

KILTHA ÓG

SKILLS COMPETITION

For players on their final year at Fé 12 level – Born 2004

1. GROUND STRIKING

Six hurling balls are placed on the 20 metre line 4 metres apart. Players must run to and strike on the ground from alternate sides. The balls must travel a distance of 20 metres. Time allowed 15 seconds.

Score: 5 points per ball. 2 points will be deducted for every second over the allotted time.

Total Score: 30 points.

2. FREE TAKING

Five hurling balls are placed on 20 metre line as follows:

(1) Centre of goals. (2) and (3) 10 metres to the right and left of centre. (4) and (5) are placed 5 metres in from sidelines. Balls must be struck over the bar.

Score: 10 points for (1), (2) and (3). 20 points for (4) and (5)

Total Score: 70 points

3. JAB LIFT AND STRIKE

Four hurling balls are placed on the 20 metre line, 7 metres apart. Players must jab lift the ball into the hand and strike it on the run to pass over the bar, first from right side and then left or vice versa. Time allowed 15 seconds.

Score : 10 points per ball right and left side. 2 points will be deducted for every second over the allotted time.

Total Score : 80 points.

4. GROUND CUT

Three hurling ball are placed on the 20 metre line as follows.

(1) Centre of goals. (2) and (3) 10 metres either side of centre. Balls must be struck over the bar.

Score: 15 points for each score

Total Score : 45 points

5. DRIBBLING

Six cones are placed in a line 1.5 metres apart. Players must move the ball on the ground through cones, turn and continue back to starting point. Time allowed 25 seconds.

Score : 50 points. 5 points deducted if cone is touched or missed or if the foot is used to control the ball. 2 points will be deducted for every second over the allotted time.

Total Score : 50 points

6. LONG PUCK

Players must strike four hurling balls from the end line (balls to be struck from the hand).

Distance is measured from first bounce.

If end line is crossed prior to striking the ball **that** puck is null and void.

Score : Up to 45 metres 5 points per ball. 45-60 metres 10 points. Over 60 metres 15 points.

Total Score : 60 points

OVERALL SCORE (maximum) 335 POINTS

NOTE : Player with the highest score at end of competition will be the winner.
In the event of players ending with even points, skill 4 will be repeated.

The winner will receive the 'Michael Griffin' shield which they will hold for 12 months.

*** CLUB RECORD - CIARÁN JOYCE (2014) - 310 Pts ***