The Hurling Skills Pathway

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| **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  |