



Crokes Can Award Skills Tests

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Hurling Coach



What are the Crokes Can Awards?

- Progressive series of skill challenges for players designed to assess and assist with the development of the skills of hurling.
- 18 skills challenges divided over six age groups – U7, U8, U9, U10, U11 & U12
- While each level corresponds to an age, players can also progress at a rate appropriate to their own level of ability and application



Why Skills Test?

- Measure skill development
- Highlight the team & individual strengths & areas of improvement in relation to technical development
- Used as a source of feedback to player & parent
- Can inform the coach in planning the next coaching block



How do they work?

- Each age group has 3 skills challenges.
- Each skills challenge is scored on a points system
- All participants have two to three attempts at each skills challenge
- Each attempt is worth between 0 – 2 points (except free taking) giving a possible total of 6 points for each skills challenge



How do they work?

- A quick touch ball can be used for the U7 & U8 skills challenges, while a smart touch ball may be used for the U9 – U12 challenges
- A green, amber or red light for proficiency at that skill is then awarded as follows:

5 – 6 points = Green

3 – 4 points = Amber

1 – 2 points = Red

- Coaches should aim to organise two skills tests during the season – March & September

Crokes Can Awards - U7

CHALLENGE 1 DRIBBLE

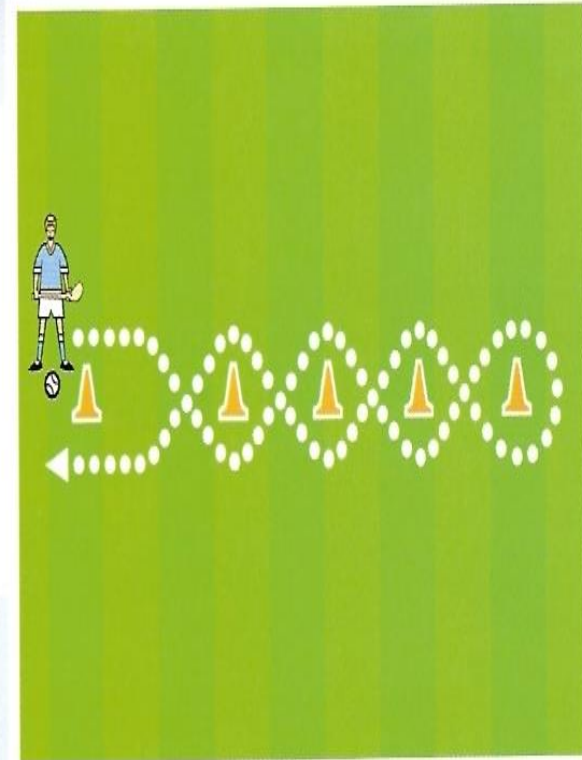
A skills challenge to test proficiency at the Dribble

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



Crokes Can Awards - U7

CHALLENGE 2 GROUND STRIKE

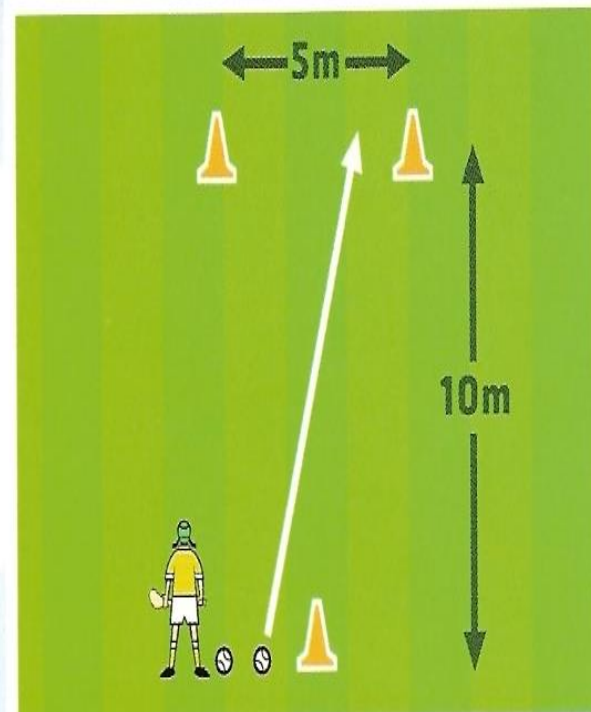
A skills challenge to test proficiency at the Ground Strike from a stationary position

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



Crokes Can Awards - U7

CHALLENGE 3 CHEST CATCH

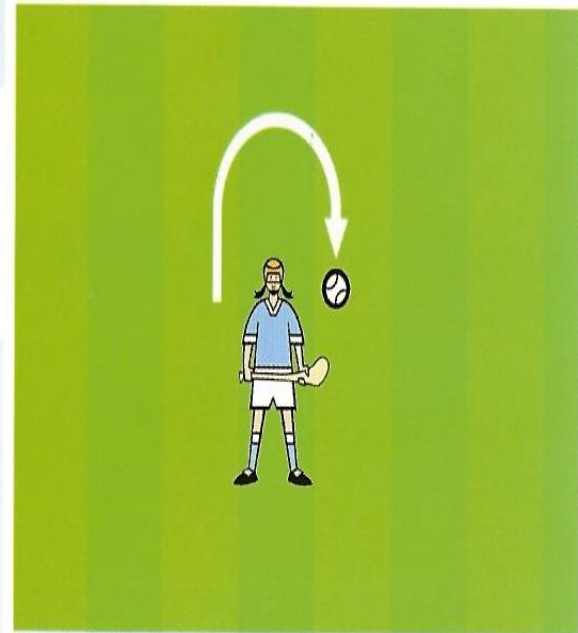
A skills challenge to test proficiency at the Chest Catch

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

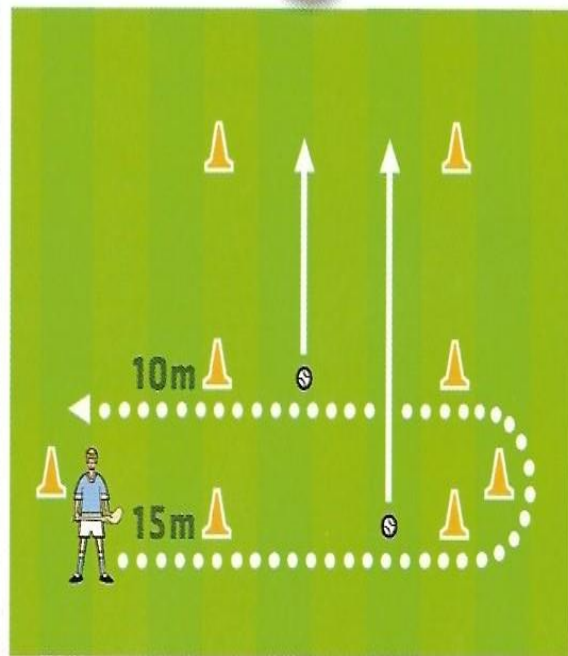
SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points



Crokes Can Awards – U8

CHALLENGE 1 RUNNING GROUND STRIKE



A skills challenge to test proficiency at the Ground Strike on the Run

ORGANISATION

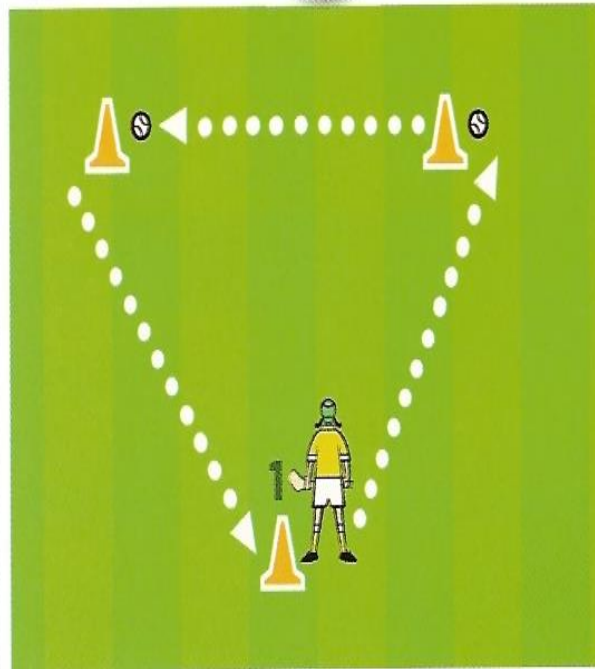
- Set up the challenge as shown
- Place a sliotar in between each pair of cones
- Starting to one side, the player runs along either the 10 or the 15m line
- Without breaking stride, strike the sliotar to pass through the goal
- Continue around the outer cone on the far side, striking the next ball off 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

Crokes Can Awards – U8

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

Crokes Can Awards – U8



CHALLENGE 3 – STRIKE FROM THE HAND

25M



15M



A skills challenge to test the Strike from the Hand from a Stationary position.

ORGANISATION:

- Place two cones 10m apart with two sliotars in between
- At a distance of 15M & 25M mark out two clear lines with cones
- While stationary, the player strikes the first sliotar from the hand using one side and the second sliotar using the opposite side

SCORING:

- One sliotar must pass the 25M line to score a point, the other must pass the 15M for a second point. The sliotar may bounce or roll over the line.
- Attempt the challenge three times giving a possible score of 6 points.

Crokes Can Awards – U9

CHALLENGE 2 HAND PASS

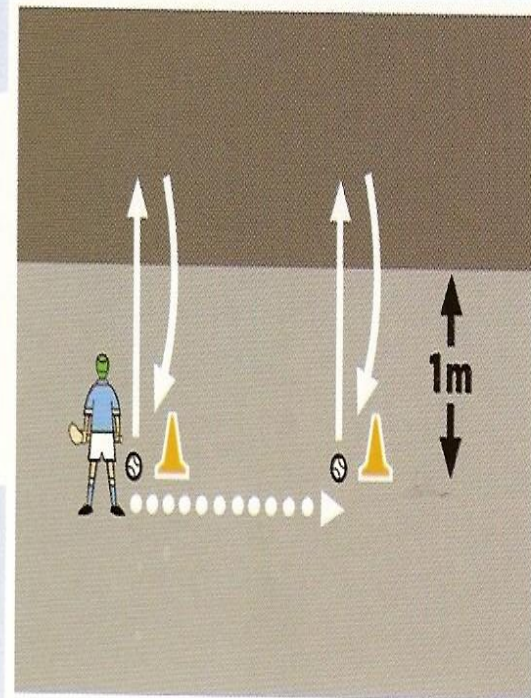
A skills challenge to test proficiency at the Hand Pass

ORGANISATION

- Place two cones 1m from a wall; place a sliotar at each
- The player Roll Lifts the sliotar 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



Crokes Can Awards – U9

• CHALLENGE 2 – BATTING OVERHEAD

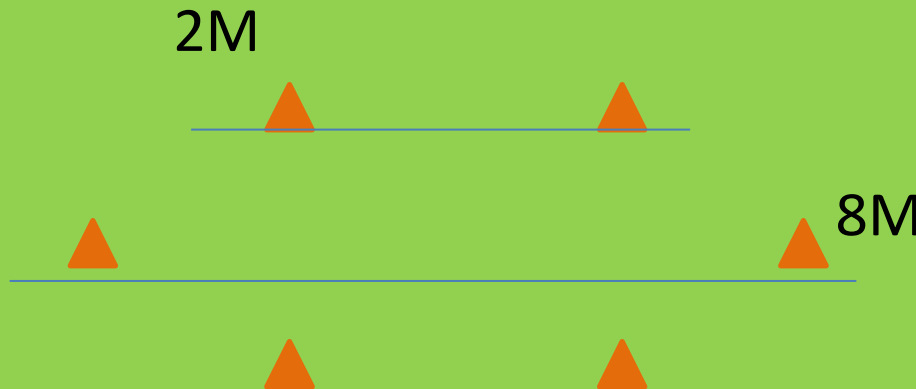
A Skills Challenge to test proficiency at Batting Overhead.

ORGANISATION:

- Set up a grid 2m x 2m, with a further cone 3m-5m each side.
- The player lines up at one side and the coach stands at the other.
- The Coach throws the sliotar under arm as the player moves into the square to bat the sliotar overhead.

SCORING:

- 1 point is awarded for each overhead bat made.
- Attempt the challenge six times giving a possible total of 6 points.



Crokes Can Awards – U9

- **CHALLENGE 3 – JAB LIFT**



A Skills Challenge to test proficiency at the Jab Lift

ORGANISATION:

- Place two cones 10M apart with six slotar in between the cones.
- At a distance of 5M mark out a clear line.
- The player starts from the 5M line, runs to jab lift the slotar into the hand before placing it back on the ground.

SCORING:

- 1 point is awarded for each successful Jab lift into the hand
- Attempt the Challenge six times giving a possible total of 6 points

Crokes Can Awards – U10



CHALLENGE 1 – LIFT, CATCH & STRIKE ON THE RUN

A skills challenge to test the lift, catch & strike on the run

30M



ORGANISATION:

- Place two cones 10m apart with two sliotars in between

20M



- At a distance of 20M & 30M mark out two clear lines with cones



- From the first cone the player runs and jab lifts either ball. Without breaking stride, strike ball from the hand. Continue around the cone, attempt to strike the remaining ball using opposite side.

SCORING:

- One sliotar must pass the 25M line to score a point, the other must pass the 15M for a second point. The sliotar may bounce or roll over the line.
- Attempt the challenge three times giving a possible score of 6 points.

Crokes Can Awards – U10



CHALLENGE 2 – FRONTAL BLOCK

A skills Challenge to test the Frontal Block.



ORGANISATION

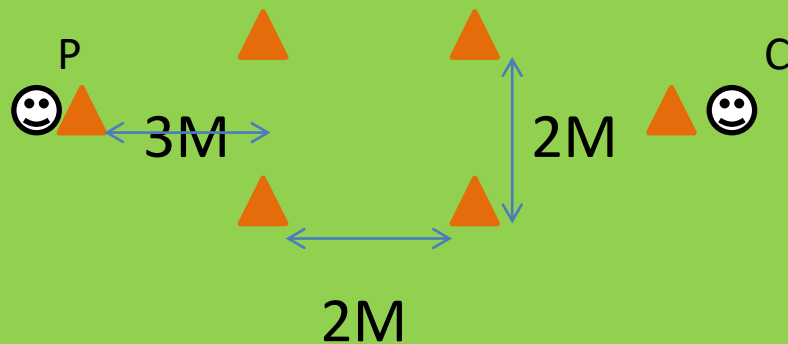
- Place two cones 1M apart with a player at each cone.
- On Coaches whistle, player A strikes the ball from the hand using his dominant side, player B steps in to perform a frontal block.

SCORING:

- 1 point is awarded for each successful block made.
- Attempt the challenge 6 times giving a possible total of 6 points.

Crokes Can Awards – U10

CHALLENGE 3 – OVERHEAD CATCH



A Skills Challenge to test the Overhead Catch

ORGANISATION

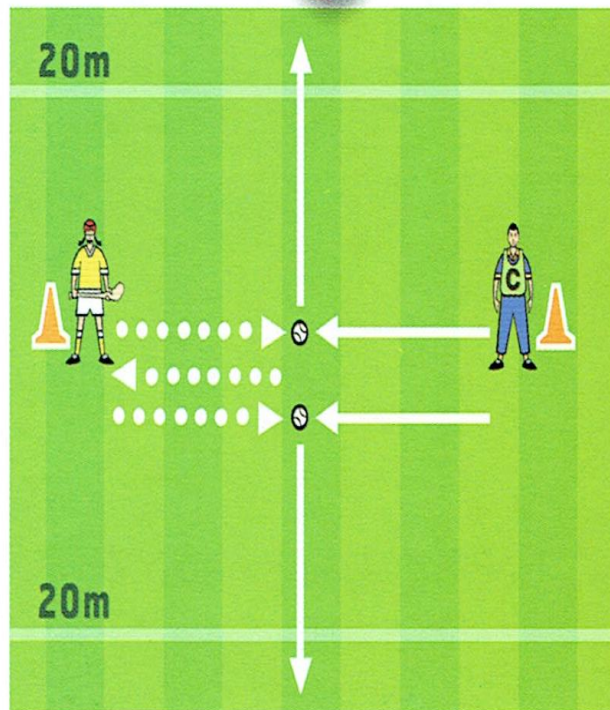
- Set up a grid 2m x 2m, with a further cone 3m to each side.
- The player lines up at one side and the coach stands at the other.
- The coach throws the sliotar under arm as the player moves into the square to catch the sliotar overhead.

SCORING:

- 1 point is awarded for each overhead catch made
- Attempt the challenge 6 times giving a possible total of 6 points.

Crokes Can Awards – U11

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

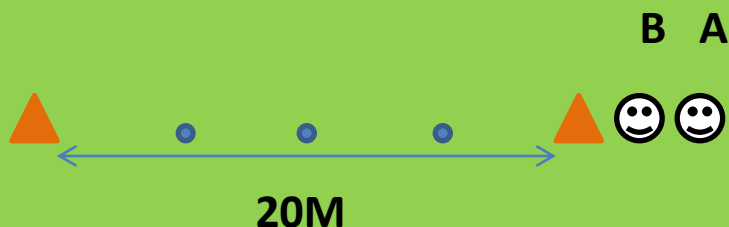
SCORING

- 1 point is awarded for each sliotar 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

Crokes Can Awards – U11



CHALLENGE 2 – HOOKING



SCORING:

– 1 point awarded for each successful hook

- Attempt the challenge twice giving possible score of 6.

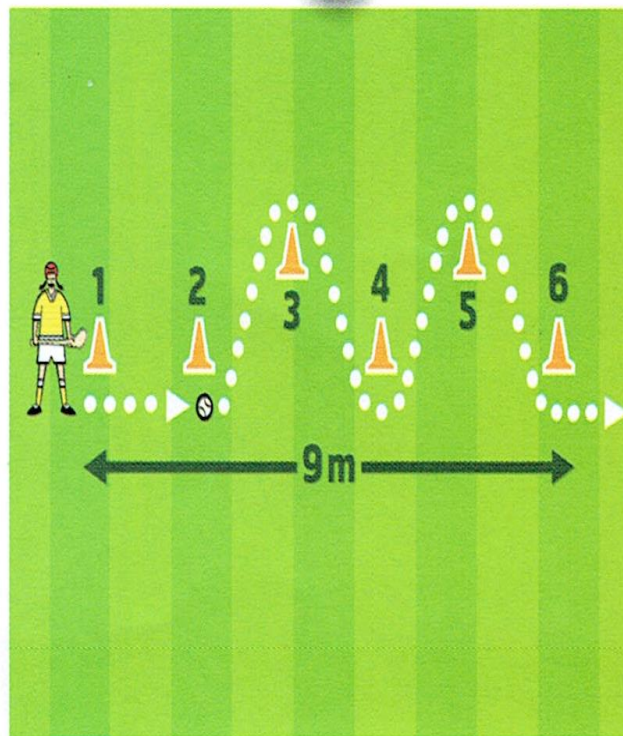
A skills challenge to test hooking

ORGANISATION

- Mark out line using two cones; at a distance of 20M apart.
- Place 3 sliotars approx 5M apart between the two cones.
- Player A (PA) & B (PB) line up behind cone, PA standing a hurley & arms length behind PB.
- Beginning from cone 1, PB jogs and ground strikes using dominant side each of the 3 sliotars without breaking stride, while PA must perform the hook each time PB strikes the sliotar.
- When PB reaches end of line, he jogs back to start and repeat strike off opposite side, while PA again performs hook.

Crokes Can Awards – U11

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 sliotar

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

Crokes Can Awards – U12

CHALLENGE 1 – SIDELINE CUT



A Skills Challenge to test proficiency at the side line cut.

ORGANISATION

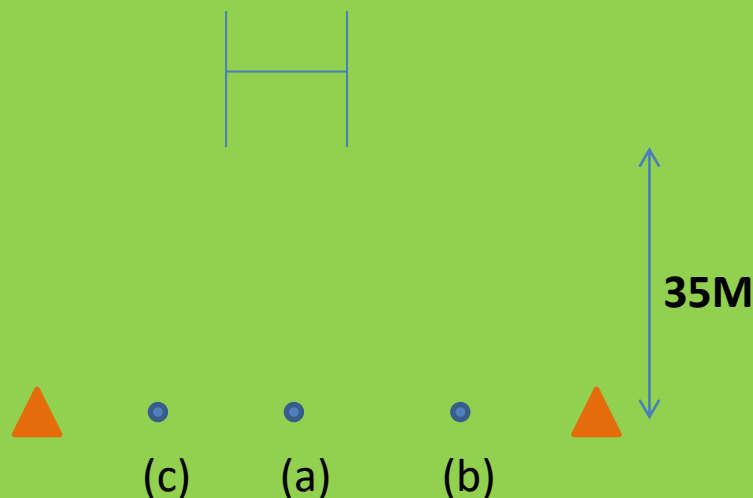
- Mark a line using two cones, at a distance of 25M mark another line
- The player takes 2 sideline cuts, each to pass over the 25M line
- The sliotar may not touch the ground before it crosses the line

SCORING:

- One Point is awarded for each sliotar that crosses the 25M line, 2 points in total
- Attempt the challenge three times, giving a possible total of 6 points.

Crokes Can Awards – U12

CHALLENGE 2 – FREE TAKING



A Skills Challenge to test proficiency at free taking.

ORGANISATION

- Place 3 balls 35M from goal (a) 1 ball placed in the centre of the goal, (b) 1 ball 10M to right of centre and (c) 1 ball 10M to left of centre.
- From a stationary position 35M from goal, the player lifts the sliotar and strikes it over the bar, without taking it into the hand.

SCORING:

- 1 point is awarded for ball (a) struck over the bar, 2 ½ points for ball (b) struck over the bar, 2 ½ points for ball (c) struck over the bar
- Attempt the challenge once, giving a possible total of 6 points

Crokes Can Awards – U12

CHALLENGE 3 LIFT AND STRIKE

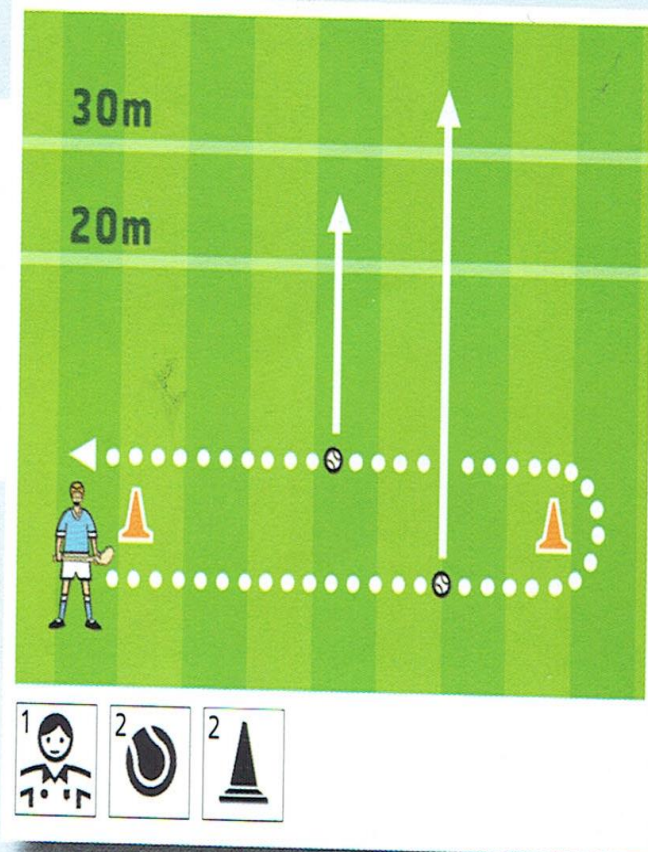
A skills challenge to test proficiency of Lift and Strike on the run

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



Hurling Skill Pathway												Notes
												The table below gives guidance on when skills are introduced and by when we expect our players to be proficient