



Missing Game Time?
Practice For These At
Various Age-Grades...



KILKENNY GAA

COACHING AND GAMES

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WATCH THIS SPACE

**SKILL CHALLENGES
"COUNTY FINALS"**

Kilkenny GAA - Skill Star Challenges U15

Name:				Club:				Total Score:	
Skill 1 - Ground Striking (25M)									
Ball 1 (5 pts)	Ball 2 (5pts)	Ball 3 (5 pts)	Ball 4 (5 pts)	Ball 5 (5 pts)	Ball 6 (5 pts)	Time allowed 10 Seconds	2 Pts deducted for every second over		TOTAL
									/30
Skill 2 - Free Taking 45m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (20 pts)	Ball 4 (20 pts)	•	•	•	•	•	TOTAL
									/60
Skill 3A - Jab Lift and Strike (Right side) 30m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (10 pts)	•	•	Time allowed 10 Seconds	2 Pts deducted for every second over		TOTAL	
									/30
Skill 3A - Jab Lift and Strike (Left side) 20m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (10 pts)	•	•	Time allowed 10 Seconds	2 Pts deducted for every second over		TOTAL	
									/30
Skill 4 - Ground Cut 30m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (20 pts)	Ball 4 (20 pts)	•	•	•	•	•	TOTAL
									/60
Skill 5 - Sliotar Control									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (20 pts)	Ball 4 (20 pts)	•	5 Pts deduction per sliotar drop	Time 15 secs	2 pts less per sec	TOTAL	
									/50
Skill 6 - Puc Fada									
	Ball 1	•	Ball 2	•	•	•	•	•	TOTAL
Up 60 m/5 pts									/10
60-70 m/10 pts									/20
70 + m/20 pts									/40
Grand Total									/330

Kilkenny GAA - Skill Star Challenges U14

Name:			Club:				Total Score:		
Skill 1 - Ground Striking (25M)									
Ball 1 (5 pts)	Ball 2 (5pts)	Ball 3 (5 pts)	Ball 4 (5 pts)	Ball 5 (5 pts)	Ball 6 (5 pts)	Time allowed 10 Seconds	2 Pts deducted for every second over		TOTAL
									/30
Skill 2 - Free Taking 45m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (20 pts)	Ball 4 (20 pts)	•	•	•	•	•	TOTAL
									/60
Skill 3A - Jab Lift and Strike (Right side) 20m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (10 pts)	•	•	Time allowed 10 Seconds	2 Pts deducted for every second over		TOTAL	
									/30
Skill 3A - Jab Lift and Strike (Left side) 20m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (10 pts)	•	•	Time allowed 10 Seconds	2 Pts deducted for every second over		TOTAL	
									/30
Skill 4 - Ground Cut 30m									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (20 pts)	Ball 4 (20 pts)	•	•	•	•	•	TOTAL
									/60
Skill 5 - Sliotar Control									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (20 pts)	Ball 4 (20 pts)	•	5 Pts deduction per sliotar drop	Time 15 secs	2 pts less per sec	TOTAL	
									/50
Skill 6 - Puc Fada									
	Ball 1	•	Ball 2	•	•	•	•	•	TOTAL
Up 60 m/5 pts									/10
60-70 m/10 pts									/20
70 + m/20 pts									/40
Grand Total									/300

Kilkenny GAA - Skill Star Challenges U13

Name:				Club:				Total Score:	
Skill 1 - Ground Striking (6 sliotars placed 5m apart. Player to strike off alternate sides to travel 15m)									
Ball 1 (5 pts)	Ball 2 (5pts)	Ball 3 (5 pts)	Ball 4 (5 pts)	Ball 5 (5 pts)	Ball 6 (5 pts)	Time allowed 10 Seconds	2 Pts deducted for every second over	TOTAL	
								/30	
Skill 2 - Free Taking 30m - 20m from centre, 10 from centre, 10 metre from centre (other side), 20m from centre (other side)									
Ball 1 (20 pts)	Ball 2 (10pts)	Ball 3 (10 pts)	Ball 4 (20 pts)	•	•	•	•	•	TOTAL
									/60
Skill 3A - Jab Lift, Catch and Strike over the bar (Right side) 15m. 3 sliotars placed 10 metres apart from centre									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (10 pts)	•	•	Time allowed 10 Seconds	2 Pts deducted for every second over	TOTAL		
								/30	
Skill 3A - Jab Lift, Catch and Strike over the bar (Left side) 15m. 3 sliotars placed 10 metres apart from centre									
Ball 1 (10 pts)	Ball 2 (10pts)	Ball 3 (10 pts)	•	•	Time allowed 10 Seconds	2 Pts deducted for every second over	TOTAL		
								/30	
Skill 4 - Sliotar Control - 6 Poles 2m apart, cone out 5 m and another 5 m form end. Players to solo without dropping sliotar									
Drop 1 (-5pts)	Drop 2 (-5pts)	Drop 3 (-5 pts)	Drop (-5 pts)	•	5 Pts deduction per sliotar drop	Time 15 secs	2 pts less per sec	TOTAL	
								/50	
Skill 6 - Puc Fada									
	Ball 1	•	Ball 2	•	•	•	•	•	TOTAL
Up 35 m/5 pts									/10
35-50 m/ 10 pts									/20
50 + m/20 pts									/40
Grand Total									/280

Kilkenny GAA - Skill Star Challenges U11

Name:			Club:				Total Score:	
Skill 1 - Tippy Taps (Sliotar bounced on alternate side of the bás 60 seconds)								
0-30 (10 pts)	31-70 (20pts)	71+ (30pts)						TOTAL
								/30
Skill 2 (a) - Ground Strike (Preferred side- 3 sliotars must travel 12m)								
Ball 1 (10 pts)	Ball 2 (10 pts)	Ball 3 (10 pts)						TOTAL
								/30
Skill 2 (b) - Ground Strike (Other side- 3 sliotars must travel 10m)								
Ball 1 (10 pts)	Ball 2 (10 pts)	Ball 3 (10 pts)						TOTAL
								/30
Skill 3(a) - Strike from the hand (Preferred side - Travel 15m into goal without sliotar hitting the ground)								
Ball 1 (10 pts)	Ball 2 (10 pts)	Ball 3 (10 pts)						TOTAL
								/30
Skill 3 (b) - Strike from the hand (Other side - Travel 10m into goal without sliotar hitting the ground)								
Ball 1 (10 pts)	Ball 2 (10 pts)	Ball 3 (10 pts)						TOTAL
								/30
Skill 4 (a) Point Scoring "Out of the Hand" Preferred side - Ball 1 : 21m/ Ball 2 : 30m/ Ball 3 : 40m from the Centre.								
Ball 1 (10 pts)	Ball 2 (10 pts)	Ball 3 (10 pts)						TOTAL
								/30
Skill 4 (b) Point Scoring "Out of the Hand" Other side - Ball 1 : 15m/ Ball 2 : 21m/ Ball 3 : 30m from the Centre.								
Ball 1 (10 pts)	Ball 2 (10 pts)	Ball 3 (10 pts)						TOTAL
								/30
Grand Total								/210