



Friends of

**DUBLIN HURLING**

Cairde Iomána Átha Cliath



**2015 Wall Ball Challenge**

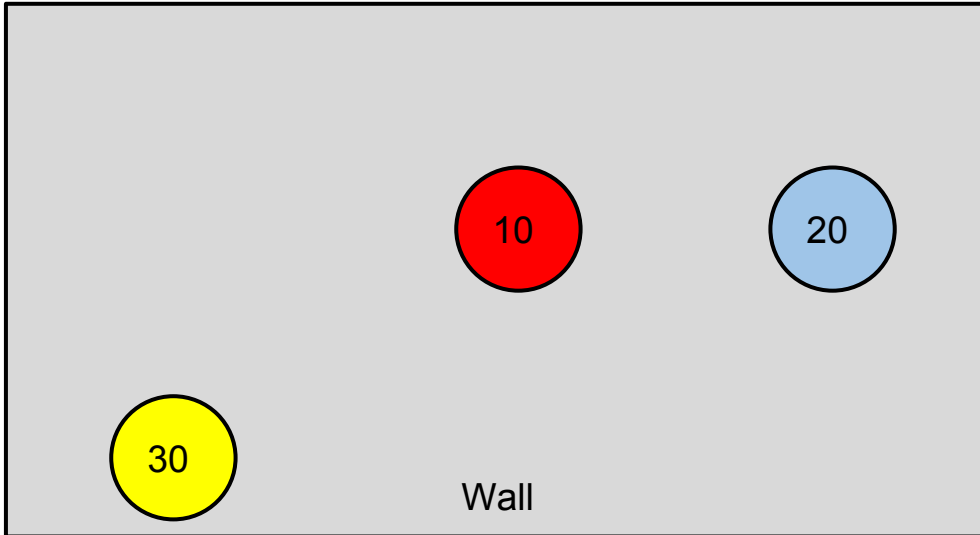


## **The four games:**

- 1. Number of Strikes**
- 2. Hit the Targets**
- 3. 30s all the way**
- 4. Frees on 20.**

**The combination of the scores awarded for each game will be the final score for the player.**

**The six highest scores will compete in the semifinals. The two winners of the semi finals will progress to the final.**



Player strikes the ball of the wall as many times as they can in 60 secs



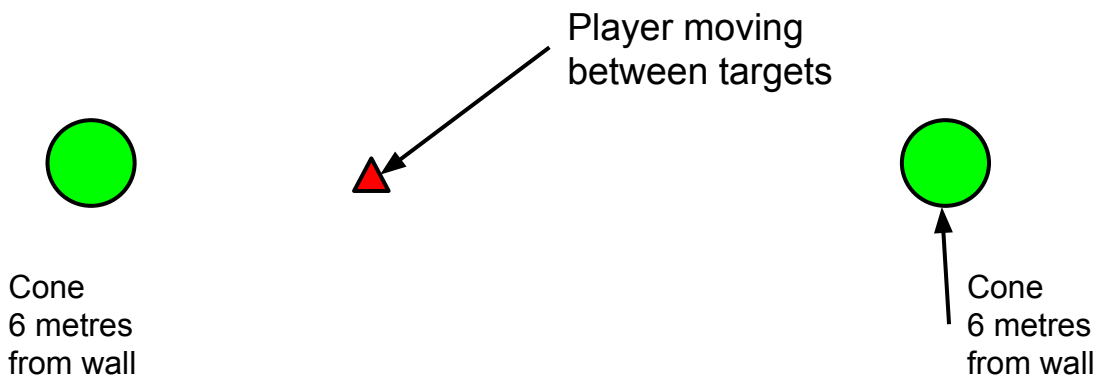
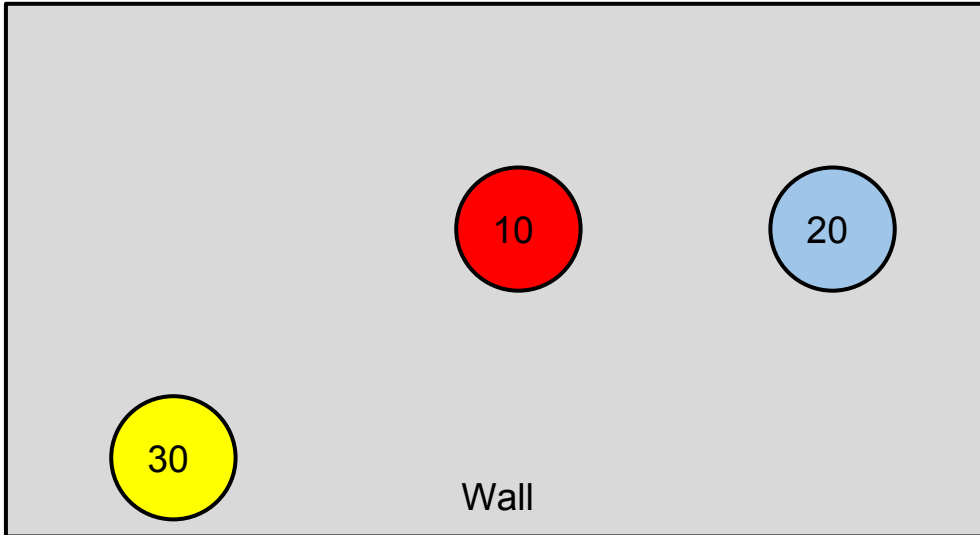
Cone 3.7 metres from wall

### **RULES**

- The Player strikes the ball at the wall for 60 seconds.
- 5 points awarded for every time the ball hits the wall.
- The player must strike from the hand.
- The player must retrieve his own ball if miscontrolled.

### **Knockout competition**

- ❖ The player strikes the ball off of the wall and moves onto the next games immediately.

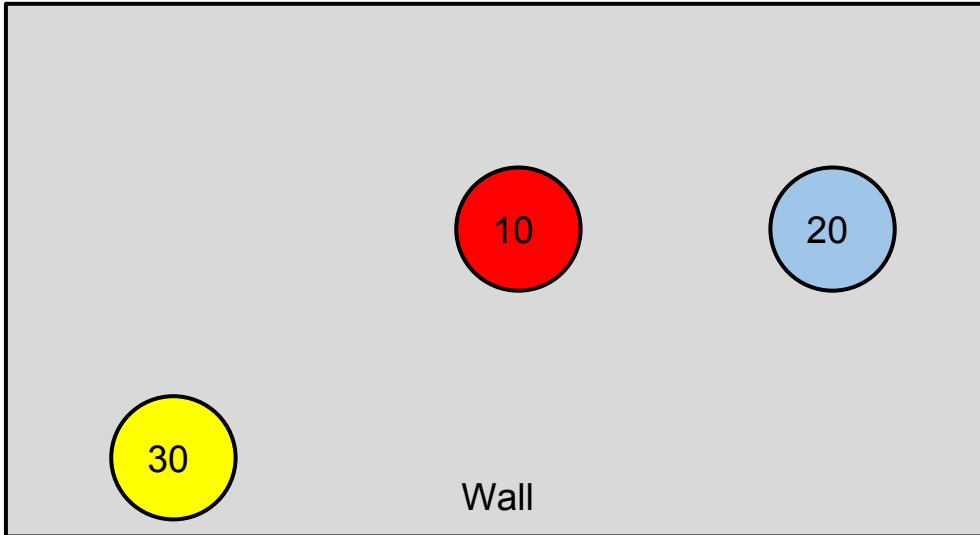


### **RULES**

- The Player strikes the ball at the targets.
- The player must Start at 10, then the go for 20 and then for the 30.
- The player moves onto the next target weather he hits the previous target or not.
- The player can strike at the 10 target with either side, however, the player must use the right side for the 20 target and the left side for the 30 target.
- The player will be awarded the points for the targets hit.

### **Knockout competition**

- ❖ The player strikes at the targets until he achieves 200 points; he then moves onto the next games immediately.



Cone 3  
6 metres  
from wall



Cone 1  
9 metres  
from wall

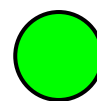
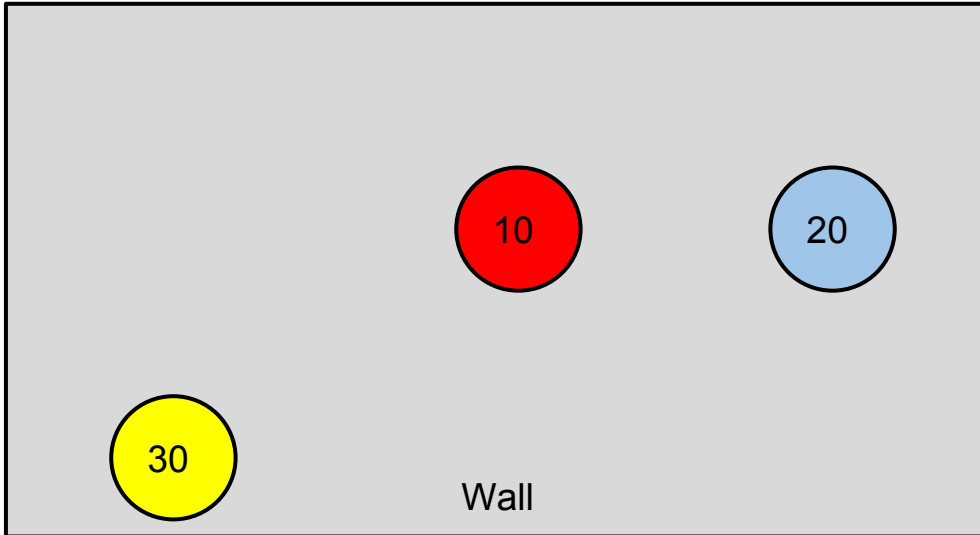
### **RULES**

- The Player starts at cone 1, running towards the wall.
- The player must then strike the ball at the wall aiming for the number 30. The strike must take place in close proximity to cone 2.
- The player gathers the ball as it comes off of the wall and continues running to the wall, touching it with their hand/ball before soloing back to cone 1 to reset and continues immediately as before.
- The player will have 60 seconds to hit as many 30s as possible. They will be awarded 30 points for every 30 target hit.

### **Knockout competition**

- ❖ The player strikes at the targets until he achieves 120 points; he then moves onto the next games immediately.

Game 3: 30s all the way



Cone  
9 metres  
from wall

### **RULES**

- The Player takes frees aiming for the 20 target.
- The player gathers the ball, resets and continues immediately as before.
- The player will have 60 seconds to hit as many 20s as possible. They will be awarded 20 points for every 20 target hit.

### **Knockout competition**

- ❖ The player strikes at the 20 until he achieves 100 points; which ever player finishes this game first will be deemed the winner. In the semi finals only the winner will progress on to the final.