

MODIFIED HURLING GAMES

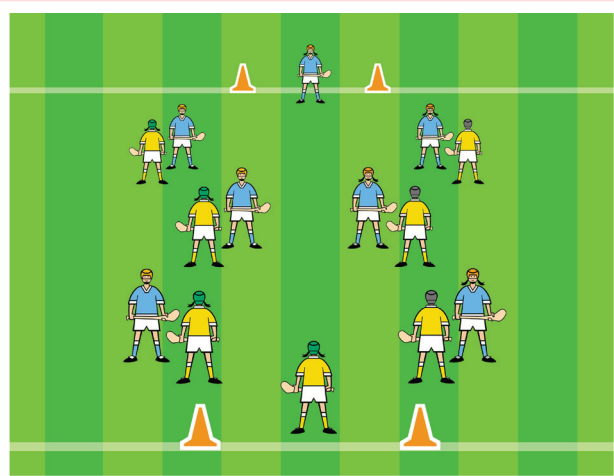
Modified games are versions of Hurling that can be used as a stepping stone to the playing of Hurling according to the full rules. Games are modified to promote the development of a certain aspect of the game. Games can be modified by adapting the Playing Numbers, the Playing Area, the Playing Rules or the Scoring System.



PLAYING AREA MODIFICATIONS

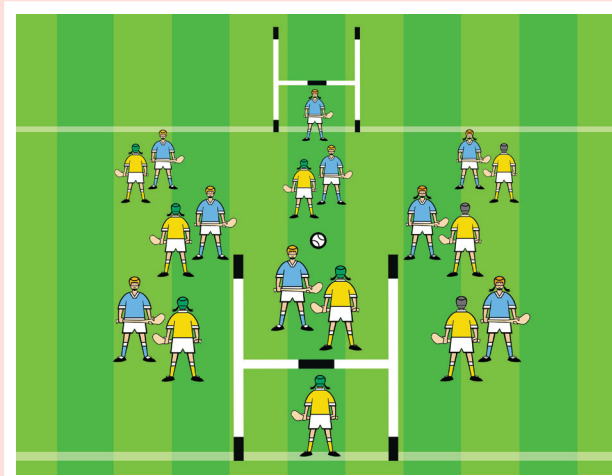
- Reduced length/width of pitch
- Introduction of Zones/Specific areas of play

PLAYING NUMBERS



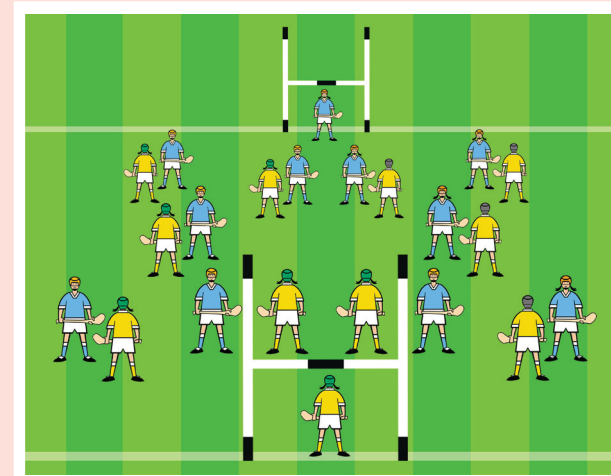
7 A SIDE

Reducing the playing numbers to 7 a side ensures that there is maximum space on the playing pitch. Line out the teams as one goalkeeper, 2 defenders, 2 midfielders and 2 attackers.



9 A SIDE

Using 9 players per side ensures that there is more team work and communication required between defenders and attackers. Line out the teams as one goalkeeper, 3 defenders, 2 midfielder and 3 attackers.



11 A SIDE

11 a side can be very similar to the full game, but allows for additional space in the half back/forward lines and full back/forward lines.. Line out the teams as one goalkeeper, 4 defenders, 2 midfelder and 4 attackers.

PLAYING MODIFICATIONS

PLAYING RULE MODIFICATIONS

- Players permitted to play the sliotar on the ground/in the air only
- Players permitted to lift and strike the sliotar only
- Players permitted to take the sliotar into the hand while in flight – not permitted to lift it into the hand with the Hurley
- Players permitted to take the sliotar into the hand once only
- Players permitted to play the sliotar on their non dominant side only
- Player in possession not permitted to solo run with the sliotar on the Hurley
- Player in possession not permitted to hand pass the sliotar
- Player who is fouled or who is nearest to where the ball crosses the sideline to take the free puck/sideline puck
- Free puck awarded to player if he hooks or blocks down opponent's shot
- All free pucks to be struck off the non-dominant side
- Team in possession permitted to make a limited number of passes before scoring attempt/ or must make a scoring attempt within a certain time limit - 3 Second Game
- Shoot from distance.

SCORING SYSTEM MODIFICATIONS

- Goals or Points only allowed
- Double score awarded for long range scores or scores from an acute angle/outside a designated area
- Double score awarded for successful conversion of sideline puck
- Double score awarded when a player scores on the non dominant side
- Double score awarded when a player scores when the sliotar is in flight
- Double score awarded when free puck or penalty puck is converted
- Double score awarded if a free is converted from the same place as a score from play
- Double score awarded if designated player scores or provides final pass for score.



VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller sliotar, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.