

# FIRST TOUCH



## AIMS

To develop the basic technical skills of hurling (grip, ground strike and stop) in a controlled competitive environment.

## PLAYING RULES

- Play commences with a puck out from the hand.
- The side-to-side (shoulder) charge is not allowed but incidental contact is permitted.
- Outfield players must play the sliotar on the ground at all times.
- The goalkeeper is permitted to catch or lift the sliotar into the hand, take four steps and strike it from the hand but is not permitted to solo run with the sliotar on the hurley.
- All frees to be taken from the ground. A player who is fouled takes the free.
- When a free is awarded, the sliotar to be given, on the full, to the player taking the free puck. If this does not happen the ball is advanced 5m.
- When a player fouls the sliotar e.g. catches the ball, the opponent nearest to the sliotar takes the free puck.
- When a team plays the sliotar over the sideline, the opponent nearest to where the sliotar crosses the line takes the sideline puck from the ground.
- When a team plays the sliotar over its own endline, the other team are awarded a free puck (off the ground) from the 20m line opposite where the sliotar crossed the endline.
- Opposing players to be at least 10m from the player taking a free puck, sideline puck or puck out. Free pucks should be no closer than 10m from the opposing endline.
- Players are not permitted to kick the sliotar but if the ball strikes the foot or leg of a player this does not constitute a foul.



## SCORING SYSTEM

- 1 point when the sliotar is played between the outer (side) posts
- 2 points when the sliotar is played over the crossbar
- 3 points when the sliotar is played under the crossbar

## EQUIPMENT



- Well secured portable goal posts (10' x 6' or 3m x 1.8m)/Training poles or flags may be used
- Bibs and Cones
- Modified (rubber bas) hurleys are the preferred option
- Three First Touch (Size 1) sliotars – one placed behind each goal and one in play



## PLAYING THE GAME

- 7 v 7
- Playing Area 45m X 40m (4 Playing Areas fit on 1 standard pitch)
- 1 goalkeeper, 2 defenders, 2 midfielders and 2 attackers
- Three zones: 20m, 5m and 20m. Players to remain within the zone to which they are assigned – midfielders can enter other zones but must return to the centre zone for any free puck, sideline puck or puck out.
- All players rotate positions after each quarter (see rotation systems on page 11). Teams change sides at half-time. No formal team talks at 1st and 3rd quarter intervals.
- Cones/flags to be placed 2m either side of each goalpost to provide an additional outer scoring area i.e. side posts.
- All players must wear a helmet with full facial protection.

### PLAYING RULE MODIFICATIONS

- The Quick Touch sliotar may be used in this game as players become more technically proficient.
- Skill Points may be awarded, e.g. 1 point for doubling on the ball on the ground.

## TIME DURATION

- 4 quarters
- 7 minutes per quarter



## RECOMMENDED PLAYING AREA

