

QUICK TOUCH



AIMS

To consolidate the basic technical skills of hurling in an environment where players are also encouraged to strike from the hand and to develop tactical awareness/prowess, i.e. decide on the best options in terms of making use of and creating time and space.

PLAYING RULES

- Play commences with a puck out from the hand.
- The side-to-side (shoulder) charge is permitted.
- Players may play the sliotar on the ground, catch it and take four steps before striking from the hand.
- During the 2nd and 4th quarters players are also permitted to lift the sliotar into the hand with the hurley.
- Solo running with the sliotar on the hurley is not permitted.
- The goalkeeper is permitted to catch or lift the sliotar into the hand with the hurley and take four steps before striking it.
- Free pucks may be taken from the hand or off the ground. A player who is fouled takes the free.
- When a player fouls the sliotar e.g. overcarries it, the opponent nearest to the sliotar takes the free puck.
- 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 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 (from the hand) on the 30m line opposite where the sliotar crossed the endline.
- Opposing players to be at least 10m away from the player taking a free puck, sideline puck or puck out. Free pucks should be no closer than 20m 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 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) or standard hurleys may be used
- Three Quick Touch (Size 2) sliotars – one placed behind each goal and one in play

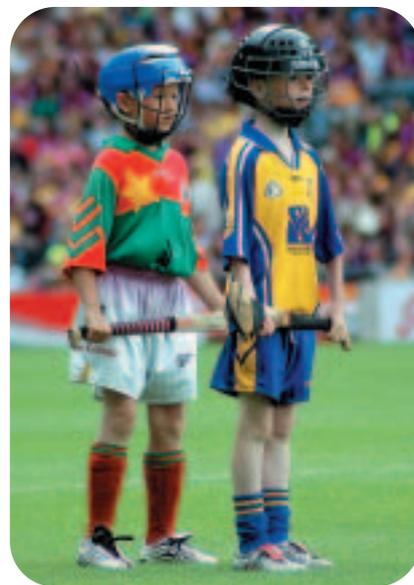


PLAYING THE GAME

- 9 v 9
- Playing Area 65m X 40m (4 Playing Areas fit on 1 standard pitch)
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Three zones: 30m, 5m and 30m. 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 12). Teams change sides at half-time. No formal team talks at 1st and 3rd quarter intervals
- All players must wear a helmet with full facial protection.

PLAYING RULE MODIFICATIONS

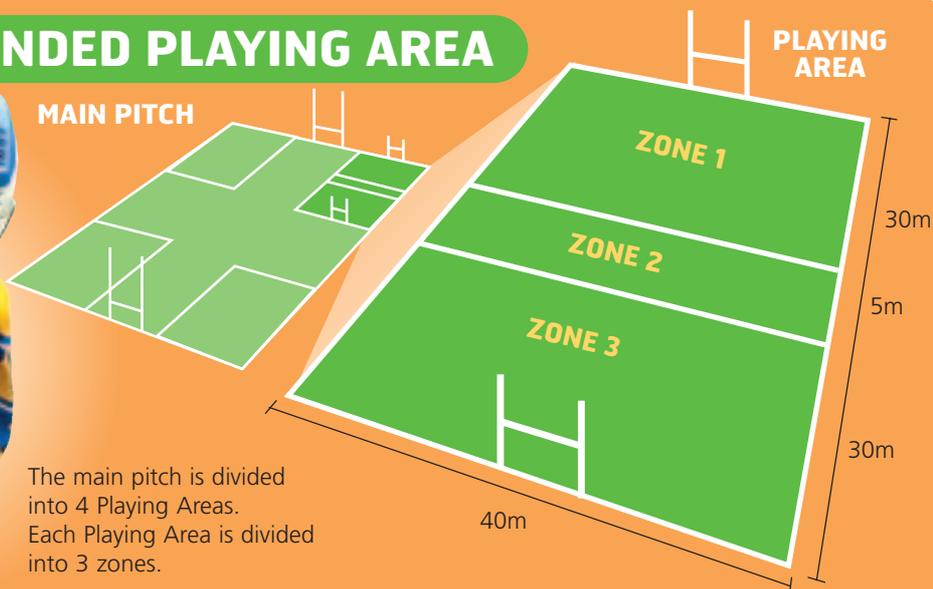
- Players are permitted to lift the sliotar into the hand and strike it in all quarters.
- Skill Points may be awarded e.g. 1 point for an overhead catch.



TIME DURATION

- 4 quarters
- 8 minutes per quarter

RECOMMENDED PLAYING AREA



The main pitch is divided into 4 Playing Areas. Each Playing Area is divided into 3 zones.