

# Fun Do



GAA Fun Do

## HURLING RESOURCE



A GAA Games  
Development  
Fun Do Initiative



Promoting the GAA  
Code of Best Practice  
for Youth Sport

CODE OF BEST  
PRACTICE FOR



Media Partners

THE IRISH TIMES

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COUNCIL



AN CORRAIDÉALAS 1997/1

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## Credits

Underlying concept and constructs devised by  
Pat Daly (GAA Director of Games)

### Project Manager

Jimmy D'Arcy (GAA National Coaching Coordinator)

### Assistant Project Manager

Peter Horgan (GAA Grassroots to National  
Programme Coordinator)

This resource has been developed under the remit of  
the GAA National Games Development Committee.

### Programme Development and Technical Contributions

Pat Daly, John Tobin, Ger O'Connor, Shane Flanagan,  
Noel Delaney, Lester Ryan, Joey Carton, Pat O'Shea,  
Terence McWilliams, Paudie Butler, Jimmy D'Arcy,  
Peter Horgan, Tony Watene, Niamh Spratt,  
Professor Niall Moyna, School of Health and Human  
Performance, DCU

### Video Production

Producer – Cora Robinson

Director – Jimmy D'Arcy

Editor – Nicky Dunne

### Design, Artwork & Photography

Sportsbrand Media, The Digital Depot,  
Roe Lane, Thomas Street, Dublin 8

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### COACHING CLASSES EXTRA SKILLS

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### WALL BALL

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**DVD and DVD-ROM**

The Hurling Resource DVD and DVD-ROM are located in the inside back cover



## TEACHTAIREACHT AN UACHTARÁIN

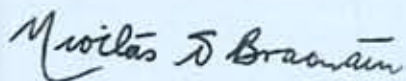
Is cúis mhór áthais dom cúpla focail a scríobh ar fhoilsiú an leabhair thábhachtaigh seo.

The GAA Fun Do Learning Resource Pack is the product of an enormous amount of research and preparation and I want to extend my thanks to all those who have had an input into this vital resource. It is designed to promote participation for all, and to present Gaelic games as a fun recreation for our youth as they learn the skills and techniques of Gaelic games in a healthy, structured and relaxed environment.

The programme is intended to address the social, physical and psychological needs of young players and as such is an exciting and progressive development for the Association. It aims to cater for different levels of development, for differing abilities and needs and to develop a sense of fair play with an overall purpose of encouraging children to reach their full potential.

The GAA has a proud history of innovation in the area of Games Development. I extend my thanks to the countless thousands of coaches, teachers and parents who have been proactive in this area over the years. Their contribution is a large part of the reason that the GAA continues to thrive and develop across the country. This latest initiative has the potential to make an enormous difference to the lives of young people who are attracted to our games and for this reason everyone involved with Fun Do should be extremely proud.

Ráth Dé oraibh go léir,



**Nioclás Ó Braonáin**  
Uachtarán



# INTRODUCTION



The GAA Fun Do Learning Resource Pack for Hurling incorporates a number of elements which enables Coaches to assist and challenge players to develop their full playing potential in a fun-filled environment.

These elements are as follows:

- Lift and Strike Coaching Classes
- Wall Ball
- Sample Sessions
- U Can Awards
- Skill Star Challenge

**The GAA Fun Do Learning Resource Pack for Hurling consists of 5 Key Elements**

## The Lift and Strike Coaching

**Classes** provide a range of activities which assist with the development of the full range of Hurling Skills – 28 in total. These are set out on an age-appropriate basis – for Under 8's, 10's and 12's – along with a number of optional extras which can be used depending on the underlying level of ability and application of those involved. Each of these is structured to encompass:

1. The **Key Points** to look out for when performing each skill, with images of elite players performing the skill concerned.
2. **Common Errors** are identified and details are outlined as to how these can best be rectified
3. A sequential series of activities to **Practise the Technique** – ranging from basic to advanced – are incorporated and can be used to master the skills
4. These are complemented by a further series of activities to **Develop the Skill** e.g. Fun Games,

Conditioned Games and/or Game Play Drills – with a view to ensuring that optimum performance levels prevail.

Handball Alleys have been traditionally used to develop the skills of the game and these have been augmented in recent times through the development of purpose-built Hurling walls. They provide the player with the opportunity to develop their skills in the most economic way possible and dynamic Coaching Sessions can be created around the use of these facilities.

The **Wall Ball** section provides a range of activities that can be incorporated into any coaching session, or played individually or in groups outside of coaching sessions.

**The Sample Sessions** provide coaches with a number of ideas in terms of structuring and/or varying their sessions. A number of blank sessions are also included on the basis that Coaches can utilise these for experimentation purposes. Over time, Coaches will be able to build a bank of quality sessions which reflect and contribute to the implementation of best coaching practice.

# INTRODUCTION

The **U Can Awards** are a progressive series of skills-challenges for players, designed to assess and assist with the development of the skills of Hurling. There are 15 Skills Challenges divided over 5 Star levels – One Star, Two Star, Three Star, Four Star and Five Star. Each Star level corresponds to an age or class, but players can also progress at a rate appropriate to their own level of ability and application. Each Star level is made up of 3 Skill Challenges. Awards are made on the basis of proficiency at each challenge.

The U Can Awards Passport is a feature of this scheme which can be used to motivate children – on an intrinsic basis – to practise on their own or with friends and also provides coaches with a measure of qualitative feedback on the progress being made by each participant. For example, the attainment of the 5 Star Gold Award provides conclusive evidence of

the fact that the participant has achieved full playing proficiency on the left and right hand side of the body.

**The Skill Star Challenge** is an extension of the U Can Awards which is aimed at players in the 13/14 age bracket. The challenges are more difficult in nature and provide a better measure of the type of playing demands that are experienced by this age group.

The Fun DO Learning Resource Pack provides the complete interactive learning package that embraces Nursery activities, Skill Development activities, Skills Awards and Games. It has been designed to ensure that these are delivered in a manner which facilitates learning and which gives practical expression to the vision and mission of ensuring that people 'Play and Stay with the GAA'.

## UNDERSTANDING THE ICONS

Throughout the document a series of Icons are used. Below is what they stand for.

### EQUIPMENT ICONS



Coach



Stopwatch



Player



Markers



Whistle



Tyre



Cones



Goalposts



Sliotar



Hoop

### DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



**UNDER**

**8**



**LIFT &  
STRIKE**  
COACHING CLASSES



**COACHING  
CLASSES**



**CHEST CATCH / DRIBBLE / SHOULDER CLASH /  
STOPPING A GROUND BALL / STRIKE ON THE GROUND /  
FRONTAL GROUND BLOCK / HOOK**

# U-8 INTRODUCTION



Welcome to the U-8 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 8. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-10 section of this resource.

## CHEST CATCH

Catching is the most effective way of stopping, gaining possession and controlling a ball. The Chest Catch is a particular catching technique used when the ball is dropping from a height and the player has time to cushion it into his chest. It is predominantly used by the goalkeeper.

## THE DRIBBLE

Dribbling is a hurling technique used to move the sliotar along the ground in order to avoid opponents or to place the ball in a better position for striking. It may be performed with one hand on the hurley but using two hands will provide more control.

## SHOULDER CLASH

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Shoulder Clash is the basic contact skill required by hurling players. This is where players make shoulder to shoulder and hip to hip contact when contesting for possession. Remember the saying 'the most dangerous place to be in a game is a hurley's length away'.

## STOPPING A GROUND BALL

Stopping a Ground Ball is a hurling technique used to stop a ball which is moving along the ground. It is one of the basic ways to intercept and gain possession of the ball.

## STRIKE ON THE GROUND

Striking the ball on the ground is one of the most important techniques in hurling. Players should be introduced to the skill by attempting to strike a stationary ball on the ground from a standing position. It is important that players are taught to strike from the dominant and non-dominant side from an early age.

## FRONTAL GROUND BLOCK

The Frontal Ground block is a vital technique in hurling used to protect the player and block the ball. It is used when an opponent is attempting to strike the ball on the ground in the direction of the player making the tackle. It is very important that all young players are taught how to defend and protect themselves when in this situation.

## THE HOOK

The Hook is a tackling technique used in hurling to prevent an opponent from striking the ball on the ground or from the hand. It involves hooking or deflecting the swing of the hurley from behind the opponent.

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Chest Catch



Adopt the Ready Position

Hold the hurley in the dominant hand. Use a shortened grip if necessary



Release the non-dominant hand from the hurley and hold it in a cupped position



Hold the hurley in front of, and across, the body for protection  
As the ball approaches, move to receive it between the chest and cupped hand









Relax the chest on impact to cushion the ball into a secure position



## COMMON ERRORS

Here are the Common Errors for the Chest Catch

|   |  |   |
|---|--|---|
| ✗ | Not moving to the ball to receive it between the chest and cupped hand. A different catching technique may be required |    |
| ✓ | To correct, as the ball approaches, move to receive it between chest and cupped hand                                   |    |
| ✗ | Failing to relax the chest on impact. This may result in the ball bouncing off the player's chest                      |   |
| ✓ | To correct, inhale on impact, cushioning the ball between chest and cupped hand  |  |
| ✗ | Holding the hurley too low during the catch. This can expose the ball to interception                                  |  |
| ✓ | To correct, always hold the hurley in front of, and across the body throughout the catch as protection                 |  |

**DRILL 1 TOSS AND CATCH**

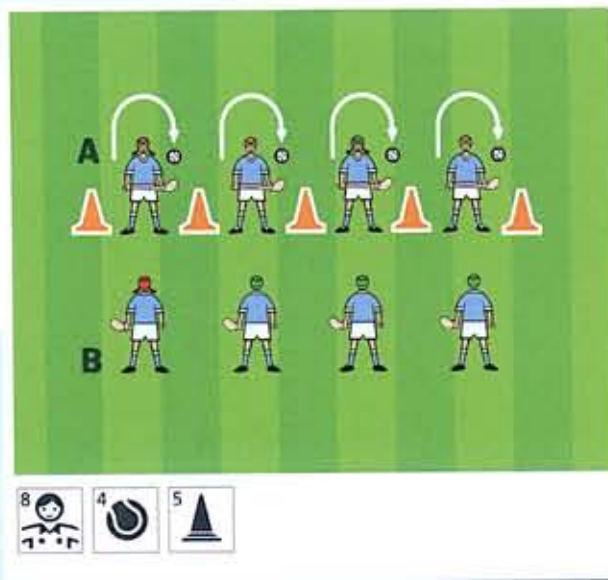
Basic Drill to practise the Chest Catch technique in a stationary position

**ORGANISATION**

- Divide the players into pairs, one ball per pair
- Player A throws the ball 1m above their head to catch on the way down using the Chest Catch technique
- Player B counts the number of successful Chest Catches completed in 30 seconds
- Reverse the roles and repeat

**VARIATION**

- To begin with, use a larger sliotar, such as the First Touch sliotar, and as the players become more proficient, switch to a smaller sliotar, such as the Quick Touch sliotar


**DRILL 2 PARTNER CATCH**

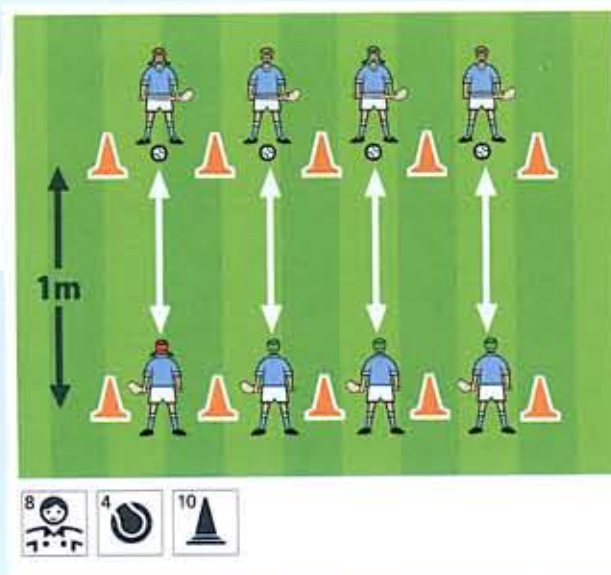
Basic Drill to practise the Chest Catch technique in a stationary position introducing a partner

**ORGANISATION**

- Divide the players into pairs, one ball per pair
- The players face each other approximately 1m apart
- Each player throws the ball underarm for their partner to Chest Catch

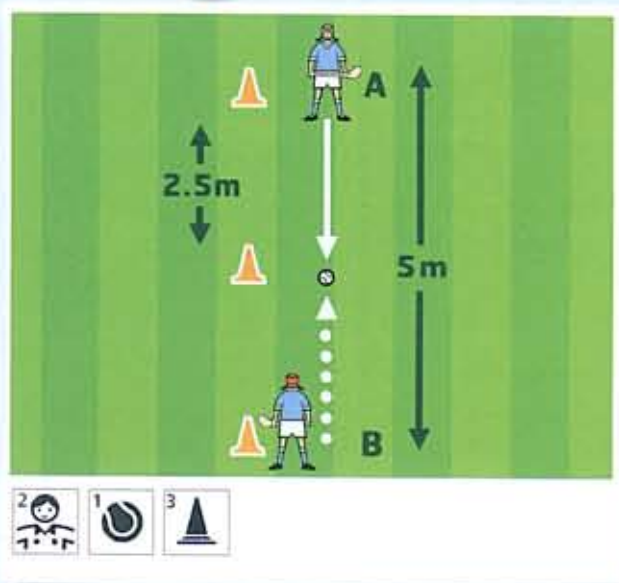
**VARIATIONS**

- To increase the challenge: increase the distance between the players
- Against a wall: the player throws the ball under arm against a wall and uses the Chest Catch technique to catch the rebound



## PRACTISE THE TECHNIQUE

## DRILL 3 MOVE TO CATCH



Intermediate Drill that requires the player to move towards the ball to perform the Chest Catch

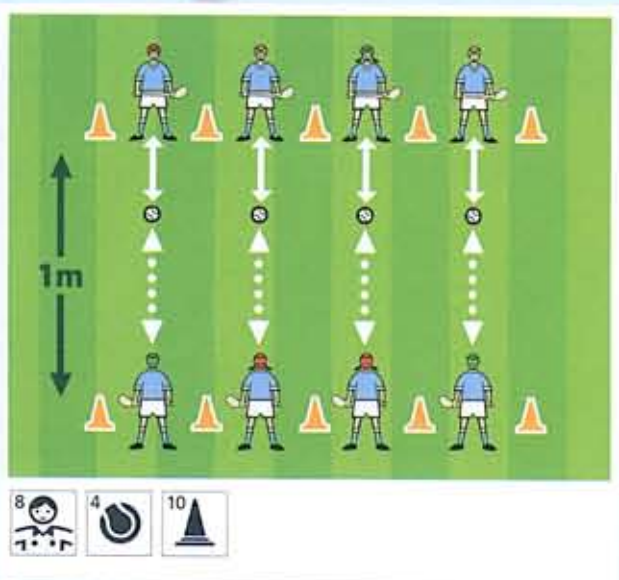
**ORGANISATION**

- Divide the players into pairs about 5m apart; one ball per pair
- Place a cone midway between each pair
- Player A throws the ball underarm for Player B, who must run out and Chest Catch the ball at the cone
- Player B jogs backwards to the starting point and throws the ball for Player A to catch
- Continue the drill for a set time

**VARIATION**

- To increase the difficulty of the drill, challenge the players to perform as many successful Chest Catches as possible in a set time

## DRILL 4 MOVE AND CATCH



Intermediate Drill to practise the Chest Catch while moving both forwards and backwards

**ORGANISATION**

- Divide the players into pairs; one ball per pair
- Each pair face each other approximately 1m apart
- The players throw the ball to each other to perform the Chest Catch, one player running forward and the other running backwards over a set distance
- On the return, reverse the roles

**VARIATIONS**

- To begin with, use a larger sliotar, such as the First Touch sliotar, and as the players become more proficient, switch to a smaller sliotar, such as the Quick Touch sliotar
- To increase the challenge, increase the distance between players

**ACTIVITY 1** KEEP BALL
 

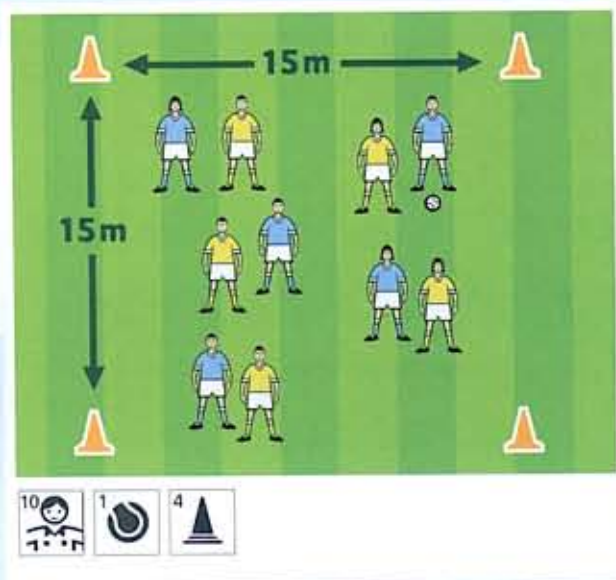
Fun Game designed to develop the Chest Catch technique

**ORGANISATION**

- Mark out a playing area 15m X 15m
- Divide the players into two equal teams
- Hurleys are not permitted
- The players attempt to retain possession by throwing the ball to a team mate to Chest Catch
- The opposing players attempt to intercept the ball by catching or knocking it to the ground

**VARIATIONS**

- Allow a two handed catch at first. Progress to catching with one hand as the players become more proficient
- To reduce the challenge, divide the players into uneven teams, for example 4 v 2. The 4 player team must attempt to retain possession from the 2 player team


**ACTIVITY 2** BEAT THE CIRCLE
 

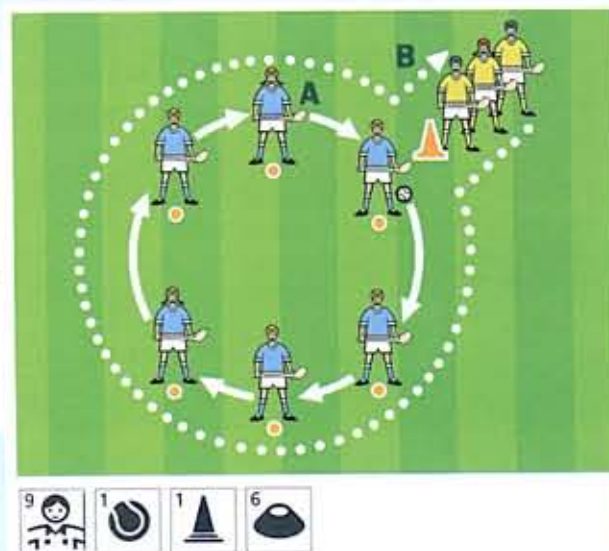
This Fun Game is designed to improve the Players' ability to perform the Chest Catch under pressure

**ORGANISATION**

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another
- Team A count the successful Chest Catches completed before the last player in Team B finishes their run
- Reverse the roles; the team with the most Chest Catches wins

**VARIATION**

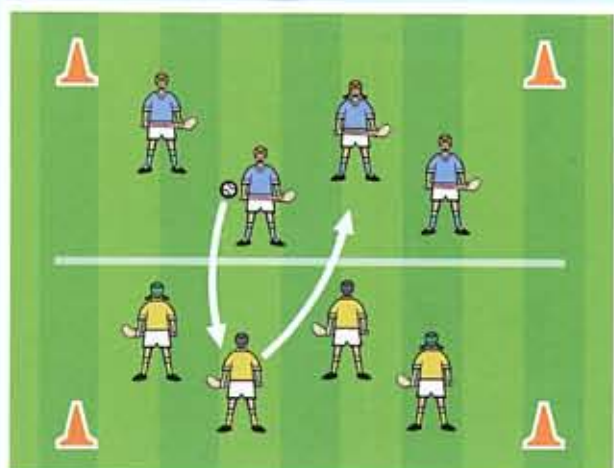
- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



# UNDER 8 CHEST CATCH

## DEVELOP THE SKILL

### ACTIVITY 3 OVER THE RIVER



Fun Game to develop the Chest Catch

#### ORGANISATION

- Mark out a grid or court using cones
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition's court; making it difficult for them to catch
- The opposition team must use the Chest Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the Chest Catch; or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

#### VARIATIONS

- Reduce the number of players on each team to provide more touches of the ball
- To increase the difficulty, introduce a second ball



## KEY TEACHING POINTS

Here are the Key Teaching Points for the Dribble



Adopt the Ready Position

Bend the back. Place the heel of the hurley on the ground



The non-dominant hand, placed down the handle of the hurley, guides the bas to control the sliotar



Use alternate sides of the bas on every second stroke



When proficient using two hands, use a one-handed dribble



## COMMON ERRORS

Here are the Common Errors for the Dribble

|   |   |   |
|---|---|---|
| ✗ | Locking the hands; this can lead to poor control  |    |
| ✓ | To correct, keep the non-dominant hand placed down the handle of the hurley                             |    |
| ✗ | The bas of the hurley striking over the top of the ball   |   |
| ✓ | To correct, place the heel of the hurley on the ground before performing the technique                  |  |
| ✗ | Pushing the sliotar too far in front. This may result in the player losing possession                   |  |
| ✓ | To correct, place the non-dominant hand well down the handle of the hurley to guide and control the bas |  |

## DRILL 1 OUT AND BACK

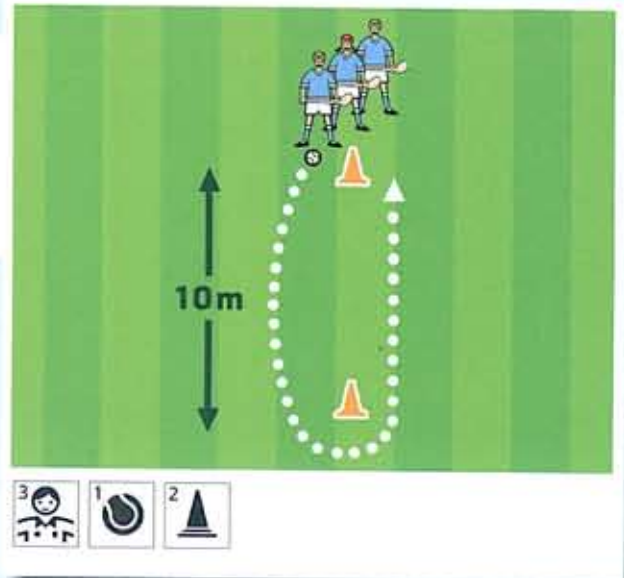
Basic Drill to practise the Dribble technique in a straight line

### ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups, one sliotar per group
- Each group lines up behind a cone
- Each player in turn Dribbles the sliotar around the far cone and back; the next player repeats

### VARIATIONS

- To increase the challenge: turn the drill into a relay race
- A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult



## DRILL 2 AROUND THE CONE

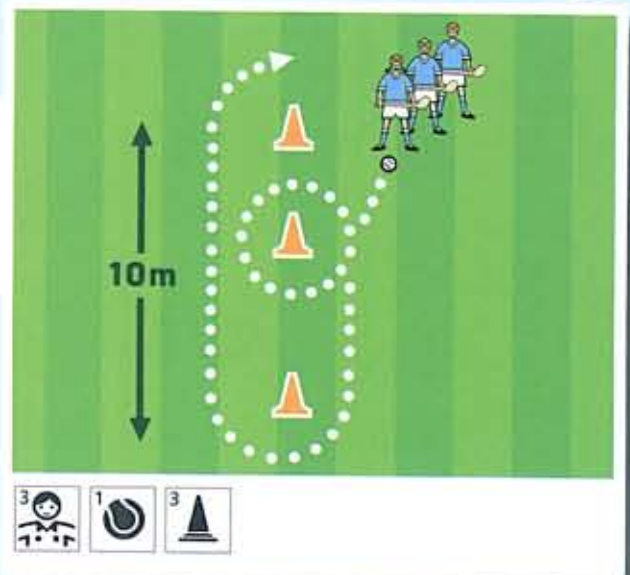
Basic Drill to practise the Dribble technique that challenges the players to steer the ball around an obstacle as they Dribble

### ORGANISATION

- Mark out a distance of 10m using three cones at 5m intervals
- Divide the players into groups, one sliotar per group
- Each player Dribbles the sliotar all the way around the centre cone as they Dribble out to and back from the far cone

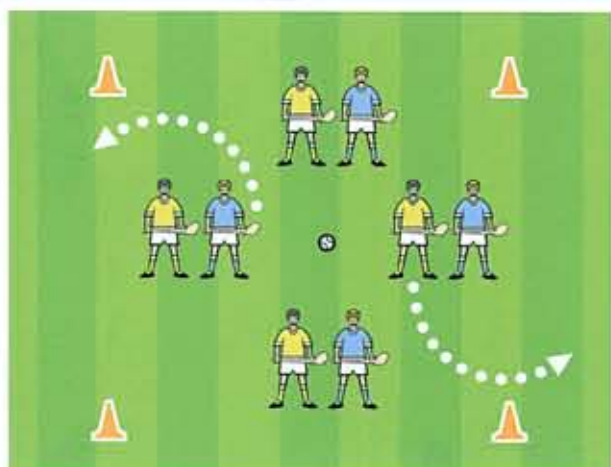
### VARIATION

- To increase the challenge: turn the drill into a relay race



## DEVELOP THE SKILL

### ACTIVITY 3 DRIBBLE AND SCORE



Modified Game to develop the Dribble technique

#### ORGANISATION

- Mark out a grid with cones
- Divide the players into two teams
- Each team tries to keep possession of the ball by Dribbling and passing using the ground strike
- A score is recorded when the ball is Dribbled over the opponents end-line
- Hurleys should not be raised above knee level

#### VARIATION

- To reduce the challenge: reduce the number of players

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Shoulder Clash



Move towards the ball in the Ready Position  
Get in close to the opponent



Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley  
Keep eyes on the ball, making shoulder to shoulder and hip to hip contact



Keep at least one foot on the ground



Use a two-handed, quick, wristy action to swing the hurley



# UNDER 8 SHOULDER CLASH

## COMMON ERRORS

Here are the Common Errors for the Shoulder Clash



Not getting close enough to the opponent; the player may be exposed to being struck during the follow-through



To correct, make shoulder to shoulder and hip to hip contact. Remember, the most dangerous place to be is a hurley's length away from an opponent



Not locking the hands. This may result in an incomplete back swing and the non-dominant hand being exposed to injury



To correct, adopt the lock position at the top of the swing



Performing the swing too slowly. This may result in the opponent striking the ball before the downswing is completed



To correct, use a quick, wristy action to swing for the ball



### DRILL 1 1, 2, 3 CLASH

Basic Drill to practise the Shoulder Clash technique

#### ORGANISATION

- The players pair off, standing in two lines facing the Coach
- The Coach holds a hurley on the ground between each pair as they approach at walking pace
- Both players swing on the hurley together and return to the end of the line
- Alternate sides on repeat attempts
- Alternatively a tyre may be used for the players to pull on

#### VARIATIONS

- To increase the challenge, jog into the clash
- Introduce a football for the players to strike on, for example a First Touch football. As they become more proficient reduce the size of the ball, for example to a First Touch sliotar



### DRILL 2 JOG AND CLASH

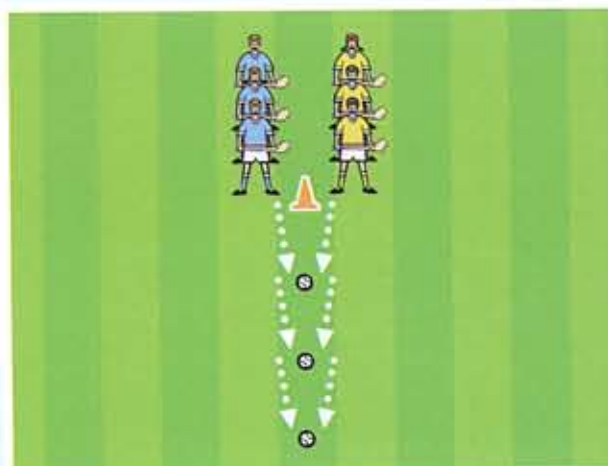
Intermediate Drill to practise the Shoulder Clash technique that requires the players to jog into the clash

#### ORGANISATION

- The players pair off in two lines
- Place three stationary First Touch sliotars at 5m intervals from the players
- Each pair in turn jogs forward to clash on each ball in sequence
- The players retrieve the sliotars for the Coach and return to the end of the line
- Alternate sides on repeat attempts

#### VARIATIONS

- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball
- Alternatively use a fixed ball, such as the ball and pin apparatus



## PRACTISE THE TECHNIQUE

## DRILL 3 ROLL AND CLASH



Intermediate Drill to practise the Shoulder Clash technique requiring the players to clash on a moving ball

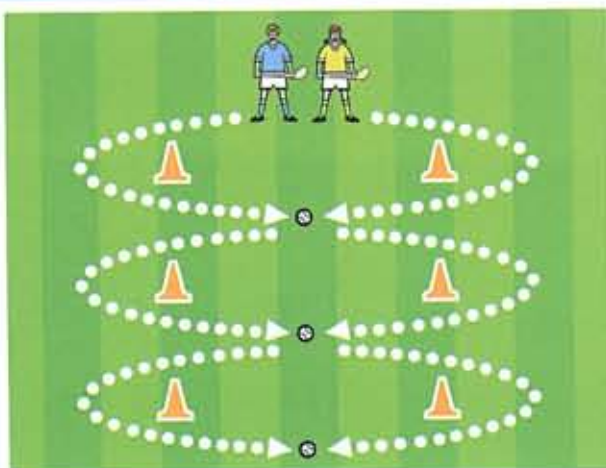
**ORGANISATION**

- The players pair off, standing in two lines facing the Coach
- The Coach rolls a First Touch sliotar for each pair in turn to perform the clash
- The players retrieve the sliotar for the Coach and return to the end of the line
- Alternate sides on repeat attempts

**VARIATIONS**

- To increase the challenge: use a smaller sliotar such as the Quick Touch sliotar
- To increase the challenge: increase the pace of the roll

## DRILL 4 ZIG-ZAG CLASH



Intermediate Drill to practise the Shoulder Clash technique

**ORGANISATION**

- Mark out a channel using 2 lines of 3 cones as shown; the channel is 3m wide
- Place 3 sliotars in the middle of the channel, one halfway between each set of cones
- Divide the players into pairs
- Each pair in turn contest the balls using the Ground Clash technique
- Each player must travel around the outer cones before contesting each ball
- Alternate sides on repeat attempts

**VARIATIONS**

- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball
- Alternatively use a fixed ball, such as the ball and pin apparatus



**ACTIVITY 1** A RACE AGAINST TIME
 

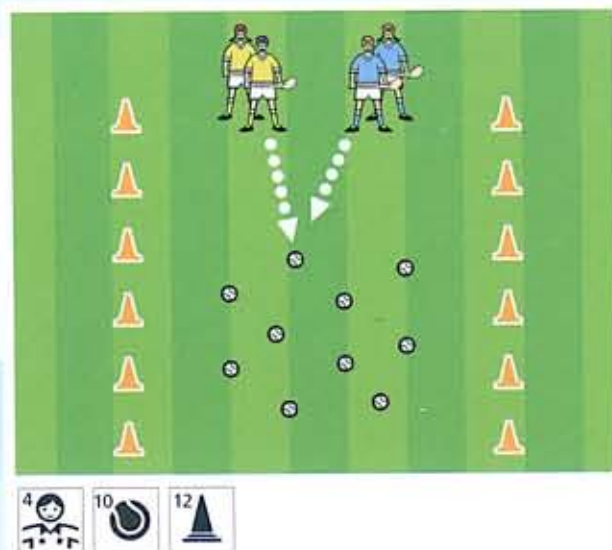
Fun Game to develop the Shoulder Clash technique

**ORGANISATION**

- Mark out a grid 20m X 20m
- Place a number of sliotars randomly throughout the grid
- Divide the players into pairs
- Each pair in turn must race through the grid, clashing on each sliotar
- The player who strikes the most sliotars out of the grid is the winner
- Replace the balls and continue the activity with the next pair

**VARIATIONS**

- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball
- Alternatively use a fixed ball, such as the ball and pin apparatus


**ACTIVITY 2** ZIG-ZAG CLASH GAME
 

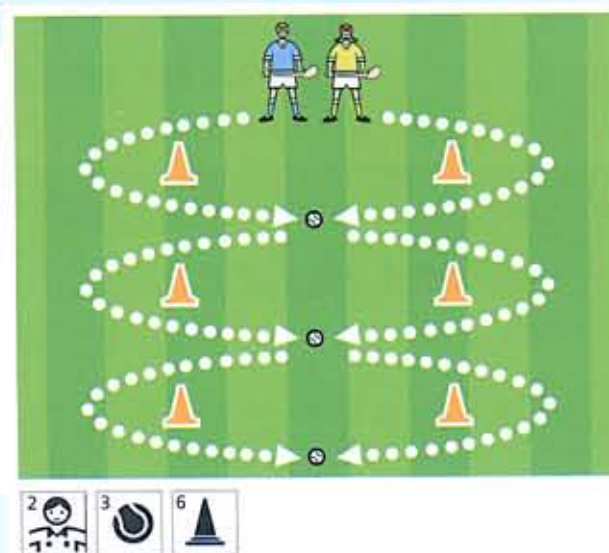
Fun Game to develop the Shoulder Clash technique

**ORGANISATION**

- Mark out a channel using 2 lines of 3 cones as shown; the channel is 3m wide
- Place 3 sliotars in the middle channel, one half way between each set of cones
- Divide the players into pairs
- Each pair in turn contest the balls using the Shoulder to Shoulder Clash technique
- Each player must travel around the outer cones before contesting each ball
- Alternate sides on repeat attempts
- Award two points to the winner of each Shoulder to Shoulder Clash, with one point for a tie

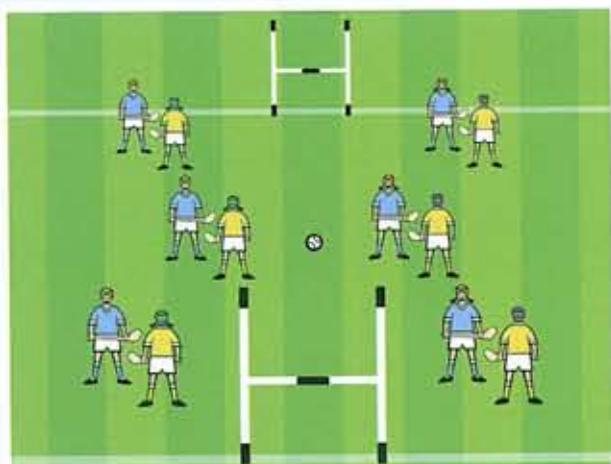
**VARIATION**

- As the players become more proficient, use a smaller ball e.g. the Quick Touch ball. Alternatively use a fixed ball, such as the ball and pin apparatus



## DEVELOP THE SKILL

## ACTIVITY 3 SKILL POINT GAME



Modified Game to practise the Shoulder Clash that awards points to players who perform the technique correctly during the game

**ORGANISATION**

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players play ground hurling only. It is not permitted to rise the ball
- Award 3 points for a goal, and 2 points for a successful Shoulder Clash

**VARIATION**

- Reducing the size of the playing area will put the players under more pressure to perform the skills quickly and efficiently

## KEY TEACHING POINTS

Here are the Key Teaching Points for Stopping a Ground Ball



Adopt the Ready Position



Bend the knees and lower the non-dominant hand. The heel of the hurley rests on the ground

This is the blocking position on the strong side



To block the ball between the legs move from the Ready Position to the Lifting Position



Remain upright, bending the knees, lower the bas of the hurley to the ground

Keep the legs together to block the ball if missed by the hurley



# UNDER 8 STOPPING A GROUND BALL

## COMMON ERRORS

Here are the Common Errors when performing the Stopping a Ground Ball technique

|   |   |   |
|---|---|---|
|    | Locking the hands. This can lead to poor control  |    |
|    | To correct, keep the non-dominant hand placed down the handle of the hurley                                 |    |
|   | The ball running underneath the bas of the hurley   |   |
|  | To correct, place the heel of the hurley on the ground to intercept the ball                                |  |
|  | Attempting to block the ball from too far away  |  |
|  | To correct, move the body in line with the flight of the ball before attempting to perform the ground block |  |

## DRILL 1 ROLL AND BLOCK

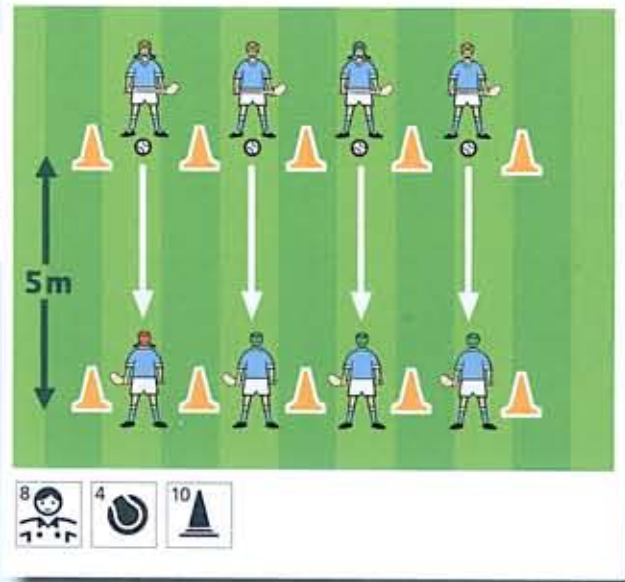
Basic Drill to practise Stopping a Ground Ball

### ORGANISATION

- Mark out a distance of 5m using cones
- Divide the players into pairs, one ball per pair
- The first player from each pair rolls the ball gently to the strong side or between the legs of their partner who attempts to block it
- Continue to alternate the roles, repeating the drill for a set time

### VARIATIONS

- To increase the challenge: Increase the distance between the players and allow them to strike the sliotar
- Against a wall: the player rolls the ball under arm against the wall and blocks the rebound
- A large sliotar makes the technique easier to perform. A smaller sliotar makes it more difficult



## DRILL 2 RUN TO BLOCK

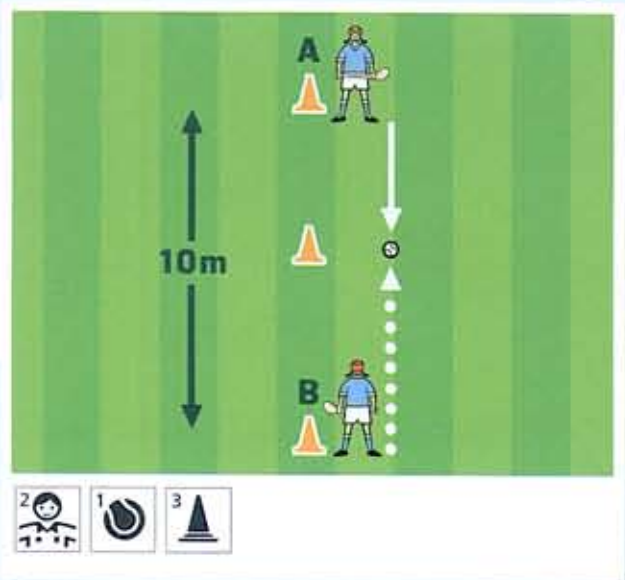
Intermediate Drill to practise Stopping a Ground Ball requiring the players to move to the ball before performing the block

### ORGANISATION

- The players pair off, facing each other 10m apart
- Place a cone mid-way between each pair
- Player A rolls the sliotar at pace towards Player B
- Player B runs out to block the sliotar at the centre cone
- Returning to their original positions, Player B then acts as feeder for Player A who repeats the exercise

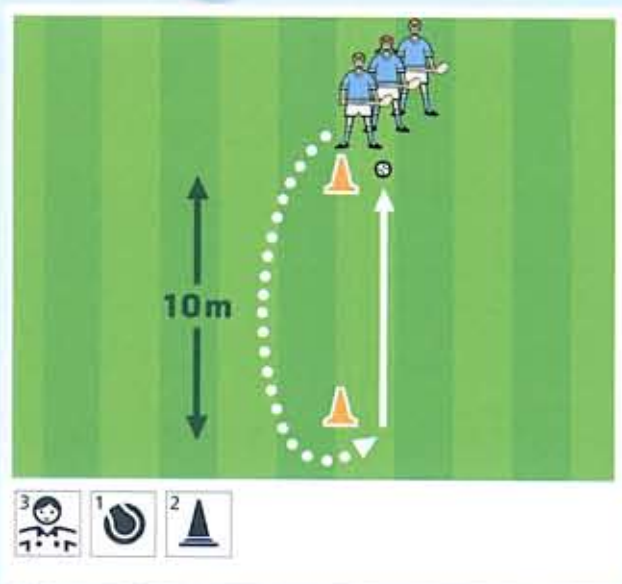
### VARIATION

- To increase the challenge: increase the distance between the players and allow them to strike the sliotar



## PRACTISE THE TECHNIQUE

## DRILL 3 DRIBBLE, STRIKE AND BLOCK



Intermediate Drill to practise Stopping a Ground Ball incorporating dribbling, striking and blocking

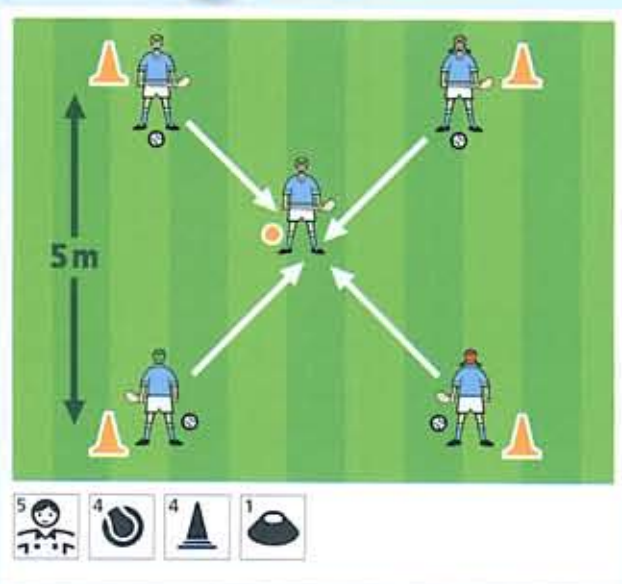
**ORGANISATION**

- Mark out distance of 10m using cones
- Line the players up behind the first cone, one sliotar per group
- The first player Dribbles around the far cone and strikes the sliotar on the ground to the next player before returning to the end of the line
- Each player in turn moves forward to block the sliotar and repeat the drill

**VARIATION**

- To increase the challenge: turn the drill into a relay race

## DRILL 4 TURN AND BLOCK



Intermediate Drill to practise Stopping a Ground Ball with the sliotar coming from different directions

**ORGANISATION**

- Mark out a grid 5m X 5m using cones
- Position one player at each corner of the grid with a fifth player in the middle
- The corner players in turn roll their sliotar to the middle player who blocks and sweeps it back
- Each player takes a turn in the middle

**VARIATION**

- To increase the challenge: assign a number to each corner player who throws the ball when their number is called by the Coach with the middle player adjusting their position in response

ACTIVITY 1 GOAL TO GOAL

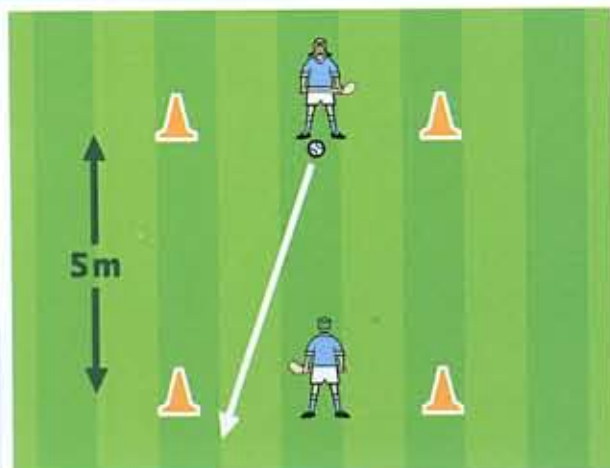
Fun Game to develop the technique for Stopping a Ground Ball that challenges the players to block the ball as their partner attempts to score a goal

ORGANISATION

- Mark out goals 5m apart using cones
- Divide the players into pairs, one ball per pair
- Each player in turn tries to score a goal by throwing the ball along the ground and past their partner
- Repeat the drill for a set time

VARIATIONS

- As the players develop, increase the distance between them or decrease the width of the goals
- As the players develop, allow them to strike the sliotar
- A large sliotar makes the technique easier to perform. A smaller sliotar makes it more difficult



ACTIVITY 2 PASS THE GUARDS

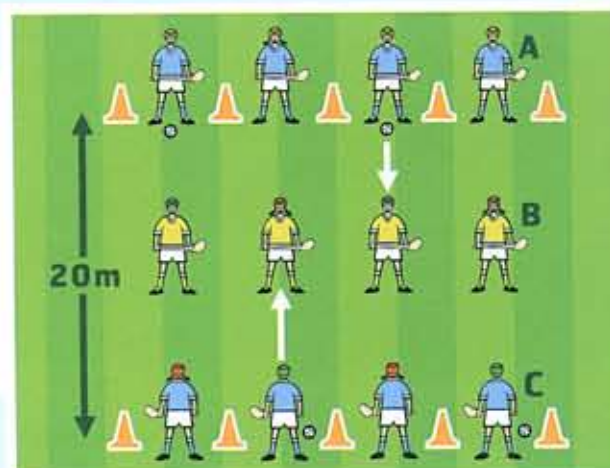
Fun Game to develop the technique for Stopping a Ground Ball

ORGANISATION

- Mark out a grid 10m X 20m
- Divide the players into three teams
- Team B acts as guards, forming a line across the centre of the grid
- Teams A and C attempt to roll or throw the ball past the guards from either end of the grid
- One point is scored each time a ball passes the guards
- Each team has a turn in the centre

VARIATIONS

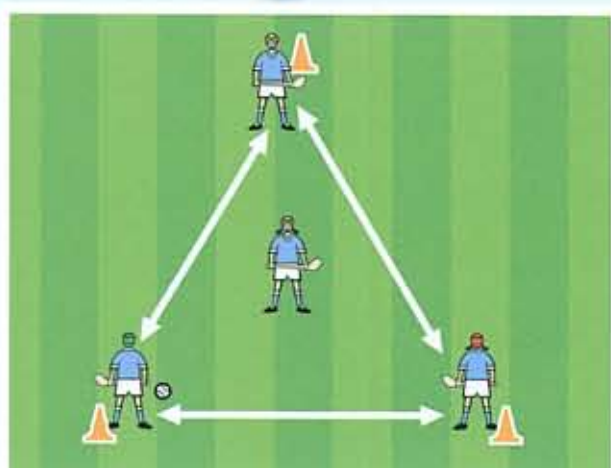
- As the players develop, increase the distance between them and allow them to strike the sliotar
- A large sliotar makes the technique easier to perform. A smaller sliotar makes it more difficult



# UNDER 8 STOPPING A GROUND BALL

## DEVELOP THE SKILL

### ACTIVITY 3 PIGGY IN THE MIDDLE



Fun Game to develop the technique for Stopping a Ground Ball that requires one player to attempt to block the ball as the others attempt to keep possession

#### ORGANISATION

- Mark out a triangle using cones; determine the size of the triangle to suit the ability of the players
- One player is positioned at each cone with the fourth as the 'piggy in the middle'.
- The players at the cone throw the ball to one another while the 'piggy in the middle' attempts to block it
- Any player whose throw is blocked becomes the new 'piggy in the middle'

#### VARIATIONS

- As the players develop, increase the distance between them and allow them to strike the sliotar
- A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult



## KEY TEACHING POINTS

Here are the Key Teaching Points for Striking the Ball on the Ground

|   |   |   |
|---|---|---|
| ✓ | Adopt the Ready Position  |    |
| ✓ | Place the feet shoulder width apart, with the ball in line with the forward foot                                  |    |
| ✓ | Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley                        |   |
| ✓ | Bend the knees slightly and swing the hurley down with a wristy action  |  |
| ✓ | Strike the ball 'flat on' with the bas of the hurley  |  |
| ✓ | Keep the head down. Follow through to at least shoulder height with the swing                                     |  |
| ✓ | Transfer body weight from the dominant to the non-dominant leg as the swing is completed                          |  |
| ✓ | On the non-dominant side, raise the hurley to the non-dominant shoulder, transfer body weight to the dominant leg |  |

## COMMON ERRORS

Here are the Common Errors when Striking the Ball on the Ground



Positioning the feet too close together. This can influence balance and the ability to strike through the ball



To correct, adopt the ready position and place the feet shoulder width apart. The ball should be in line with the forward foot



Not standing close enough to the ball. This may result in reaching for the ball and poor contact on impact



To correct, hold the hurley in the dominant hand; place the bas of the hurley beside the ball while standing upright



Lifting the head to follow the ball before completing the strike



To correct, keep the head down, looking at the ball's original position until the follow through is complete



### DRILL 1 IMAGINARY STRIKING

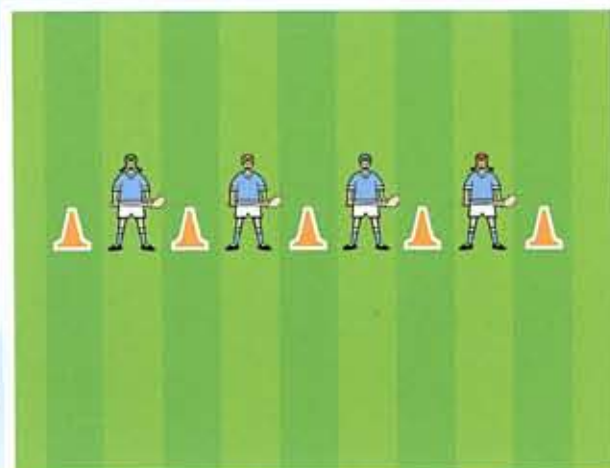
Basic Drill to introduce the player to the Strike on the Ground technique

#### ORGANISATION

- Line up the players side by side leaving at least two hurley lengths between them
- On the whistle they strike an imaginary ball in front of them
- Alternate between striking on the dominant and non-dominant sides
- Ensure all the players strike to the same side on each attempt

#### VARIATION

- As the players become more proficient, challenge them to strike three times in succession to the same side on each signal



### DRILL 2 TYRE STRIKE

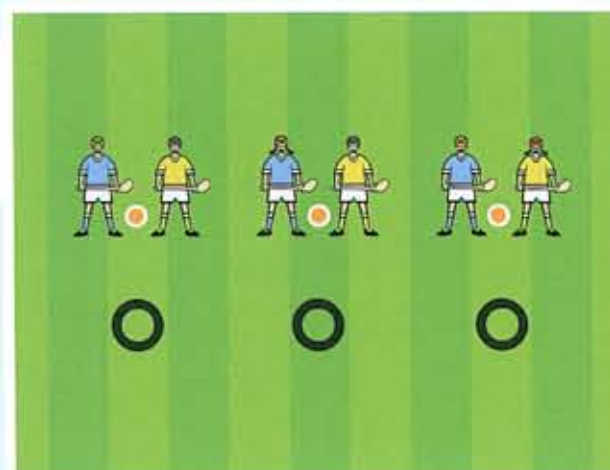
Basic Drill to practise the Strike on the Ground technique

#### ORGANISATION

- Divide the players into pairs; one pair per tyre
- Standing one to each side, each player in turn strikes the tyre
- After a set time or number of strikes, the players change sides

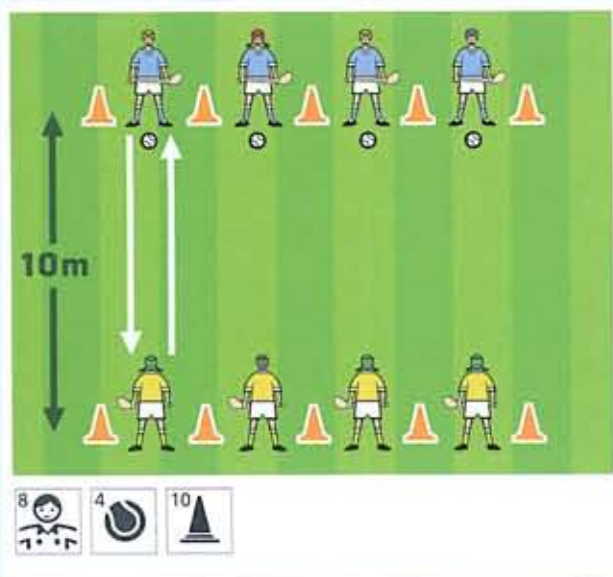
#### VARIATIONS

- Allow the non-striking player to count the number of strikes the striking player makes in a set time. Challenge each player to beat the total of their partner
- As the players progress, use a fixed ball, such as the ball and pin apparatus



## PRACTISE THE TECHNIQUE

## DRILL 3 STRIKING IN PAIRS



Basic Drill to practise the Strike on the Ground technique incorporating the Ground Block

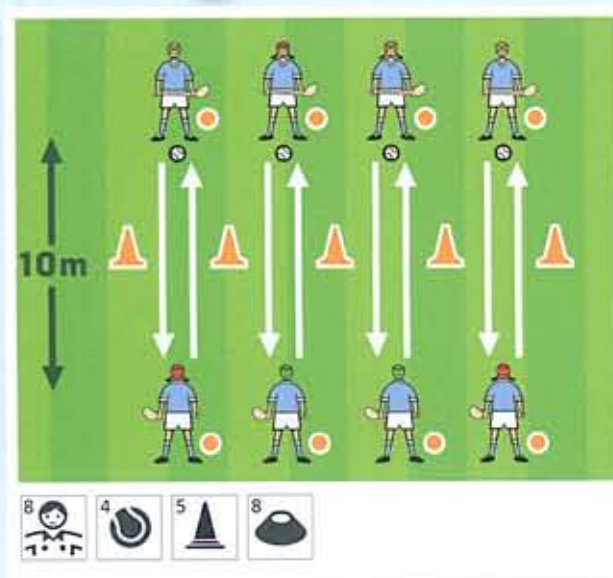
**ORGANISATION**

- Divide the players into pairs 10m apart, one ball per pair
- Each player in turn strikes the ball to their partner, who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides

**VARIATIONS**

- To increase the challenge: increase the distance between the players
- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

## DRILL 4 STRIKING IN PAIRS: ACCURACY



Intermediate Drill to practise the Strike on the Ground technique focusing on improving the players' accuracy

**ORGANISATION**

- Divide the players into pairs 10m apart; one ball per pair
- Place two cones midway between both players
- Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides
- A score may be awarded for every successful strike between the cones

**VARIATIONS**

- To increase the challenge: reduce the distance between the middle cones
- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

## ACTIVITY 1 GOAL TO GOAL

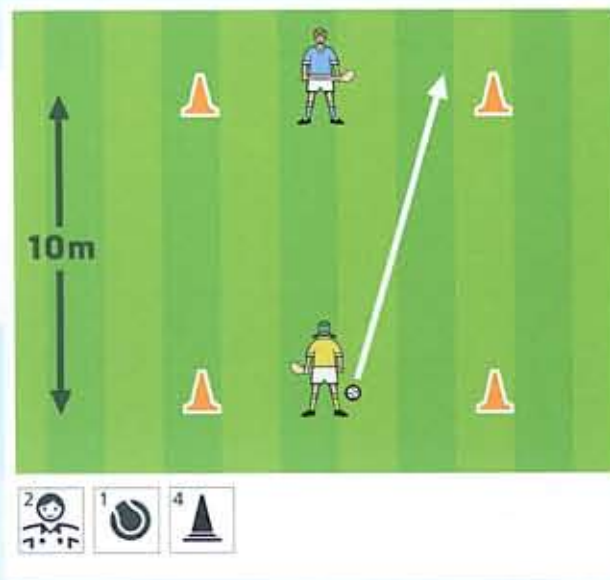
Fun Game that requires each player to use the Strike on the Ground technique to attempt to score a goal

### ORGANISATION

- The players pair off and face each other 10m apart using two cones as a goal for each
- Each player in turn attempts to score a goal past their partner
- Award one point for every goal scored with the dominant side and two points for every goal scored with the non-dominant side

### VARIATIONS

- To increase the challenge: increase the distance between the players and reduce the size of the goals
- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball



## ACTIVITY 2 GOLF GOALS

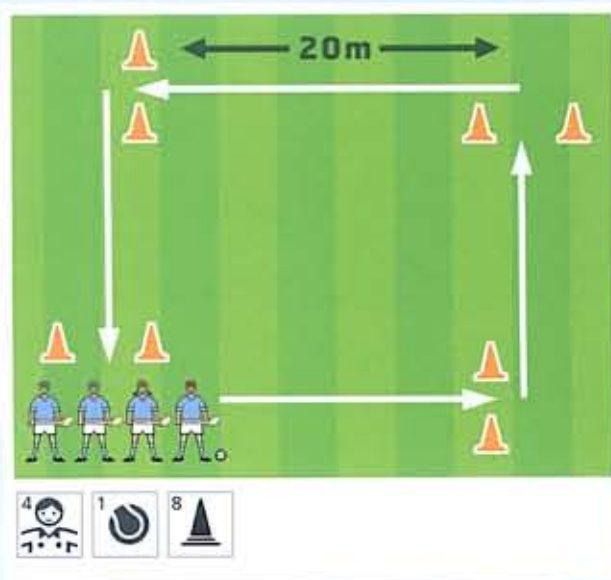
Fun Game to encourage length and accuracy in the Strike on the Ground technique

### ORGANISATION

- Set up a course of four goals, one at each corner of a grid 40m X 20m; each goal is less than 2m wide
- Divide the group into teams of four players
- The players, in relay, attempt to strike the ball through each goal, counting the number of shots it takes from start to finish
- The 1st player takes the first shot, the 2nd player takes the second shot, and so on
- The team who completes the course in the least number of shots wins

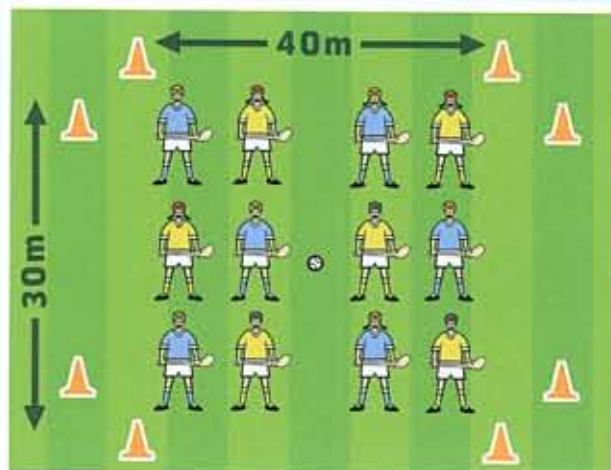
### VARIATIONS

- To increase the challenge: increase the distance to the goals or reduce the size of the goals
- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball



## DEVELOP THE SKILL

## ACTIVITY 3 FOUR GOAL GAME



Modified Game focusing on the Strike on the Ground technique which incorporates blocking and dribbling and will aid the development of decision-making and team play

**ORGANISATION**

- Mark out a playing area 40m X 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used

**VARIATIONS**

- Change the size of the playing area and the width of the goals to match the ability of the players
- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Frontal Ground Block



Adopt the Ready Position



Release the non-dominant hand from the hurley



Step into the tackle with the dominant foot



Extend the dominant arm to place the hurley in front of, or behind, the ball

The hurley should be perpendicular to the ground, with the bas flat to the oncoming strike

The thumb is pointed down towards the bas of the hurley

If placing the hurley behind the ball, the dominant foot may be placed behind the hurley to stabilise it



## COMMON ERRORS

Here are the Common Errors for the Frontal Ground Block



Not stepping into the tackle. This may produce a weak tackle or leave the tackling player unstable



To correct, swivel on the non-dominant foot and step into the tackle



Stepping into the tackle with the opposite hand and leg. This may leave the player exposed or unstable



To correct, hold the hurley in the dominant hand and step into the tackle with the dominant foot



Not extending the dominant arm. The opponent's hurley may slide up and injure the tackling player



To correct, extend the dominant arm fully, placing the hurley perpendicular to the ground during the tackle





**DRILL 1** IMAGINARY BLOCK
 ▲

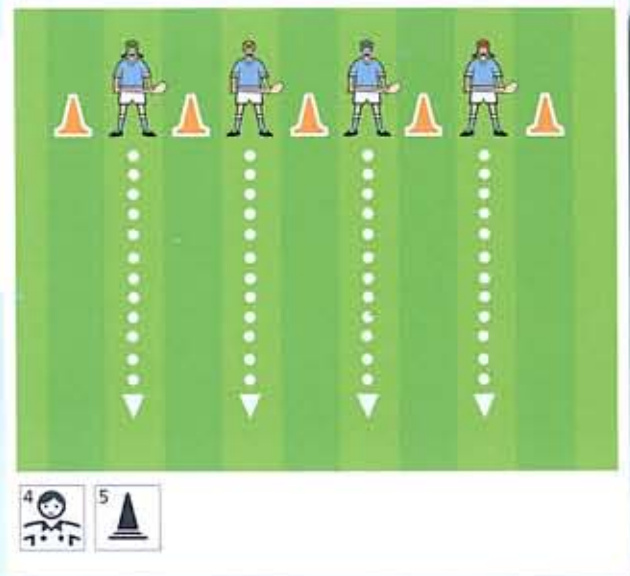
Basic Drill to practise the Frontal Ground Block technique

**ORGANISATION**

- Position the players along a line at 2m intervals
- On the whistle, the players move from the Ready Position to the Frontal Ground Block position and back to the Ready Position
- The Coach may count the players through the stages of the technique to help with the sequence and the timing
- Repeat several times

**VARIATION**

- As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field


**DRILL 2** CONTACT BLOCK
 ▲

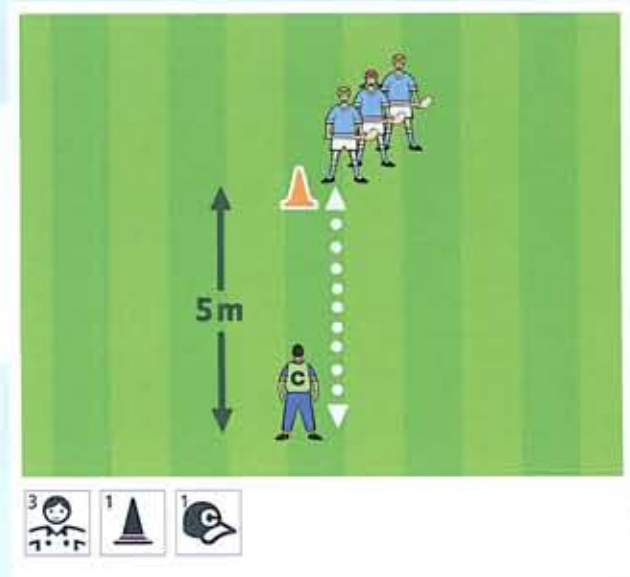
Basic Drill to practise the Frontal Ground Block technique which aims to build the players' confidence in the contact situation

**ORGANISATION**

- The players line up in single file 5m from the Coach
- The Coach uses a line or marker as an imaginary ball and swings in the direction of each player in turn, who strides forward and attempts to block the swing
- The Coach should adjust the strength of the swing to match each player's ability

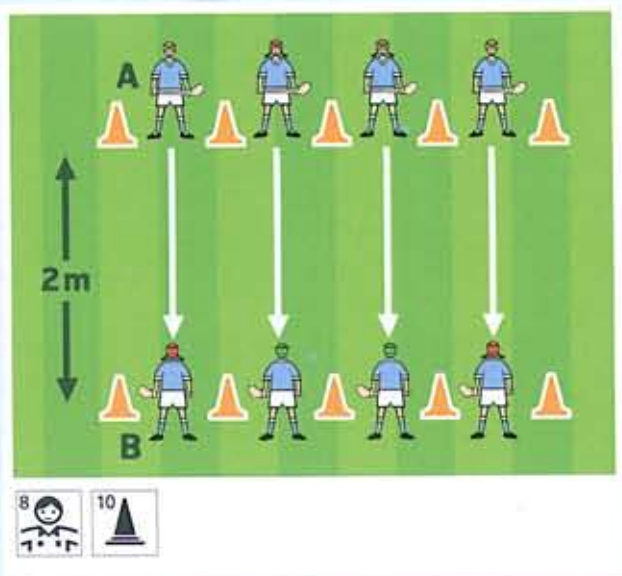
**VARIATION**

- As players gain confidence, introduce a ball, for example a First Touch slotar



## PRACTISE THE TECHNIQUE

## DRILL 3 PARTNER BLOCK



Basic Drill to practise the Frontal Ground Block technique that requires the players to work in pairs

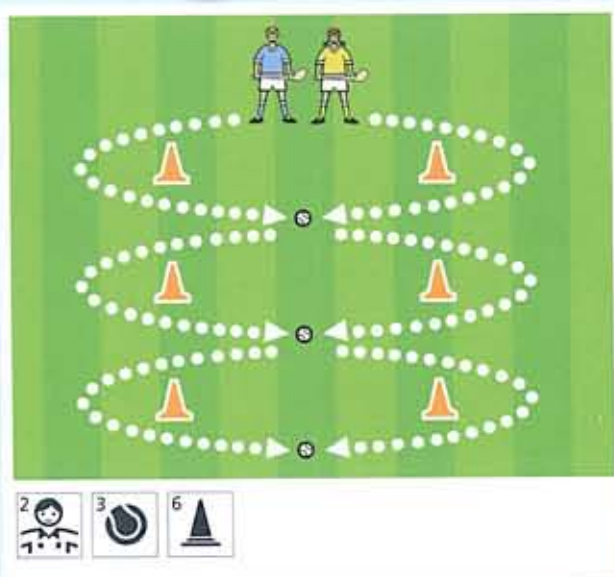
## ORGANISATION

- The players pair off, with Player A 2m in front of Player B, and facing to one side
- Both players begin in the Ready Position
- On a signal, Player A strikes an imaginary ball in the direction of Player B, who steps in to perform the Frontal Ground Block
- The Coach may count the players through the stages of the technique to help with timing
- Repeat the drill several times before swapping roles

## VARIATIONS

- As the players improve, gradually increase the distance between the striker and blocker
- As the players become more proficient, introduce a ball, for example a First Touch sliotar

## DRILL 4 ZIG-ZAG BLOCK



Intermediate Drill to practise the Frontal Ground Block technique that requires the blocker to adapt their position to perform the block

## ORGANISATION

- Mark out a channel using 2 lines of 3 cones as shown; the channel is 3m wide
- Place 3 sliotars in the middle of the channel, one halfway between each set of cones
- Divide the players into pairs
- Each player contests each ball, one attempting to strike the ball, the other using the Frontal Ground Block technique
- Each player must travel around the outer cones before contesting each ball
- Alternate sides on repeat attempts

## VARIATIONS

- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball
- Alternatively use a fixed ball, such as the ball and pin apparatus

**ACTIVITY 1 DEFEND THE CONE**

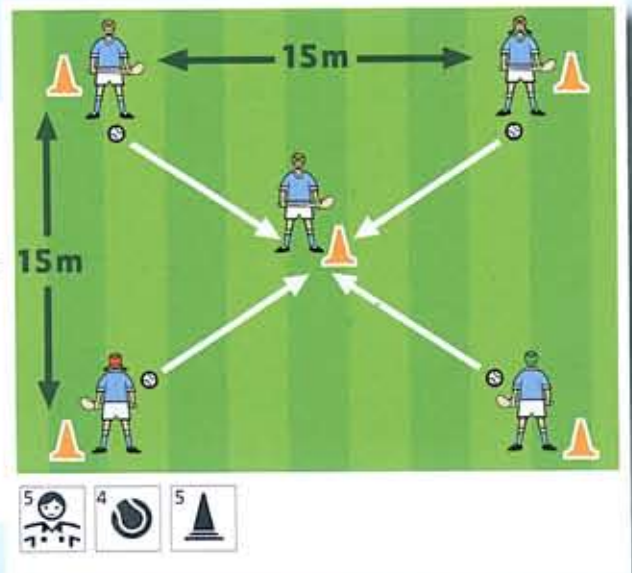
Fun Game to develop the Frontal Ground Block technique that challenges the players to block a number of opponents in quick succession

**ORGANISATION**

- Set up the grid as shown
- In turn the outer players attempt to strike their ball to hit the centre cone
- The centre player moves to block each ball at the point of contact
- The centre player must run back around the centre cone after each block
- The Coach should signal for each of the outer players to begin moving
- Change the blocker and repeat
- The blocker who completes the greatest number of successful blocks is the winner

**VARIATION**

- To increase the challenge, the Coach randomly calls which ball is to be contested, by assigning names or numbers to the outer players


**ACTIVITY 2 PIGGY IN THE MIDDLE**

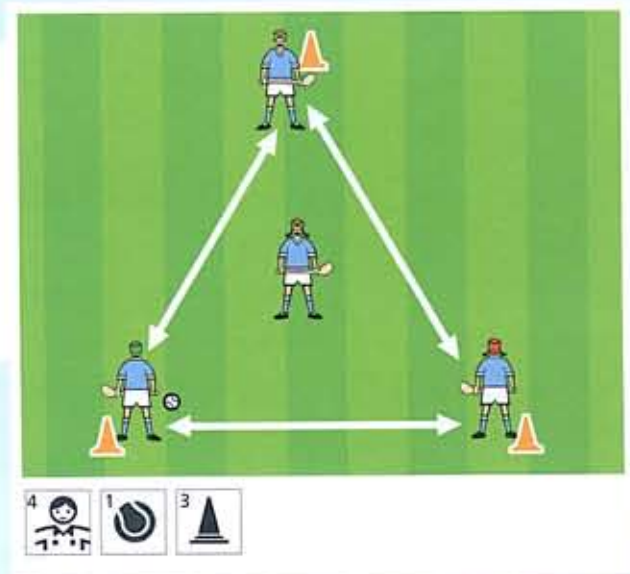
Fun Game to practise the Frontal Ground Block technique

**ORGANISATION**

- Mark out a triangle using cones; determine the size of the triangle to suit the ability of the players
- One player is positioned at each cone with the fourth as the 'piggy in the middle'
- The players at the cones roll the ball to one another while the 'piggy in the middle' attempts to block it
- Any player whose pass is intercepted becomes the new 'piggy in the middle'

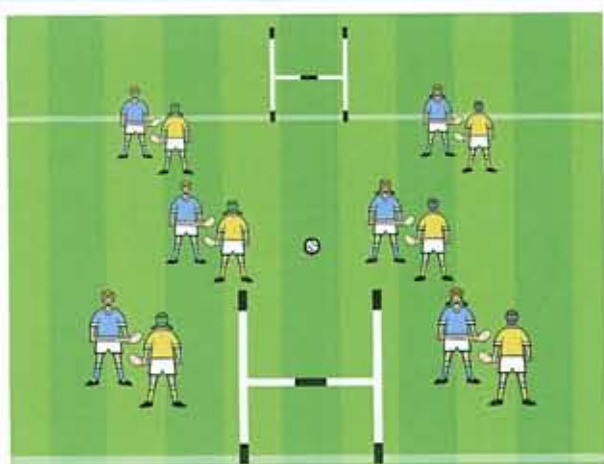
**VARIATIONS**

- As the players develop, increase the distance between them
- As players develop, permit them to strike the ball along the ground



## DEVELOP THE SKILL

## ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Frontal Ground Block technique that awards points to players who perform the technique correctly during the game

**ORGANISATION**

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may strike the ball on the ground, Dribble and block the ball but may not lift the ball or take the ball into the hand
- Award 3 points for a goal and 2 points for each successful Frontal Ground Block

**VARIATION**

- To begin with, use a larger slotar, such as the First Touch slotar, and as the players become more proficient, switch to a smaller slotar, such as the Quick Touch slotar

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Hook



Take a position a hurley length plus an extended arm's length behind the opponent. The dominant side is directly behind the striking side



Hold the hurley in the dominant hand, extend the arm while striding forward with the dominant foot



Extend the hurley into the path of the opponent's swing using a one-handed grip

The hurley may be held with the toe facing upwards or flat with the toe to the side



Flick the wrist as the opponent's hurley is deflected

Move in quickly to gain possession or prepare to Hook a second time




The Hook Tackle is equally effective when tackling a player attempting to strike a ball in the air



## COMMON ERRORS

Here are the Common Errors for the Hook

|   |  |   |
|---|--|---|
| ✗ | Attempting to Hook from the front. This may leave the player exposed to injury   |    |
| ✓ | To correct, take up position behind the opponent. When tackling from the front, use the Frontal Block or Flick Tackles |    |
| ✗ | Not striding into the tackle and extending the arm. This may result in the player missing the tackle                   |   |
| ✓ | To correct, take up position an appropriate distance behind the opponent when preparing to tackle                      |  |
| ✗ | Not following up on the ball after completing the Hook. This may result in the opponent regaining possession           |  |
| ✓ | To correct, move in quickly to gain possession or prepare to Hook a second time  |  |

**DRILL 1 POSITION AND HOOK**

Basic Drill to practise the Hook technique which focuses on getting into the correct position to perform the Hook

**ORGANISATION**

- Players pair off
- Beginning shoulder to shoulder Player A takes three steps backwards and one to the side to position themselves behind Player B
- Player A adjusts this position to ensure their dominant arm is behind the side Player B is going to strike from
- Player A begins in the Ready Position while Player B adopts the Lock Position
- Player A strides into the Hooking position on the whistle
- Repeat several times before changing roles

**VARIATION**

- Challenge the players to improve their positioning by repeating the drill while walking, and eventually while jogging across the field


**DRILL 2 SWING AND HOOK**

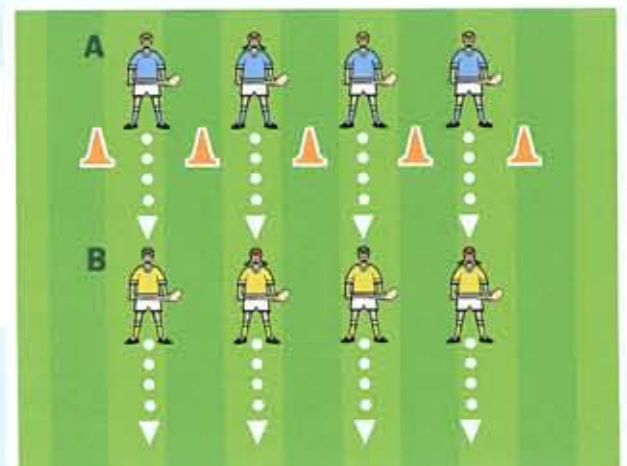
Basic Drill to practise the Hook technique which introduces contact

**ORGANISATION**

- Players pair off. Player A is positioned an extended hurley and arms length behind their partner
- On a signal Player B strikes an imaginary ball as Player A attempts to Hook them
- Ensure that all players are swinging in the same direction
- Repeat several times before changing roles

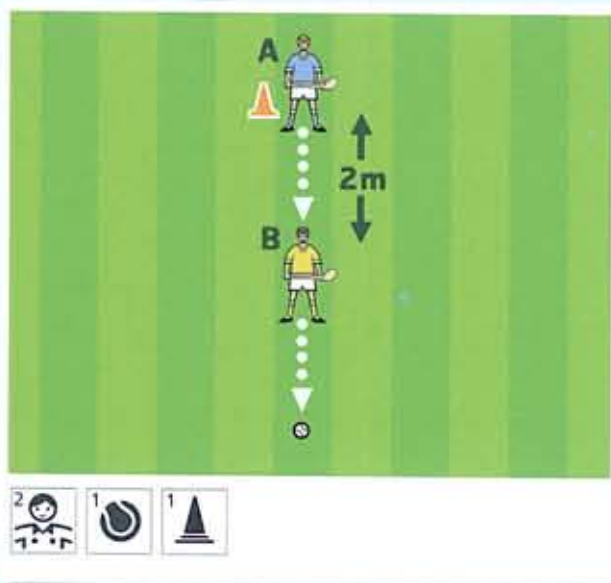
**VARIATION**

- As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field



## PRACTISE THE TECHNIQUE

### DRILL 3 CHASE AND HOOK I



Intermediate Drill to practise the Hook technique which requires the tackler to follow the striker at pace

#### ORGANISATION

- Players pair off; one ball per pair
- Player A is positioned 2m behind Player B, with both players in the Ready Position
- On a signal from the Coach, both players run towards the ball
- Player B attempts to strike it on the ground, while Player A attempts to Hook
- Encourage Player A to follow up the tackle and gain possession by Jab Lifting the ball
- Switch roles after each successful Hook and lift

#### VARIATIONS

- Player A must Hook Player B who runs in a line to strike a number of balls placed at regular intervals
- Alternatively, use a fixed ball, such as the ball and pin apparatus

### DRILL 4 CHASE AND HOOK II



Intermediate Drill to practise the Hook technique which challenges the players to react quickly and adapt their position to perform the Hook technique

#### ORGANISATION

- Players pair off, one ball per pair
- Player A is positioned 2m behind Player B, both players in the Ready Position
- Player B throws the ball out in a random fashion, following it immediately to attempt to strike it on the ground
- Player A reacts to the throw and follows to Hook Player B
- Encourage Player A to follow up the tackle and gain possession by Jab Lifting the ball
- Switch roles after each successful Hook and lift

#### VARIATION

- As the players become more proficient, introduce a smaller ball like the Quick Touch hurling ball



**ACTIVITY 1 A RACE AGAINST TIME**

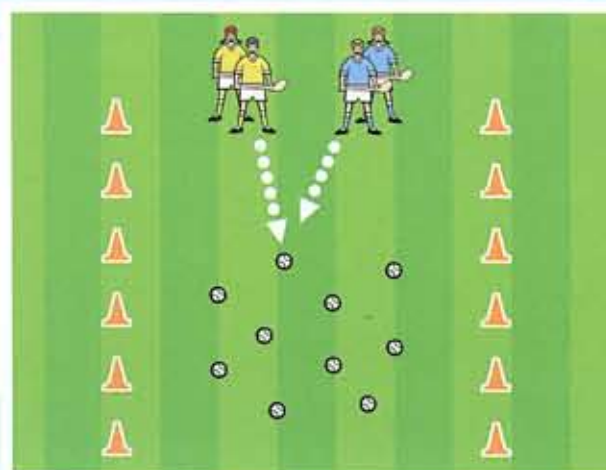
Fun Game to develop the Hook technique

**ORGANISATION**

- Mark out a grid using cones
- Place a number of sliotars randomly throughout the grid
- Divide the players into pairs, one designated the striker and the other the tackler
- Each pair jog around the grid, the tackler attempting to perform the Hook tackle on each strike
- Switch the roles after a set time
- The winner is the player with the greatest number of successful Hooks in the time allowed.

**VARIATIONS**

- As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball
- Alternatively use a fixed ball, such as the ball and pin apparatus


**ACTIVITY 2 ONE ON ONE**

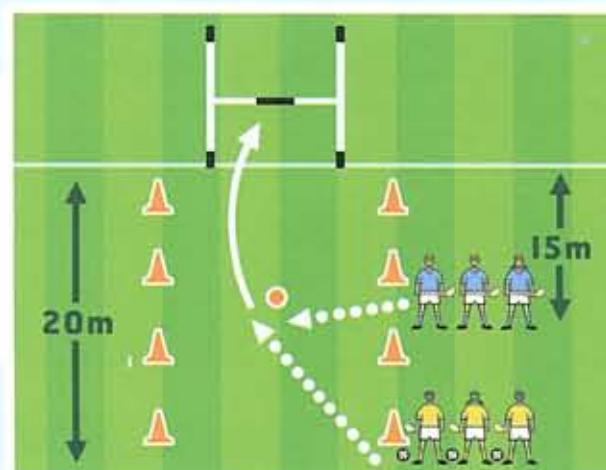
This is a Game Play Drill to develop the Hook technique in a contest situation

**ORGANISATION**

- Divide the players into attackers and defenders
- The attackers line up 15-20m from goal
- The defenders line up 10-15m from goal
- On the whistle the attacking player dribbles towards a cone directly in front of goal
- The defender gives chase and attempts to dispossess the attacker using the Hook tackle as they strike for goal

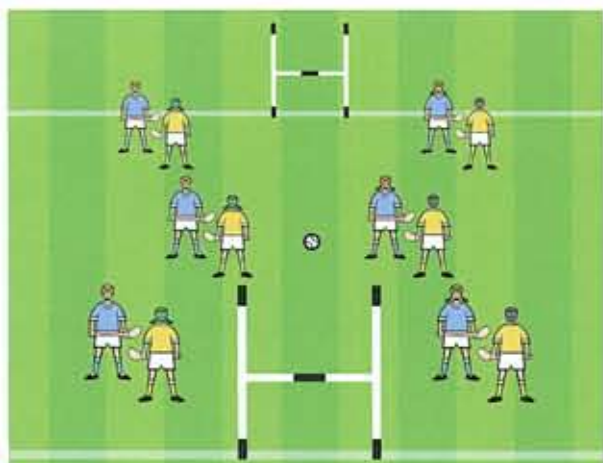
**VARIATION**

- Allow the attacking player to Dribble in any direction and strike for goal at any time



## DEVELOP THE SKILL

### ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Hook technique that awards points to players who perform the technique correctly during the game

#### ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand
- Award 3 points for a goal and 2 points for performing the Hook successfully

#### VARIATION

- To begin with, use a larger slotar, such as the First Touch slotar, and as the players become more proficient, switch to a smaller slotar, such as the Quick Touch slotar

**UNDER**

**10**



**LIFT &  
STRIKE**

**COACHING CLASSES**

**COACHING  
CLASSES**



**GROUND STRIKE ON THE RUN / ROLL LIFT /  
OVERHEAD CATCH / JAB LIFT / STRIKING FROM THE HAND /  
FRONTAL BLOCK / HAND PASS**

# U-10 INTRODUCTION



Welcome to the U-10 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 10. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-12 section of this resource.

## GROUND STRIKE ON THE RUN

Striking the ball on the ground while running is a essential technique in hurling which is used to pass and move the ball, players should be capable of striking using their dominant and non-dominant sides.

## ROLL LIFT

The Roll Lift is a hurling technique used to raise the sliotar from the ground into the hand. The technique is generally used when the player is stationary or when the player has their movement limited by opponents and is about to change direction. The technique is also used to raise the ball to strike without catching, as when taking a free puck.

## OVERHEAD CATCH

The Overhead Catch is a hurling technique used to gain possession when the ball is approaching above head height. It requires excellent hand-eye coordination and is often spectacular in its execution.

## JAB LIFT

The Jab Lift is a hurling technique used to raise the sliotar from the ground into the hand. The technique is normally used when the player wants to lift a ball into the hand on the run without stopping. The technique is also used to raise the ball to strike without catching, as when taking a free puck.

## STRIKING FROM THE HAND

Many players judge success at hurling on their ability to strike the ball from the hand. This skill requires much practise. Striking from the Hand is the most usual way to pass the ball or shoot for a score in hurling. With practise, the ball can travel almost the entire length of a playing field if struck with full force. It is important that players from an early age are taught to strike from the dominant and non-dominant side.

## FRONTAL BLOCK

The Frontal Block, or frontal air block as it is sometimes known, is a tackling technique in hurling used to block an opponent attempting to strike the ball from the hand or double on the ball in the air. To protect the player from being struck by an opponent's hurley, it is vital to use the correct technique.

## HAND PASS

The Hand Pass is a hurling technique used to pass the sliotar over short distances by striking it with the palm and fingers of one hand. It is used when the player is unable to get into a position to strike the sliotar with the hurley, or to retain possession when under pressure from the opposition.

UNDER

# 10 GROUND STRIKE ON THE RUN



## KEY TEACHING POINTS

Here are the Key Teaching Points for the Ground Strike On The Run



Move towards the ball in the Ready Position



Swivel the shoulders and hips to place the forward foot in line with the ball

The shoulders should be in line with the target



Head down, strike through the ball with a quick, wristy action



Transfer body weight from the trailing leg to the lead leg as the swing is completed



Swivel the shoulders and hips back to the original position to continue the run







On the non-dominant side, raise the hurley to the non-dominant shoulder; transfer body weight to the dominant leg



## COMMON ERRORS

Here are the Common Errors for the Ground Strike On The Run

|   |   |   |
|---|---|---|
|    | <p>Stopping to strike the ball. This can influence balance and the ability to strike through the ball</p>   |    |
|    | <p>To correct, run through the strike; place the lead foot in line with the ball and bring the trailing foot behind the lead foot for balance</p> |    |
|   | <p>Not placing the forward foot in line with the ball. This may result in poor contact or misdirecting the shot</p>                               |   |
|  | <p>To correct, swivel the shoulders and hips to place the forward foot in line with the ball. The shoulders should be in line the target</p>      |  |
|  | <p>Lifting the head to follow the ball before completing the strike</p>   |  |
|  | <p>To correct, continue to keep the head down, looking at the ball's original position until the follow through is complete</p>                   |  |

**DRILL 1** LEFT RIGHT TYRE STRIKE

Basic Drill to familiarise the player with the Ground Strike on the Run technique

**ORGANISATION**

- Place four tyres 5m apart in a zig-zag formation
- Each player jogs through the tyre formation striking each tyre using the dominant and non-dominant side alternatively
- Players continue to the back of the line and repeat

**VARIATION**

- Divide the players into teams and complete the drill as a relay

**DRILL 2** STRIKE 1, 2, 3

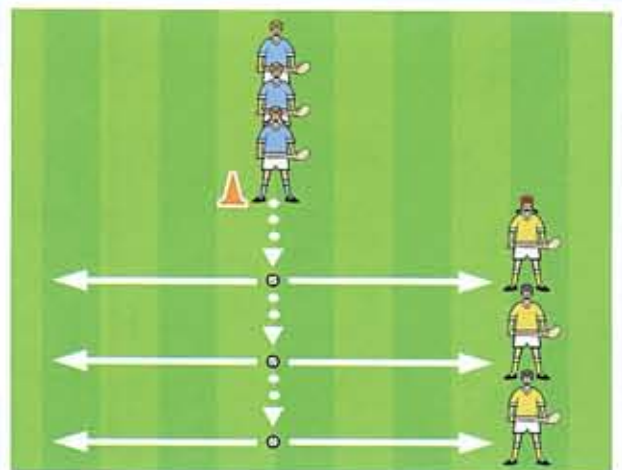
Intermediate Drill to practise the Ground Strike on the Run technique

**ORGANISATION**

- Mark out a distance of 20m using cones
- Place three balls at 5m intervals along the distance
- Divide the players into groups of three
- One group of three lines up behind the first cone
- Each player in turn runs forward to strike each ball on the run
- The other group of three take up position to retrieve the balls, returning them to the original position for the next player
- Allow each group to both strike and retrieve

**VARIATION**

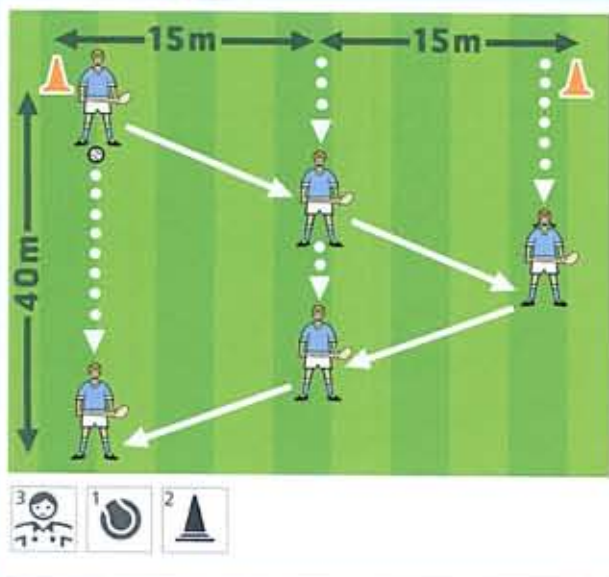
- Begin with a larger ball and reduce its size as the players become more proficient. Alternatively, use a fixed ball, such as the ball and pin apparatus



# UNDER 10 GROUND STRIKE ON THE RUN

## PRACTISE THE TECHNIQUE

### DRILL 3 KEEP IT WIDE



Intermediate Drill that requires the players to pull on a moving ball

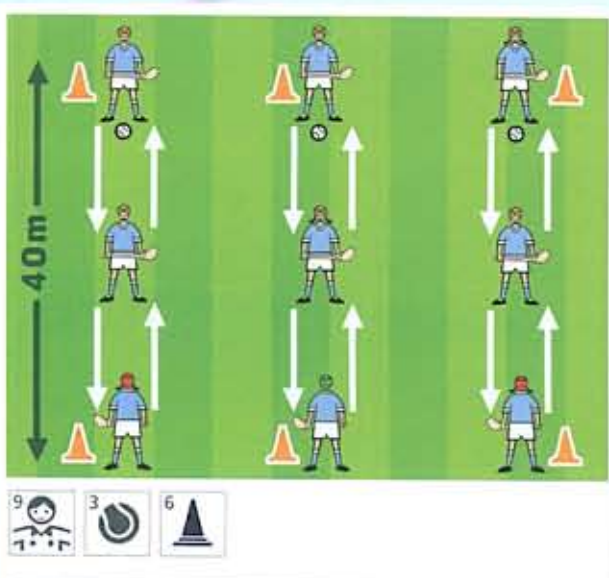
#### ORGANISATION

- Mark out a distance of 40m using cones
- In groups of three, the players spread out along one line approximately 15m apart
- The first player begins by striking the sliotar ahead of the central player
- The central player, without stopping the ball, strikes it on towards the third, who strikes it back to the central player again, and so on
- The three players move forward in this fashion until they reach the 40m line
- Reform and repeat the drill in the opposite direction

#### VARIATIONS

- Reduce the challenge by allowing the end players to stop the ball before striking it to the central player
- Increase the challenge by increasing the distance between the players and allowing the end players to stop the ball before striking it to the central player

### DRILL 4 CENTRE AND STRIKE



Intermediate Drill that requires the central player to pull on a moving ball

#### ORGANISATION

- Mark out a distance of approximately 40m using cones
- In teams of 3, the players spread out evenly over the distance
- The first player strikes the sliotar towards the central player
- The central player, without stopping the ball, strikes it on towards the third player who strikes it back and so on
- The central player to play the ball on whatever side it approaches

#### VARIATIONS

- To reduce the difficulty of the drill, allow the outside players to stop the ball before striking
- To increase the difficulty of the drill, increase the distance and divide the players into teams of 4 with 2 central players



**ACTIVITY 1** GROUND STRIKE ROUNDERS

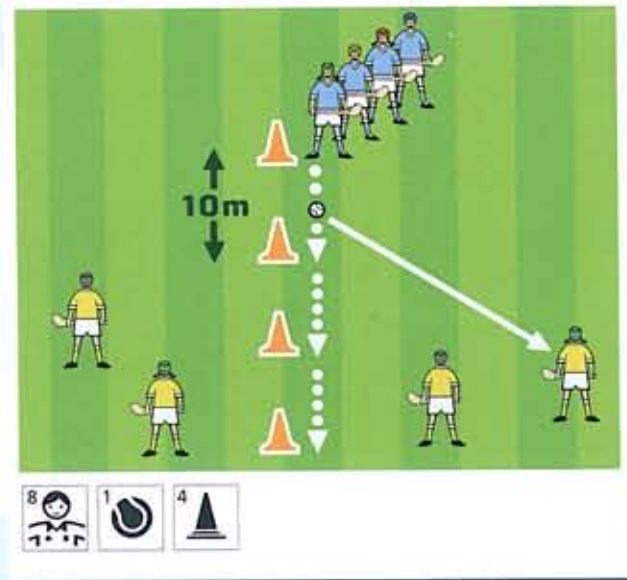
Fun Game designed to improve the ability of players to Strike the Ball on the Ground while on the run

**ORGANISATION**

- Mark out a line of cones at 10m intervals to act as bases
- Divide the players into two equal teams; one striking team and one fielding team
- Place a sliotar 5m from the first base. The first player strikes the sliotar on the run anywhere in the field area
- They continue running to each base in turn as the fielding team attempt to retrieve the ball
- The play stops when the striking player returns to home base, scoring a point, or when the fielding team touch one of the bases ahead of the striking player
- The striking player is out if they are touched with the ball while between bases or if a base is touched as they run towards it

**VARIATION**

- Begin with a larger ball and reduce its size as the players become more proficient


**ACTIVITY 2** FOUR GOAL GAME

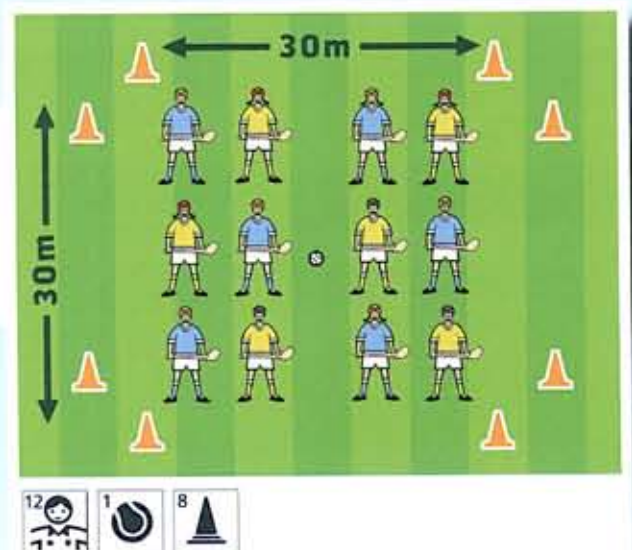
Modified Game focusing on the Ground Strike on the Run that also incorporates blocking and dribbling and will aid the development of decision-making and team play

**ORGANISATION**

- Mark out playing area 30m X 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used
- The ball can only be played on the ground

**VARIATION**

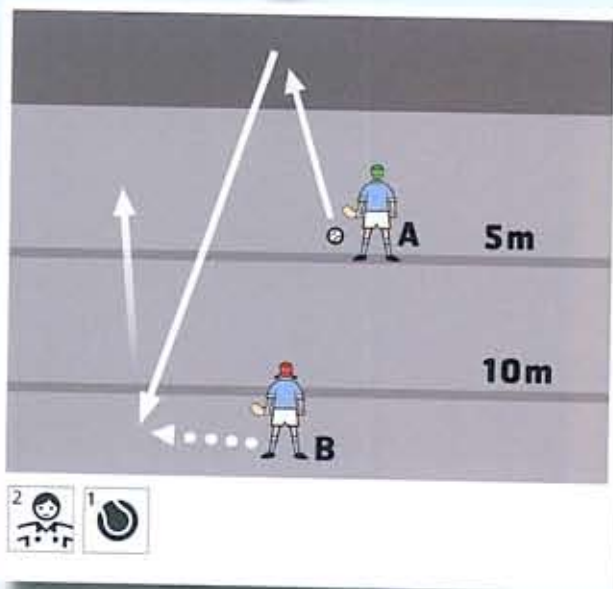
- Vary the size of the playing area and the width of the goals to match the ability of the players



# UNDER 10 GROUND STRIKE ON THE RUN

## DEVELOP THE SKILL

### ACTIVITY 3 WALL BALL GAME



Fun Game to further develop all of the Striking skills

#### ORGANISATION

- Divide the players into teams of one or two players; one ball per pair of teams
- Mark two lines across the court, one (the service line) approximately 5m from the front wall and the second line (the return line) approximately 10m from the front wall
- In 1 v 1 Wall Ball Hurling, Player A stands at the service line. Player B is positioned anywhere behind the return line
- Player A serves, striking the ball off the front wall to land beyond the return line
- If the ball fails to reach the return line, possession is lost and Player B serves
- If the ball lands beyond the return line, Player B strikes the ball to the front wall (without the ball hitting the ground prior to striking the wall)
- The game continues until either (a) the ball bounces twice before it is returned, or (b) the ball bounces before striking the front wall
- Only the serving player can score. If the returning player wins the play, they take over the serve
- First team to score 21 points is the winner
- In 2 v 2 Wall Ball Hurling players rotate service between each partner – i.e. each partner takes every second serve

#### VARIATIONS

- To reduce the challenge, reduce the distance from the front wall to the service/return lines
- To reduce the challenge, increase the number of times the ball is allowed to bounce before it is returned
- Increase the difficulty by challenging the players to strike the ball against a side wall before the ball strikes the front wall

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Roll Lift



Adopt the Ready Position



Place the non-dominant foot alongside the ball  
Bend the knees and back to bring the head over the ball. This is the Lifting Position



The toe of the hurley should be pointed away from the body to the dominant side  
Note that both thumbs should be pointing towards the bas of the hurley



Ensure the hurley is almost parallel to the ground before performing the lift



Place the hurley firmly on the ball, roll the ball towards the body and slide the toe of the hurley underneath to lift it



Release the non-dominant hand from the hurley into a cupped position allowing the ball to fall into it



## COMMON ERRORS

Here are the Common Errors for the Roll Lift

|   |  |  |
|---|--|--|
| ✗ | Holding the hurley with the 'toe' facing inwards. This may lead to difficulty rolling the ball onto the hurley   |  |
| ✓ | To correct, the hurley is turned to face the 'toe' away from the body when adopting the Lifting Position   |  |
| ✗ | Holding the hurley at too great an angle. This may lead to difficulty rolling the ball onto the hurley, or the ball being thrown forward during the lift |  |
| ✓ | To correct, the hurley is almost parallel to the ground when adopting the Lifting Position   |  |
| ✗ | Attempting to catch the ball at the end of the lift by grabbing or snatching with a downward motion. This may result in a failed catch                   |  |
| ✓ | To correct, the non-dominant hand is released from the hurley into a cupped position to allow the ball to 'fall' into it                                 |  |

### DRILL 1 STATIONARY ROLL LIFT

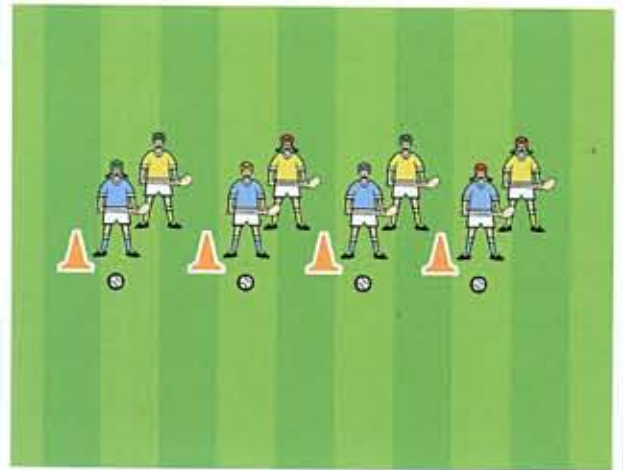
Basic Drill to practise the Roll Lift technique in a stationary position

#### ORGANISATION

- Divide the players into pairs, one ball per pair
- One player in each pair Roll Lifts the ball repeatedly for 1 minute
- The second player in each pair counts successful attempts by their partner
- After 1 minute the players switch roles
- Encourage players to beat their own record on repeat attempts

#### VARIATION

- Each player Roll Lifts the ball in turn. Challenge each pair to perform as many Roll Lifts as possible in 1 minute



### DRILL 2 ROLL LIFT AND MOVE

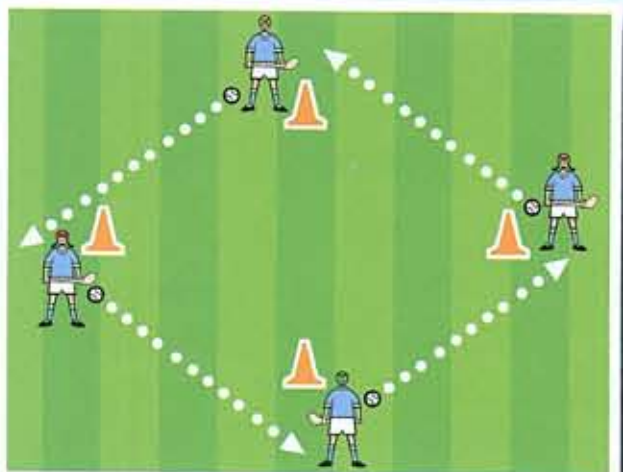
Intermediate Drill to practise the Roll Lift technique

#### ORGANISATION

- Mark out a square or circle using cones
- Position one player and one ball at each cone
- Players Roll Lift the ball at each cone repeatedly before moving to the next cone

#### VARIATION

- The players carry the ball to the next cone after completing each Roll Lift. They then move on to the next cone and repeat



PRACTISE THE TECHNIQUE

DRILL 3 AGILITY ROLL LIFT



Intermediate Drill that challenges the players to perform the Roll Lift and change direction quickly

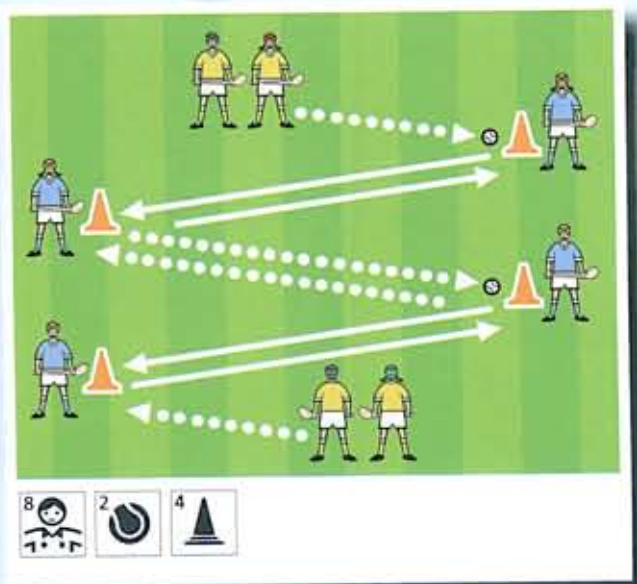
ORGANISATION

- Place five cones in a cross formation, 3m between each outer cone and the centre cone
- The players form a line behind one of the outer cones
- Place a ball at each of the other cones
- The first player jogs to the centre cone, Roll Lifting and replacing the ball at the cone
- They continue to each outer cone in a clockwise motion, returning to the centre cone each time
- Once returning to the first cone, the next player repeats the drill

VARIATION

- As the players develop, the coach randomly nominates the cone they must move to

DRILL 4 ZIG-ZAG ROLL LIFT



Intermediate Drill to practise the Roll Lift that reduces the space available to the players to perform the technique

ORGANISATION

- Place 4 cones in a zig-zag formation 5-8m apart
- A line of players is positioned at each end
- A further player is positioned at each of the four cones. Place one slotar at the first and third cones
- The front player in the near line moves forward and Roll Lifts the ball at the first cone, carrying it and placing it at the second cone; repeat at cones three and four
- The front player in the far line repeats in the other direction

VARIATION

- Initially the opposing players provide token opposition. To increase the challenge the opposing players provide partial and eventually full opposition

**ACTIVITY 1 GRID SWAP**

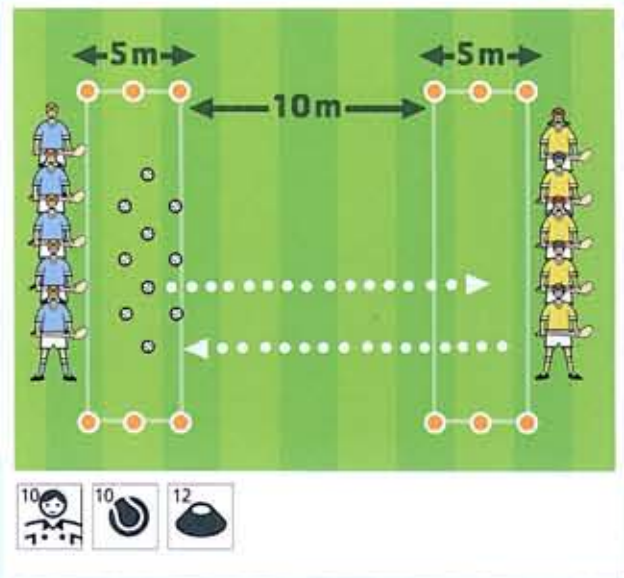
Fun Game designed to increase the speed at which players perform the Roll Lift technique

**ORGANISATION**

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid
- Assign a grid to each team
- Place ten sliotars in one grid
- On the whistle the first team run forward, Roll Lift a ball each, and return it to their own grid, continuing until all the sliotars have been moved
- The second team repeat the drill, moving all the sliotars back to their grid
- The team which completes the drill in the quickest time wins

**VARIATION**

- Place all the sliotars outside of either grid. Each team must Roll Lift the sliotars and return them to their own grid. The opposing players provide opposition


**ACTIVITY 2 MUSICAL CHAIRS**

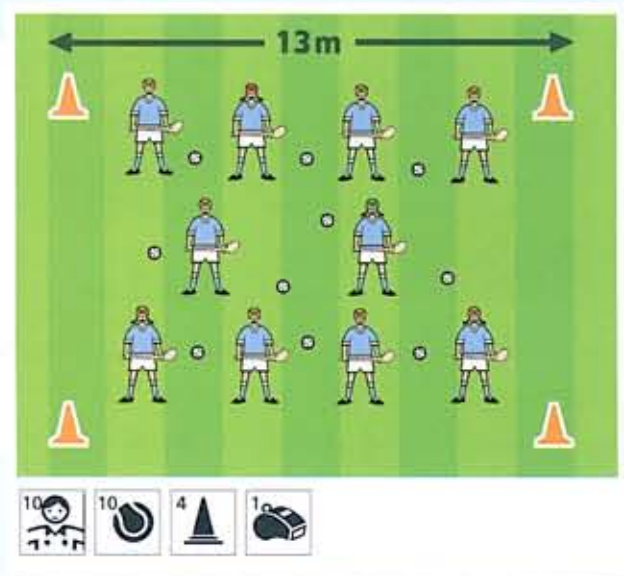
Fun Game to develop the Roll Lift technique

**ORGANISATION**

- Mark out a grid 13m X 13m
- Ten players and 10 balls are positioned randomly throughout the grid
- The players jog slowly around the grid
- On the whistle, the players move to the nearest ball to Roll Lift it into their hand
- One ball is taken away and the game continues
- On the next whistle, the player who fails to Roll Lift a ball leaves the game
- Continue until only one player remains
- Players may compete for the ball

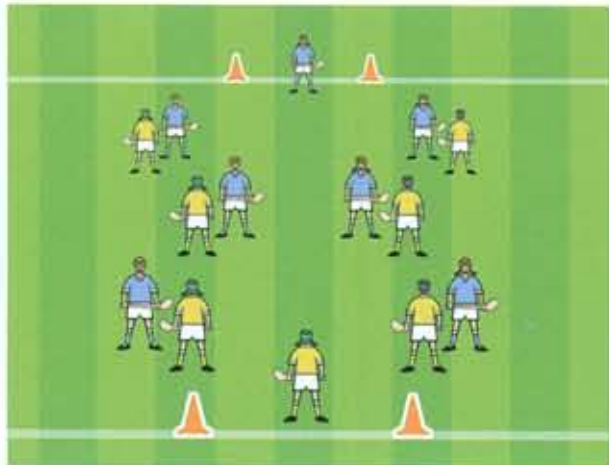
**VARIATION**

- To increase the challenge; reduce the number of sliotars by two after each contest



## DEVELOP THE SKILL

## ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Roll Lift technique

**ORGANISATION**

- Divide the players into teams of 7 – 1 goalkeeper, 2 defenders, 2 midfielders and 2 attackers
- Mark out an area 45m X 40m
- Place two cones in the centre of the end line to act as goals.
- Players are permitted to Roll Lift the ball into the hand, Hand Pass and catch the ball from the air only
- Award 1 point for each goal scored and 1 point for each successful Roll Lift





## KEY TEACHING POINTS

Here are the Key Teaching Points for the Overhead Catch



Move towards the ball in the Ready Position



Release the non-dominant hand from the hurley and extend it above the head



Raise the hurley above the head to protect the catching hand  
The open cupped hand faces the oncoming ball



Move towards the ball to receive it at the highest point, jumping if necessary



Relax the hand on impact, catching the ball with the fingers  
The hurley is held behind the catching hand when the opponent is to the rear, and in front of the catching hand when the opponent is to the front



## COMMON ERRORS

Here are the Common Errors for the Overhead Catch

|   |   |   |
|---|---|---|
| ✗ | Moving too quickly underneath the ball; this may lead to losing the flight of the ball and missing the catch              |    |
| ✓ | To correct, watch the flight of the ball closely, moving underneath the ball at the last moment                           |    |
| ✗ | Grabbing at the ball; this may result in the ball bouncing from the player's hand   |   |
| ✓ | To correct, relax the hand on impact catching the ball with the fingers of the cupped hand                                |  |
| ✗ | Failing to protect the catching hand; this may leave the catching hand open to injury and expose the ball to interception |  |
| ✓ | To correct, always raise the hurley above the head, positioning the bas to protect the hand from the front or behind      |  |

**DRILL 1 PARTNER CATCH**

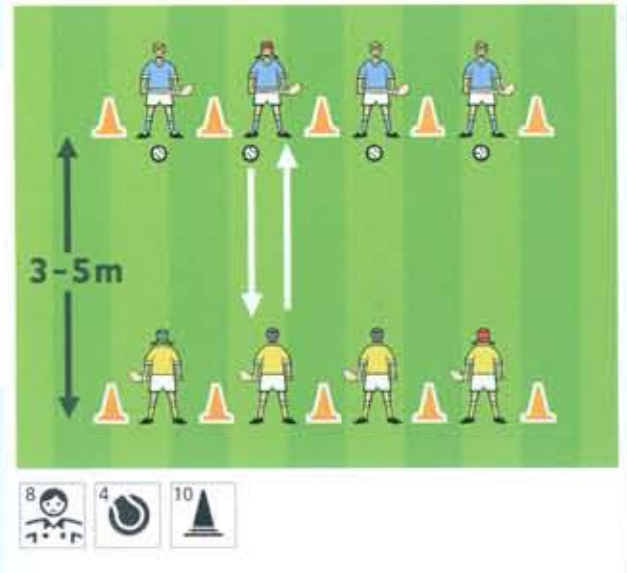
Basic Drill to practise the Overhead Catch technique in a stationary position

**ORGANISATION**

- Divide the players into pairs 3-5m apart
- Player A throws the ball underarm for Player B to catch overhead
- Player B then throws the ball for Player A to catch
- Encourage players to raise the hurley to protect the catching hand
- Count how many successful catches each pair complete in 30 seconds

**VARIATIONS**

- To increase the challenge: increase the distance between each player
- Against a wall: the player throws the ball under arm against the wall and catches the rebound overhead


**DRILL 2 MOVE TO CATCH**

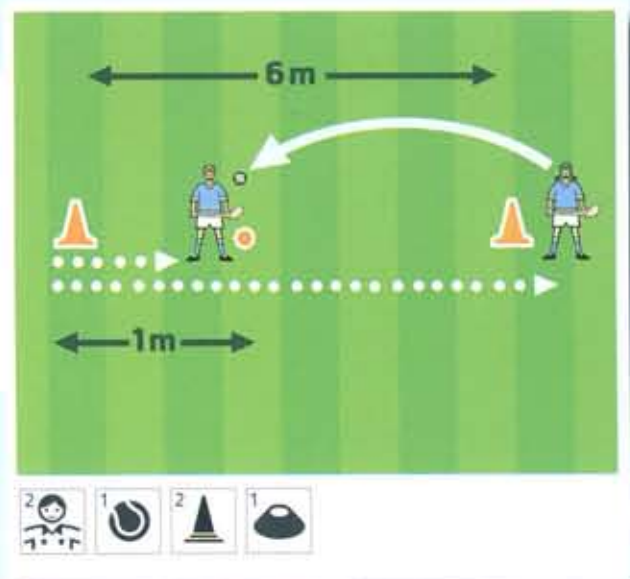
Intermediate Drill to practise the Overhead Catch technique which encourages the players to move towards the ball

**ORGANISATION**

- Divide the players into pairs
- Mark out a distance of 6m using cones. Place a further marker 1m from the first cone
- Each player in turn runs out to round the far cone before throwing the ball underarm for the next player to catch overhead
- The ball should land at the 1m marker. The catching player moves forward to receive the ball at the 1m marker

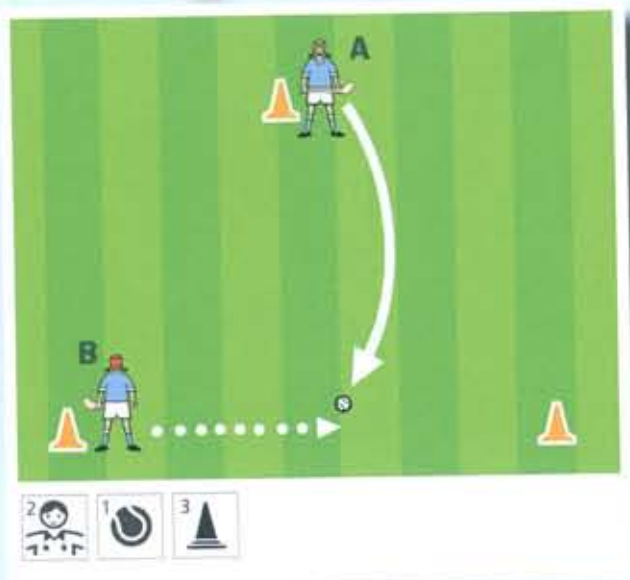
**VARIATION**

- To increase the challenge: increase the distance between the first cone and the marker



## PRACTISE THE TECHNIQUE

## DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the Overhead Catch that challenges the players to catch the ball as they move along a line

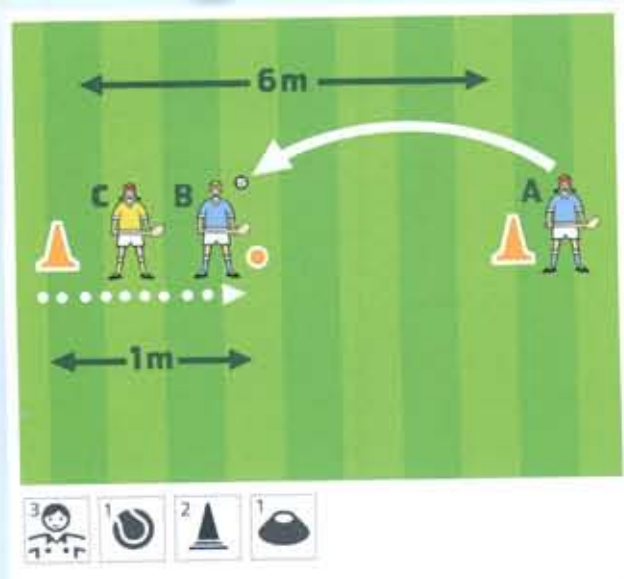
## ORGANISATION

- Mark out a triangle using cones approximately 5m apart
- Divide the players into pairs; one ball per pair
- The players are positioned at two corners of the triangle
- Player A throws the ball for Player B to catch as they move to the free cone
- The ball should be thrown approximately half way between the two cones
- Player B then throws the ball for Player A to catch and so on

## VARIATION

- To increase the challenge, enlarge the triangle. If there is enough space, players may strike the ball for their opponents to catch

## DRILL 4 OPPOSED CATCH



Advanced Drill to practise the Overhead Catch that introduces an opponent

## ORGANISATION

- Divide the players into groups of three
- Mark out a distance of 6m using cones; place a further marker 1m from the first cone
- Player A, positioned at the far cone, acts as a feeder, throwing the ball underarm for Player B to catch at the 1m marker
- Player C moves in behind Player B to provide shadow opposition
- Switch the roles after a set time
- The catching player should raise the hurley behind the catching hand for protection

## VARIATION

- To increase the challenge, allow the opposing player to compete for the ball

**ACTIVITY 1 CAPTAIN BALL**



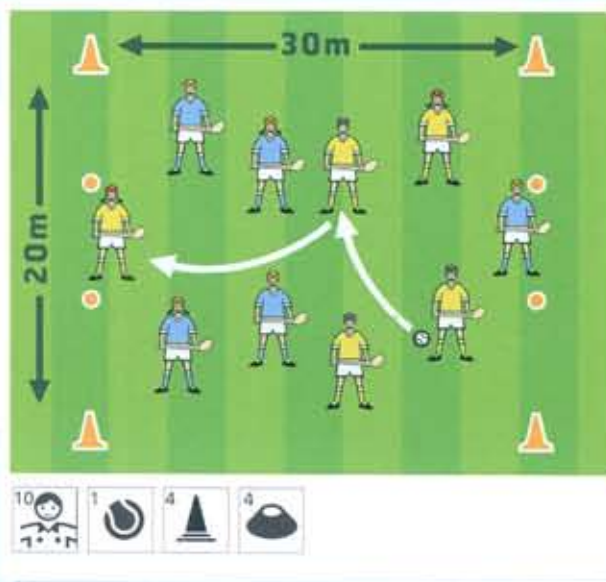
Modified Game that focuses on improving the players' ability to perform the Hand Pass, the Solo and Catching techniques in a game situation.

**ORGANISATION**

- Set up a playing area of approximately 30m X 20m
- Mark a goal area at each end using markers
- Divide the group into two teams of 5 players each
- One player from each team acts as the goal receiver
- The aim of the game is to retain possession using the Hand Pass and score by Hand Passing the ball to the goal receiver
- After each score, the goal receiver returns the ball to the opposing team

**VARIATION**

- To increase the challenge, allow the players to use the hurley to tackle the ball



**ACTIVITY 2 ONE ON ONE**



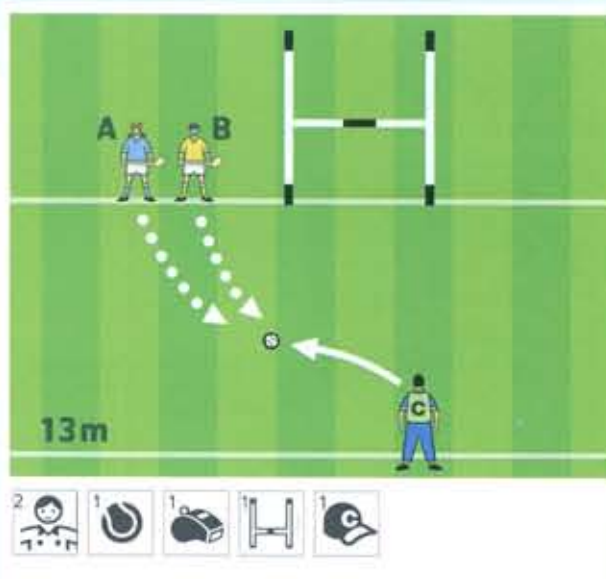
Game Play Drill to develop the Overhead Catch and strike for goal in a contest situation

**ORGANISATION**

- Divide the players into two teams; designate one the attacking and one the defending team
- Both teams line up beside each other in pairs on the endline
- The Coach is positioned on the 13m line
- On the whistle the first pair jogs out from the endline
- The Coach throws the ball up for Player A to catch overhead and shoot for goal
- Player B attempts to block the shot or knock the ball clear

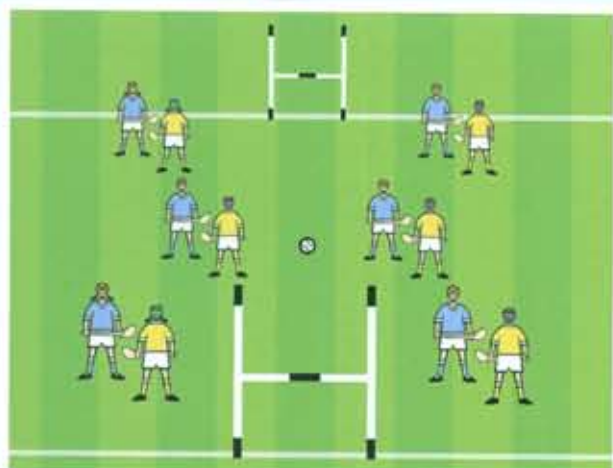
**VARIATION**

- As the players become more proficient, increase the distance to goal



## DEVELOP THE SKILL

## ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Overhead Catch that awards points to players who perform the technique correctly during the game

**ORGANISATION**

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may strike the ball from the hand, the ground, and use the Hand Pass
- Award 3 points for a goal and 2 points for performing the Overhead Catch successfully

**VARIATION**

- To ensure plenty of striking, do not permit solo running

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Jab Lift



Stride towards the ball



Adopt the lifting position, bending the knees and back to bring the head over the ball

Keep eyes on the ball



The toe of the hurley should be pointed away from the body to the dominant side

Note that both thumbs should be pointing towards the bas of the hurley

Ensure the hurley is almost parallel to the ground before performing the lift



Slide the toe of the hurley under the ball to lift it from the ground






Release the non-dominant hand from the hurley into a cupped position allowing the ball to fall into it



## COMMON ERRORS

Here are the Common Errors for the Jab Lift

|   |  |   |
|---|--|---|
| ✗ | Holding the hurley with the 'toe' facing inwards; this may lead to difficulty in sliding the hurley under the ball |    |
| ✓ | To correct, the hurley is turned to face the 'toe' away from the body  |    |
| ✗ | Holding the hurley at too great an angle to the ground   |   |
| ✓ | To correct, bend the knees and back to ensure the hurley is almost parallel to the ground                          |  |
| ✗ | Catching the ball in the dominant hand; this may lead to difficulty when attempting to strike the ball             |  |
| ✓ | To correct, ensure that the non-dominant hand is released to catch the ball  |  |



**DRILL 1 MOVE AND JAB LIFT**

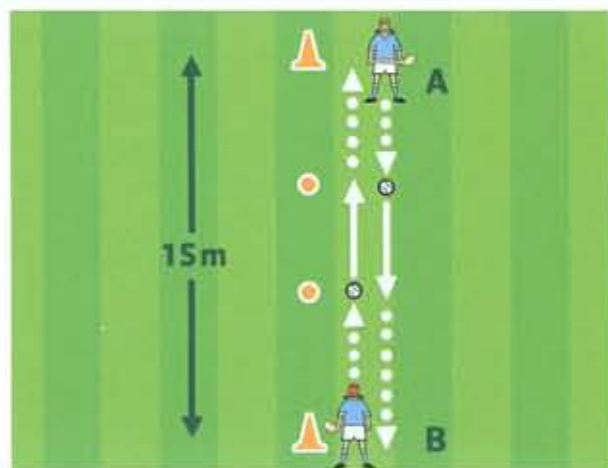
Basic Drill to practise the Jab Lift technique

**ORGANISATION**

- Place 2 cones and 2 markers in a line over approximately 10-15m
- Divide the players into equal groups, one positioned at each of the outer cones
- Place a ball at each marker
- The front player in the line nearest the ball jogs forward to Jab Lift the ball
- Continuing forward place the ball at the next marker for the next player opposite to repeat the drill, and so on
- The players continue to the end of the opposite line
- Continue the drill for a set time

**VARIATION**

- To increase the challenge, decrease the distance between the cones and markers


**DRILL 2 CHASE AND LIFT**

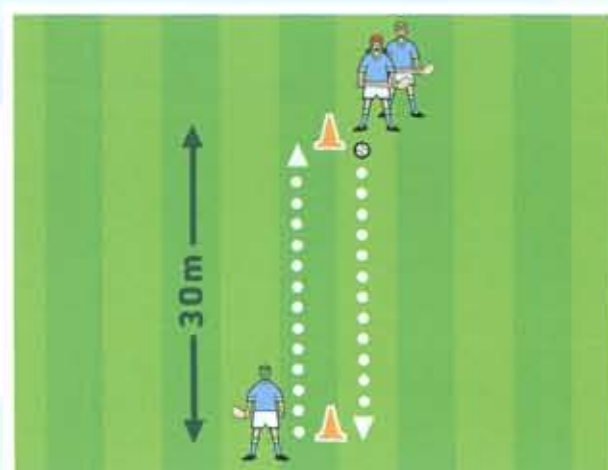
Intermediate Drill to practise the Jab Lift technique that requires the players to jab lift the ball as it moves away from them

**ORGANISATION**

- Mark out a distance of 30m using cones
- Divide the players into groups of three
- Two players line up behind one cone with the ball; the third lines up behind the other cone
- Each player in turn throws the ball out in front to follow and Jab Lift before it stops rolling; continue to the far cone
- Repeat the drill a set number of times

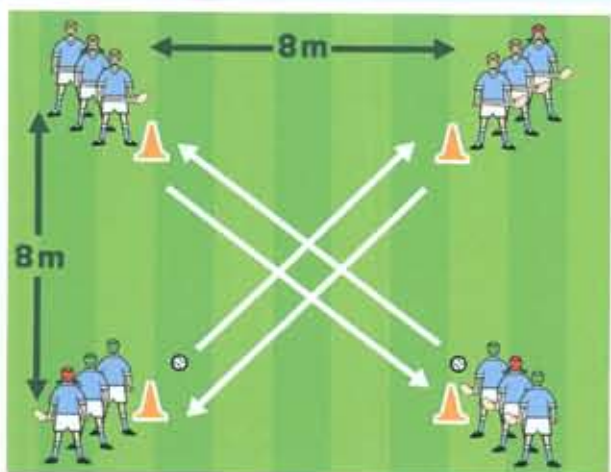
**VARIATION**

- Line all the players up behind the same cone, each player in turn Jab Lifts the ball and throws it out in front for the next player



## PRACTISE THE TECHNIQUE

### DRILL 3 CROSS RUNNING JAB LIFT



Intermediate Drill that requires the players to Jab Lift the ball while running across the path of other players

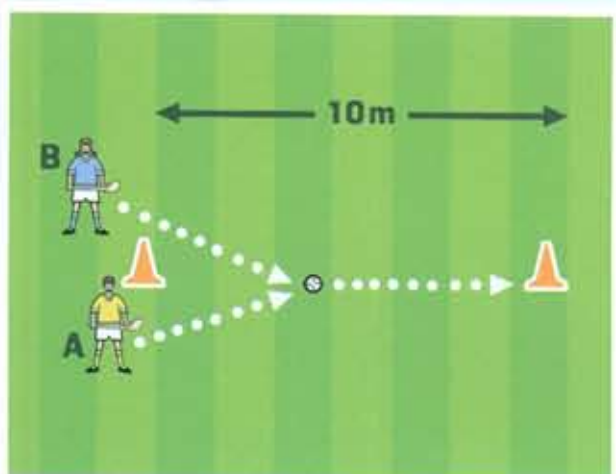
#### ORGANISATION

- Divide the players into four equal groups
- Mark out a grid 8m X 8m using cones
- One group lines up behind each cone
- The front players in two of the four groups run and Jab Lift the ball before placing it on the ground for the front player at the opposite corner to repeat.
- The players should focus on Jab Lifting the ball at pace, accelerating through the centre and placing the ball for the next player

#### VARIATION

- To increase the challenge, introduce a second ball to each line

### DRILL 4 JAB LIFT WITH OPPOSITION



Advanced Drill to practise the Jab Lift technique that introduces an opponent

#### ORGANISATION

- Divide the players into pairs; one ball per pair
- Mark out a distance of 10m using cones
- Place a ball midway between cones
- On the whistle, Player A runs forward to Jab Lift the ball
- Player B runs alongside or just behind Player A to provide token opposition
- Player A replaces the ball in the centre and the roles are reversed

#### VARIATION

- To increase the challenge, allow Player B to challenge for the ball

**ACTIVITY 1** GRID SWAP
 

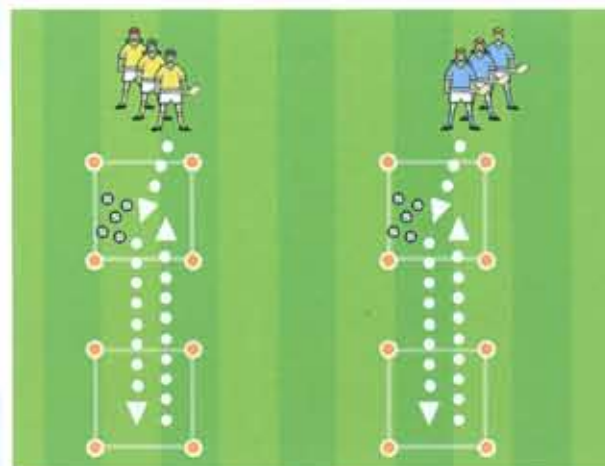
Fun Game designed to increase the speed at which players perform the Jab Lift

**ORGANISATION**

- Divide the players into equal teams
- Mark out four grids 5m X 5m, with a distance of 5m between each grid. Each team is assigned two grids
- Place the same number of balls in each of the near grids
- The first player in each team Jab Lifts each ball in turn and transfers it to the other grid
- Each player in turn transfers the balls in the opposite direction
- The team who completes the drill in the quickest time wins

**VARIATION**

- Use two grids and assign one to each team. Each team in turn must transfer the balls to the other team's grid


**ACTIVITY 2** MUSICAL CHAIRS
 

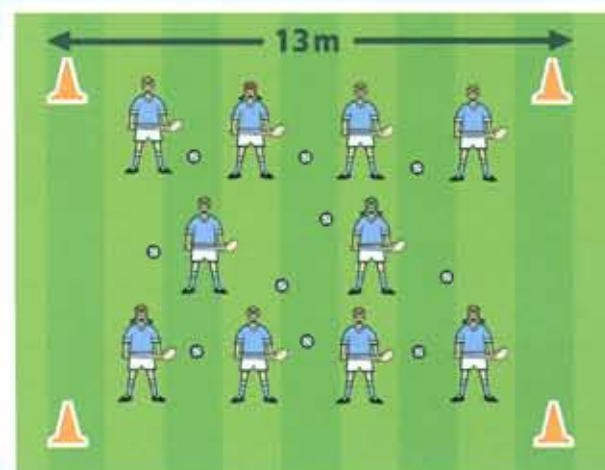
A Fun Game to develop the Jab Lift technique

**ORGANISATION**

- Mark out a grid 13m X 13m
- Ten players and 10 balls are positioned randomly throughout the grid
- The players jog slowly around the grid
- On the whistle, the players move to the nearest ball to Jab Lift it into their hand
- One ball is taken away and the game continues
- On the next whistle, the player who fails to Jab Lift a ball leaves the game
- Continue until only one player remains
- Players may compete for the ball

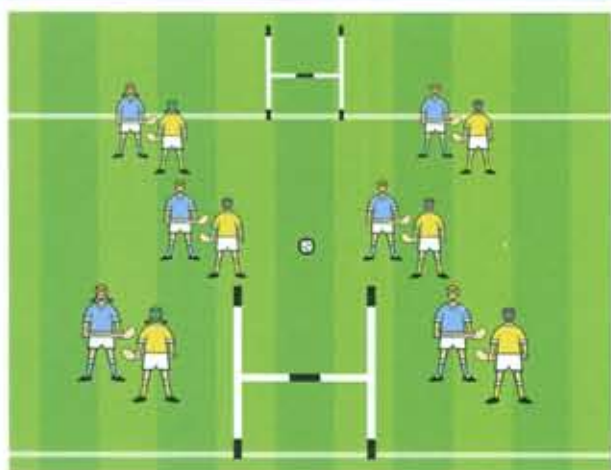
**VARIATION**

- To increase the challenge, reduce the number of sliotars by two after each contest



**DEVELOP THE SKILL**

**ACTIVITY 3 SKILL POINT GAME**



Modified Game to practise the Jab Lift that awards points to players who perform the technique correctly during the game

**ORGANISATION**

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players use the full complement of skills
- Award 3 points for a goal, and 2 points for a successful Jab Lift into the hand

**VARIATION**

- Reducing the size of the playing area will put the players under more pressure to perform the skills quickly and efficiently

## KEY TEACHING POINTS

Here are the Key Teaching Points for Striking from the Hand



Hold the ball in the non-dominant hand with the elbow slightly bent

The shoulders and feet should be in line with the target



Toss the ball from the cupped hand to shoulder height; keep eyes on the ball



Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley



The hurley should be upright in front of the non-dominant shoulder with the bas above head height



Step forward with the lead foot and swing the hurley downward with a wristy action; strike the ball between knee and hip level



Transfer the body weight from the dominant leg to the non-dominant leg as the swing is completed



On the non-dominant side, raise the hurley to the non-dominant shoulder; transfer body weight to the dominant leg



# UNDER 10 STRIKING FROM THE HAND

## COMMON ERRORS

Here are the Common Errors for Striking from the Hand

|   |  |   |
|---|--|---|
|    | Missing the ball completely!   |    |
|    | To correct, hold the hurley short initially before gradually moving to hold it at full length  |    |
|    | Placing the non-dominant hand above the dominant hand on the hurley; this may not affect the player's ability to strike the ball but may limit their ability to adapt the strike in a game situation |   |
|  | To correct, place the non-dominant hand below the dominant hand in the lock position   |  |
|  | Lifting the head to follow the ball before completing the strike   |  |
|  | To correct, continue to keep the head down, looking at the point of impact until the follow through is complete  |  |
|  | Tossing the ball up too high or too far in front; this may lead to missing the ball as it drops, or delaying the swing and affecting the timing of the strike  |  |
|  | To correct, practise simply tossing the ball up to shoulder height and catching it   |  |

## DRILL 1 STRIKING IN PAIRS: ACCURACY

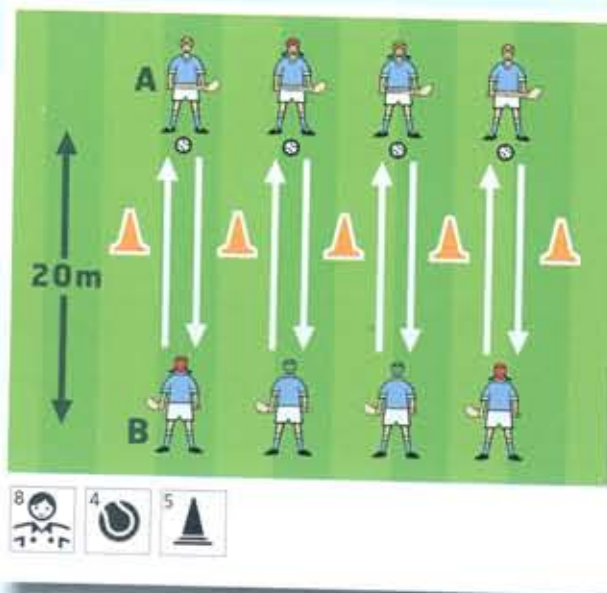
Basic Drill to practise Striking from the Hand designed to improve accuracy

### ORGANISATION

- Divide the players into pairs, one ball per pair
- Mark out a distance 15–20m wide
- Mark a goal midway between each pair
- The players strike the ball through the goal to their partner

### VARIATION

- To increase the challenge; increase the distance between the players or reduce the width of the goal



## DRILL 2 STRIKE AND MOVE

Intermediate Drill to practise Striking from the Hand

### ORGANISATION

- Divide the players into pairs, one ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player strikes the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle
- Third, each player strikes the ball on the run to their partner who is also moving
- Change the direction of the movement to strike off the alternate side

### VARIATION

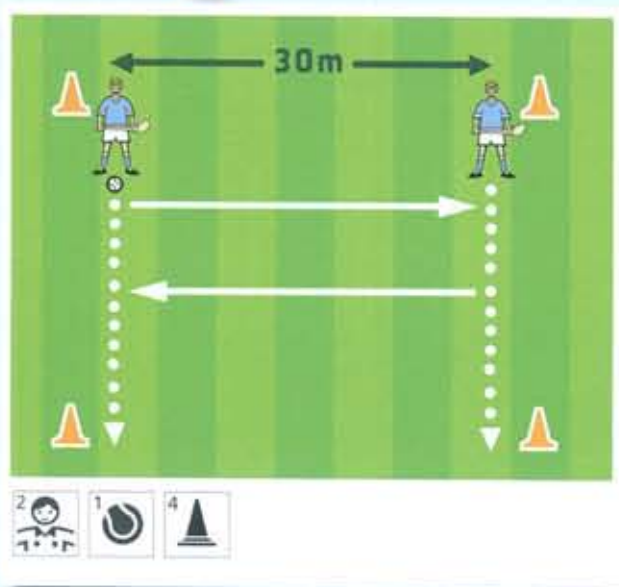
- Vary the type of strike the player must use, e.g. high, low, to hand or to bounce



# UNDER 10 STRIKING FROM THE HAND

## PRACTISE THE TECHNIQUE

### DRILL 3 KEEP IT WIDE



Intermediate Drill to practise Striking from the Hand on the run

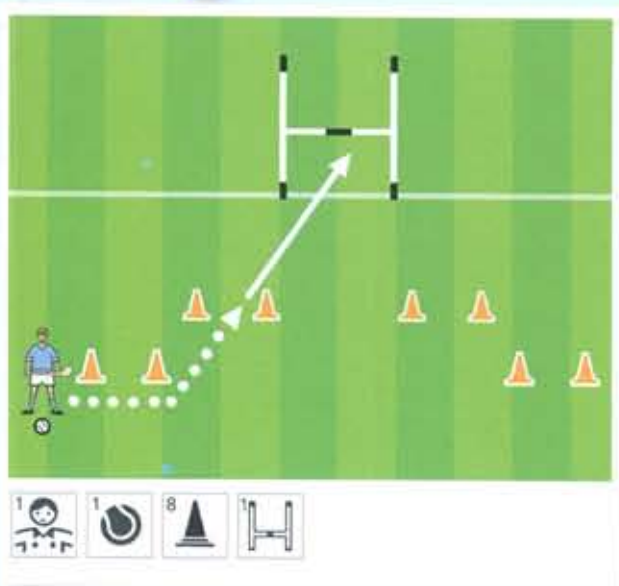
#### ORGANISATION

- Divide the players into pairs, one ball per pair
- Mark out a distance 30m wide using cones
- The players strike the ball back and forth across the distance as they move up the field
- When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side

#### VARIATION

- To increase the challenge, increase the distance between the players

### DRILL 4 STRIKE AND SCORE



Intermediate Drill to practise Striking from the Hand for a point

#### ORGANISATION

- Place two cones on the 20m line, 20m to each side of goal
- Place two more cones 1m apart, between the outer cones and the goal
- The players line up behind one of the outer cones; one ball per player
- Each player solos through the inner cones and strikes for a point on the 13m line
- The players should run directly for goal once they pass through the inner cones
- Repeat the drill from either side recording how many times players score

#### VARIATIONS

- To increase the challenge, increase the distance from which the players shoot
- Use a goalkeeper and challenge players to shoot for goal



**ACTIVITY 1 HIT THE CONES**

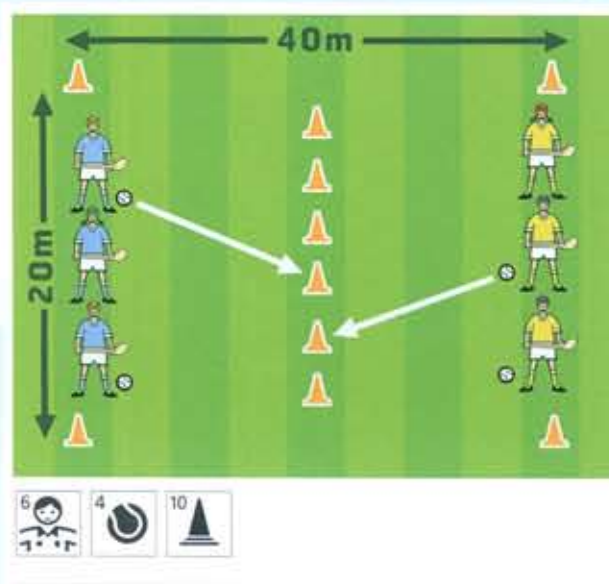

Fun Game to practise Striking from the Hand

**ORGANISATION**

- Mark out grid 40m long by 20m wide
- Place a number of cones across the middle of the grid
- Divide the players into groups of three to five players, one or two balls per team
- The players in possession attempt to strike the cones in the middle of the grid
- For each successful strike, award one point

**VARIATION**

- To reduce the challenge: reduce the distance from the players to the cones


**ACTIVITY 2 KEEP BALL**

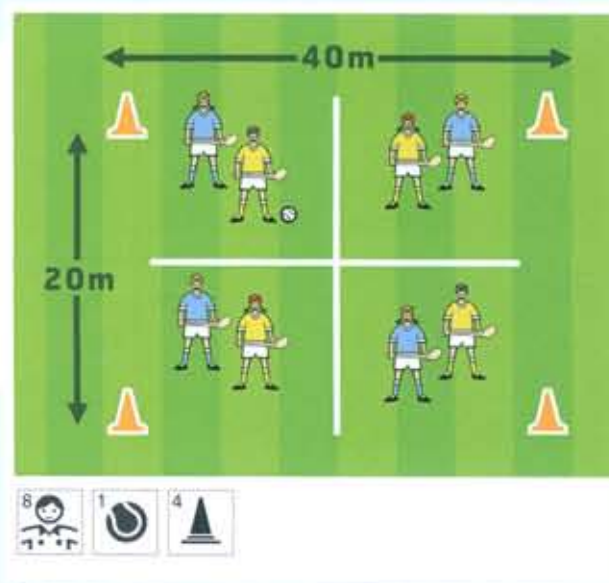

Fun Game to practise Striking from the Hand

**ORGANISATION**

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four, one player per section
- The players attempt to retain possession by striking the ball from section to section
- The opposing team attempt to block the strike attempts
- If the strike is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

**VARIATION**

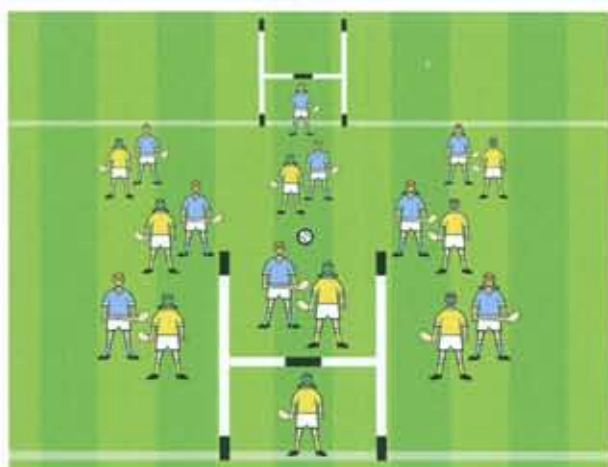
- Initially allow the sliotar to be struck either clockwise or anti-clockwise; as the players progress, allow the sliotar to be struck in any direction



# UNDER 10 STRIKING FROM THE HAND

## DEVELOP THE SKILL

### ACTIVITY 3 SKILL POINT GAME



Modified Game to develop Striking from the Hand that awards points to players who perform the technique correctly during the game

#### ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may strike the ball from the hand, and from the ground, and use the Hand Pass
- Award 3 points for striking a point from the hand and 2 points for a goal

#### VARIATION

- To ensure plenty of striking, do not permit solo running

## KEY TEACHING POINTS

Here are the Key Teaching Points for the Frontal Block



Adopt the ready position

The player should be positioned a hurley plus an arm's length in front of the striking player



As the opponent throws the ball from the hand, step into the tackle as if genuflecting

Use the non-dominant leg to improve balance and power; at a greater distance use the dominant leg to increase reach



Reach forward, sliding the non-dominant hand back towards the dominant hand



Both thumbs face towards the bas of the hurley, the bas of the hurley should extend above the head



As the opponent is about to strike the ball, block down firmly on both the ball and their hurley



The block can be performed using a one-handed grip, step forward with the dominant leg to maximise reach



## COMMON ERRORS

Here are the Common Errors for the Frontal Block

|   |  |   |
|---|--|---|
| ✗ | Not stepping into the tackle, the player may be too far from the opponent to perform the block successfully            |    |
| ✓ | To correct, genuflect into the tackle as the opponent tosses the ball to strike  |    |
| ✗ | Waiting for the opponent's hurley to strike the blocking hurley, the ball may be struck before the block is complete   |   |
| ✓ | To correct, block down firmly on both the ball and the opponent's hurley as the ball is about to be struck             |  |
| ✗ | Dropping the hurley below the striking hurley, the opponent's hurley may follow through and strike the blocking player |  |
| ✓ | To correct, block down firmly on both the ball and the opponent's hurley as the ball is about to be struck             |  |

**DRILL 1** IMAGINARY BLOCK
 

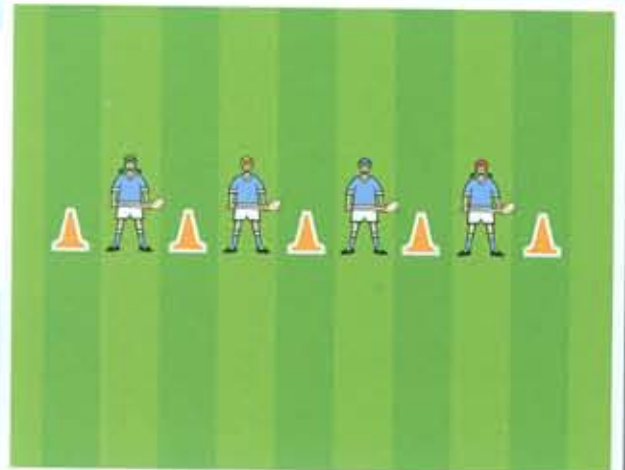
Basic Drill to practise the Frontal Block technique

**ORGANISATION**

- Position the players along a line 2m apart
- On the whistle, the players move from the Ready Position to the Frontal Block position and back to the Ready Position
- The Coach may count or talk the players through the stages of the technique to help them with the sequence and the timing
- Repeat the drill several times

**VARIATION**

- As the players improve, complete the drill first while walking, and eventually while jogging


**DRILL 2** CONTACT BLOCK
 

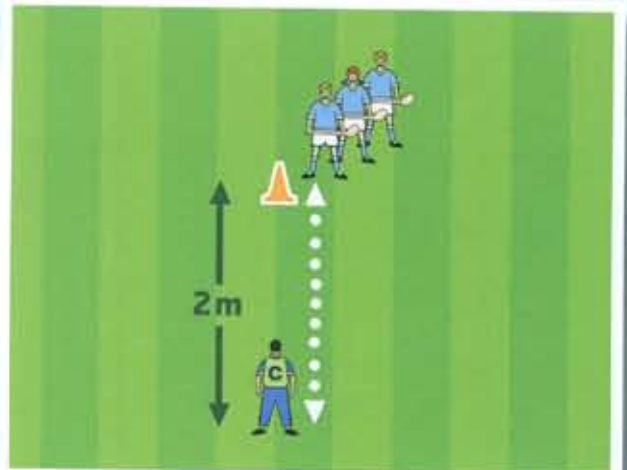
Basic Drill to practise the Frontal Block technique which aims to build the players' confidence in the contact situation

**ORGANISATION**

- The players line up in single file behind a cone
- The Coach stands approximately 2m away directly in front of the first player in the line
- Each player in turn advances to perform a block down on the Coach striking an imaginary ball
- The Coach should adjust the strength of their swing to suit each player's confidence and ability

**VARIATION**

- As players gain confidence, introduce a ball, for example a First Touch sliotar



## PRACTISE THE TECHNIQUE

## DRILL 3 TURN AND BLOCK



Basic Drill to practise the Frontal Block technique that requires the players to turn and block

**ORGANISATION**

- Divide the players into groups of three
- Place 3 markers in a line approximately 2m apart, one player at each marker
- Player A and Player B in turn strike an imaginary ball
- The centre player moves to block Player A and Player B in turn
- The Coach may count or talk the players through the stages of the technique to help them with the sequence and the timing
- Change the centre player after a set time

**VARIATION**

- To increase the challenge; introduce a ball such as the Quick Touch slotar

## DRILL 4 HIT THE TARGET



Intermediate Drill to practise the Frontal Block technique

**ORGANISATION**

- Mark out a grid 2m X 2m using markers
- On a signal Player A, positioned 10m to one side of the grid, strikes the ball to Player B, positioned inside the grid
- Player C, beginning on the other side of the grid, attempts to block Player B from striking the ball to Player D at the far cone
- Player D continues the drill by striking to Player C as Player B attempts to block and so on

**VARIATION**

- Use a large ball initially, use a smaller ball as the players become more proficient

**ACTIVITY 1** GRID BLOCK

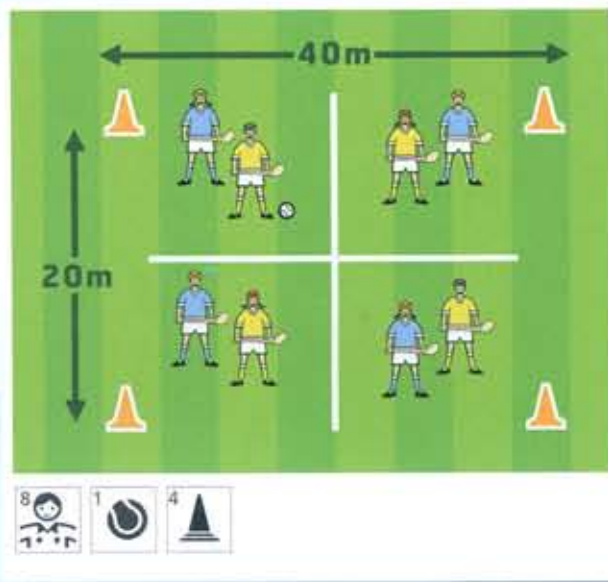
A Fun Game to develop the Frontal Block technique

**ORGANISATION**

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four, one player per section
- The players attempt to retain possession by striking the ball from section to section
- The opposing team attempt to block the strike attempts.
- If the strike is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

**VARIATION**

- Initially allow the sliotar to be struck either clockwise or anti-clockwise; as the players progress, allow the sliotar to be struck in any direction


**ACTIVITY 2** CHASE AND BLOCK

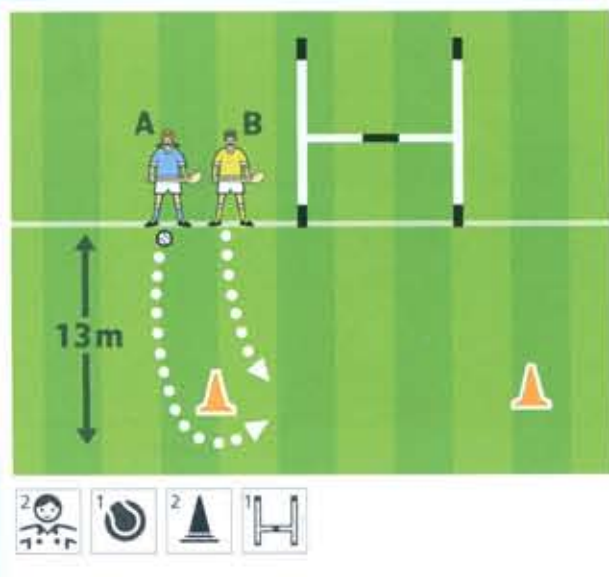
A Game Play Drill to develop the Frontal Block technique requiring the players to perform the block on an opponent striking for a point

**ORGANISATION**

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A solos to the cone to strike the ball on the inside for a point
- Player B follows and attempts to block
- Award points for a successful block
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

**VARIATION**

- To increase the challenge to the blocker; give the attacking player a head start



## DEVELOP THE SKILL

### ACTIVITY 3 SKILL POINT GAME



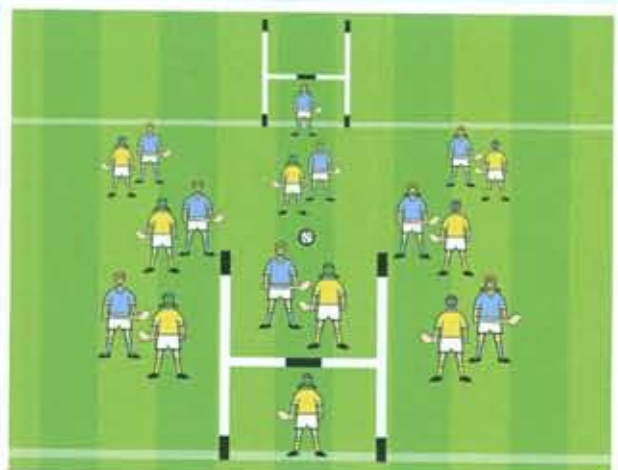
A Modified Game to develop the Frontal Block technique

#### ORGANISATION

- Divide the players into teams of 9 – 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Mark out an area 65m X 40m.
- Place goals in the centre of the end line.
- Players are permitted to lift and strike, catch and strike or play the ball on the ground.
- Award 3 points for each goal scored, 1 point for each point scored and 1 point for each successful Frontal Block

#### VARIATION

- As players become more proficient, introduce a smaller ball like the Smart Touch hurling ball





## KEY TEACHING POINTS

Here are the Key Teaching Points for the Hand Pass



Hold the hurley in the dominant hand with the ball in the non-dominant hand



Toss the ball from the non-dominant hand to below shoulder height, step towards the receiver with the dominant foot

In a game situation hold the hurley up and across the body throughout the pass for protection



Swing back and extend the non-dominant arm, keep eyes on the ball



Strike through the ball in the direction of the receiver

The point of impact is where the fingers meet the palm of the hand



Follow through to pass the ball at head height to the receiving player



When soloing, flick the ball up from the hurley to strike with the dominant or non dominant hand



## COMMON ERRORS

Here are the Common Errors for the Hand Pass

|   |   |   |
|---|---|---|
|    | <p>Tossing the ball too high, this may result in mis-directing the pass or missing the ball completely</p>                                |    |
|    | <p>To correct, toss the ball from the non-dominant hand to below shoulder height</p>  |    |
|   | <p>Swinging the non-dominant arm back too far, this may result in striking the ball too hard or the ball dropping too far</p>             |   |
|  | <p>To correct, swing back and extend the non-dominant hand without over-extending.</p>  |  |
|  | <p>Striking the ball with the palm of the hand, this may result in mis-directing the pass or applying the incorrect force to the ball</p> |  |
|  | <p>To correct, strike the ball at the point where the fingers meet the palm of the hand</p>   |  |

**DRILL 1 PASS IN PAIRS**

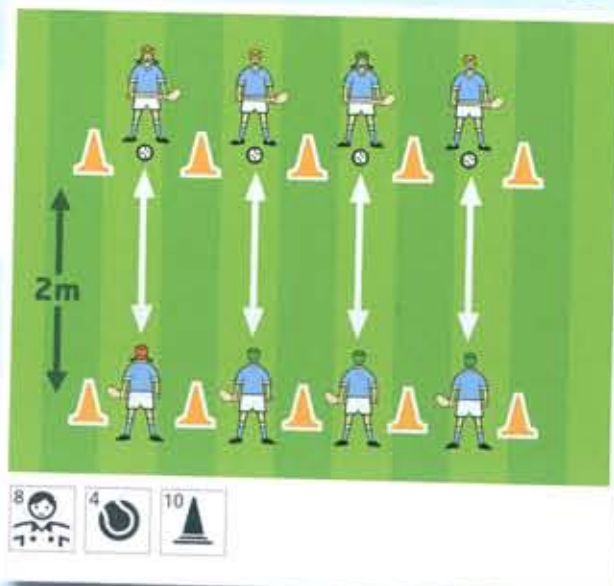
Basic Drill to practise the Hand Pass technique in a stationary position

**ORGANISATION**

- Divide the players into pairs: one ball per pair
- The players stand facing each other two hurley lengths apart
- Each player in turn Hand Passes the ball to their partner who catches it and Hand Passes it back

**VARIATION**

- To increase the challenge, alternate between using the dominant and non-dominant hands to pass


**DRILL 2 PRESSURE PASS**

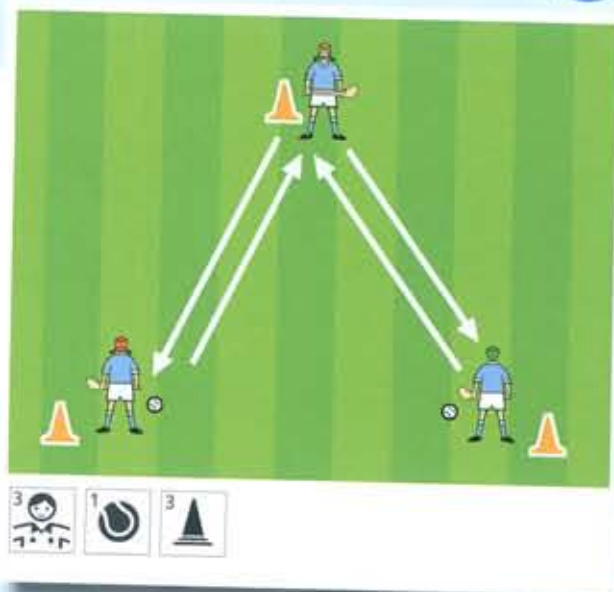
Intermediate Drill to practise the Hand Pass technique that requires the players to catch and pass in different directions

**ORGANISATION**

- Divide the players into groups of three, each group forming a triangle
- Two players act as feeders, with one ball each, the third player is the central player
- The central player must take and return a pass from each player in turn for a set period of time
- Reverse the roles, giving each player the chance to be the central player

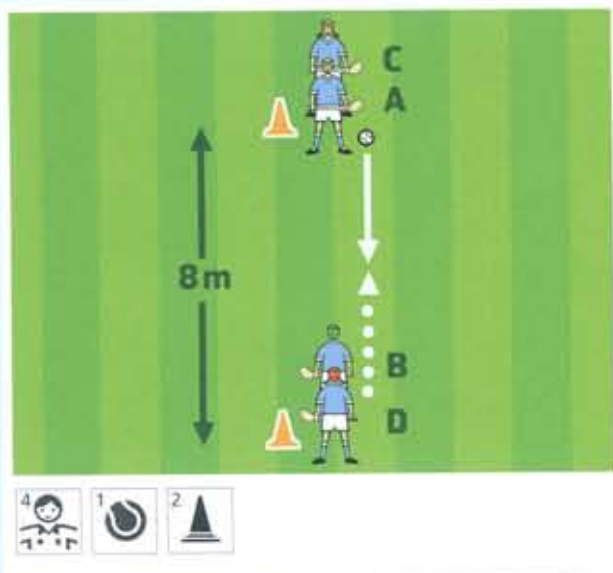
**VARIATION**

- To increase the challenge, the feeders pass the ball as the central player returns the previous pass



## PRACTISE THE TECHNIQUE

## DRILL 3 MOVE AND PASS II



Intermediate Drill to practise the Hand Pass technique that focuses on the timing and weight of the Hand Pass

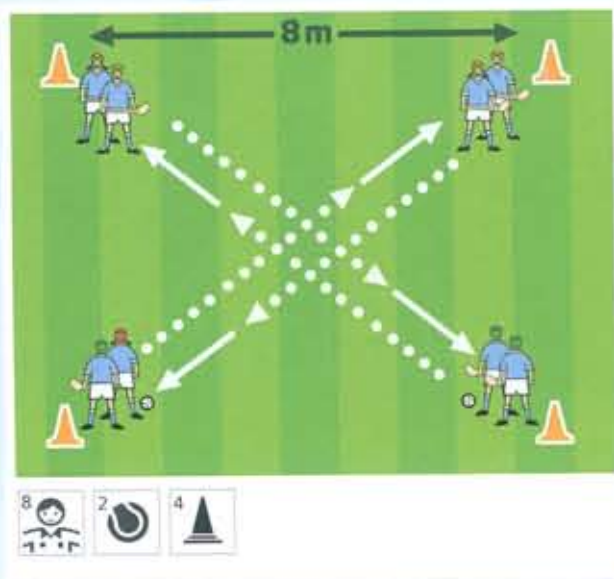
## ORGANISATION

- Mark out a distance of approximately 8m using cones
- Divide the players into groups of 4
- The players line up 2 facing 2
- Working in pairs, the players pass the ball over and back to one another, Player A to Player B and Player C to Player D
- The receiver moves to the ball requiring the passer to time and weight their pass accordingly
- Both passer and receiver move to the far cone as the pass is completed

## VARIATION

- Use two balls per group; each player in turn passes to the next player in the opposite line

## DRILL 4 CROSS RUNNING HAND PASS



Intermediate Drill that requires the players to receive and Hand Pass the ball while running across the path of other players

## ORGANISATION

- Divide the players into four equal groups
- Mark out a grid 8m X 8m using cones
- One group lines up behind each cone
- The front players in two of the four groups run and Hand Pass to the front player at the opposite corner
- Each player in turn receives and passes the ball across the centre of the grid before continuing to join the end of the opposite line
- The players should focus on moving to receive the ball, accelerating through the centre and Hand Passing in front of the oncoming player

## VARIATION

- To increase the challenge; introduce a second ball to each line

**ACTIVITY 1** AROUND THE SQUARE GAME



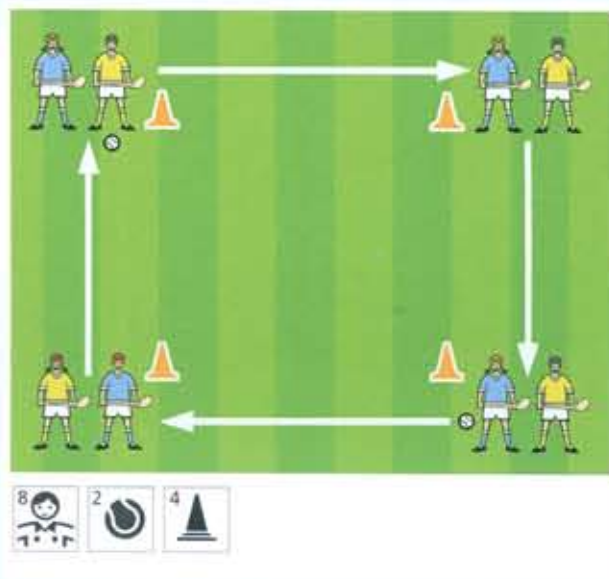
A Fun Game to practise the Hand Pass technique

**ORGANISATION**

- Mark out a square or circle using cones
- Divide the players into two teams, one ball per team
- Position one player from each team at each cone
- One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction
- The first team to have the sliotar back to the starting player wins
- If the sliotar hits the ground, it must be returned to the starting player to begin again

**VARIATION**

- To increase the challenge; increase the size of the square



**ACTIVITY 2** POSSESSION HAND PASS



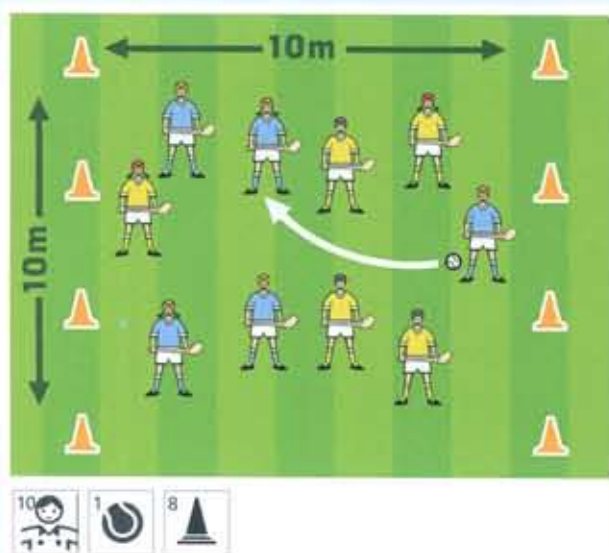
A Fun Game designed to improve the players' ability to perform the Hand Pass under pressure

**ORGANISATION**

- Divide the players into two teams of three to five players each
- Mark out a grid 10m X 10m using cones
- Team A must retain possession of the ball by Hand Passing it to each other
- Team B gain possession by intercepting the ball, or when the ball hits the ground or leaves the grid
- The player in possession may not be tackled
- Each successful catch gains a score, alternatively, the team who makes the highest number of passes in succession wins

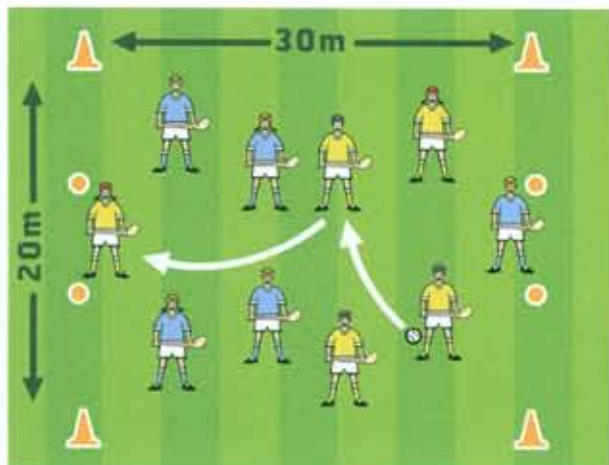
**VARIATION**

- To increase the challenge, increase the number of players on each team



## DEVELOP THE SKILL

## ACTIVITY 3 CAPTAIN BALL



Modified Game that focuses on improving the players' ability to perform the Hand Pass in a game situation

**ORGANISATION**

- Set up a playing area of approximately 30m X 20m
- Mark a goal area at each end using markers
- Divide the group into two teams of 5 players each
- One player from each team acts as the goal receiver
- The aim of the game is to retain possession using the Hand Pass and score by Hand Passing the ball to the goal receiver
- After each score, the goal receiver returns the ball to the opposing team

**VARIATIONS**

- To increase the challenge, allow the players to use the hurley to tackle the ball
- Challenge the players to score with as few passes as possible

**UNDER**

**12**



**LIFT &  
STRIKE**

**COACHING CLASSES**

**COACHING  
CLASSES**



**BLOCKING A BALL OVERHEAD / SOLO RUN / CONTROLLING A  
MOVING BALL / DOUBLING BACK / BATTING A BALL OVERHEAD /  
GROUND FLICK / OVERHEAD STRIKING**

# U-12 INTRODUCTION



Welcome to the U-12 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 12.

Remember that some players progress quicker than others and may have mastered a number of these skills.

## BLOCKING A BALL OVERHEAD

As much of the game is played in the air, Blocking a Ball Overhead is an essential skill in hurling. The ability to block and control a ball overhead is vital to winning possession, particularly in the half back, midfield and half forward positions.

## SOLO RUN

The Solo Run is a skill in hurling used to carry the ball to a better position before striking or passing the ball, or to get away from an opponent. There are two variations of the Solo Run. The ball may be carried by balancing it on the hurley, or by hopping it on the hurley. It is particularly important that young players are taught when to Solo Run and not to over use the skill.

## CONTROLLING A MOVING BALL

The ability to control a moving ball is one of the most important skills in hurling. As the ball travels along the ground or in the air, players need to be able to control the ball while moving at full pace. Players who have the ability to control a moving ball are often said to have a good 'first touch'.

## DOUBLING BACK

Striking a ball first time back in the direction it has come from is an advanced skill that can change the direction of the play quickly and effectively. It can be difficult to control the direction and power of the strike. However, it is most common among defenders to double on a ball that has been played into their space. Positioning the feet correctly and judging the

pace and flight of the approaching ball are vital to performing the technique effectively.

## BATTING A BALL OVERHEAD

Batting a Ball Overhead is a skill mostly used by defenders and midfielders to prevent the ball passing through and to play the ball back in the direction it has come from. With correct positioning and timing, the ball can be batted a considerable distance and with accuracy to a team mate.

## GROUND FLICK

The Ground Flick is a tackling skill used in hurling. The player sacrifices power and distance in the ground stroke by flicking with one hand on the hurley to increase the speed of the stroke. The Ground Flick gives the player a better reach in order to win possession. It is often used when the player finds themselves behind their opponent when going for the ball. It is important that players follow up on the flick to gain possession.

## OVERHEAD STRIKING

The Overhead Strike is a skill that requires a considerable amount of practise and is a spectacular element of the game when carried out successfully. If a player is not in a position to catch or gain control of the sliotar, the Overhead Strike is a quick and efficient means of moving play in the desired direction. It is a very effective technique for goal scoring when the ball is played high to the forwards as it is very difficult for defenders and goalkeeper to react in time to stop the ball.



UNDER

# 12 BLOCKING A BALL OVERHEAD



## KEY TEACHING POINTS

Here are the Key Teaching Points for Blocking a Ball Overhead



Move to a position to intercept the approaching ball



Hold the hurley in the dominant hand; extend it above the head placing the non-dominant hand halfway down the handle of the hurley to improve control



Both thumbs face towards the bas of the hurley



The toe of the hurley should be pointing away from the body

Keep eyes on the ball at all times



Block the ball with the flat of the bas















Relax the grip to deaden the ball on impact, allow the ball to fall at the feet or be caught in the non-dominant hand



# UNDER 12 BLOCKING A BALL OVERHEAD

## COMMON ERRORS

Here are the Common Errors for Blocking a Ball Overhead

|   |  |   |
|---|--|---|
|    | <p>Moving too quickly underneath the ball, this may lead to losing the flight of the ball and missing the block</p>                |    |
|    | <p>To correct, watch the flight of the ball closely, moving to intercept the ball at the safest highest point</p>                  |    |
|   | <p>Holding the hurley with the 'toe' pointed inwards</p>   |   |
|  | <p>To correct, extend the hurley above the head with both hands, with the toe pointing away from the body</p>                      |  |
|  | <p>Extending the hurley too far back and swinging at the ball, may result in missing the ball or batting the ball out of reach</p> |  |
|  | <p>To correct, relax the grip to deaden the ball on impact</p>   |  |

**DRILL 1** BLOCK IN PAIRS

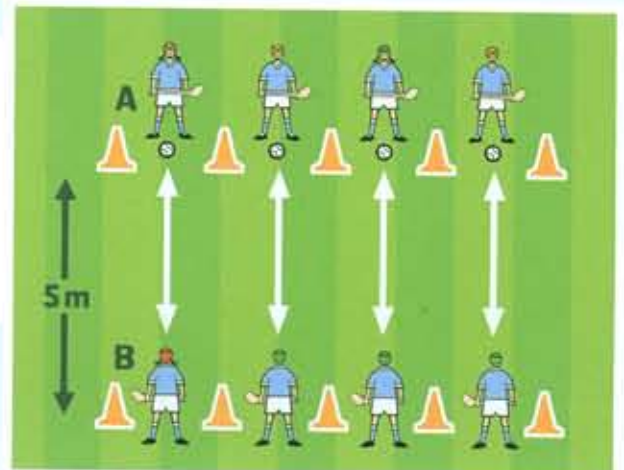
Basic Drill to practise Blocking a Ball Overhead

**ORGANISATION**

- Mark out a distance 5m wide using cones
- Divide the players into pairs; one ball per pair
- Player A throws the ball underarm for Player B to block overhead
- Player B allows the ball to fall to the ground and strikes it back to Player A
- Reverse the roles after a set number of throws

**VARIATION**

- As the players become more proficient challenge them to block the ball and catch it in the non-dominant hand


**DRILL 2** BLOCK AND PASS

Intermediate Drill to practise Blocking a Ball Overhead that requires the players to turn and strike the ball to another player after blocking

**ORGANISATION**

- Mark out a distance of 10m and 5m using cones
- Divide the players into groups of three, one ball per group, one player at each cone
- Player A throws the ball underarm for Player B at the 5m marker
- Player B Blocks the Ball Overhead allowing it to drop to the ground, then strikes the ball to Player C
- The players rotate and the drill continues

**VARIATION**

- As the players become more proficient challenge them to block the ball to catch it in the non-dominant hand before striking the ball to the receiver

