The Hurling Skills Pathway

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **U – 8** | **U – 10** | **U-12** | **U-14** | **U-16** | **Minors** |
| Grip, Ready lock and Swing | Strike from the hand (20-30m) | Strike from the hand (25-35m)  (Also on the Run) | Strike from the hand (40-50m)  (Also on the Run) | Strike from the hand (40-50m)  (Shorten Grip on the Run) | Strike from the hand (50-60m)  (Shorten Grip on the Run) |
| Ground Strike (8-12m) | Ground Strike (12-20m) | Ground Strike (20-32m) | Ground Strike (32-40m) | Lift and Strike | Lift & strike (On the Run) |
| Dribble / Flick to space | Hand Pass – Left and Right | Hand Pass – Three variations (3-5m) | Hand Pass – Three variations (6-8m on the run) | Hand Pass – Three variations (8-10m on the run) | Hand Pass – Three variations  (10-12m on the run) |
| Frontal Ground Block | Frontal Block | Tackling – Blocking / Hooking | Tackling – Blocking / Hooking | Tackling – Blocking / Hooking/Flicking the ball away | Tackling – Blocking / Hooking/Flicking the ball away |
| Chest Catch  (Body protected) | Over Head Catch  (Hand protected) | Catching – Low, Chest, High | Catching – Low, Chest, High | Competing for the high ball / flick in the air | Competing for the high ball / flick in the air |
| Shoulder Clash – Tyre | Shoulder Clash | Ground Flick | Batting /Doubling –High Ball | Side Lines | Side Lines |
| Roll/Jab Lift | Stopping – High Ball / Batting | Soloing | Solo and strike of hurl | Free Taking | Free Taking |