

## HURLING TESTS AND PLAYER PROFILES

**Foundation Skills:**

**6-8 year olds**

**NAME:** \_\_\_\_\_

(Tennis balls should be used for tests 1-7)

Equipment:	Test 1	Test 2	Test 3	Test 4	Test 5	Test 6	Test 7
Players Hurley Correct size	<b>Dominant hand established</b>	<b>Correct Grip- including ready position and lock</b>	<b>Swinging hurley and hitting a tyre</b> Left handed  Good fluid movement	<b>Swinging a hurley and hitting tyre</b> Right handed  Good fluid movement	<b>Ground strike</b> striking ball Right side  (Distance)	<b>Ground strike</b> striking ball left side  (Distance)	<b>Stopping moving ball</b> Coach rolls ball to child. Proper technique (5-10 yards away)
					Attempt 1	Attempt 1	Attempt 1
					Attempt 2	Attempt 2	Attempt 2
Yes / No	Yes / No	Yes / No	Yes / No	Yes / No			

				Attempt 3	Attempt 3	Attempt 3
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**Improvers Skills:**

**9-10 year olds**

**NAME:** \_\_\_\_\_

<b>Test 8</b> <b>Roll Lift/Jab lift</b> Proper technique (1 min)	<b>Test 9</b> <b>Bouncing ball</b> on one side of hurley in succession (Max 100)	<b>Test 10</b> <b>Bouncing ball</b> on alternate sides of hurley in succession (Max 50)	<b>Test 11</b> <b>Coach throws ball/bean bag</b> to childs chest. Child catches with "ball hand" (2 metre)	<b>Test 12</b> <b>Catching</b> Coach throws a ball over childs head and child attempts to catch the ball distance from coach = 3m
Attempt 1	Attempt 1	Attempt 1	Attempt 1	Attempt 1
Attempt 2	Attempt 2	Attempt 2	Attempt 2	Attempt 2
Attempt 3	Attempt 3	Attempt 3	Attempt 3	Attempt 3

<b>Test 13</b>		<b>Test 14</b>	<b>Test 15</b>	<b>Test 16</b>	<b>Test 17</b>
<b>Ground strike moving ball:</b> Coach rolls ball to alternate sides. Child must pull on ball without turning to dominant side (both sides)		<b>Striking ball from the hand</b> (distance) off right side How many metres??	<b>Striking Ball from hand</b> (distance) off left side How many metres??	<b>Striking ball (accuracy)</b> Under/over goal 15m/20m/25m -3 attempts Right side	<b>Striking ball(accuracy)</b> Under/ Over goal 15m/20m/25m – 3 attempts Left side
Attempt 1	Attempt 4	Attempt 1	Attempt 1	Attempt 1	Attempt 1
Attempt 2	Attempt 5	Attempt 2	Attempt 2	Attempt 2	Attempt 2
Attempt 3	Attempt 6	Attempt 3	Attempt 3	Attempt 3	Attempt 3

**Advanced Skills:**

**11 – 12 year olds**

**NAME:** \_\_\_\_\_

<b>Test 18</b>	<b>Test 19</b>	<b>Test 20</b>	<b>Test 21</b>
<b>Frontal Block:</b> Coach hits 3 sliothars and player attempts to block the ball in each case. Player stands one metre from coach to begin.	<b>Batting overhead</b> Coach throws a ball over the child's head and the child bats the ball back to direction of coach. Distance from coach to player = 3 metres	<b>Striking sliothar on the move from hand (accuracy)</b> off right side over the bar from in front of goals 15m/20m/25m	<b>Striking sliothar on the move from hand (accuracy)</b> off left side over the bar in front of goals 15m/20m/25m
Attempt 1	Attempt 1	Attempt 1	Attempt 1
Attempt 2	Attempt 2	Attempt 2	Attempt 2
Attempt 3	Attempt 3	Attempt 3	Attempt 3

<b>Test 22</b>	<b>Test 23</b>	<b>Test 24</b>	<b>Test 25</b>
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<b>Striking ball from hand</b> ball cannot touch ground and cannot go over the cross bar. Must hit back of net in the goal cleanly <b>Right side: 15m</b>	<b>Striking ball from hand</b> ball cannot touch ground and cannot go over the cross bar. Must hit back of net in the goal cleanly <b>Left side: 15m</b>	<b>Sideline puck</b> Cutting the sliothar over the bar from in front of goal 20m	<b>Soloing:</b> Player solos with ball on hurley at near top speed for a distance of 30m without allowing the ball to fall.
Attempt 1	Attempt 1	Attempt 1	Attempt 1
Attempt 2	Attempt 2	Attempt 2	Attempt 2
Attempt 3	Attempt 3	Attempt 3	Attempt 3

<b>Test 26</b> <b>Frees</b> Over goal 15m/20m/25m -3 attempts Right side	<b>Test 27</b> <b>Handpass Dominant hand</b> Player handpasses with the dominant hand across the body to a receiver 3m away	<b>Test 28</b> <b>Handpass Non-Dominant hand</b> Player handpasses with the non-dominant hand across the body to a receiver 3m away	<b>Test 29</b> <b>The Flick</b> Player moves towards the ball and flicks it before it is struck by the coach
Attempt 1	Attempt 1	Attempt 1	Attempt 1
Attempt 2	Attempt 2	Attempt 2	Attempt 2
Attempt 3	Attempt 3	Attempt 3	Attempt 3