

## Skill 1 Ground Strike

Player starts at A

Player takes 3 ground strikes on each side (every second side) and runs through to (B)

Ball must travel 20M on each side and in to the goals set up.

15 seconds in total

2pts for each 20 strike

Minus 1 pt for each second over the allotted time

Distance between A & B is 20M



Player (A)

(B)

20M



## Skill 2 Slalom Solo

Player starts at (A)

Players must solo non stop between 6 poles 2M apart to (B) and back to (A)

again 20 second time limit

10 points for doing it correctly

Minus 1 for each second over time

Minus 5 for each ball dropped

Player (A) 10M 2M 2M 2M 2M 2M 5M (B)

20M

### Skill 3 jog, Solo, Strike

**Hurling** Player starts at 45M line (B) and jab lifts sliotar straight onto hurley (no catch allowed)

Solo towards 20M line (C)

Before reaching 20M line (C) player must strike sliotar off hurley, on the run, to go over the bar (no hands allowed)

2 shots from left and 2 shots from right side

5 pts for each shot that goes over the bar

**Camogie**

Player starts at 45M line (B) and jab lifts sliotar straight onto hurley.

Solo towards 20M line (C) **First time on left you can catch it, second time you have to hit it off the hurley. First time on the right you can catch it and second time you have to hit it off the hurley.**

Before reaching 20M line (C) player must strike sliothar off hurley, on the run, to go over the bar (no hands allowed 2 shots from left and 2 shots from right side

5 pts for each shot that goes over the bar