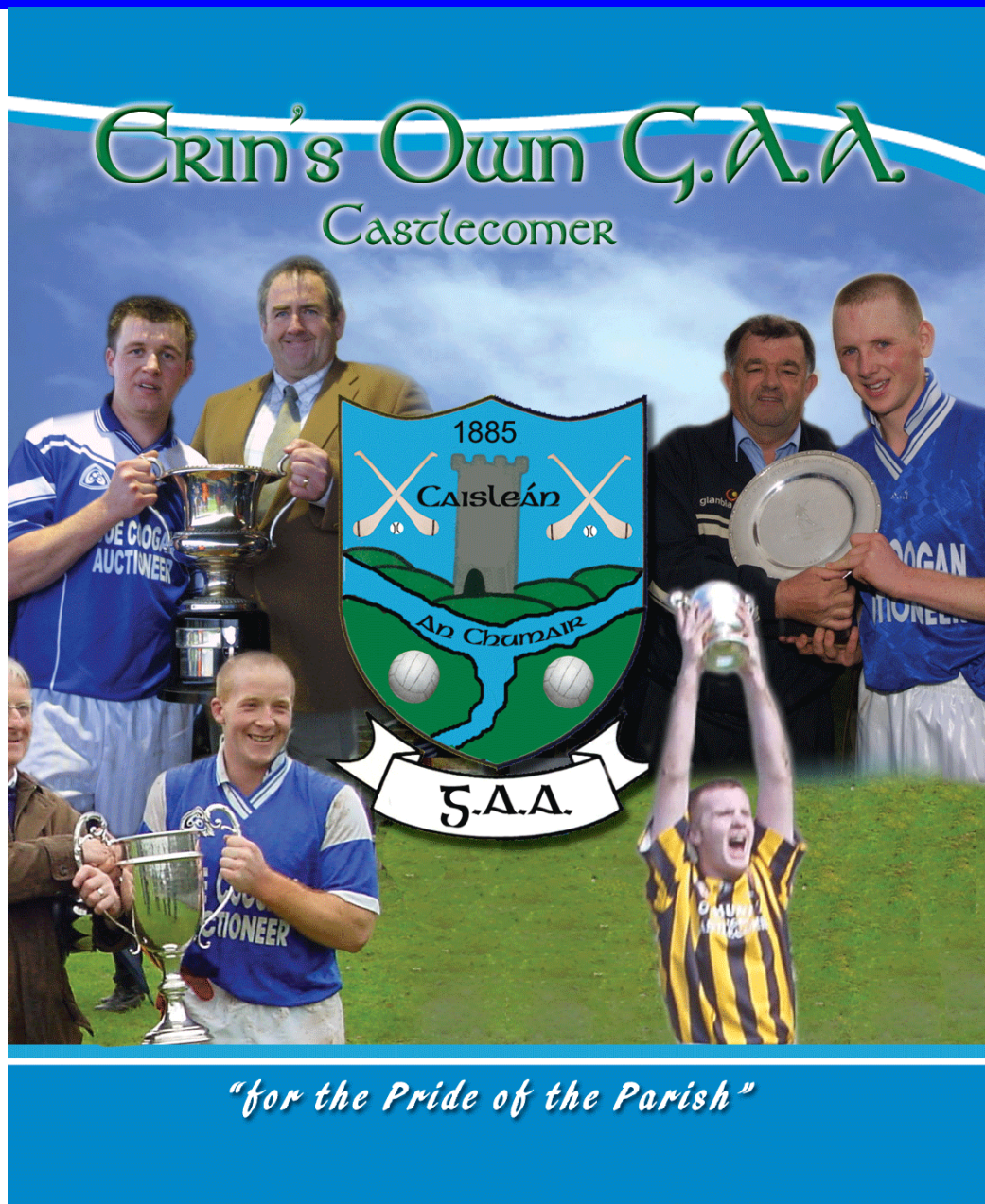


ERIN'S OWN SKILL AWARDS



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BEGINNERS (GRADE 1)

“NOVICE”

Test 1: Ground Strike Strong Side

From a standing position and from the strong side take a full swing and strike the ball on the ground a minimum distance of 13 metres between two posts set two meters apart

Pass Standard 4 Out Of 6

Test 2: Ground Striking Weak Side.

As in 1 but hitting from the left or weak side 7 meters.

Pass Standard; 3 Out Of 6

Test 3: Roll lift into hand

Roll-lift ball into hand without dropping.

Pass Standard 3 out of 6

Test 4: Jab lift into hand.

Lift ball into hand without dropping

Pass Standard 3 out of 6

Test 5: Hand Pass

Hand pass ball 3 meters without hitting ground.

Pass Standard 3 out of 6

Test 6: Solo

Solo at least 10 meters without dropping the ball

Pass Standard 3 out of 6

Test 7: Strike from Hand

Strike from hand on strong side to go at least 13 meters

Pass Standard 4 out of 6

Test 8: Dribble

Dribble the ball [running] on the ground for 20 meters

Pass Standard 4 out of 6

ERIN'S OWN SKILL AWARDS
JUNIOR (GRADE 2)
"Improver"

Test 1. Ground striking – "Strong Side"

From a standing position and from the right or strong side, take a full swing and strike the ball on the ground a minimum distance of 13 metres between two posts set two metres apart.

Pass Standard: 5 out of 6

Test 2: Ground striking "Weak side"

As in 1, but hitting from the left, or 'weak' side.

Pass Standard: 3 out of 6

Test 3: Goal from a 13 metre free

From a standing position at the centre of the 13 - metre line. Roll - lift the ball and strike it, without handling to pass under the crossbar without touching the ground.

Pass Standard: 5 out of 6

Test 4: 20 metre free

From a standing position, at the centre point of the 20 metre line, roll- lift the ball And strike it without handling, so as to pass over the crossbar.

Pass Standard: 5 out of 6

Test 5: Long puck "strong side"

Strike a ball from the hand, from the 'strong' side, a minimum distance before touching the ground of 32 metres i.e. from the 13 metre line over the 45 metre line.

Pass Standard ; 5 out of 6

Test 6: Long puck "Weak Side"

Strike a ball from the hand. From the 'weak' side. A minimum distance of 20 metres before touching the ground i.e. from the end line to the 20 metre line.

Pass Standard: 3 out of 6

Test 7: Run, lift and strike.

Run at least four metres to a ball on the 20 metre line. Lift it on the run using the two-handed jab - lift, take the ball in the hand and strike it on the run from outside the 13 metre line to pass between the- goalposts. Carrying i.e. taking more than 3 steps while holding the ball is not allowed.

Pass Standard: 5 out of 6

Test 8: Solo

Run at least four metres to a ball on the 65 - metre line. Lift the ball on the run using the two - handed jab - lift, solo run with the ball (hopping or stationary) on the Hurley to a marker (flag) 13 metres away; without stopping. Either strike the ball with the Hurley or hand pass the ball (without dropping the Hurley) a distance of at least two metres to pass between two posts apart without touching the ground. Carrying, i.e. taking more than three steps while holding the ball is not allowed.

Pass Standard; 5 out of 6

Pass 4 tests out of eight

ERIN'S OWN SKILL AWARDS
INTERMEDIATE (GRADE 3)
“MASTER”

Test 1: ground striking -strong' side

From a standing position, and from the right, or strong side. Take a full swing and strike the ball on the ground a minimum distance of 13 metres between two posts set two metres apart.

Pass Standard: 5 out of 6

Test 2: ground striking 'weak' side

As in 1, but hitting from the left, or 'weak' side.

Pass Standard: 3 out of 6

Test 3: goal from a 13 metre free

From a standing position at the centre of the 13 - metre line, roll - lift the ball and strike it, without handling, to pass under the crossbar without touching the ground.

Pass Standard: 5 out of 6

Test 4: 20 metre free

From a standing position, at the centre point of the 20 metre line, roll- lift the ball and strike it without handling, so as to pass over the crossbar.

Pass Standard ; 5 out of is

Test 5: long puck 'strong' side

Strike a ball from the hand, from the -strong' side. A minimum distance before touching the ground of 32 metres i.e. from the 13 metre line over the 45 metre line.

Pass Standard ; 5 out of 6

Test 6: long puck 'weak' side.

Strike a ball from the hand, from the -weak' side. A minimum distance of 20 metres before touching the ground i.e. from the end line to the 20 metre line.

Pass Standard ; 3 out of 6

Test 7; Run, Lift and strike.

Run at least four metres to a ball on the 20 metre line. Lift it on the run using the two - handed jab - lift, take the ball in the hand and strike it on the run from outside the 13 metre

line to pass between the goalposts. Carrying i.e. taking more than 3 steps while holding the ball is not allowed.

Pass Standard: 5 out of 6

Test 8; solo

Run at least four metres to a ball on the 65 Metre line. Lift the ball on the run using the two - handed jab - lift, solo run with the ball (hopping or stationary) on the hurley to a marker (flag) 13 metres away without stopping. Either strike the ball with the hurley or hand pass the ball (without dropping the hurley) a distance of at least two metres to pass between two posts apart without touching the ground. Carrying. ie. taking more than three steps while holding the ball is not allowed.

Pass Standard; 5 out of 6

Pass 8 Tests Out Of Eight

**ERIN'S OWN SKILL AWARDS
ADVANCED (GRADE 4)
“EXPERT”**

Test 1 ; ground striking 'strong' side

From a standing position, and from the right or 'strong' side. Take a full swing and strike the ball on the ground a minimum distance of 20 metres between two posts set two metres apart.

Pass Standard ; 5 out of 5

Test 2; ground striking 'weak' side

As in 1, but hitting from the left or 'weak' side-

Pass Standard ; 4 out of 6

Test 3; goal from a 20 metre free –“Strong Side”.

From a standing position on the centre of the 20 - metre line, roll - lift the ball and strike it, without handling, on the right or 'strong' side, to pass under the crossbar without touching the ground.

Pass Standard ; 5 out of 6

Test 4; goal from a 20 - metre free “Weak Side”.

As in 3, but hitting on the left or 'weak' side.

Pass Standard ; 4 out of 6

Test 5; point from 40 metres, 'strong' side.

From a standing position 40 metres from goal strike from the hand, on the 'strong' side, over the crossbar. Two attempts to be made facing the centre of the goal, and two attempts to be made 20 metres from the right and left hand sides of the goal.

Pass Standard; 5 out of 6

Test 6; point from 40 metres, 'weak' side.

As in 5, but hitting on the left or 'weak' side.

Pass Standard; 4 out of 6

Test 7 ; long puck - 'strong' side.

Strike a ball from the hand. On the 'strong' side, a minimum distance of 50 metres before touching the ground.

Pass Standard ; 5 out of 6.

Test 8 ; Long puck - 'weak' side.

As in 7, but hitting on the left or 'weak' side.

Pass Standard; 4 out of 6

Test 9: Sideline cut, 'strong' side.

Strike or 'cut' the ball from the ground, on the 'strong' side, to travel a total distance of 20 metres over a crossbar standing at a height of 2 metres above the ground.

Pass Standard ; 4 out of 6

Test 10: Sideline cut, 'weak' side.

As in 9, but hitting on the 'weak- side.

Pass Standard , 3 out of 6.

Test 11: Solo

Run at least 4 metres to a ball on the 65 - metre line. Lift the ball. On the run using the two - handed jab - lift, solo - run with the ball (hopping or stationary) on the hurley to a marker (flag) 45 metres away; without stopping, either strike the ball with the hurley or hand pass the ball (without dropping the hurley) a distance of at least 2 metres to pass between two posts set two metres apart without touching the ground.

Pass Standard ; 5 out of 6

Test 12: Jab lift from 10 metres-

Run a distance of 10 metres to jab Lift the ball two • handed from the ground into The hand.

Pass Standard:6 out of 6.

Test 13: Roll lift.

Run a distance of at least 5 metres to roll - lift the ball two handed from the ground.

Pass Standard: 6 out of 6.

Test 14: hand pass from hurley.

Run a distance of at least 13 metres with the ball on the hurley and then hand pass the ball from the hurley (i.e. without catching the ball),to a person standing 5 metres away.

Pass Standard -. 4 out of 6

Test 15: Doubling.

3 balls are rolled or hit from 30 metres to be doubled on (i.e. pulled on first time) on the ground.

3 balls are thrown from 10 metres at above head height to be doubled on in the air.

Pass Standard: 4 out of 6.

Pass 15 Tests Out Of 15

HURLER'S CODE

1. Respect yourself, your team- mates, your trainers and your opponents-
2. Train hard & practice skills.
3. Always be on time.
4. Have & look after your equipment
5. Play fairly always.
6. Never use bad language or abuse others.
7. Play for enjoyment.
8. Try to win, but also learn to be a good loser.
9. Be proud of your club and honoured to represent it.
10. Be a member & pay your way-

Autographs:

Practice Makes Perfect!

