

Age 9-10



AIM

To consolidate the basic technical skills of hurling in an environment where the players are also encouraged to strike from the hand and develop tactical awareness/prowess, i.e. decided on the best option in terms of making use of and creating time and space

Playing Rules

- Playing commences with the sliothar thrown in at the half way or a puck in
- The side-to-side (shoulder) charge is permitted
- Player may play the sliothar on the ground, catch it and take four steps before striking from hand
- Players are permitted to lift the sliothar into hand with the hurley
- Solo running with the sliothar on the hurley is not permitted
- The goalkeeper is permitted to catch or lift the sliothar into the hand with the hurley and take four steps before striking it
- Free pucks may be taken from the hand or off the ground. A player who is fouled takes the free
- When a player fouls the sliothar e.g. over carries it, the opponent nearest to the sliothar takes the free puck
- When a free is awarded, the sliothar to be given immediately to the player taking the free puck. If this does not happen the ball is advanced 5m
- When a team plays the sliothar over the sideline, 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 (from the hand) on the 30m line opposite where the sliothar crossed the endline (optional).
- Opposing players to be at least 10m away from the player taking a free puck, sideline puck or puck out. Free pucks should be no closer than 20m from the opposing endline
- 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 the sliothar is played over the crossbar
- 3 points when the 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

- 9 v 9
- Playing area 65m x 40m (4 playing areas fit on 1 standard pitch)
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Three zones: 30m, 5m and 30m. players to 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 puck or puck out
- All players rotate after each half. Teams change sides at half time
- All players must wear a helmet with full facial protection



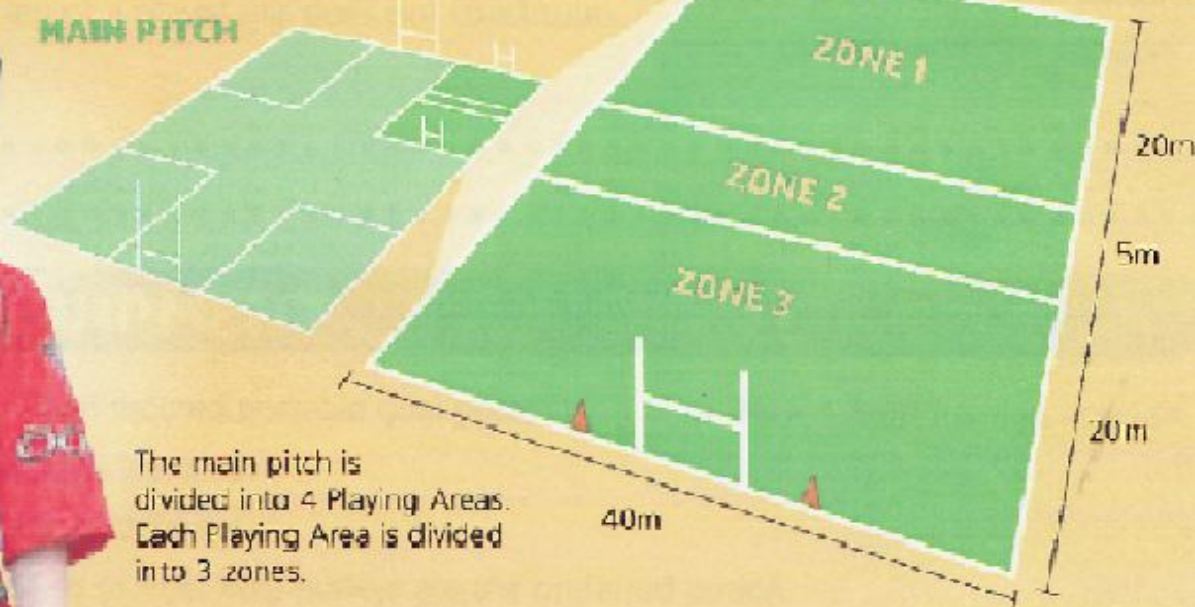
Time Duration

- 2 Halves
- 7 minutes per half

Modifications

- Players are permitted to lift the sliothar into the hand and Strike it
- Skill points may be awarded e.g. 1 point for an overhead catch

RECOMMENDED PLAYING AREA



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