

Under 10 Hurling

Aim

To consolidate the basic technical skills developed at age 7/8 level (grip, ground strike and stop) in an environment where players are also encouraged to strike from the hand and develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space

Playing Rules

- Play to commence with a throw in at the centre.
- Start the games with ground hurling. The second ten minutes in each half players may lift the ball into the hand. Hand passing is allowed at this time.
- Solo running with the sliotar on the hurley is not permitted.
- The goalkeeper is permitted to catch or lift the sliotar into the hand with the hurley and take 4 steps before striking it
- Free pucks to be taken from the hand or off the ground directly opposite the goals
Player who is fouled to take the free
- When a team plays the sliotar over its own end line, opponents awarded a free puck on the 30m line directly in front of the goals.
- Goalkeeper to advance 10m for puck out after score or wide.
- Players are not permitted to kick the sliotar.

Scoring System

- 3 points when the sliotar is played over the crossbar.
- 1 points when the sliotar is played under the crossbar.
- 1 point for a bat down.

Time Duration

- 40 minute games
- 20 minutes per half.
- 1 game per occasion.

Playing the Game

- 9 v 9
- 65m X 40m
- 1 goalkeeper, 3 defenders, 2 midfielders, 3 attackers
- Goalkeeper to resart play after a score or wide with a puck-out.
- All players to wear a helmet with full facial protection.
- Teams are to be streamed according to their ability.

Equipment

- Well-secured portable goal posts (15' x 7' or 4.5m x 2.2m)
- Three Quick Touch (Size 2) sliotars.

Recommended Playing Area

