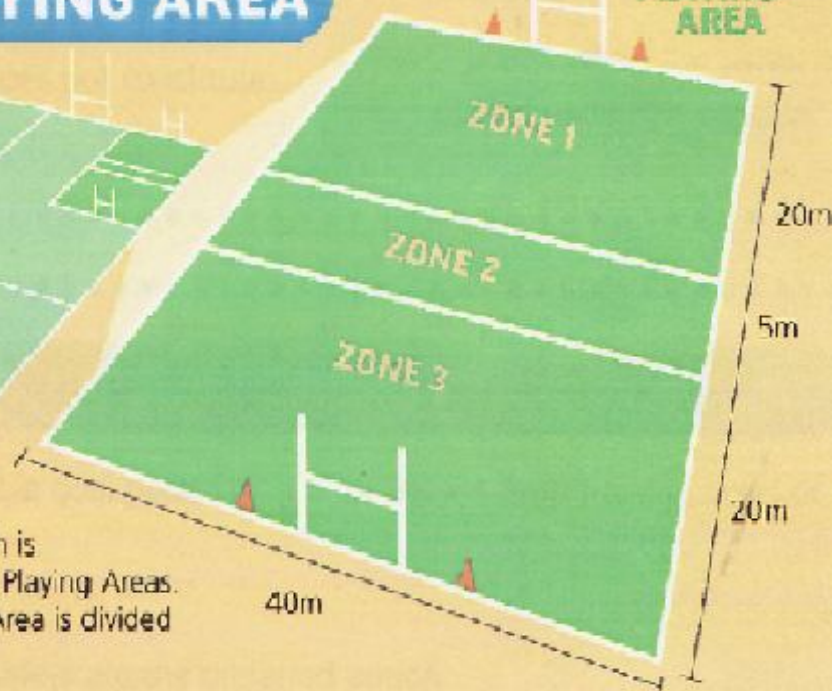
RECOMMENDED PLAYING AREA



MAIN PITCH



PLAYING AREA



The main pitch is divided into 4 Playing Areas. Each Playing Area is divided into 3 zones.