Four Star Team Based Skill Challenge 1

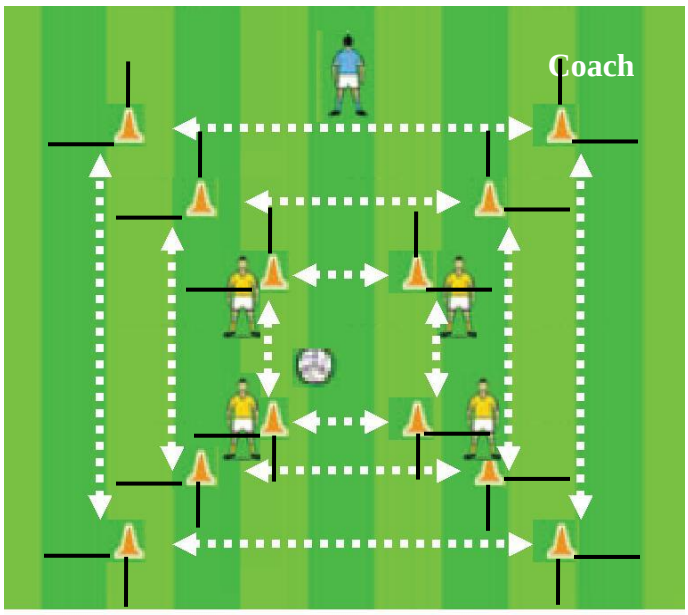
Strike from the Left & Right side & Catch 15m / 25m / 30m. A team skill challenge to test proficiency of striking and catching. (4 players)

ORGANISATION

Using 12 cones in three squares. 1st square 15x15m, 2nd 25 X 25m and 3rd 30 X 30m. One player on each cone. Players must strike the sliotar clockwise around the square first on their right side and then on their left side. On completion of 15x15m they then go to 25x25m square and complete the same sequence and once again outside the 30m X 30m square. Points will be awarded to a completed pass that is caught by team mate without hitting the ground.

SCORING

Award 1 point for completed pass in 15m x 15m square, 2 points for completed pass in 25m x 25m square and 3 points for 30m x 30m square.
Total points 48



Four Star Team Based Skill Challenge 2

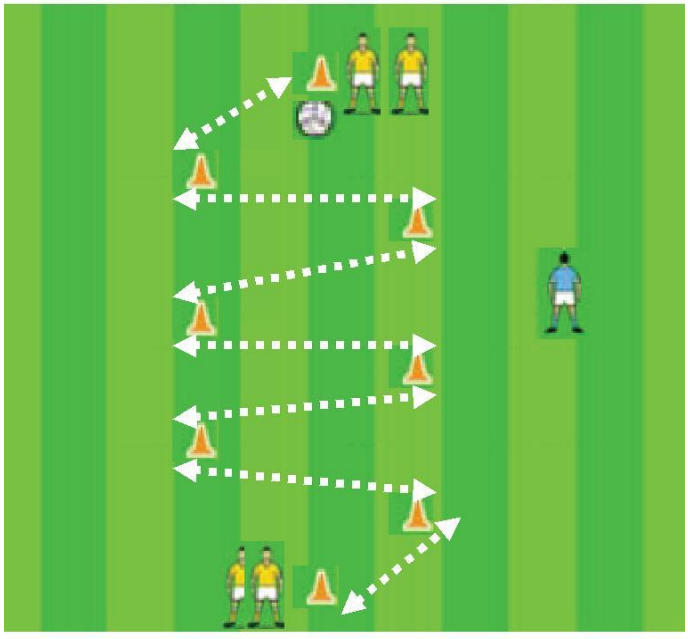
A team skill challenge to test proficiency of the soloing. (4 players)

ORGANISATION

8 cones set out 5m X 5m in zig-zag formation with two player at cones on each end. Player 1 must solo between the cones and hand pass to player 2. This sequence is repeated until all players complete it. Players will be given 1 point for a completed solo between each cone and completed hand pass.

SCORING

Award 1 point for each completed hand pass and solo.
Total Points 28

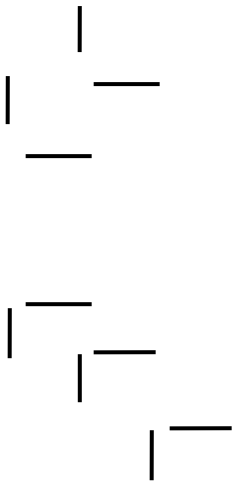


Four Star Team Based Skill Challenge 3

A team skill challenge to test proficiency of the point scoring (4 players)

ORGANISATION

9 cones set out. 3 on 20m line, 3 on 25m line and 3 on 30m line. Player 1 starts at right cone on the 30m line. The player runs and picks up the sliotar and strikes off their right side from 20m line. Then the player runs around middle cone onto and picks up the next sliotar and strikes off their preferred side, then continues around left cone on 30m line and picks up the last sliotar and strikes off their left side. Player 3 and 4 are catching sliotar behind the goal and passing to player 2 who places sliotar back on cones. Player 1 then joins player 3 behind the goal while player 2 takes their turn in scoring and player 4 puts sliotar on cones. All four players take three strikes and rotate positions.

SCORING

Award 2 points for each point scored
Total points 24