

CHALLENGE 1 SIDELINE CUT

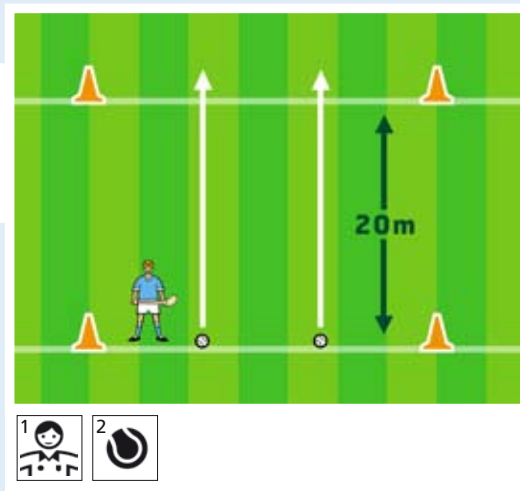
A skills challenge to test proficiency at the Sideline Cut

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

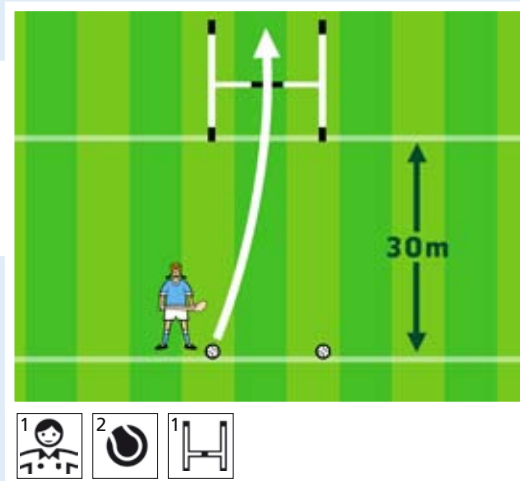
A skills challenge to test proficiency at the Free Puck

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

