

Under 11 Hurling

Aim

To allow players perform the underlying technical skills accurately and consistently in an open competitive environment and assist with the development of team play i.e. where players anticipate who should go where in order to maximise/minimise scores/scoring opportunities

Playing Rules

- Play to commence with a throw in at the centre.
- Players are permitted to lift the sliotar into the hand and strike
- A player who catches the sliotar may take four steps with it in his/her hand before playing it away.
- Solo running with the sliotar is permitted . The solo run is to be limited to 8 steps.
- When a team plays the sliotar over its own end line, opponents awarded a free puck from the centre (A 65).
- All free pucks shall be lift and strike.
- Players are not permitted to kick the sliotar.

Scoring System

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

Time Duration

- 50 minutes.
- 25 minutes per half.
- 1 game per occasion.

Playing the Game

- 11 v 11
- 100m x 40m or 21m line to 21m line
1 goalkeeper, 4 defenders, 2 midfielders, 4 attackers.
- All players to wear a helmet with full facial protection.
- Teams are to be streamed according to ability.

Equipment

- Well secured portable goal posts (15' X 7' or 4.5M X 2.2M)
- Three Smart Touch (Size 3) sliotars to be used

Recommended Playing Area

