Appendix C:

U CAN Awards for Hurling
**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
**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 slotter 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 slotter 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

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**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 slotter at two of the cones
- The player, starting from cone 1, Roll Lifts each slotter 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

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

**SCORING**
- One slotter must pass the 30m line to score a point, the other must pass the 20m for a second point
- The slotter may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points
**CHALLENGE 1  LIFT, CATCH AND STRIKE**

A skills challenge to test the Jab Lift and Strike while moving

**ORGANISATION**
- Place two cones 10m apart with two slotters in between
- At a distance of 20m and 30m mark out two dear lines
- From the first cone the player runs and Jab Lifts either ball. Without breaking stride, strike the ball from the hand
- Continue around the second cone, attempt to strike the remaining ball using the opposite side

**SCORING**
- One slottar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The slottar may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points

**CHALLENGE 2  HAND PASS**

A skills challenge to test proficiency at the Hand Pass

**ORGANISATION**
- Place two cones 1m from a wall; place a slottar at each
- The player Roll Lifts the slottar at the first cone and Hand Passes it against the wall
- Catching it outside the 1m marker, the player places it back at the cone
- The skill is then repeated at the second cone

**SCORING**
- 1 point is awarded for each successful Hand Pass and catch, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

**CHALLENGE 3  OVERHEAD CATCH**

A skills challenge to test proficiency at the Overhead Catch

**ORGANISATION**
- Set up a grid 2m X 2m, with a further cone 3m-5m to each side
- The player lines up at one side and the Coach stands at the other
- The Coach throws the slottar under arm as the player moves into the square to catch the slottar overhead
- The player then returns to the cone and repeats the challenge

**SCORING**
- 1 point is awarded for each Overhead Catch made
- Attempt the challenge six times giving a possible total of 6 points
**FOUR★ STAR CHALLENGES**

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**CHALLENGE 1: CONTROL AND STRIKE**

A skills challenge to test controlling a moving ball and striking from the hand on the run.

**ORGANISATION**
- Mark two lines 20m either side of a central line.
- The player stands at one cone and the Coach stands at the other cone.
- The Coach rolls the ball towards the player.
- The player controls the ball into the hand, strike the ball to pass over one of the 20m lines.
- Return around the first cone to repeat off the opposite side.

**SCORING**
- 1 point is awarded for each slotted that passes over the 20m line.
- The player is allowed only one touch to control the ball.
- Attempt the challenge three times giving a possible total of 6 points.

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**CHALLENGE 2: DOUBLING**

A skills challenge to test proficiency at doubling on a moving ball on the ground.

**ORGANISATION**
- Mark a line using two cones 15m apart.
- Mark out another line 20m either side of this line.
- The player stands at one cone and the Coach stands at the other cone.
- The Coach rolls the ball along the ground towards the player.
- The player doubles on the moving slotted to pass over one of the 20m lines.
- Return around the first cone to repeat off the opposite side.

**SCORING**
- 1 point is awarded for each slotted that passes over the 20m line, 2 points in total.
- Attempt the challenge three times giving a possible total of 6 points.

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**CHALLENGE 3: SOLO RUN**

A skills challenge to test proficiency at the Solo Run.

**ORGANISATION**
- Using six cones set up a formation as shown. The distance from cone 1 to cone 6 should be 9m.
- Beginning at cone 1, the player jogs to cone 2 to Jab Lift the ball.
- Without catching, Solo around the cones to the end of the formation.
- The player is not permitted to handle the slotted.

**SCORING**
- 1 point is awarded for a successful jab Lift and 1 point for a successful Solo, 2 points in total.
- Attempt the challenge three times giving a possible total of 6 points.
**FIVE★STAR CHALLENGES**

**CHALLENGE 1: SIDELINE CUT**

A skills challenge to test proficiency at the Sideline Cut

**ORGANISATION**
- Mark a line using two cones; at a distance of 20m mark another line
- The player takes two Sideline Cuts, each to pass over the 20m line
- The sliotar may not touch the ground before it crosses the line

**SCORING**
- One point is awarded for each sliotar that crosses the 20m line, 2 points in total
- Attempt the challenge three times, giving a possible final total of 6 points

**CHALLENGE 2: FREE PUCK**

A skills challenge to test proficiency at the Free Puck

**ORGANISATION**
- From a stationary position 30m from goal, the player lifts the sliotar and
  strikes it over the bar, without taking it into the hand
- Makes one attempt in line with the left goalpost and one attempt in line with the right goalpost

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

**CHALLENGE 3: LIFT AND STRIKE**

A skills challenge to test proficiency of Lift and Strike on the run

**ORGANISATION**
- Place two cones 15m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines
- Beginning at one cone, run and Jab Lift one of the balls
- Without catching, strike the ball from the hurley to pass over either line
- Continue around the second cone; repeat using the opposite side

**SCORING**
- One sliotar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The ball must be lifted on the first attempt and must travel over the line without touching the ground
- Attempt the challenge three times, giving a possible total of 6 points