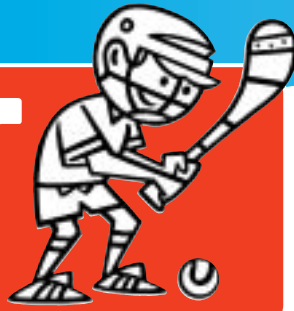


SMART TOUCH



AIMS

To enable players to perform the underlying technical skills of hurling accurately and consistently in an open, competitive environment and assist with the development of team play.

PLAYING RULES



- Play commences with a throw-in between two players from each team in the middle of the field.
- The side-to-side (shoulder) charge is permitted.
- Players may play the sliotar on the ground, may lift and strike the sliotar (without taking it into the hand) or may strike it from the hand after a 'clean' catch.
- A player who catches the sliotar may take four steps with it in his/her hand before playing it away.
- Solo running with the sliotar on the hurley is not permitted.
- A player who is fouled takes the free by lifting and striking the ball – without taking it in the hand – or by striking it on the ground.
- 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 centre of the field opposite where the sliotar crossed the endline.
- Opposing players to be at least 10m from the player taking the 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 (15' x 7' or 4.5m x 2.2m)/Training poles or flags may be used
- Bibs and cones
- Three Smart Touch (Size 3) sliotars – one placed behind each goal and one in play



PLAYING THE GAME

- 11 v 11
- Playing Area 90m x 40-50m (2 Playing Areas fit on 1 standard pitch)
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- No zones – free movement permitted
- Players rotate positions between goalkeeper, defence, midfield and attack at half-time. Teams change sides at half-time.
- All players must wear a helmet with full facial protection.

PLAYING RULE MODIFICATIONS

- Players are permitted to lift the sliotar into the hand
- Players are permitted to solo run with the sliotar on the hurley for up to 10m
- Skill Points may be awarded e.g. 1 point for a successful block or hook

TIME DURATION

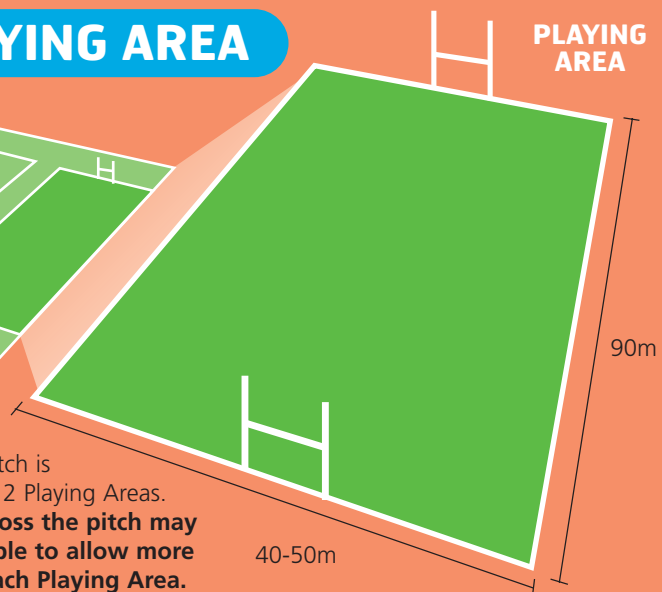
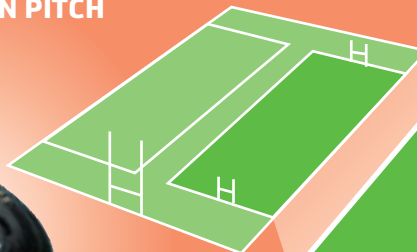
- 2 halves
- 20 minutes per half



RECOMMENDED PLAYING AREA

MAIN PITCH

PLAYING AREA



The main pitch is divided into 2 Playing Areas. **Playing across the pitch may be preferable to allow more width in each Playing Area.**

40-50m

90m

