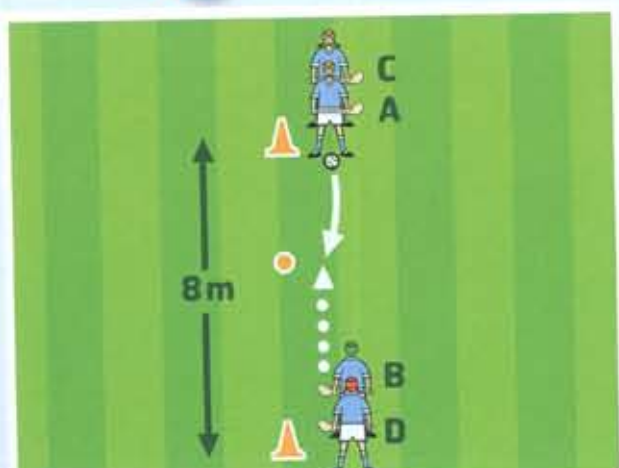


UNDER 12 BLOCKING A BALL OVERHEAD

PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND BLOCK



Intermediate Drill to practise Blocking a Ball Overhead

ORGANISATION

- Mark out a distance 8m wide using cones
- Divide the players into groups of four, one ball per group
- Position two players at one end of the area, the other two stand at the other end
- Player A throws the ball underarm
- Player B Blocks the Ball Overhead at the marker and Hand Passes it to Player C
- Player C throws the ball for Player D to catch
- Each player continues to the back of the opposite line

VARIATION

- To increase the challenge, the feeder throws the ball at an angle requiring the blocker to adjust their positioning and adapt their technique

ACTIVITY 1 BLOCK BALL

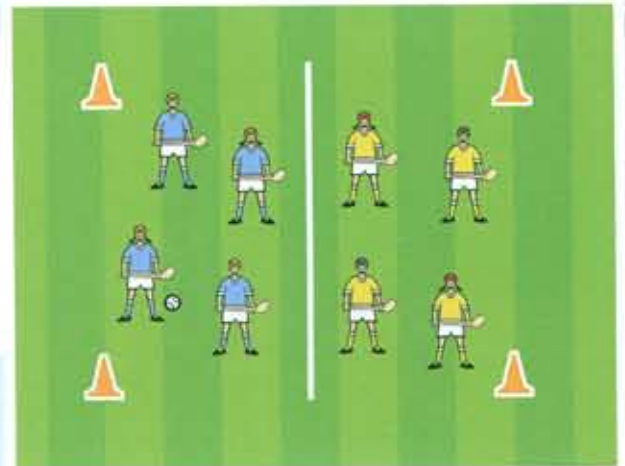
This is a Fun Game to develop Blocking a Ball Overhead

ORGANISATION

- Mark out a court using cones
- Use a net or dividing line to mark the court into two sections
- Divide the players into two even teams
- The objective of the game is to maintain possession by Blocking the Ball Overhead after it has been struck into your section of the court
- Points are awarded if the other team fail to control the ball and it falls to ground

VARIATION

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


ACTIVITY 2 KEEP BALL

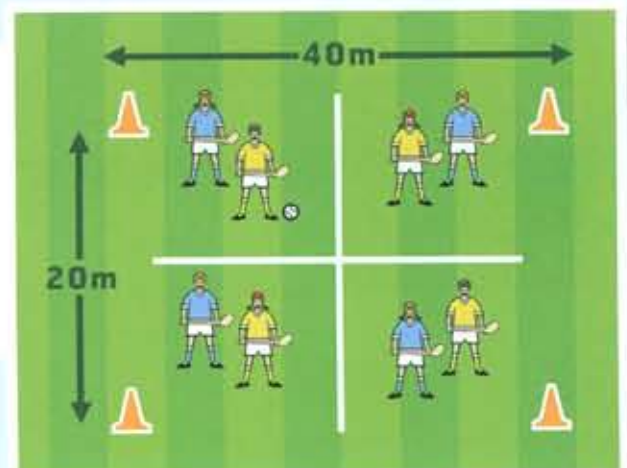
Fun Game to practise Blocking a Ball Overhead

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 blocking the ball into the hand and striking it onto the next section
- The opposing team attempt to contest the block attempts
- If the ball is successfully blocked into the hand, that team must be allowed to retain possession

VARIATION

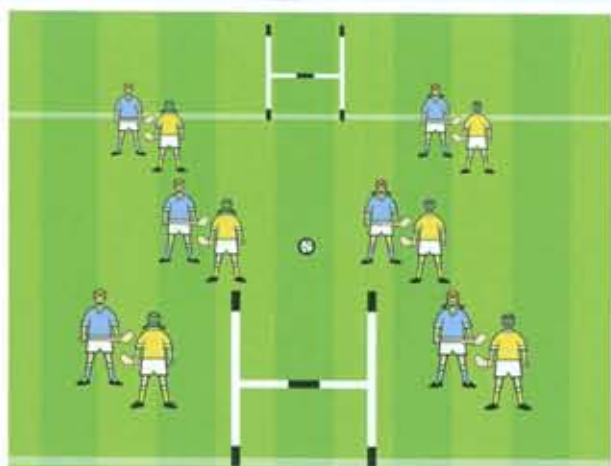
- Initially allow the slotar to be struck either clockwise or anti-clockwise. As the players progress, allow the slotar to be struck in any direction



UNDER 12 BLOCKING A BALL OVERHEAD

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to practise Blocking a Ball Overhead 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 blocking the ball into the hand successfully

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 the Solo Run



Point the hurley forward with the bas flat and the 'toe' facing away from the body to the dominant side



Toss the ball onto the bas of the hurley
The non-dominant hand may be placed on the hurley to help balance the ball



Move forward balancing the ball or hopping the ball on the hurley
Holding the hurley down at a slight angle may improve the players ability to Solo Run at pace



It may benefit the player to control the hurley using a shortened grip when they start learning the Solo Run



COMMON ERRORS

Here are the Common Errors for the Solo Run



Holding the hurley with the 'toe' facing inwards. This may lead to difficulty balancing the ball or reducing the ability to solo at pace



To correct, the hurley is turned to face the 'toe' away from the body before tossing the ball onto the bas



Holding the hurley at full length, this may cause difficulties when learning the Solo Run



To correct, shorten the grip by holding the hurley further down the handle with both hands



DRILL 1 STRAIGHT LINE SOLO
 ▲

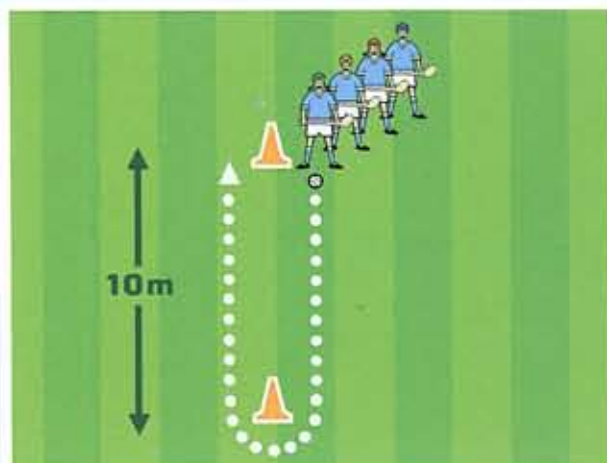
Basic Drill to practise the Solo Run technique

ORGANISATION

- Divide the players into groups of four, one ball per group
- Mark out a distance of 10m using cones
- The players line up behind the first cone
- Each player Solos out and around the far cone
- On the return, they Hand Pass to the next player in line who repeats the drill

VARIATIONS

- Initially, players should catch the ball as they round the far cone, progress to rounding the cone without catching the ball
- Initially the players should use two hands, progress to holding the hurley with one hand as they become more proficient


DRILL 2 SOLO AND PASS
 ▲▲

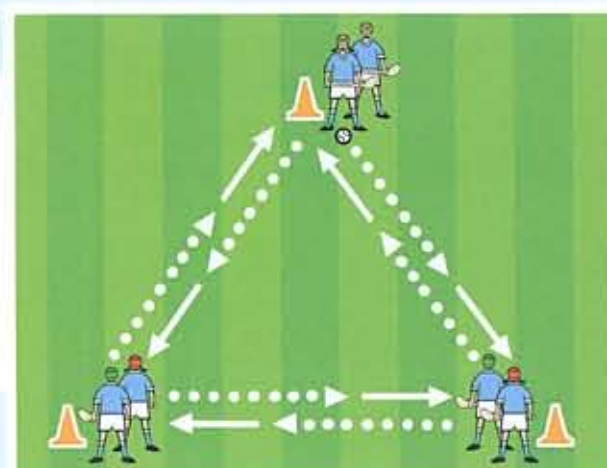
Intermediate Drill to practise the Solo Run technique that requires the players to Hand Pass off the hurley

ORGANISATION

- Divide the players into groups of six, one ball per group
- Mark out a triangle with cones 10m apart
- Two players line up at each corner
- Each player Solos to the next cone, Hand Passing the ball to the next player from 2 to 3m
- Repeat the drill in the opposite direction, pass the ball using the right hand when moving in an anti-clockwise direction and vice versa

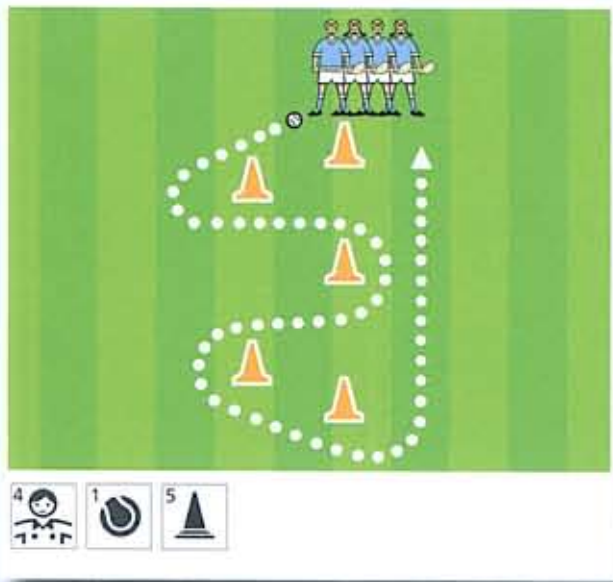
VARIATION

- To increase the challenge, the receiving player should move along their line to provide a moving target for the passer



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG SOLO



Intermediate Drill to practise the Solo Run technique that requires players to maintain control of the ball while soloing around a series of cones

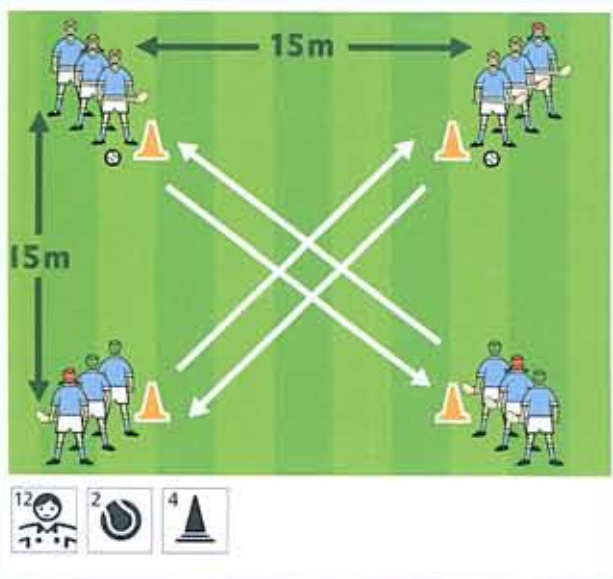
ORGANISATION

- Divide the players into groups of four, one ball per group
- Place five cones in a zig-zag formation, 5m between each cone
- Each player Solos out and around each cone
- Once round the far cone, they Solo straight back and Hand Pass to the next player who repeats the drill

VARIATION

- Initially, players should catch the ball as they round the far cone, progress to rounding the cone without catching the ball

DRILL 4 THROUGH THE MIDDLE



Intermediate Drill to practise the Solo Run technique that requires the players to maintain control of the ball while soloing through a common area

ORGANISATION

- Mark out a grid 15m square, using cones
- Three players line up at each corner of the grid
- Starting from two corners the players must Solo across the grid and Hand Pass to the next player from 2-3m away
- The players may catch the ball as they pass through the centre of the grid

VARIATION

- To increase the challenge, add two more balls so four players go through centre of grid

ACTIVITY 1 GRID SWAP
 

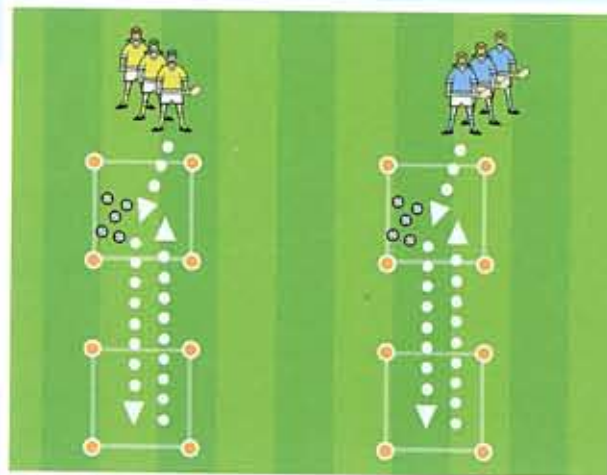
Fun Game designed to increase the speed at which players perform the Solo Run

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 using the Solo Run
- 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 SOLO TAG
 

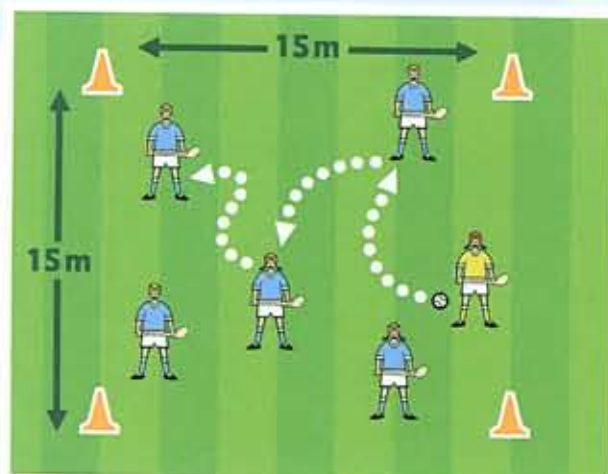
A Fun Game to develop the Solo Run technique

ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball Solos around attempting to tag the other players
- The player must Solo the ball as they travel between the players, catch the ball to tag each player
- As each player is tagged they must leave the game
- Change the player with the ball when all the players have been tagged

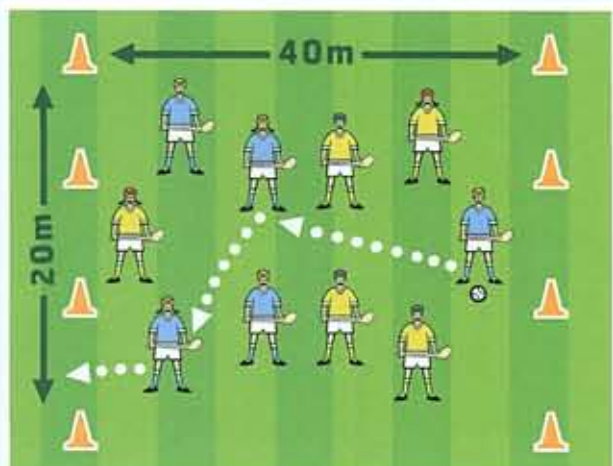
VARIATION

- Increase the number of 'taggers'



DEVELOP THE SKILL

ACTIVITY 3 ON THE RUN



A Modified Game to develop the players' ability to Solo Run in a game situation

ORGANISATION

- Mark out a playing area 40m long and 20m wide
- Divide the group into two teams of five players
- The aim is to score by Soloing with the ball over the opponent's end line
- Players may only Solo and Hand Pass the ball
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley
- If a ball is intercepted or falls to the ground, the other team gain possession

VARIATION

- The teams take turns in possession. Allow more players on the team in possession

UNDER

12

CONTROLLING A MOVING BALL



KEY TEACHING POINTS

Here are the Key Teaching Points for Controlling a Moving Ball

- | | | |
|---|--|---|
| ✓ | Adopt the Ready Position |  |
| ✓ | If the ball is travelling along the ground, adopt the Lifting Position |  |
| ✓ | Hold the hurley at an angle to deflect the ball towards the body |  |
| ✓ | Release the non-dominant hand from the hurley to catch the ball |  |
| ✓ | If the ball is travelling in the air, move the hurley to intercept the ball |  |
| ✓ | Relax the grip and angle the bas of the hurley back to deaden the ball on impact |  |
| ✓ | Release the non-dominant hand from the hurley to catch the ball |  |

COMMON ERRORS

Here are the Common Errors for Controlling a Moving Ball



Holding the hurley at full length. This may cause difficulties when learning to control a moving ball into the hand



To correct, shorten the grip by holding the hurley further down the handle with both hands



Not bending the back and knees to adopt the Lifting Position. This may result in the ball passing below the hurley or bouncing away



To correct, bend the back and knees to move the hurley down



Pushing the hurley through the ball. This may result in the ball bouncing away



To correct, relax the grip and angle the bas of the hurley back to deaden the ball on impact



DRILL 1 MOVE AND CONTROL

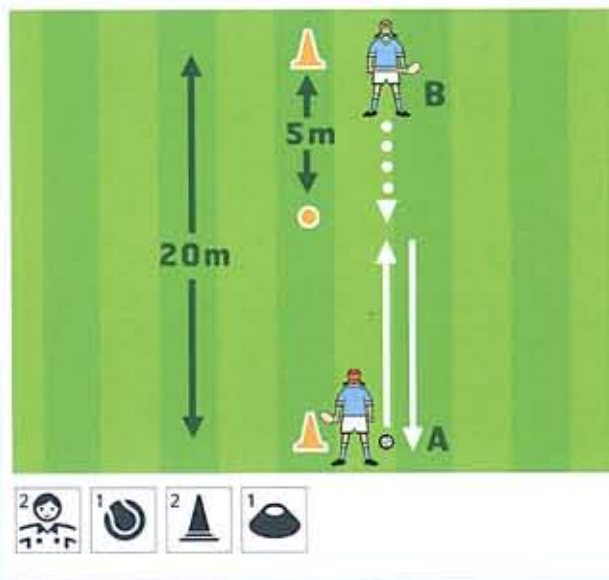
Intermediate Drill to practise Controlling a Moving Ball

ORGANISATION

- Divide the players into pairs 20m apart
- Place a marker 5m from one of the outer cones
- On the whistle, Player A strikes the ball low, Player B runs forward to control it at 5m mark
- Player B continues forward, striking the ball back to Player A before jogging backwards to the outer cone
- On next whistle, repeat the drill
- Reverse the roles after a set number of repetitions

VARIATIONS

- The players strike the ball at hip height for their partner to control
- To increase the challenge, increase the distance between the players



DRILL 2 TURN AND CONTROL

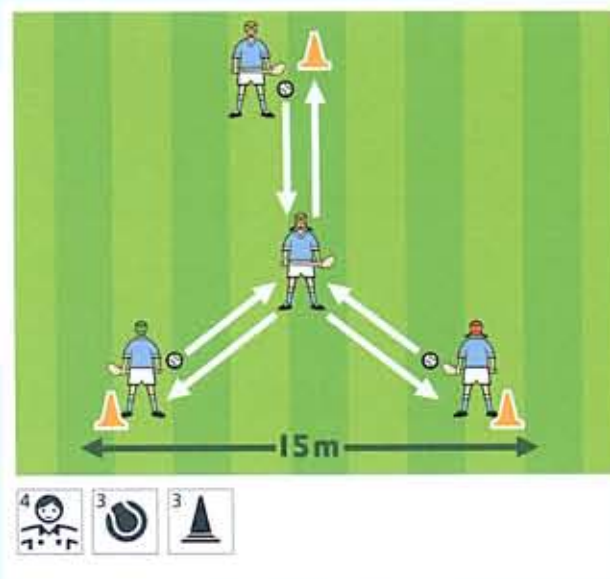
Intermediate Drill that requires the players to change direction before Controlling a Moving Ball

ORGANISATION

- Divide the players into groups of four
- Mark out a triangle with cones 15m apart
- Position one player at each corner, with a fourth player in the middle
- In turn, the outer players strike the ball low for the middle player to control and return
- After a set time, change the player in the middle

VARIATIONS

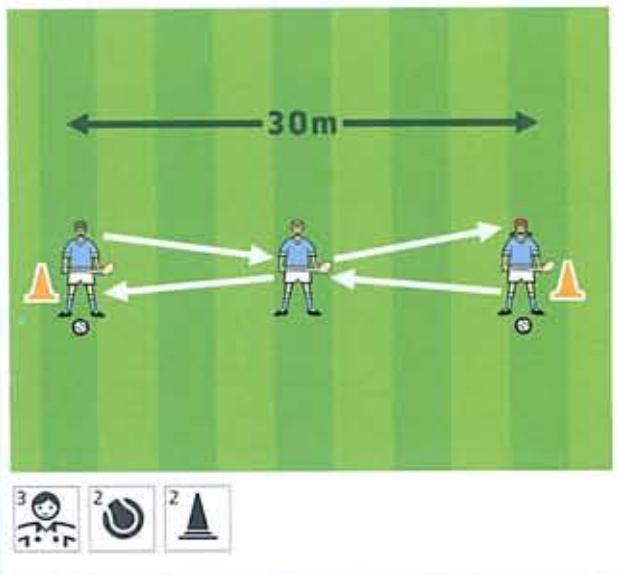
- The players strike the ball at hip height for their partner to control
- To increase the challenge, increase the distance between the players



UNDER 12 CONTROLLING A MOVING BALL

PRACTISE THE TECHNIQUE

DRILL 3 CENTRE AND CONTROL



Intermediate Drill to practise Controlling a Moving Ball into the hand

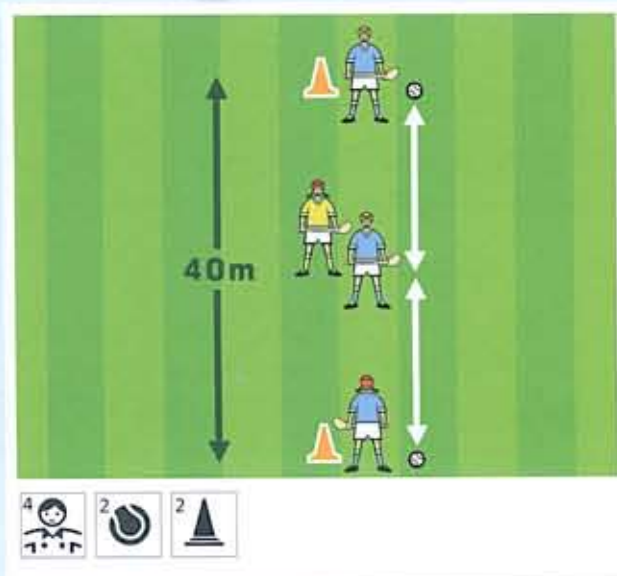
ORGANISATION

- Divide the players into groups of three
- Mark out a distance of 30m using cones
- Position one player at each end with a ball and the third player in the middle
- In turn, the outer players strike the ball for the middle player to control and return
- Count how many balls the middle player controls and returns in a set time
- Change the middle player and continue the drill

VARIATIONS

- The players strike the ball at varying heights and speeds for the middle player to control
- To increase the challenge, increase the distance between the players

DRILL 4 OPPOSED CONTROL



Advanced Drill to practise Controlling a Moving Ball into the hand that introduces an opponent

ORGANISATION

- Divide the players into groups of four
- Mark out a distance of 40m using cones
- Position one player at each end with a ball, and two players in the middle
- In turn, the outer players strike the ball for the nearest middle player to control and strike back
- The second middle player provides shadow opposition
- Reverse the roles of the middle players as the second ball is played
- Change the feeders and receivers after a set time

VARIATIONS

- The players strike the ball at varying heights and speeds for the middle player to control
- To increase the challenge, allow the opposing player to compete for the ball

ACTIVITY 1 CONTROL AND STRIKE RELAY

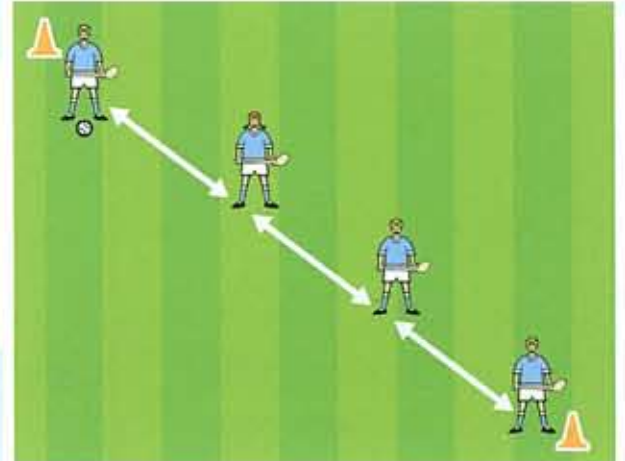
A Fun Game to help improve the player's ability in Controlling a Moving Ball

ORGANISATION

- Divide the group into teams of three or four players
- Line up each team at regular intervals over the length of the field
- The players move the ball up and down the line as many times as possible in a set time
- The team who moves the ball up and down the line quickest is the winner

VARIATION

- Add more players to each line and reduce the distance between the players


ACTIVITY 2 KEEP BALL

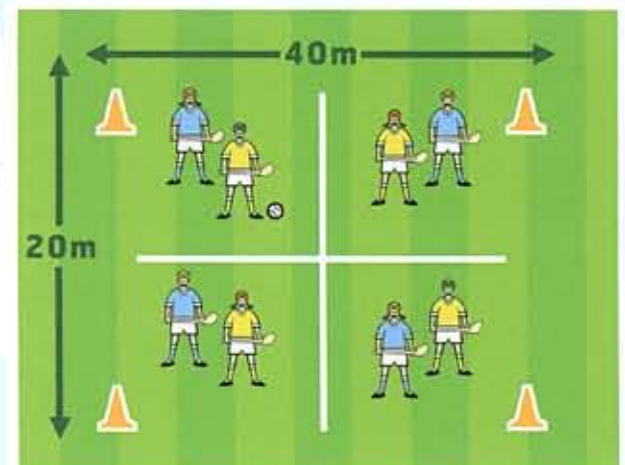
Fun Game to practise Controlling a Moving Ball

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 controlling the ball into the hand and striking it onto the next section
- The opposing team attempt to block
- If the ball is successfully controlled into the hand, that team must be allowed to retain possession

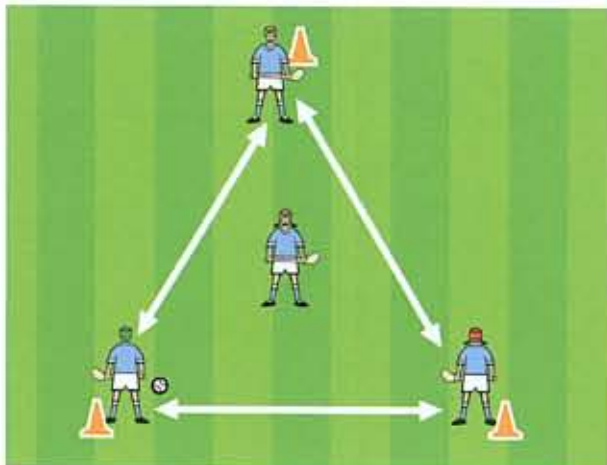
VARIATION

- 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



DEVELOP THE SKILL

ACTIVITY 3 **PIGGY IN THE MIDDLE**



Fun Game to practise Controlling a Moving Ball

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 strike the ball to one another while the 'piggy in the middle' attempts to block it
- Any player whose strike is intercepted becomes the new 'piggy in the middle'

VARIATIONS

- As the players develop, increase the distance between them
- As players develop, do not permit them to control the ball into the hand

KEY TEACHING POINTS

Here are the Key Teaching Points for Doubling Back



Move towards the ball in the ready position focusing on the flight and pace of the approaching ball



Move the feet so that the shoulders and hips are in line with the intended target



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



With eyes on the ball, swing down to connect with the ball close to the body, in line with the lead foot



Keeping the head down, follow through in the direction of the target

Concentrate on connecting properly with the ball rather than powerfully at first



Whether the ball is hit from the dominant or non-dominant side is determined by the position of the approaching ball



UNDER 12 DOUBLING BACK

COMMON ERRORS

Here are the Common Errors for Doubling Back

	<p>Trying to hit the ball too hard. This can lead to missing the ball entirely</p>	
	<p>To correct, concentrate on connecting properly with the ball using a wristy downward swing close to the body</p>	
	<p>Not moving the feet to align the shoulders and hips with the flight of the ball. This may result in poor contact with the ball</p>	
	<p>To correct, move the feet, swivelling the shoulders and hips as the ball approaches</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 GOAL STRIKE

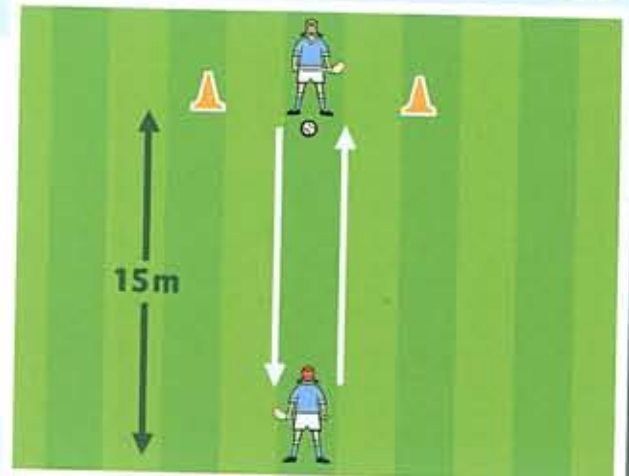
Basic Drill to practise the Doubling Back technique

ORGANISATION

- Divide the players into pairs, one ball per pair
- Mark out a goal 3m wide; one player of each pair acts as a goalkeeper
- The second player stands 15m away
- The goalkeeper strikes the ball low for their partner to Double Back on to try to score a goal
- If the player stops the ball or takes more than one touch, a score is not counted
- Count the number of goals scored in a set time
- Reverse roles and repeat

VARIATION

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


DRILL 2 STRIKING ON THE GROUND - WALL BALL

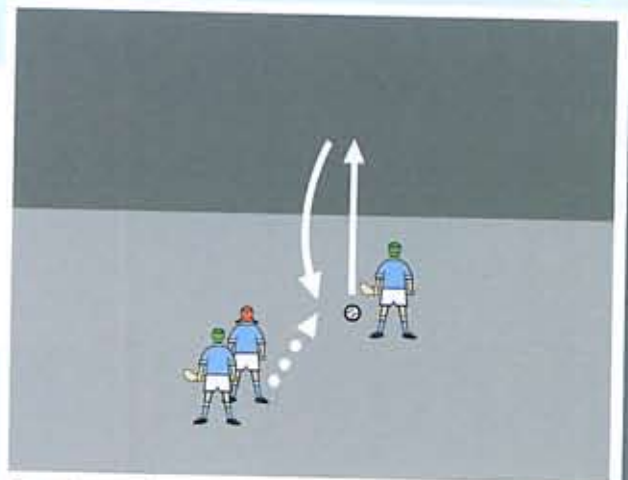
Basic Drill to improve the Doubling Back technique by striking a stationary and moving ball

ORGANISATION

- Line up players in groups of 3-5 at one end of the court; one ball per line
- The first player strikes the ball along the ground to return off the front wall. Each following player must stop the ball and strike to return off the front wall for the next player in line
- Challenge each player to perform the skill using the left and right sides

VARIATIONS

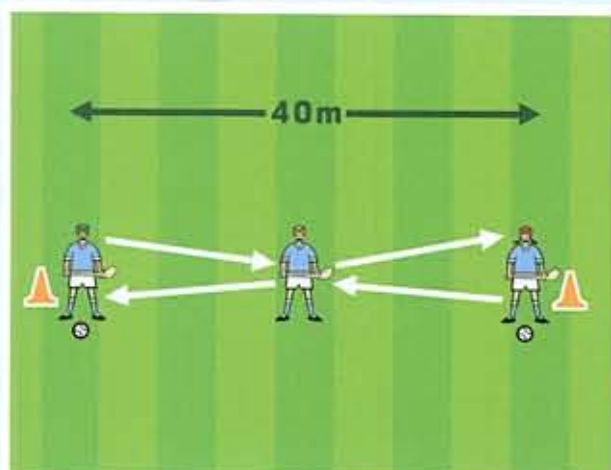
- As the players become more proficient the Coach can mark a goal 2m wide in front of the line of players. Each player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated
- Challenge each player to strike the ball against the side wall (if applicable) before returning to front wall
- Challenge each player to return the ball to the front wall without stopping it
- Challenge each player to return the ball to side walls and then to the front without stopping it



UNDER 12 DOUBLING BACK

PRACTISE THE TECHNIQUE

DRILL 3 CENTRE AND DOUBLE



Intermediate Drill to practise Doubling on the ball

ORGANISATION

- Divide the players into groups of three, two balls per group
- Mark out a distance of 40m using cones
- Position one player at each of the cones with a ball and the third player in the middle
- In turn, the outer players strike the ball from the hand for the middle player to Double Back
- After a set time change the middle player

VARIATIONS

- To increase the challenge, increase the distance between the players
- Add a second central player, with each central player alternating between feeders continuously

ACTIVITY 1 CLEAR THE CIRCLE

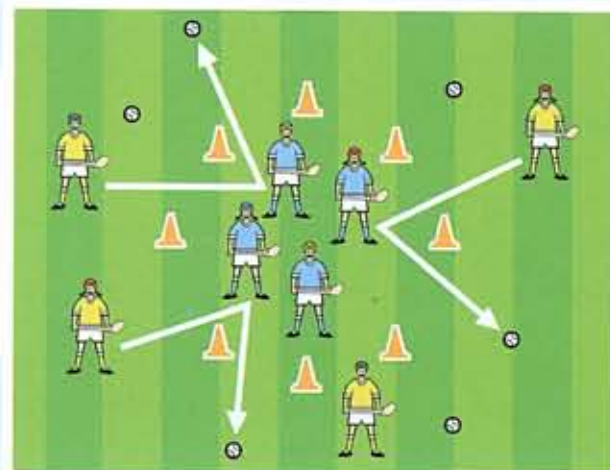
Fun Game to help develop the player's ability to Double Back on the ball

ORGANISATION

- Mark out a circle using cones
- Divide the players into two teams
- Position one team outside the circle and the other inside
- The outside players must strike the balls low into the circle
- Players inside must try to keep the circle clear by doubling on each ball as it arrives
- Reverse the roles of the teams after a set time

VARIATION

- Reduce the number of players within the circle to increase the difficulty of the game


ACTIVITY 2 OVER THE LINE

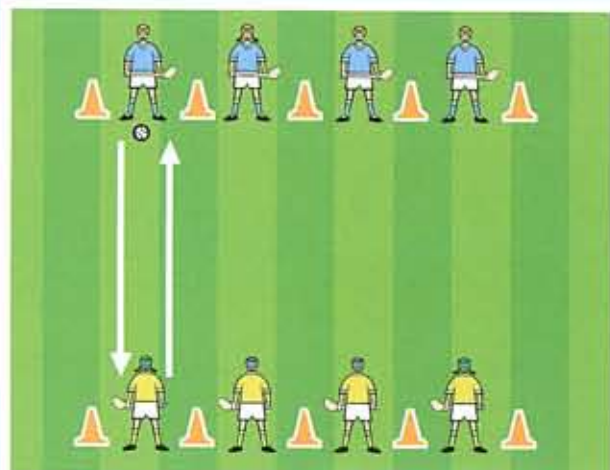
Fun Game designed to improve the ability of the players to Double Back on the ball

ORGANISATION

- The game can be played one against one or in teams of 2, 3 or 4
- Mark out a grid using cones, the two end lines act as goal lines
- The size of the grid depends on the number and ability of the players
- Teams strike on every second shot
- A score is made by striking the ball over the end line in the opponent's side of the grid

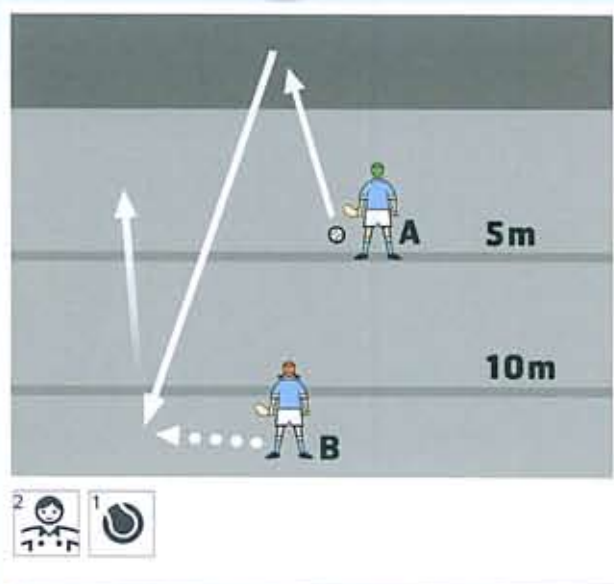
VARIATION

- To increase the challenge, increase the number of sliotars; if a sliotar stops in either half of the grid, that team loses a point



DEVELOP THE SKILL

ACTIVITY 3 WALL BALL HURLING



Fun Game to further develop all of the Doubling Back 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
- Further 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 Batting a Ball Overhead



Move towards the ball in the Ready Position, preparing to jump if necessary



Extend the hurley above the head, slide the non-dominant hand to meet the dominant hand at the top of the handle



Both thumbs should be facing towards the bas of the hurley



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

Keep eyes on the ball at all times



Tilt the hurley back as the ball approaches

If necessary, jump to meet the ball at the safest highest point



With a wristy action, swing the hurley forward to bat the ball with the bas of the hurley



UNDER 12 BATTING A BALL OVERHEAD

COMMON ERRORS

Here are the Common Errors for Batting A Ball Overhead

	Moving too quickly underneath the ball. This may lead to losing the flight of the ball and missing the bat	
	To correct, watch the flight of the ball closely, moving to intercept the ball at the safest highest point	
	Holding the hurley with the 'toe' pointed inwards	
	To correct, extend the hurley above the head with both hands with the toe of the hurley pointing away from the body	
	Attempting to bat the ball too far. This may result in poor contact or missing the ball entirely	
	To correct, concentrate on the technique initially, batting with a wristy action	
	Holding the hurley at full length. This may result in missing the target or missing the ball	
	To correct, shorten the grip on the hurley initially	

DRILL 1 IMAGINARY BAT

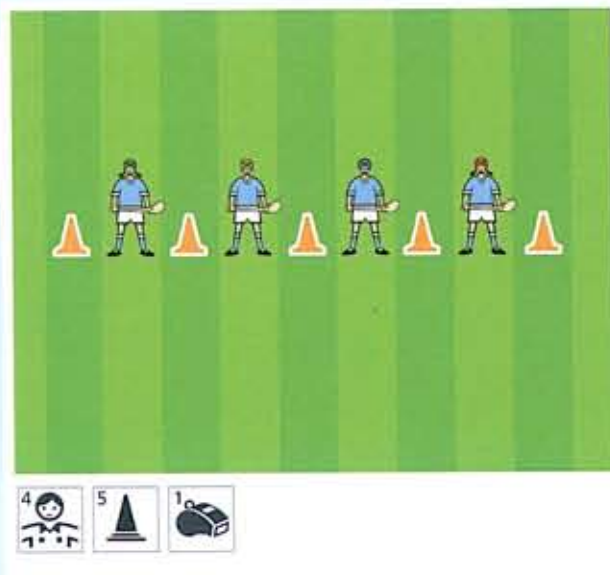
Basic Drill to practise the Batting a Ball Overhead technique

ORGANISATION

- Line up the players side by side in the ready position 2m apart
- On the whistle, or a call from the coach, each player performs the overhead bat on an imaginary ball

VARIATION

- As the players become more competent walk and then jog forward and jump to bat on the whistle



DRILL 2 BATTING IN PAIRS

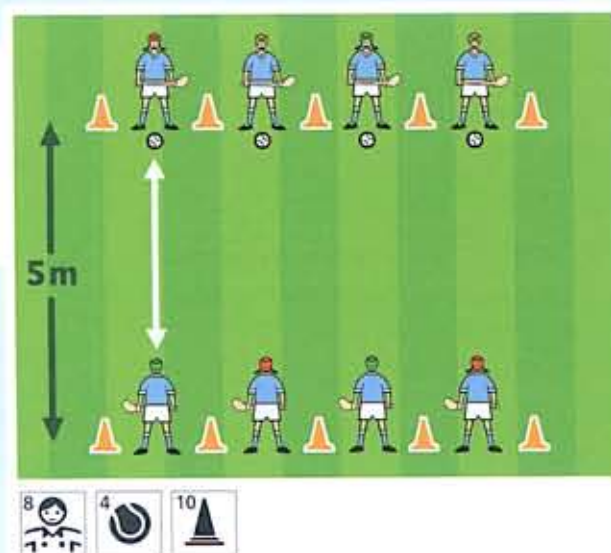
Basic Drill to practise the Batting a Ball Overhead technique

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 bat overhead
- Player A catches the batted ball
- Reverse the roles after a set number of throws

VARIATION

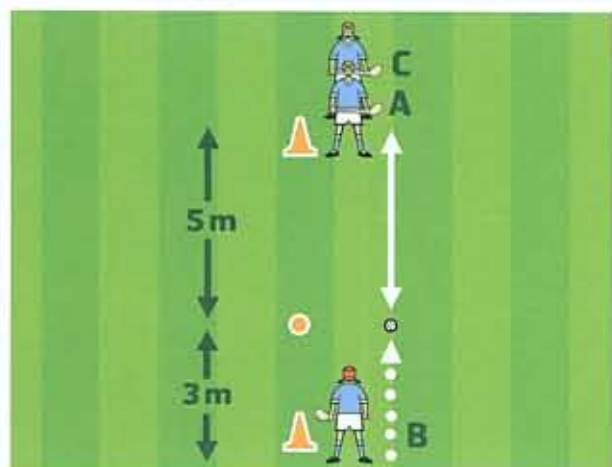
- To increase the challenge, the server throws the ball higher requiring the receiver to jump to bat the ball back



UNDER 12 BATTING A BALL OVERHEAD

PRACTISE THE TECHNIQUE

DRILL 3 ATTACK AND BAT



Intermediate Drill to practise Batting a Ball Overhead

ORGANISATION

- Divide the players into groups of three
- Mark out a distance of 5m and 3m using cones and a marker
- Players A and C line up at the first cone, Player B lines up at the far cone
- Player A throws the ball for Player B to attack and bat at the 3m marker
- Player A follows the throw as Player C moves forward to catch the bat
- Player B follows the bat and so on in rotation

VARIATION

- To increase the challenge, increase the distance the players must bat the ball

ACTIVITY 1 TARGET BAT

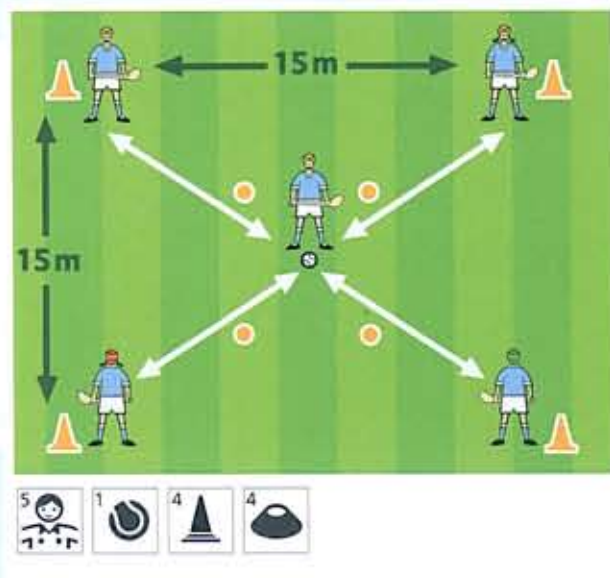
A Fun Game to practise Batting a Ball Overhead

ORGANISATION

- Divide the players into groups of five
- Mark out a grid 15m X 15m. In the middle mark another grid 2m X 2m
- Position one player at each corner of the larger grid, with a fifth player in the middle
- The middle player throws the ball for each of the outer players to bat in turn
- A score is awarded for each bat caught by the middle player
- The middle player rotates after every four throws
- Count the total number of catches after all of the players have completed the game

VARIATION

- To increase the challenge, the middle player throws to each corner randomly



ACTIVITY 2 BAT AND BACK

A Fun Game to improve the player's Batting a Ball Overhead technique

ORGANISATION

- Divide the players into pairs
- Mark a centre line between the players using cones
- Player A throws the ball overhead and bats to B, who bats the ball back to A
- The players continue batting, counting the number of successful bats in succession

VARIATION

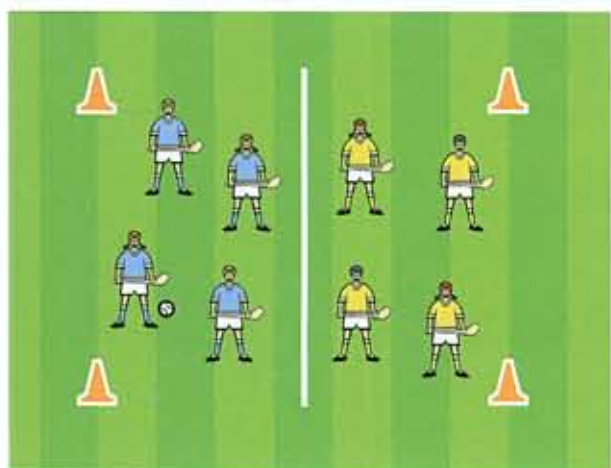
- Increase the number of players and play as a team game



UNDER 12 BATTING A BALL OVERHEAD

DEVELOP THE SKILL

ACTIVITY 3 BATTING VOLLEYBALL



A Fun Game to develop the Batting a Ball Overhead technique

ORGANISATION

- Mark out a court using cones.
- Place a net or dividing line to mark the court into 2 sections.
- Divide the players into 2 equal teams.
- The objective of the game is to Bat the Ball Overhead into the opponents section of the court. The ball may be controlled, passed among players of the same team (without catching the ball) and set up for a bat but may only be played across to the opponents section using the bat.
- Points are scored when the ball is batted into the opposing section of the court and touches the ground. If the opposition control the strike before it hits the ground play continues.

VARIATION

- As players progress, limit the number of touches that each team can have before the ball is batted back across the net.

KEY TEACHING POINTS

Here are the Key Teaching Points for the Ground Flick



Move towards the ball in the Ready Position



On approaching the sliotar, move as close to the opponent as possible



Release the non-dominant hand from the hurley, extend the dominant arm to maximise reach
Keep eyes on the ball



Flick the ball from the opponent, using a wristy swing



Remain as close to the opponent as possible to avoid follow through from their swing
Continue to try and gain clean possession



The flick may also be performed in the air



COMMON ERRORS

Here are the Common Errors for the Ground Flick



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



Taking the eyes off the ball, this may result in missing the ball entirely



To correct, keep the head down and eyes on the ball until the flick is complete



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 GROUND FLICK DRIBBLE

Basic Drill to practise the Ground Flick technique

ORGANISATION

- Mark out a grid using cones
- Give one ball to each player
- The players hold the hurley with the dominant hand only, move the ball around the grid using short back swing movements
- Avoid the other players

VARIATION

- Vary the number of players in the grid to increase or decrease the difficulty of the drill


DRILL 2 STAND AND FLICK

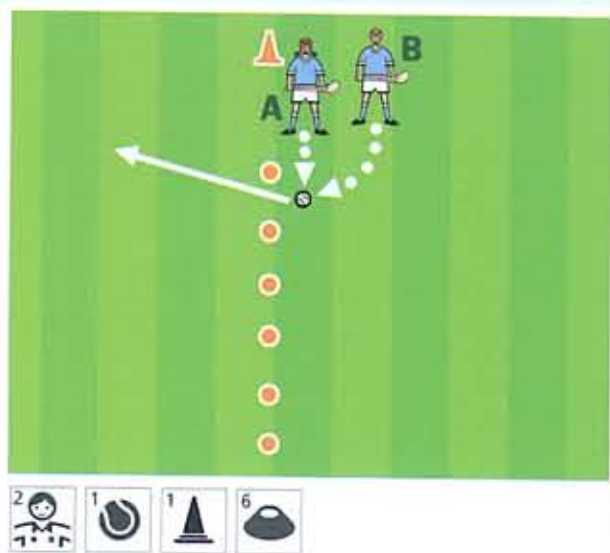
Basic Drill to practise the Ground Flick technique

ORGANISATION

- Divide the players into pairs, one ball per pair
- Place six markers in a line 2m apart
- Player A is positioned in front of Player B with the ball at their feet
- Player B jogs alongside Player A to flick the ball away one handed
- Player A does not attempt to play the ball
- Player B recovers the ball and moves to the next marker for Player A to flick, and so on
- The players should practise coming from both sides

VARIATION

- When the players can flick the ball from a stationary opponent, both players should jog into the ball



PRACTISE THE TECHNIQUE

DRILL 3 ROLL AND FLICK



Advanced Drill to practise the Ground Flick technique

ORGANISATION

- Divide the players into pairs, one ball per pair
- Player A, the tackler, begins slightly behind Player B
- The Coach throws the ball forward for both players to run to strike the ball, with Player A attempting to flick the ball ahead of Player B
- Both players try to gain clean possession before returning to the end of line
- Reverse the roles after each round
- The players should practise coming from the opponent's left and right side

VARIATION

- To increase the challenge; the Coach throws the ball in a random direction for the players to follow

ACTIVITY 1 KEEP BALL

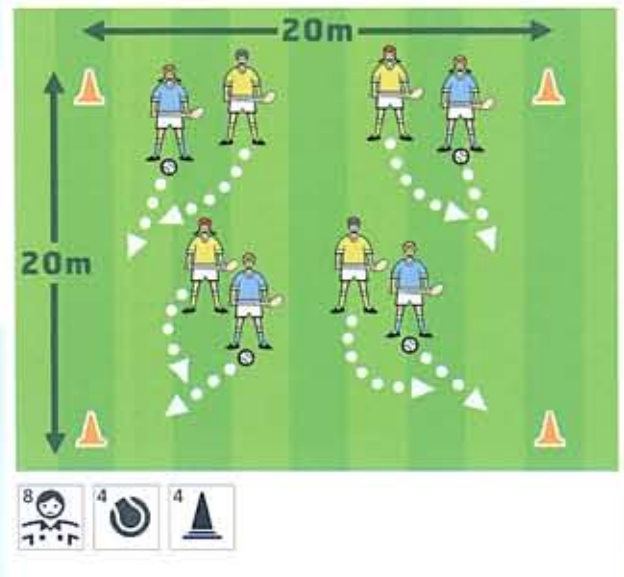

A Fun Game to develop the players' ability to perform the Ground Flick

ORGANISATION

- Divide the players into pairs, one ball per pair
- Mark out a grid 20m X 20m using cones
- Each pair work independently in the grid
- One player in each pair attempts to keep possession. The second attempts to flick the ball away from them to gain possession or knock the ball out of the grid

VARIATION

- To increase the challenge, the players without the ball are allowed tackle any player in possession


ACTIVITY 2 ONE ON ONE

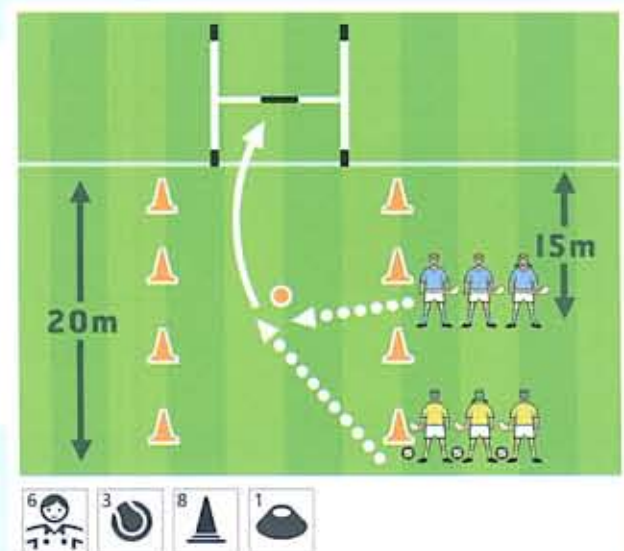

A Game Play Drill to develop the Ground Flick technique

ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker dribbles the ball towards a marker directly in front of goal
- The defender gives chase and attempts to dispossess the attacker using the Ground Flick
- If the attacker reaches the marker in possession they must be allowed strike for goal unopposed
- Reverse the roles and repeat the drill

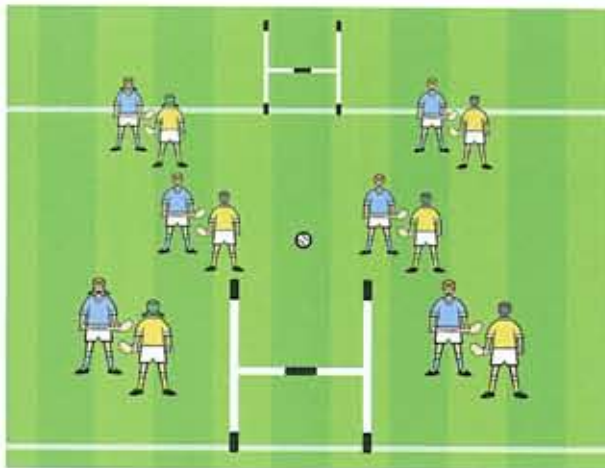
VARIATION

- Allow the attacking player to dribble in any direction and strike at any time



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Ground Flick 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 use the full compliment of skills
- Award 3 points for a goal and 2 points for performing the Ground Flick successfully

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 the Overhead Strike



Focus on the flight and pace of the approaching ball



Move underneath the ball as it drops



Move the feet to align the shoulders and hips with the intended flight of the ball

Whether the ball is hit from the dominant or non-dominant side is determined by the position of the moving ball



Move to the Lock Position, rotate the shoulders and swivel the hips to aid the striking motion

Keep eyes on the ball



Use a wristy action to strike the ball at the highest point above the head

Good positioning and timing are vital if contact is to be made with the sliotar



COMMON ERRORS

Here are the Common Errors for the Overhead Strike



Trying to hit the ball too hard. This can lead to missing the ball entirely



To correct, concentrate on connecting properly with the ball using a wristy swing



Not moving the feet to align the shoulders and hips with the target. This may result in poor contact or misdirecting the shot



To correct, move the feet, swivelling the shoulders and hips as the ball approaches



Allowing the ball to drop too far. This may result in striking the ball too low or missing the strike entirely



To correct, pull on the ball at the highest point above the head as the ball approaches



DRILL 1 IMAGINARY STRIKE

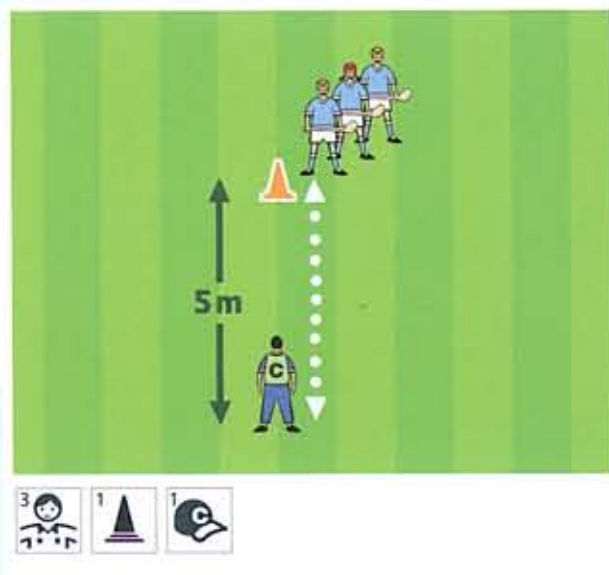
Basic Drill to practise the Overhead Strike technique

ORGANISATION

- Players line up in single file behind one cone
- The Coach stands 5m away directly in front of the first player in the line
- The first player strides forward and pulls overhead connecting with the Coach's hurley
- The Coach should adjust the height of the hurley to suit each player's confidence and ability
- Ensure the players practise striking off both their right and left sides

VARIATION

- Increase the height of the hurley to require the players to jump to strike the bas


DRILL 2 STAND AND STRIKE

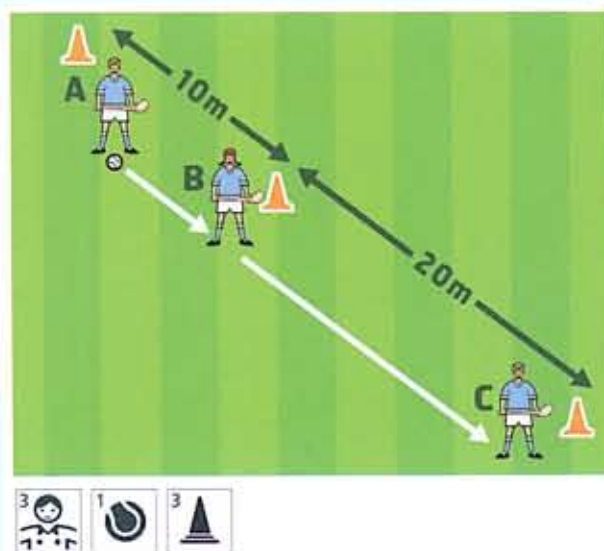
Basic Drill to practise the Overhead Strike technique

ORGANISATION

- Divide the players into groups of three, one ball per group
- Mark out distances of 10m and 20m using cones
- Player A throws the ball underarm for Player B to strike overhead to Player C
- Player C retrieves the ball and plays it back to Player A to repeat the drill
- Repeat for a set time before rotating positions
- Ensure the players practise striking off both their right and left sides

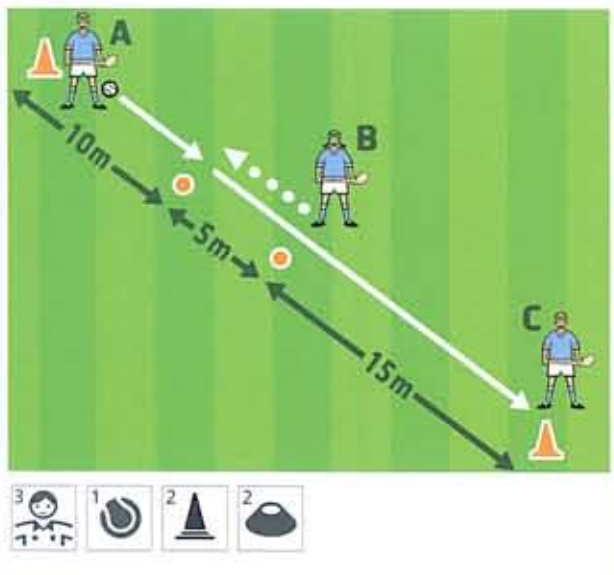
VARIATION

- Vary the height and side to which the ball is thrown to challenge the striker further



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND STRIKE



Intermediate Drill to practise the Overhead Strike technique that requires the player to move towards the dropping ball before striking

ORGANISATION

- Divide the players into groups of three, one ball per group
- Mark out distances of 10m, 5m and 15m using cones and markers
- Player A throws the ball underarm for Player B to strike overhead
- Beginning at the 5m marker, Player B moves forward to strike the ball to Player C from the 10m marker
- Player C retrieves the ball and plays it back to Player A to repeat the drill
- Repeat for a set time before rotating positions

VARIATION

- Vary the height and side to which the ball is thrown to challenge the striker further

DRILL 4 OPPOSED STRIKE



Advanced Drill to practise the Overhead Strike and Batting techniques introducing an opponent

ORGANISATION

- Divide the players into groups of four; one ball per group
- Using cones and markers, mark out distances of 10m, 5m and 10m
- The players on the outer cones act as servers, throwing the ball for 2 players to contest in the centre zone
- The forward player in the zone attempts to strike the ball overhead as their opponent attempts to bat it back
- Serve from the alternate side on every second go and the central players reverse roles
- After a set time; rotate positions

VARIATION

- Challenge the players to win 3 contests in succession; rotate the central players

ACTIVITY 1 NO MANS LAND

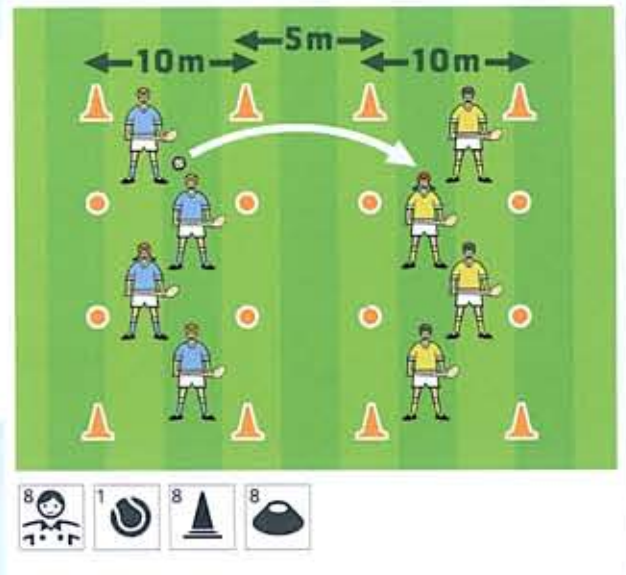
A Fun Game to develop Overhead Striking

ORGANISATION

- Mark out a court using cones
- Mark out a centre zone to divide the court into two sides
- Divide the players into 2 equal teams
- The objective of the game is to strike the ball into the opponents section of the court
- The ball may be controlled and passed among players of the same team to set up a strike
- Catching the ball is not permitted
- Points are scored when the ball touches the ground in the opponents section of the court

VARIATION

- To increase the difficulty, reduce the number of players on each team



ACTIVITY 2 ONE ON ONE

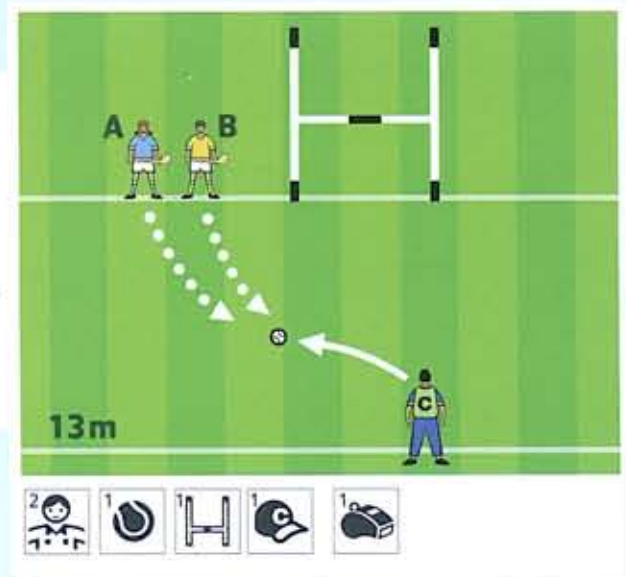
A Game Play Drill to develop Overhead Striking in a contest situation

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 end line
- The Coach throws the ball up for Player A to strike overhead for goal
- Player B attempts to block the shot or bat the ball clear
- Reverse the roles of the teams after a set time

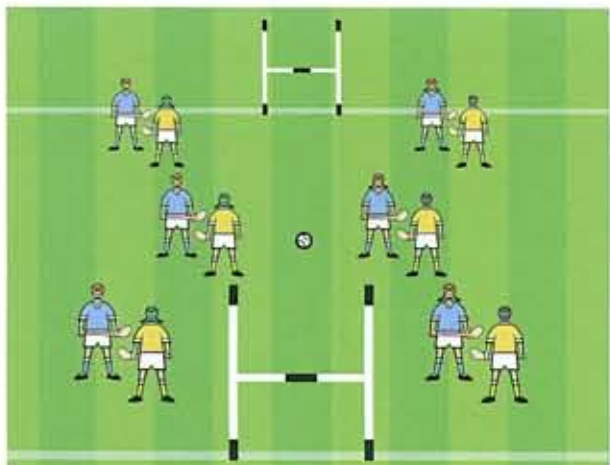
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to practise the Overhead Strike 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 striking the ball overhead successfully

VARIATION

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

**EXTRA
SKILLS**



**COACHING
CLASSES**



**HOLDING THE HURLEY / LOW CATCH / PUCK OUT /
FREE PUCK / SIDELINE CUT / PENALTY PUCK /
STOPPING A BALL**

EXTRA SKILLS INTRODUCTION

EXTRA SKILLS

The following skills have been identified as additional skills, which can be incorporated into any coaching session.

HOLDING THE HURLEY

These activities allow the coach to determine whether the hurley is the correct size and weight for the player. The ability to master the hurley so that it is almost like an extension of the player's arm forms the basis for all skills.

LOW CATCH

The Low Catch is a technique used to gather possession, without using the hurley, as the ball approaches below hip level.

PUCK OUT

The Puck Out is used to restart play after a score or a wide. It is generally taken by the goalkeeper, but may be taken by any player. It must be performed from within the small square.

FREE PUCK

A Free Puck is awarded when an opponent commits a foul. It is also a skill to be used in general play when the ball is lifted and struck without being caught.

SIDELINE CUT

A Sideline Cut is awarded when an opponent plays the ball over either sideline.

PENALTY PUCK

A Penalty Puck is awarded when an opponent commits a technical foul inside the small square or an aggressive foul inside the large square. It is taken from the 21m line in front of the goals. Three defenders are permitted on the goal line.

STOPPING A BALL

Blocking or Stopping the Ball is the primary function of the goalkeeper. It requires great reflexes, agility, and bravery.

KEY TEACHING POINTS

The proper Grip is the basis of all skills



The Grip:

The stronger or dominant hand grips the hurley at the top of the handle



The Ready Position:

Stand with the feet shoulder width apart

The dominant hand holds the hurley at the top of the handle

The non-dominant hand holds the hurley well down the handle



The Lock Position:

Slide the non-dominant hand up the length of the hurley to lock with the dominant hand at the top of the handle



The Lifting Position:

Turn the hurley using the thumb of the dominant hand so that the toe is facing away from the body and close the thumb of the non-dominant hand; both thumbs are pointing towards the bas



PRACTISE THE TECHNIQUE

- Holding the hurley in the dominant hand wave it up and down



- Move between each position repeatedly

**VARIATION**

- Hold the hurley in both hands. Swing the hurley in a circular motion above the head

**VARIATION**

- Hop the ball on either side of the bas of the hurley alternately



KEY TEACHING POINTS

The Low Catch is a technique used to gather possession without using the hurley as the ball approaches below hip level



Move towards the ball in the Ready Position



Release the non-dominant hand from the hurley
The hurley remains across the body for protection



Bending the back and knees extend the hand downwards to intercept the ball
The palm should be facing forward with the fingers pointed downwards



Catch the ball with the fingers of the cupped hand



When the ball approaches between shoulder and hip level
adapt the technique to catch the ball with the fingers in the
safest possible manner



PRACTISE THE TECHNIQUE

- In pairs: strike the ball low for partner to move forward and catch

VARIATION

- In threes: two players in turn strike for middle player to move forward and catch



KEY TEACHING POINTS

The Puck Out is used to restart play after a score or a wide. It must be performed from within the small square.



Adopt the Ready Position
Jog forward with the ball in the non-dominant hand



Place the lead leg forward to swivel the shoulders in line with the intended target



Toss the ball forward above shoulder height raising the hurley into the lock position



Swing down to strike the ball about waist height



Follow through to complete the swing



PRACTISE THE TECHNIQUE

- Take a series of Puck Outs to land at different distances and positions

VARIATION

- Position players outfield. Repeatedly take Puck Outs to selected players



KEY TEACHING POINTS

A Free Puck is awarded when an opponent commits a foul. It is also a skill to be used in general play when the ball is lifted and struck without being caught



Adopt the Ready Position. The ball should be closer to the forward foot



Bending the back, lower the hurley to Jab Lift the ball
Head down, eyes on the ball



Toss the ball forward from the hurley to shoulder height



Moving to the lock position, step forward and strike through the ball between hip and knee level



Follow through to complete the swing



The free can also be performed using the Roll Lift



PRACTISE THE TECHNIQUE

- In pairs: use the Sideline Cut technique to play the ball

VARIATION

- Take a series of Sideline Cuts from different positions along the sideline. Nearer the endline aim to score



KEY TEACHING POINTS

A Penalty Puck is awarded when an opponent commits a technical foul inside the small square or an aggressive foul inside the large square.



Begin a number of steps back from the ball, adopt the Ready Position

Decide where you are going to place the ball



Moving towards the ball adopt the lifting position, jab lift the ball tossing it forward at shoulder height

Adapt the body position so that the shoulders and feet are in line with the target



Planting the lead foot strike through the ball between hip and knee level



Follow through to complete the swing



PRACTISE THE TECHNIQUE

- Take a series of Penalty Pucks into an empty goal. Aim for different areas of the goal

VARIATION

- Introduce a goalkeeper. Eventually introduce two further defenders to the goal



KEY TEACHING POINTS

Blocking or Stopping the Ball is the primary function of the goalkeeper. It requires great reflexes, agility, and bravery.



Adopt the Ready Position. Stand on the balls of the feet.



As the ball approaches adjust the feet to move behind the ball
Keep eyes on the ball



Push the hurley to intercept the ball with the bas, deflecting the ball as far from the goal as possible



If possible control the ball into the hand



PRACTISE THE TECHNIQUE

- In turn players strike for goal from a central position 13 to 20m from the goal

VARIATION

- In turn players strike for goal from various distances and positions



WAZZ
BZZZ

WAZZ
BZZZ

WALL BALL INTRODUCTION



Hurling Walls and Alleys are a new sight at many GAA grounds throughout the country and are essential in player development. They provide the player with the opportunity to develop their skills in an unstructured way, where one or more players can play at any one time. The following drills can also be incorporated into a coaching session involving Wall Ball games and activities.

Some points for your Club or School to consider if you wish to provide a Hurling Wall:

- It should be enclosed, allowing players to "double" on the ball
- Goals should be painted on the walls to help with target practise
- Hurling Alleys should if at all possible be floodlit to enable players to work on their skills over the winter months.
- An overhanging barrier or net should be provided at the top of the wall to prevent the ball/sliotar being hit out of the area.

Wall Ball activities cater for all types of striking skills, Hand Passing and all types of catching. These activities develop Technical Proficiency by maximising the amount of Ball Contacts in a training period, and as the only equipment or facilities required are a hurley, ball and wall they can be practised in many places and at almost any time. Developing ability on the left and right sides is also catered for.

Different types of ball can be used depending on the type of session that is taking place and the ability of the participating players. For younger or less proficient players a larger ball, such as the First Touch Sliotar, can be used.



As players develop, introduce smaller balls such as the Quick or Smart Touch Sliotars. For more advanced or older players, quicker balls such as a racket ball can be used.

Wall Ball activities can be incorporated into all aspects of a Coaching session and can function as warm up activities prior to the start of any session or game.

This resource provides a number of examples of activities to develop the different types of striking, catching and ball control skills, but any activity can be modified to take place in a Hurling Wall/Alley.

Encourage your players to use Hurling Walls, or any flat surface, outside of organised coaching sessions to maximise their level of improvement.

WALL BALL

DRILLS



DRILL 1 STRIKING ON THE GROUND

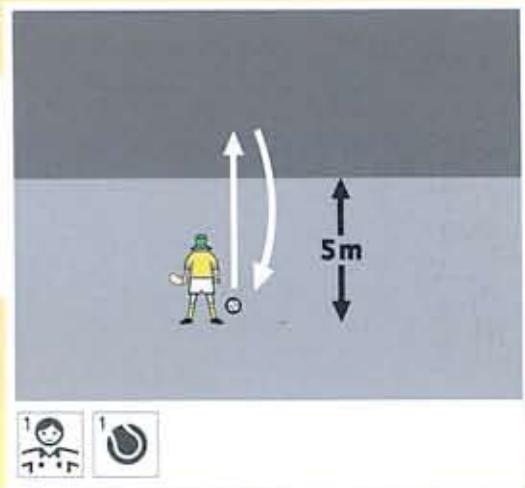
Basic Drill to improve the Ground Strike technique by striking a stationary and moving ball

ORGANISATION

- Position each player approximately 5m from the wall, one ball per player
- Each player strikes the ball off the wall, stops the return and repeats the drill
- Count the number of successful attempts scored in a set time
- Challenge each player to perform the skill using the left and right sides

VARIATIONS

- As the players become more proficient the coach can mark a 2m wide goal in front of each player. Each player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated
- Challenge each player to return the ball to the front wall without stopping it



DRILL 2 STRIKING ON THE GROUND

Basic Drill to improve the Ground Strike technique by striking a stationary and moving ball

ORGANISATION

- Line up players in groups of 3-5 at one end of the court, one ball per group
- The first player strikes the ball along the ground to return off the front wall. Each following player must stop the ball and strike to return off the front wall for the next player in line
- Challenge each player to perform the skill using the left and right sides

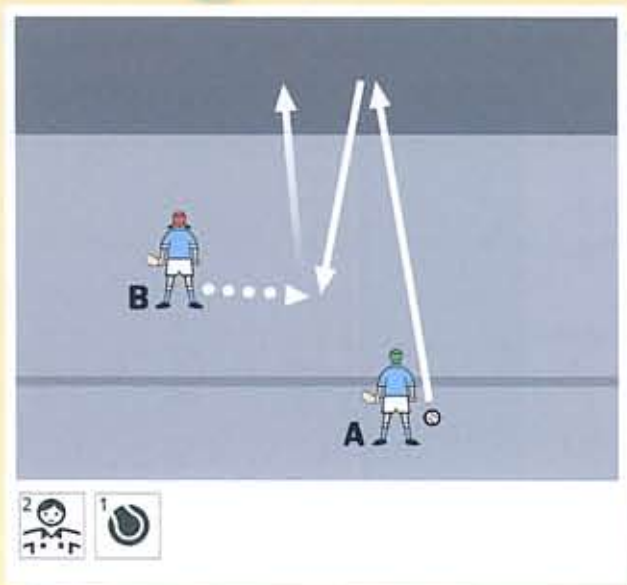
VARIATIONS

- As the players become more proficient the coach can mark a goal 2m wide in front of the line of players. Each player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated
- Challenge each player to strike the ball against the side wall (if applicable) before returning to front wall
- Challenge each player to return the ball to the front wall without stopping it
- Challenge each player to return the ball to side walls and then to the front without stopping it



WALL BALL

DRILL 3 STRIKING ON THE GROUND IN PAIRS



Intermediate Drill to improve the Ground Strike technique by striking a stationary and moving ball

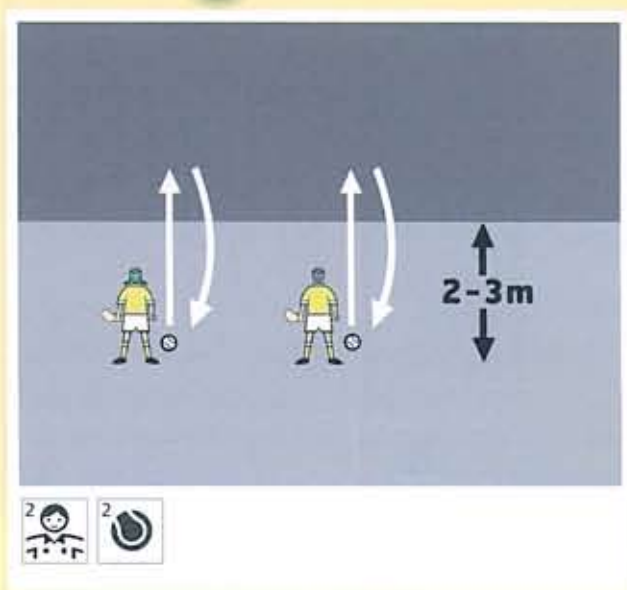
ORGANISATION

- Divide the players into pairs, Player A at the back of the court and Player B at the front of the court; one ball per pair
- Mark a line $\frac{3}{4}$ of the way down the court
- Player A strikes the ball along the ground to return off the front wall
- Player B must return the ball to strike the front wall before it crosses the marked line
- Award one point to Player A if the ball crosses the marked line before it is returned, or if Player B fails to reach the front wall with the return strike
- Reverse the roles after each attempt
- Challenge each player to perform the skill using the left and right sides

VARIATION

- As the players become more proficient allow the drill to repeat so that each player must return their partner's strike to the front wall before it crosses the marked line. Award one point if (a) either player fails to reach the ball before it crosses the line (b) either player fails to hit the front wall with their strike

DRILL 4 TOSS AND CHEST CATCH



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

ORGANISATION

- Position each player approximately 2-3m from the wall; one ball per player
- Challenge each player to throw the ball against the wall and catch the return using the Chest Catch
- Challenge each player to perform the skill using the left and right hands

VARIATION

- Challenge the players to complete as many Chest Catches as possible in a set time

DRILL 5 MOVE TO CATCH

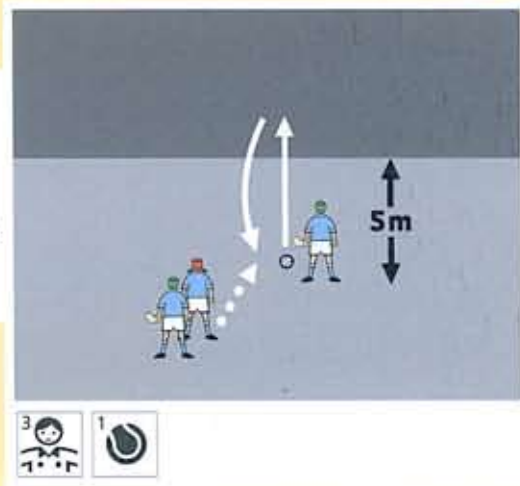
Intermediate Drill to practise the Chest Catch technique while moving

ORGANISATION

- Divide the players into groups of 3. Line up each group approximately 5m from the wall, one ball per group
- The first player in the line throws the ball against the wall for the next player to advance and catch using the Chest Catch technique. Repeat the drill for a set time
- Challenge each player to perform the skill using the left and right hands

VARIATION

- Challenge the players to complete as many Chest Catches as possible in a set time



DRILL 6 HAND PASS OFF THE WALL

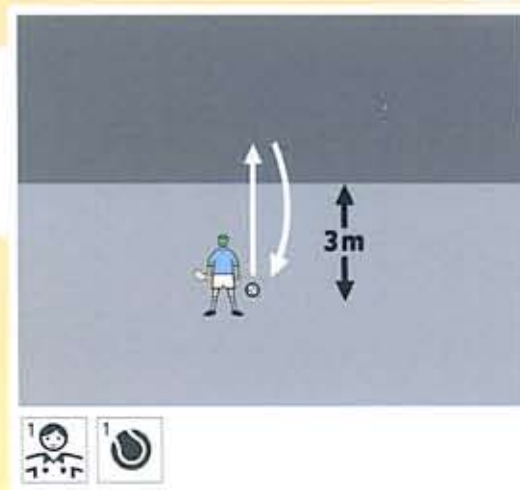
Basic Drill to improve the Hand Pass technique

ORGANISATION

- Position each player approximately 3m from the wall, one ball per player
- Each player Hand Passes the ball against the wall and catches the rebound
- Challenge each player to perform the skill using the left and right hands

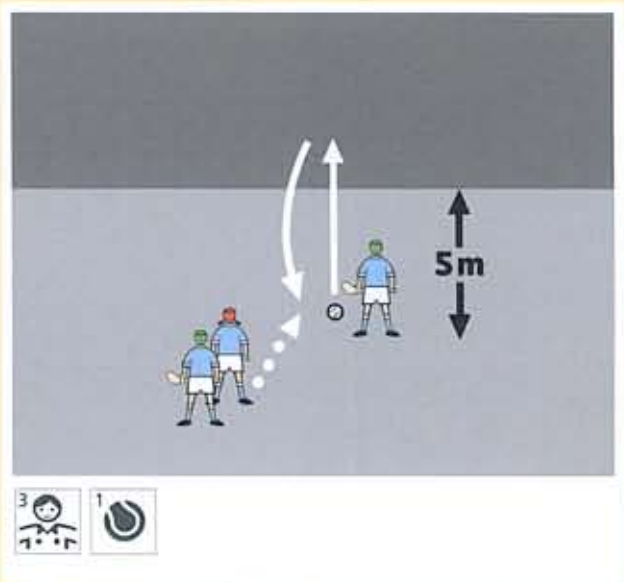
VARIATION

- Increase the difficulty of the challenge by increasing the distance between the players and the wall



WALL BALL

DRILL 7 HAND PASS OFF THE WALL IN GROUPS



Intermediate Drill to improve the Hand Pass technique

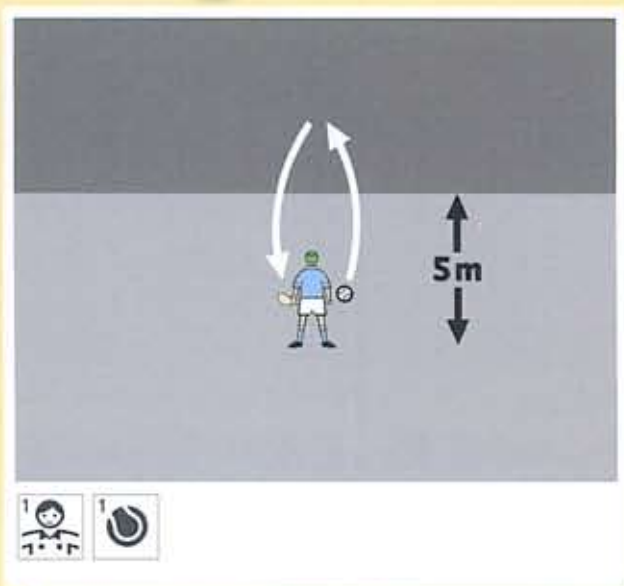
ORGANISATION

- Divide the players into groups of 3. Position each group in a line approximately 5m from the wall; one ball per line
- The first player in the line Hand Passes the ball to return from the front wall. Each subsequent player catches the ball and repeats the drill
- Challenge each player to perform the skill using the left and right hands

VARIATIONS

- Increase the difficulty of the challenge by increasing the distance between the players and the wall
- Challenge each player to Hand Pass the ball for the next player to catch overhead

DRILL 8 TOSS AND OVERHEAD CATCH



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

ORGANISATION

- Position each player approximately 2-3m from the wall, one ball per player
- Challenge each player to throw the ball against the wall and catch the return using the Overhead Catch
- Challenge each player to perform the skill using the left and right hands

VARIATION

- Increase the difficulty by increasing the distance from the wall and challenging the players to jump to catch

DRILL 9 TOSS AND OVERHEAD CATCH II

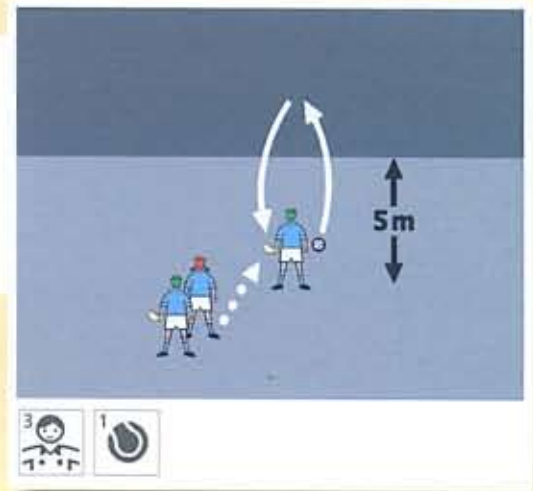
Intermediate Drill to practise the Overhead Catch technique

ORGANISATION

- Divide the players into groups of 3. Position each group in a line approximately 5m from the wall, one ball per line
- The first player in the line throws the ball underarm to return from the front wall. Each subsequent player catches the ball overhead and repeats the drill
- Challenge each player to perform the skill using the left and right hands

VARIATION

- As players develop, allow them to strike the ball off the wall for the next Player to catch



DRILL 10 STRIKING AND CATCHING

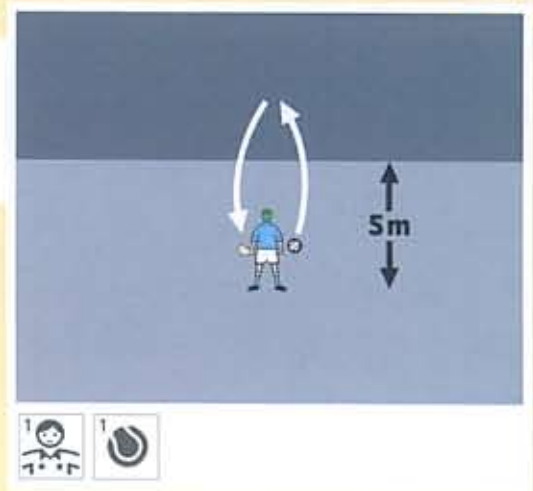
Basic Drill to practise Striking from the Hand

ORGANISATION

- Position each player approximately 5m from the wall, one ball per player
- Players strike the ball off the wall to catch and return
- Challenge each player to perform the skill using the left and right sides

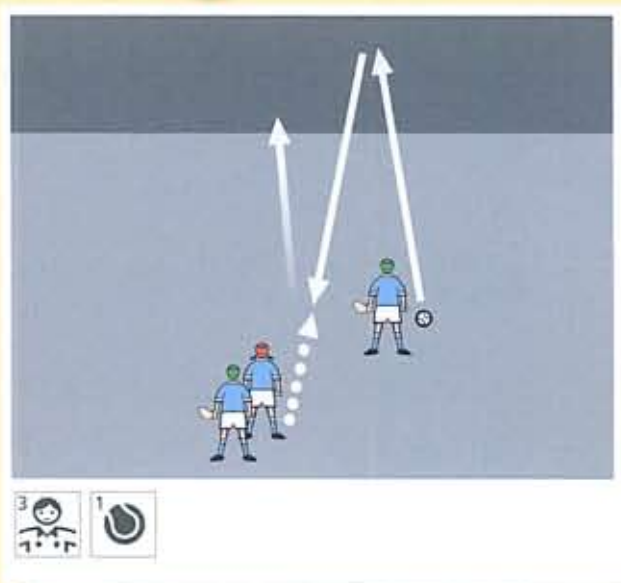
VARIATIONS

- Increase difficulty by increasing the distance between the players and the wall
- Challenge the players to strike the ball to return from the wall and catch (a) overhead, (b) Chest Catch, (c) control with the hurley into the hand and (d) control with the hurley and return without taking the ball into the hand



WALL BALL

DRILL 11 STRIKING OFF THE WALL



Intermediate Drill to practise Striking from the Hand

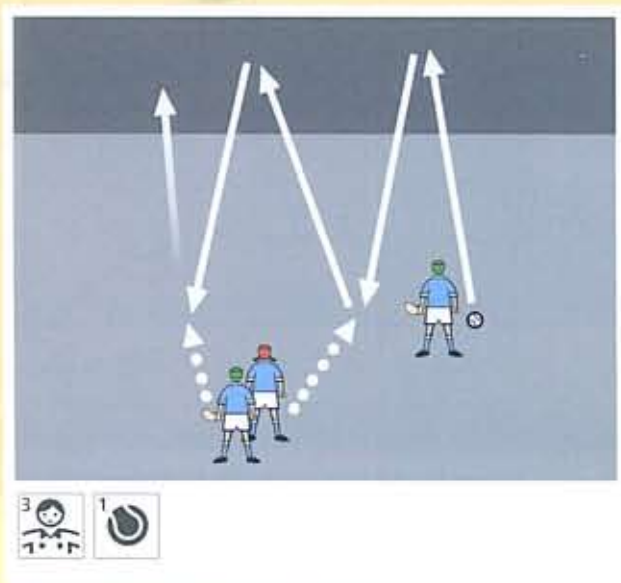
ORGANISATION

- Divide the players into groups of 3. Position each group in a line approximately $\frac{3}{4}$ of the way down the court, 1 ball per line
- The first player in the line strikes the ball from the hand to return from the front wall. Each subsequent player catches the ball and repeats the drill.
- Challenge each player to perform the skill using the left and right sides

VARIATIONS

- Increase the difficulty by increasing the distance between the players and the wall
- Challenge the players to strike the ball to return from the wall for the next player to catch (a) overhead, (b) into the chest, (c) control with the hurley into the hand and (d) control with the hurley and return without taking the ball into the hand.
- Mark a line across the court and challenge each player to take possession of the ball before it crosses the line and return off the front wall
- Introduce the Solo Run into the activity by challenging the players to take possession of the ball and solo over a 5m distance prior to returning the ball to the front wall. Increase the difficulty by challenging the players to strike the ball off the hurley i.e. without taking the ball into the hand

DRILL 12 STRIKING WHILE OFF BALANCE



Advanced Drill to practise Striking from the Hand

ORGANISATION

- Divide the players into groups of 3. Position each group in a line approximately $\frac{3}{4}$ of the way down the court; 1 ball per line
- The first player in the line strikes the ball from the hand to return from the front wall. Each subsequent player must chase the ball, taking it into the hand, turning and striking it off the front wall
- Challenge each player to perform the skill using the left and right sides

VARIATIONS

- Increase the difficulty by drawing a line on the court for each player to take possession and return the ball before it can cross the line. Each player begins with 3 Lives – take one life away each time they fail to return the ball before it crosses the line
- Challenge each player to increase the accuracy of their strike by marking goalposts on the front wall. Challenge each player to score with their return
- Increase the difficulty of the activity by challenging each player to (a) take possession of the ball and return it to the front wall using the hand only and (b) take possession of the ball and return it to the front wall without using the hand

DRILL 13 BLOCKING AGAINST THE WALL

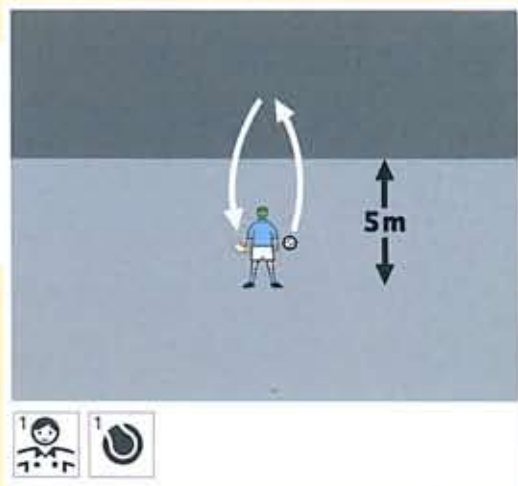
Basic Drill to practise Blocking a Ball Overhead technique

ORGANISATION

- Position each player approximately 5m from the wall, one ball per player
- Each player throws the ball underarm against the wall and blocks the return
- Initially players should block the ball in a standing position progressing to throwing the ball higher and jumping to block the ball

VARIATIONS

- Increase the difficulty by increasing the distance between the players and the wall
- Challenge each player to block the return from the wall (a) onto the ground and (b) blocking the ball to drop into the hand



DRILL 14 BATTING AGAINST THE WALL

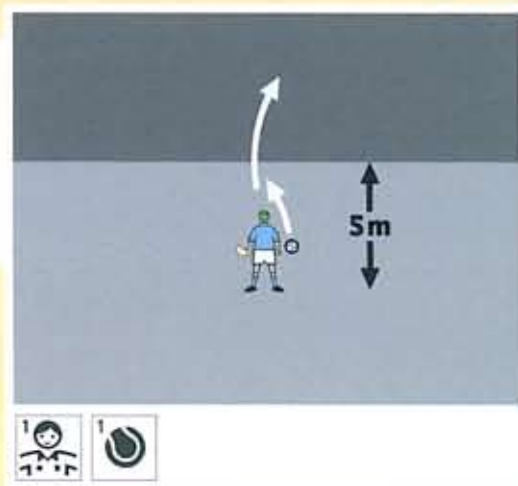
Basic Drill to practise the Batting a Ball Overhead technique

ORGANISATION

- Position each player approximately 5m from the wall, one ball per player
- Each player throws the ball overhead and bats the ball against the front wall
- Initially players should bat the ball in a standing position progressing to throwing the ball higher and jumping to bat the ball

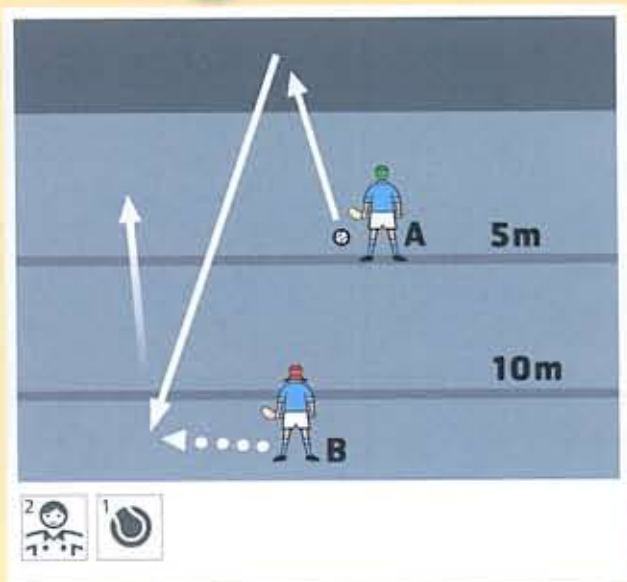
VARIATIONS

- Increase the difficulty by increasing the distance between the players and the wall
- Challenge each player to control the return from the wall using (a) the Overhead Catch or (b) blocking the ball to drop into the hand
- Increase the difficulty by challenging the player to bat the ball as it returns off the wall
- Further increase the difficulty by challenging the players to double on the returning ball to the opposite wall



WALL BALL

DRILL 15 WALL BALL HURLING



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
- Further increase the difficulty by challenging the players to strike the ball against a side wall before the ball strikes the front wall

**SAMPLE
SESSIONS**



**COACHING
CLASSES**

SAMPLE SESSIONS INTRODUCTION

SAMPLE SESSIONS

This section provides the coach with information on how to plan a session using the activities outlined in this resource. There are a number of Sample Sessions outlined which contain activities from the ABC and Have a Ball Nursery Programmes, the Coaching Classes and the Go Games. There are also a number of blank Sample Session planners that can be photocopied and used to plan future sessions.

The suggested session structure for each session is :

SESSION THEME

Each session should have a session theme i.e. a particular skill that is worked on. Deciding on a theme for a session will not only help to guide the choice of activities for the session, but will also ensure that there is a logical purpose for the session. This will allow the coach to ensure that over the course of a season each skill can be worked on.

EQUIPMENT LIST

This section lists the equipment needed for a session. The list is not exhaustive and if certain equipment is not at the coaches' disposal, activities can be set up by substituting equipment that is available with what is advised on the list. For example, if hoops are listed as equipment needed and there are no hoops available, cones can be placed in the shape of a circle to achieve the same effect.

WARM UP

The warm up section will contain the first activity of the session which will aim to get the participants moving and warmed up. It is important to always warm up before entering into more challenging activities. It is recommended that activities from the ABC and Have a Ball Nursery Programmes be used as warm up activities.

PLAY A GAME 1

After the warm up it is advisable to begin a game-based activity. The game may reflect the theme of the previous session thereby offering players the chance to practise previously introduced skills. It also affords the coach the opportunity to see if skills practised previously have been retained. Choose activities from the Develop the Skill section of the Coaching Classes.

INTRODUCE/REVISE A TECHNIQUE

Introducing a new technique or revising a technique previously coached early in the session allows the coach to set the theme for the session. It is important to be familiar with the key points for the technique to be coached – but remember that the coach does not have to demonstrate the technique. Use a player or another coach to demonstrate. Choose from the Key Points section of each skill.

PRACTISE THE TECHNIQUE

The Practise the Technique section allows the coach to lay out activities allowing the participants to practise the theme of the session. It is important not to spend too much time on any one activity as children of this age group can get bored easily. Use tips outlined in the Coaching Information section to assist with varying the challenge or varying any activity. Choose activities from the Practise the Technique section of each skill.

DEVELOP THE SKILL

The Practise the Technique section allows the coach to lay out game-based activities allowing the participants to develop their skill in a more open environment. It is important to progress to activities which Develop the Skill within each session as game based skills such as spatial awareness and the use of team mates and opponents can be developed. Use tips outlined in the Coaching Information section to assist with varying the challenge or varying any activity. Choose activities from the Develop the Skill section of each skill.

PLAY A GAME 2

The coach should aim to Play a Game in each session. The Go Games provide an ideal opportunity for players to develop their skills in a game situation. The game may be adapted to reflect the theme of the session thereby offering players the chance to further practise their skills. It also affords the coach the opportunity to see if skills practised previously have been retained, or if particular skills are lacking and need to be incorporated as the theme of future sessions. Choose activities from the Go Games section.

SESSION REVIEW

The session review section is for coaches to evaluate how their session went. It can be used to record what activities went well, what activities may not have worked and why not, what may need to be practised further etc. This will prove an excellent tool for the developing coach, allowing them to reflect on their own performance as well as that of the participants.

SAMPLE SESSION

THE OVERHEAD CATCH

1



SESSION THEME

- DEVELOP THE OVERHEAD CATCH

EQUIPMENT LIST



WARM UP HIGH BOUNCE AND CATCH (HAVE A BALL / CATCHING & PASSING / LEVEL 2)

ORGANISATION

- Each player has a ball
- Bounce the ball high above the head
- Catch the ball at the highest point
- Vary the exercise by tapping the ball higher at the top of the bounce before catching at the new highest point

KEY POINTS

- Bounce the ball using two hands at first and then one hand
- Extend the arms towards the ball to catch it. Keep the thumbs behind the ball forming a 'w' shape with the index fingers



GAME 1 AROUND THE SQUARE GAME (LIFT & STRIKE / HAND PASS / U-10)

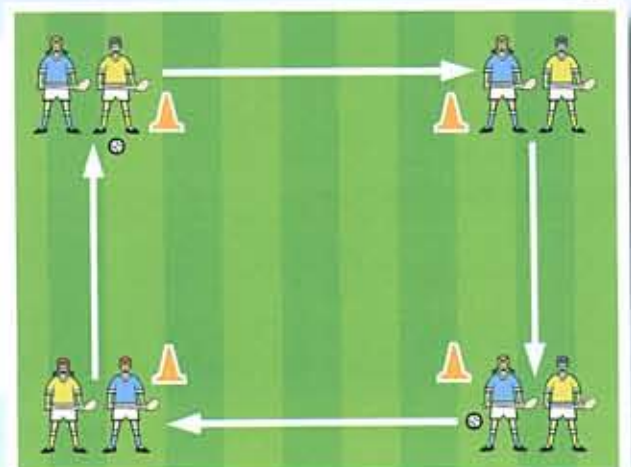
A Fun Game to practise the Hand Pass technique

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



SAMPLE SESSION 1

INTRODUCE/REVISE A TECHNIQUE

KEY POINTS OVERHEAD CATCH (LIFT & STRIKE / U-10)

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



PRACTISE THE TECHNIQUE

DRILL 2 MOVE AND CATCH (LIFT & STRIKE / OVERHEAD CATCH / U-10)

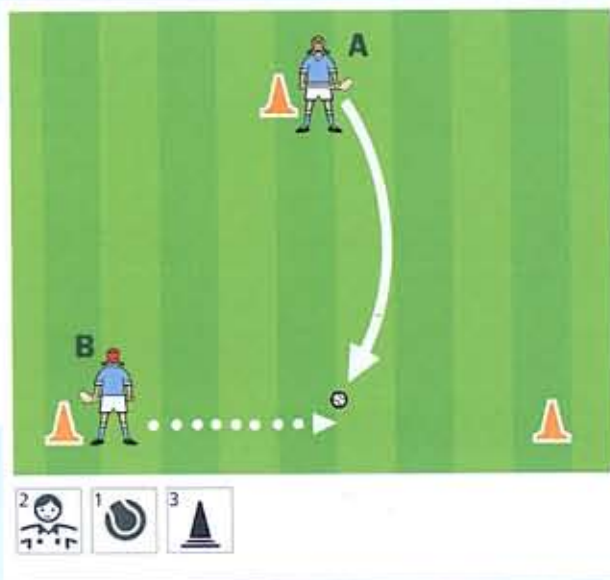
Intermediate Drill to practise the Overhead Catch that challenges the players to catch the ball as they move along a line

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



DEVELOP THE SKILL

ACTIVITY 1 CAPTAIN BALL (LIFT & STRIKE / OVERHEAD CATCH / U-10)

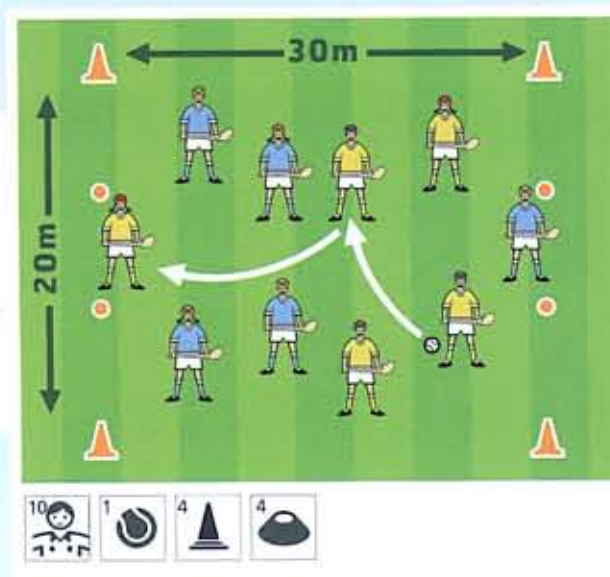
Modified Game that focuses on improving the players' ability to perform the Hand Pass, the Solo and Catching techniques in a game situation.

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

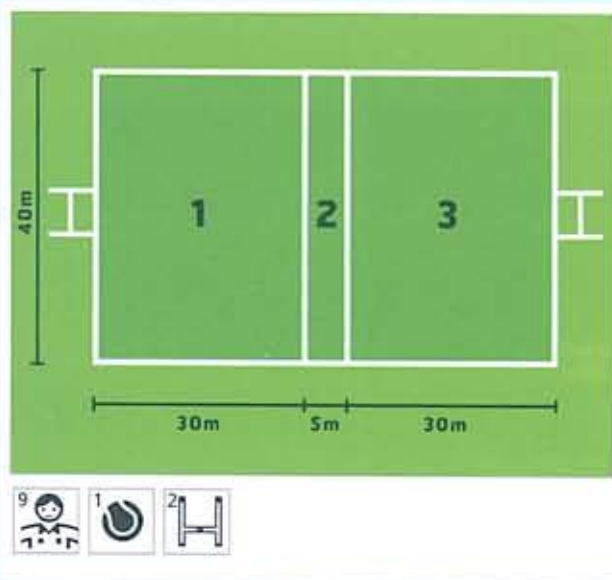
VARIATION

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



SAMPLE SESSION 1

GAME 2 QUICK TOUCH (GO GAMES / GO HURLING / U-10)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 9 v 9
- 4 quarters - 8 minutes per quarter
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Play commences with a puck out from the hand.
- Players may play the sliotar on the ground, catch it and take four steps before Striking from the Hand.
- Solo running with the sliotar on the hurley is not permitted.
- The goalkeeper is permitted to catch or lift the sliotar into the hand with the hurley and take four steps before striking it.
- Free pucks may be taken from the hand or off the ground. A player who is fouled takes the free.
- When a player fouls the sliotar e.g. overcarries it, the opponent nearest to the sliotar takes the free puck.
- 1 point when the sliotar is played over the crossbar
- 3 points when the sliotar is played under the crossbar

VARIATION

- Skill Points may be awarded, e.g. 1 point for doubling on the ball on the ground.

EQUIPMENT NOTES

- Modified (rubber bas) or standard hurleys may be used.
- Three Quick Touch (Size 2) sliotars – one placed behind each goal and one in play.

SESSION REVIEW

SAMPLE SESSION

2

THE SOLO RUN



SESSION THEME

- DEVELOP THE SOLO RUN

EQUIPMENT LIST



WARM UP HURLEY DRIBBLE (HAVE A BALL / STRIKING / LEVEL 3)

ORGANISATION

- Each player has a ball. Use markers for the players to Dribble around
- To vary, allow the players to tap away the balls of the other Dribblers
- In pairs one player attempts to follow a partner
- Use obstacles or defenders to Dribble past
- Dribble with a big ball or a soft ball or balloon before moving onto a small ball

KEY POINTS

- Use 2 hands & Dribble using both sides of the hurley, progress to a 1 handed Dribble
- Look up frequently to track the paths of other players



GAME 1 FILL THE CIRCLE (LIFT & STRIKE / DRIBBLE / U-8)

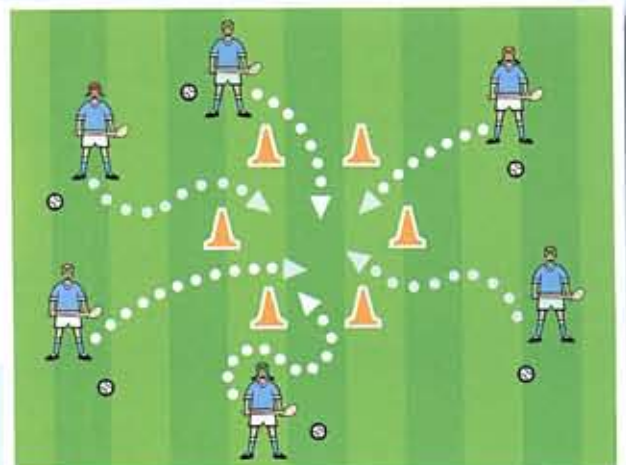
This Fun Game challenges the players to perform the Dribble technique while moving as fast as possible

ORGANISATION

- Mark out a circle using cones
- Scatter several balls in different directions outside the circle
- Divide the players into teams
- Beginning in the circle, the players run to return all balls to the circle using the Dribble technique.
- The Coach times each team, and the team that takes the least time is the winner

VARIATION

- Divide the players into two teams, each with their own circle. On the whistle both teams must run and return as many of the balls as possible to their own circle. The winner is the team that returns most balls to their circle



SAMPLE SESSION 2

INTRODUCE/REVISE A TECHNIQUE

KEY POINTS SOLO RUN (LIFT & STRIKE / U-12)

Here are the Key Teaching Points for the Solo Run



Point the hurley forward with the bas flat and the 'toe' facing away from the body to the dominant side



Toss the ball onto the bas of the hurley
The non-dominant hand may be placed on the hurley to help balance the ball



Move forward balancing the ball or hopping the ball on the hurley
Holding the hurley down at a slight angle may improve the player's ability to Solo Run at pace



It may benefit the player to control the hurley using a shortened grip when they start learning the Solo Run



PRACTISE THE TECHNIQUE

DRILL 2 SOLO AND PASS (LIFT & STRIKE / SOLO RUN / U-12)

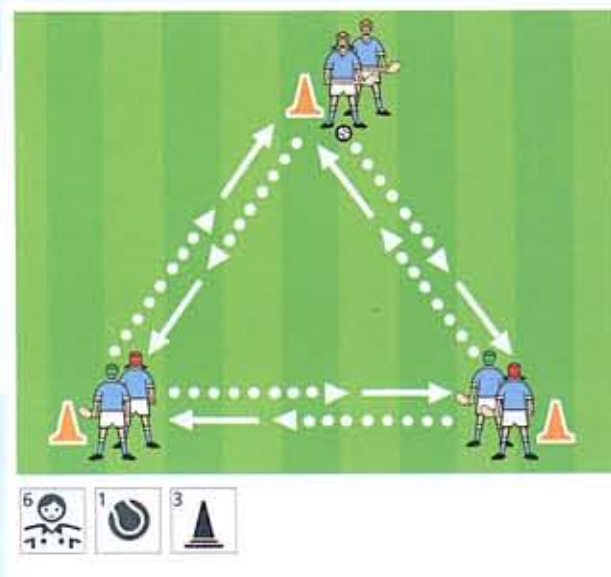
Intermediate Drill to practise the Solo Run technique that requires the players to Hand Pass off the hurley

ORGANISATION

- Divide the players into groups of six, one ball per group
- Mark out a triangle with cones 10m apart
- Two players line up at each corner
- Each player Solos to the next cone, Hand Passing the ball to the next player from 2-3m
- Repeat the drill in the opposite direction, pass the ball using the right hand when moving in an anti-clockwise direction and vice versa

VARIATION

- To increase the challenge; the receiving player should move along their line to provide a moving target for the passer



DEVELOP THE SKILL

ACTIVITY 1 SOLO TAG (LIFT & STRIKE / SOLO RUN / U-12)

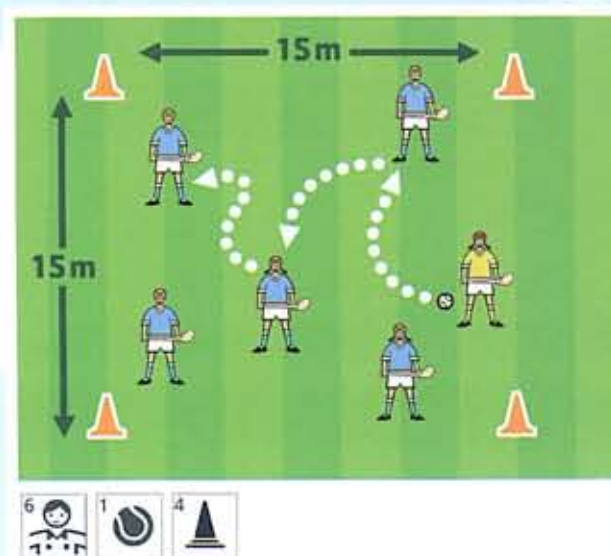
A Fun Game to develop the Solo Run technique

ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball Solos around attempting to tag the other players
- The player must Solo the ball as they travel between the players, catch the ball to tag each player
- As each player is tagged they must leave the game
- Change the player with the ball when all the players have been tagged

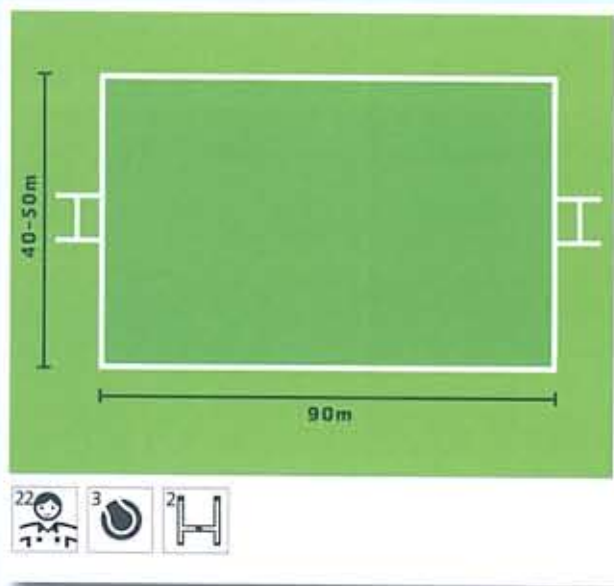
VARIATION

- Increase the number of 'taggers'



SAMPLE SESSION 2

GAME 2 SMART TOUCH (GO GAMES / GO HURLING / U-12)



PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field.
- Players may play the sliotar on the ground, may lift and strike the sliotar (without taking it into the hand) or may strike it from the hand after a 'clean' catch.
- A player who catches the sliotar may take four steps with it in his/her hand before playing it away.
- Solo running with the sliotar on the hurley is not permitted.
- A player who is fouled takes the free by lifting and striking the ball – without taking it in the hand – or by striking it on the ground.
- When a player fouls the sliotar e.g. overcarries it, the opponent nearest to the sliotar takes the free puck.
- 1 point when the sliotar is played over the crossbar
- 3 points when the sliotar is played under the crossbar

For more detailed rules check out the Go Games document

VARIATIONS

- Players are permitted to lift the sliotar into the hand
- Skill Points may be awarded e.g. 1 point for a successful block or Hook

EQUIPMENT NOTES

- Three Smart Touch (Size 3) sliotars – one placed behind each goal and one in play

SESSION REVIEW

SAMPLE SESSION

STRIKE ON THE GROUND

3



SESSION THEME

- DEVELOP THE STRIKE ON THE GROUND

EQUIPMENT LIST



WARM UP PASS THE GUARD (HAVE A BALL / STRIKING / LEVEL 3)

ORGANISATION

- Position a number of guards who are allowed to block the ball but not move from their positions
- The striking player strikes the ball along the ground to pass the guards

KEY POINTS

- Move the feet to place them side on to the target
- Practise striking off the right and left sides



GAME 1 FOUR GOAL GAME (LIFT & STRIKE / STRIKE ON THE GROUND / U-8)

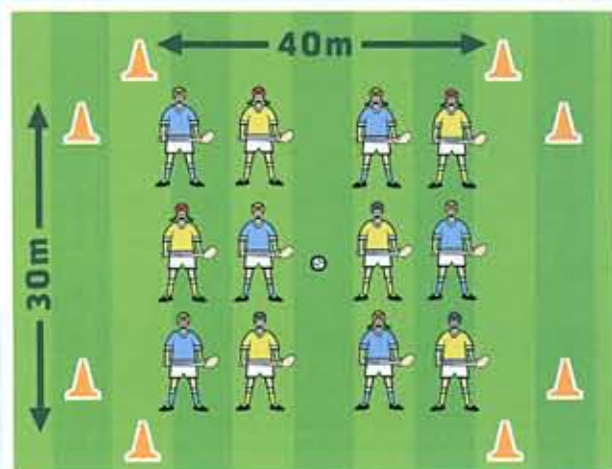
Modified Game focusing on the Strike on the Ground technique which incorporates blocking and dribbling and will aid the development of decision-making and team play

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




SAMPLE SESSION 3

INTRODUCE/REVISE A TECHNIQUE

KEY POINTS STRIKE ON THE GROUND (LIFT & STRIKE / U-8)

Here are the Key Teaching Points for Striking 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	

PRACTISE THE TECHNIQUE

ACTIVITY 1 STRIKING IN PAIRS (LIFT & STRIKE / STRIKE ON THE GROUND / U-8)

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



DEVELOP THE SKILL

ACTIVITY 2 GOAL TO GOAL (LIFT & STRIKE / STRIKE ON THE GROUND / U-8)

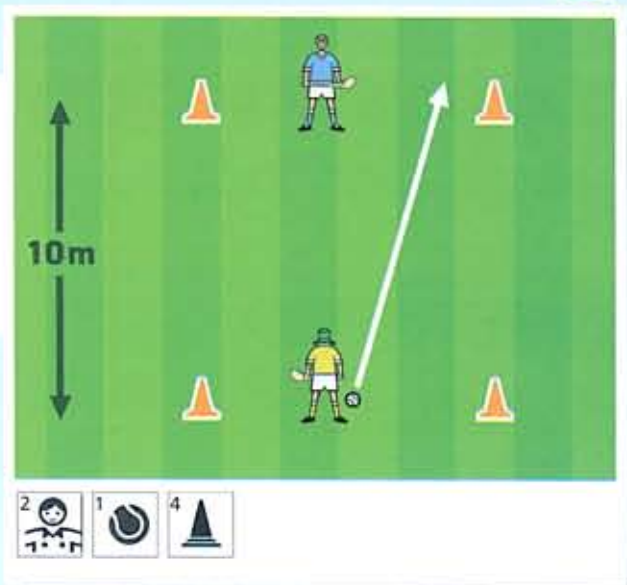
Fun Game that requires each player to use the Strike on the Ground technique to attempt to score a goal

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

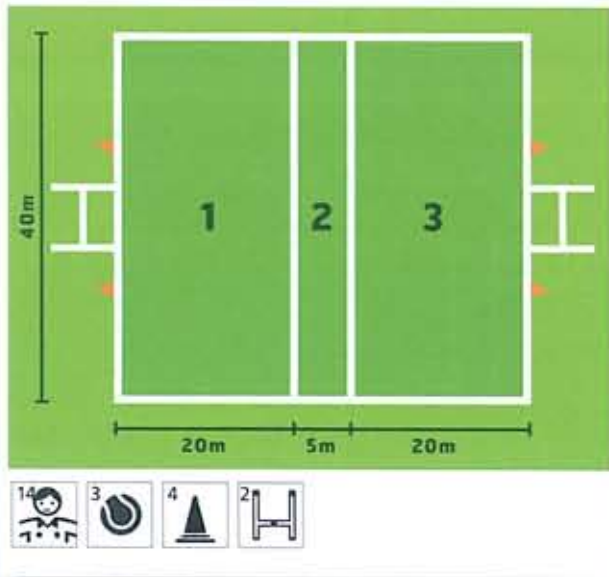
VARIATIONS

- 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



SAMPLE SESSION 3

GAME 2 FIRST TOUCH (GO GAMES / GO HURLING / U-8)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 7 v 7
- 4 quarters - 7 minutes per quarter
- 1 goalkeeper, 2 defenders, 2 midfielders and 2 attackers
- Play commences with a puck out from the hand.
- Outfield players must play the sliotar on the ground at all times.
- The goalkeeper is permitted to catch or lift the sliotar into the hand, take four steps and strike it from the hand but is not permitted to solo run with the sliotar on the hurley.
- All frees to be taken from the ground. A player who is fouled takes the free.
- When a player fouls the sliotar e.g. catches the ball, the opponent nearest to the sliotar takes the free puck.
- 1 point when the sliotar is played between the outer (side) posts
- 2 points when the sliotar is played over the crossbar
- 3 points when the sliotar is played under the crossbar

VARIATION

- Skill Points may be awarded, e.g. 1 point for doubling on the ball on the ground.

EQUIPMENT NOTES

- Modified (rubber bas) hurleys are the preferred option.
- Three First Touch (Size 1) sliotars – one placed behind each goal and one in play

SESSION REVIEW

SAMPLE SESSION

THE FRONTAL BLOCK

4



SESSION THEME

- DEVELOP THE FRONTAL BLOCK

EQUIPMENT LIST



WARM UP MARCHING (ABC / COORDINATION / LEVEL 1)

ORGANISATION

- Marching on the spot, the players bring their knees up high and swing the arms, bending at the elbows
- Progress to a walking march

KEY POINTS

- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



GAME 1 SHOULDER CLASH (LIFT & STRIKE / SHOULDER CLASH / U-8)



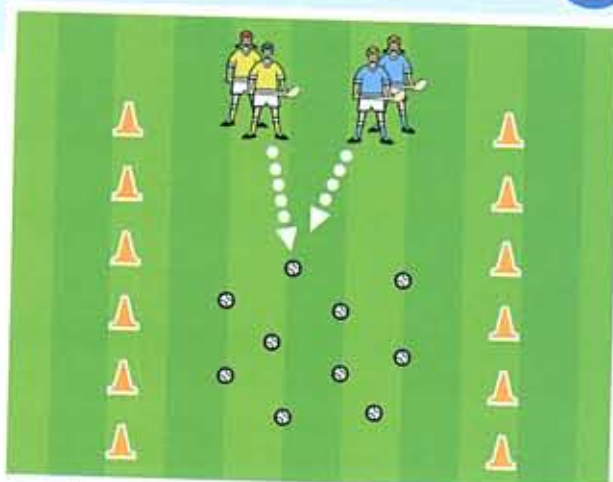
Fun Game to develop the Shoulder Clash technique

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



SAMPLE SESSION 4

REVISE A TECHNIQUE

KEY POINTS FRONTAL BLOCK (LIFT & STRIKE / U-10)

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



PRACTISE THE TECHNIQUE

DRILL 1 TURN AND BLOCK (LIFT & STRIKE / FRONTAL BLOCK / U-10)

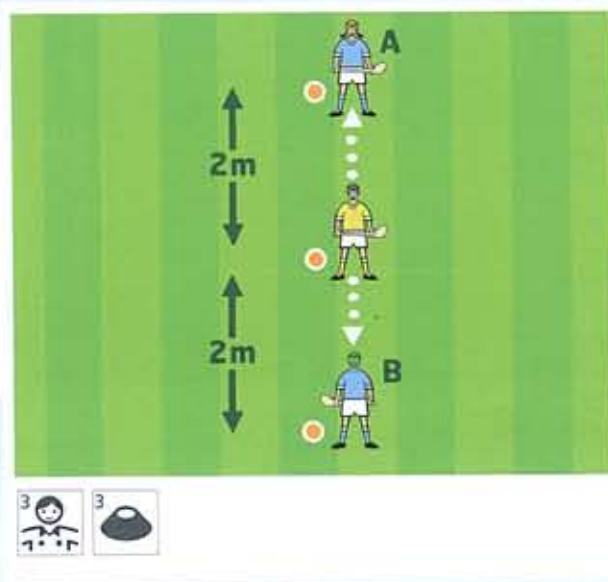
Basic Drill to practise the Frontal Block technique that requires the players to turn and block

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, for example a Quick Touch slotar



DEVELOP THE SKILL

ACTIVITY 1 CHASE AND BLOCK (LIFT & STRIKE / FRONTAL BLOCK / U-10)

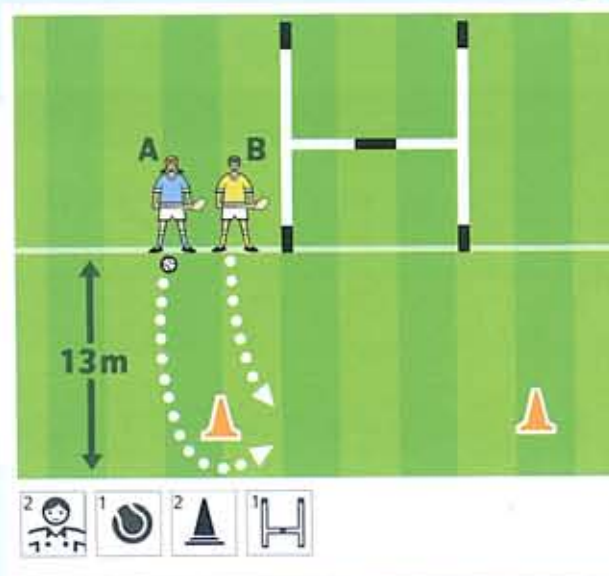
A Game Play Drill to develop the Frontal Block technique requiring the players to perform the block on an opponent striking for a point

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

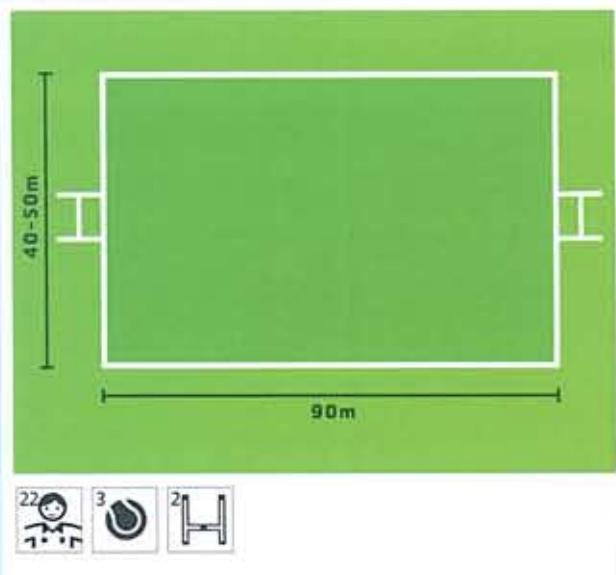
VARIATION

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



SAMPLE SESSION 4

GAME 2 SMART TOUCH (GO GAMES / GO HURLING / U-12)



PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field.
- Players may play the sliotar on the ground, may lift and strike the sliotar (without taking it into the hand) or may strike it from the hand after a 'clean' catch.
- A player who catches the sliotar may take four steps with it in his/her hand before playing it away.
- Solo running with the sliotar on the hurley is not permitted.
- A player who is fouled takes the free by lifting and striking the ball – without taking it in the hand – or by striking it on the ground.
- When a player fouls the sliotar e.g. overcarries it, the opponent nearest to the sliotar takes the free puck.
- 1 point when the sliotar is played over the crossbar
- 3 points when the sliotar is played under the crossbar

For more detailed rules check out the Go Games document

VARIATIONS

- Players are permitted to lift the sliotar into the hand
- Skill Points may be awarded e.g. 1 point for a successful block or hook

EQUIPMENT NOTES

- Three Smart Touch (Size 3) sliotars – one placed behind each goal and one in play

SESSION REVIEW

SAMPLE SESSION

5

STRIKING FROM THE HAND



SESSION THEME

- DEVELOP STRIKING FROM THE HAND

EQUIPMENT LIST



WARM UP BOUNCE & CONTROL ON HURLEY (HAVE A BALL / STRIKING / LEVEL 3)

ORGANISATION

- Each player has a ball
- In a stationary position bounce the ball on the end of the hurley
- Use two hands to aid control
- Progress to walking as the players become more proficient
- Challenge the players to toss the ball from the hurley into the air, allowing it to bounce before attempting to control it on the bas of the hurley again



KEY POINTS

- The toe of the hurley should be pointed away from the body to the non-dominant side
- Ensure the players have enough room to move around safely
- To control the ball soften the grip

GAME 1 MUSICAL CHAIRS (LIFT & STRIKE / JAB LIFT / U-10)



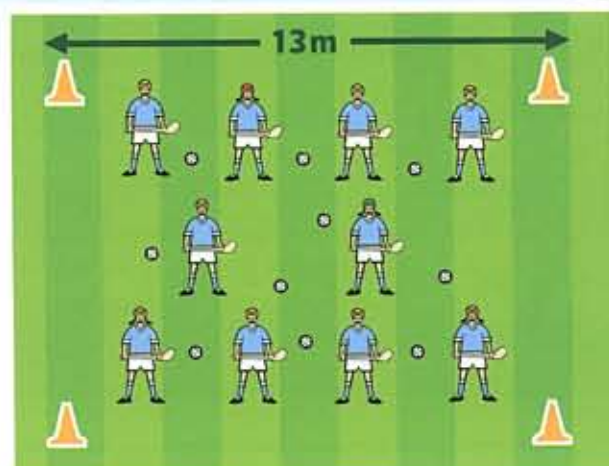
A Fun Game to develop the Jab Lift technique

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 slotars by two after each contest



SAMPLE SESSION 5

INTRODUCE/REVISE A TECHNIQUE

KEY POINTS STRIKING FROM THE HAND (LIFT & STRIKE / U-10)

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



PRACTISE THE TECHNIQUE

DRILL 1 STRIKING IN PAIRS (LIFT & STRIKE / STRIKING FROM THE HAND / U-10)

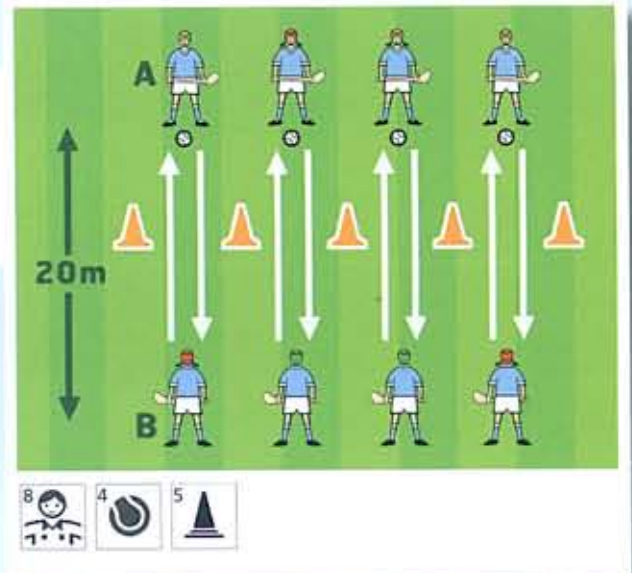
Basic Drill to practise Striking from the Hand designed to improve accuracy

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



DEVELOP THE SKILL

ACTIVITY 1 KEEP BALL (LIFT & STRIKE / STRIKING FROM THE HAND / U-10)

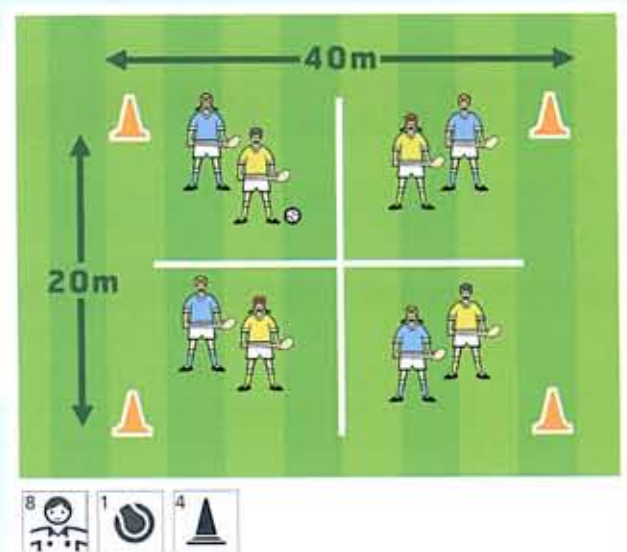
A Fun Game to practise Striking from the Hand

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

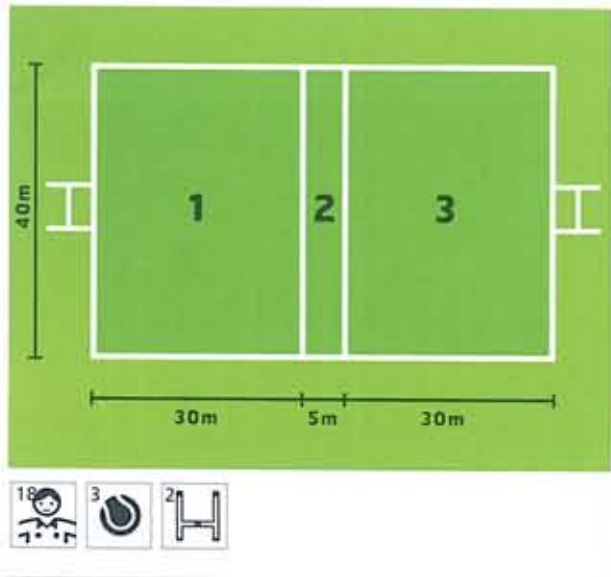
VARIATION

- 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



SAMPLE SESSION 5

GAME 2 QUICK TOUCH (GO GAMES / GO HURLING / U-10)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 9 v 9
- 4 quarters - 8 minutes per quarter
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Play commences with a puck out from the hand
- Players may play the sliotar on the ground, catch it and take four steps before Striking from the Hand
- Solo running with the sliotar on the hurley is not permitted.
- The goalkeeper is permitted to catch or lift the sliotar into the hand with the hurley and take four steps before striking it
- Free pucks may be taken from the hand or off the ground. A player who is fouled takes the free
- When a player fouls the sliotar e.g. overcarries it, the opponent nearest to the sliotar takes the free puck
- 1 point when the sliotar is played over the crossbar
- 3 points when the sliotar is played under the crossbar

VARIATION

- Skill Points may be awarded, e.g. 1 point for doubling on the ball on the ground.

EQUIPMENT NOTES

- Modified (rubber bas) or standard hurleys may be used.
- Three Quick Touch (Size 2) sliotars – one placed behind each goal and one in play.

SESSION REVIEW

BUILD YOUR OWN SESSION



SESSION THEME

EQUIPMENT LIST

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WARM UP

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PLAY A GAME 1

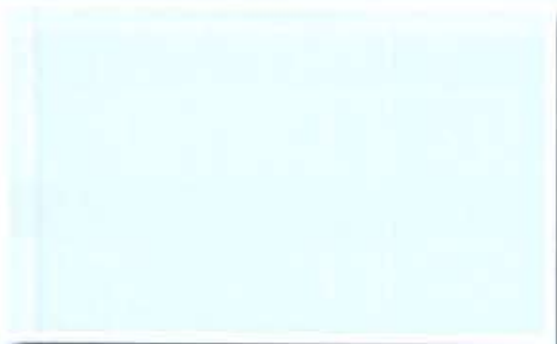
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REVISE A TECHNIQUE

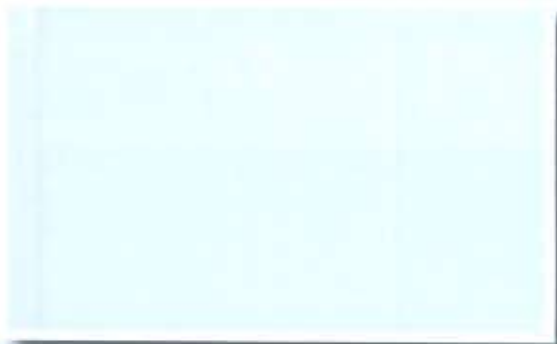
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BUILD YOUR OWN SESSION

PRACTISE THE TECHNIQUE



DEVELOP THE SKILL



PLAY A GAME 2



SESSION REVIEW

BUILD YOUR OWN SESSION



SESSION THEME

EQUIPMENT LIST

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WARM UP

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PLAY A GAME 1

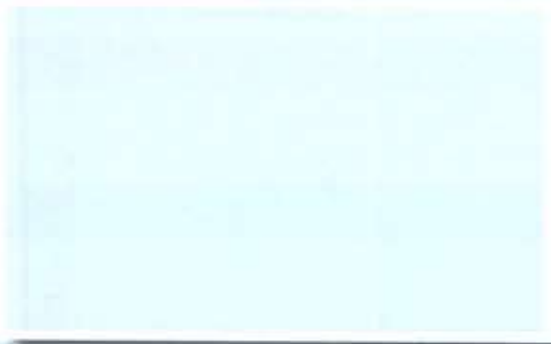
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REVISE A TECHNIQUE

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BUILD YOUR OWN SESSION

PRACTISE THE TECHNIQUE



DEVELOP THE SKILL



PLAY A GAME 2



SESSION REVIEW



CAN
AWARDS



1 STAR / 2 STAR / 3 STAR / 4 STAR / 5 STAR

U CAN AWARDS INTRODUCTION



The U Can Awards are a progressive series of skill 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.



SCORING THE U CAN AWARDS

- Each Star level is made up of 3 Skill Challenges
- Each Skill Challenge is scored on a points system
- All participants have three attempts at each Skill Challenge
- Each attempt is worth between 0-2 points giving a possible total of 6 points for each Skill Challenge
- A Gold, Silver or Bronze Awards for proficiency at that skill is then awarded as follows:

5 – 6 points = Gold

3 – 4 points = Silver

0 – 2 points = Bronze



This resource provides the coach with all the information necessary to set up each of the skill challenges across the 5 Star levels.

ONE ★ STAR CHALLENGES



CHALLENGE 1 DRIBBLE

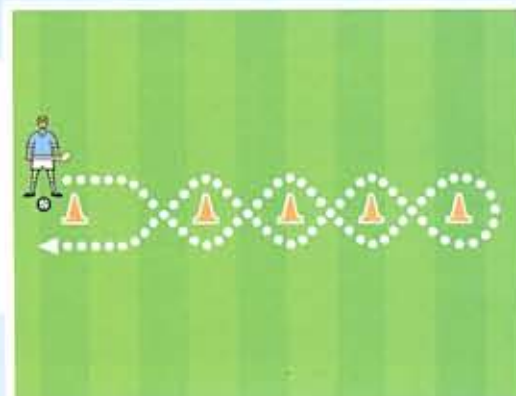
A skills challenge to test proficiency at the Dribble

ORGANISATION

- Place one cone for participating players to stand at
- Place a further line of four cones 2m apart beginning 3m from the first cone
- The player Dribbles out and back through each of the cones
- Players are only permitted to play the sliotar forward. Playing the sliotar back or hitting a cone with the sliotar is not allowed

SCORING

- 1 point for Dribbling out correctly and 1 point for Dribbling back correctly, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 2 GROUND STRIKE

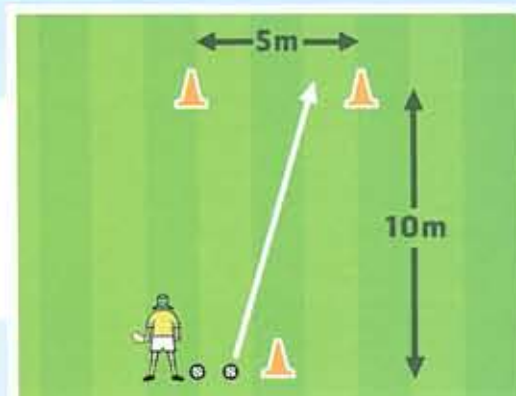
A skills challenge to test proficiency at the Ground Strike from a stationary position

ORGANISATION

- Mark out a goal 5m wide using two cones
- Place another cone a distance of 10m from the goal
- Place two sliotars alongside the 10m cone
- Using their preferred side the player strikes each sliotar in turn to pass through the goal

SCORING

- 1 point is awarded for each goal scored, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 3 CHEST CATCH

A skills challenge to test proficiency at the Chest Catch

ORGANISATION

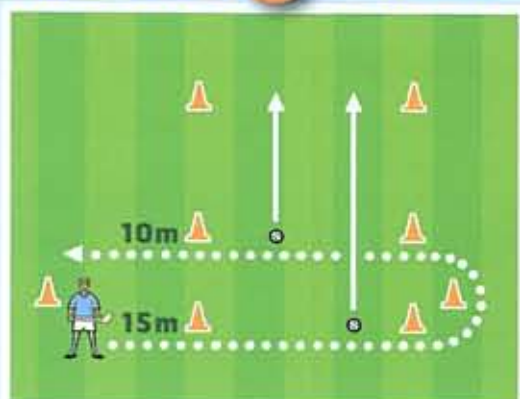
- The player holds the hurley in the dominant hand
- Throw the sliotar above the head and perform a Chest Catch as the sliotar drops

SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points



CHALLENGE 1 RUNNING GROUND STRIKE



A skills challenge to test proficiency at the Ground Strike on the Run

ORGANISATION

- Set up the challenge as shown
- Place a sliotar in between each pair of cones
- Starting to one side, the player runs along either the 10 or the 15m line
- Without breaking stride, strike the sliotar to pass through the goal
- Continue around the outer cone on the far side, striking the next ball off the other side

SCORING

- 1 point is awarded for each goal scored
- Strike the ball on the 15m line with the preferred side and the ball on the 10m line with the non-preferred side
- Attempt the challenge three times giving a possible final total of 6 points

CHALLENGE 2 ROLL LIFT



A skills challenge to test proficiency at the Roll Lift

ORGANISATION

- Place three cones to form a triangle, cones 3m apart
- Place a sliotar at two of the cones
- The player, starting from cone 1, Roll Lifts each sliotar into the hand, drops it on the ground and returns to cone 1

SCORING

- 1 point is awarded for each successful Roll Lift
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 3 STRIKE FROM THE HAND



A skills challenge to test the Strike from the Hand from a stationary position

ORGANISATION

- Place two cones 10m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines with cones
- While stationary, the player strikes the first sliotar from the hand using one side and the second sliotar using the opposite side

SCORING

- One sliotar must pass the 30m line to score a point, the other must pass the 20m for a second point
- The sliotar may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points

THREE★STAR CHALLENGES

CHALLENGE 1 LIFT, CATCH AND STRIKE

A skills challenge to test the Jab Lift and Strike while moving

ORGANISATION

- Place two cones 10m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines
- From the first cone the player runs and Jab Lifts either ball. Without breaking stride, strike the ball from the hand
- Continue around the second cone, attempt to strike the remaining ball using the opposite side

SCORING

- One sliotar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The sliotar may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 2 HAND PASS

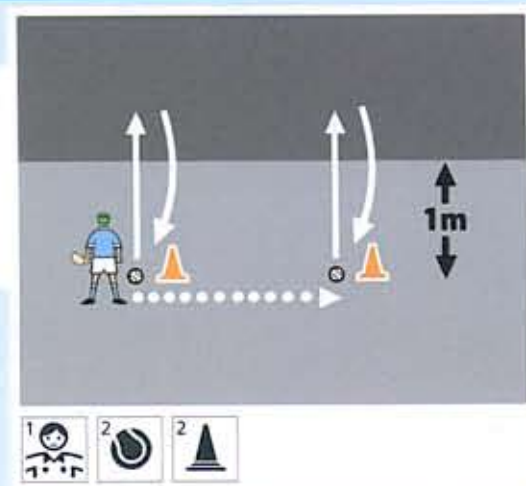
A skills challenge to test proficiency at the Hand Pass

ORGANISATION

- Place two cones 1m from a wall; place a sliotar at each
- The player Roll Lifts the sliotar at the first cone and Hand Passes it against the wall
- Catching it outside the 1m marker, the player places it back at the cone
- The skill is then repeated at the second cone

SCORING

- 1 point is awarded for each successful Hand Pass and catch, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 3 OVERHEAD CATCH

A skills challenge to test proficiency at the Overhead Catch

ORGANISATION

- Set up a grid 2m X 2m, with a further cone 3m-5m to each side
- The player lines up at one side and the Coach stands at the other
- The Coach throws the sliotar under arm as the player moves into the square to catch the sliotar overhead
- The player then returns to the cone and repeats the challenge

SCORING

- 1 point is awarded for each Overhead Catch made
- Attempt the challenge six times giving a possible total of 6 points



CHALLENGE 1 CONTROL AND STRIKE



A skills challenge to test Controlling a Moving Ball and Striking from the Hand on the run

ORGANISATION

- Mark two lines 20m either side of a central line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball towards the player
- The player controls the ball into the hand, strike the ball to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

SCORING

- 1 point is awarded for each sliotar that passes over the 20m line
- The player is allowed only one touch to control the ball
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 2 DOUBLING



A skills challenge to test proficiency at Doubling on a moving ball on the ground

ORGANISATION

- Mark a line using two cones 15m apart
- Mark out another line 20m either side of this line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball along the ground towards the player
- The player doubles on the moving sliotar to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

SCORING

- 1 point is awarded for each sliotar that passes over the 20m line, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 3 SOLO RUN



A skills challenge to test proficiency at the Solo Run

ORGANISATION

- Using six cones set up a formation as shown. The distance from cone 1 to cone 6 should be 9m
- Beginning at cone 1, the player jogs to cone 2 to Jab Lift the ball
- Without catching, Solo around the cones to the end of the formation
- The player is not permitted to handle the sliotar

SCORING

- 1 point is awarded for a successful Jab Lift and 1 point for a successful Solo, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

FIVE★STAR CHALLENGES

CHALLENGE 1 SIDELINE CUT

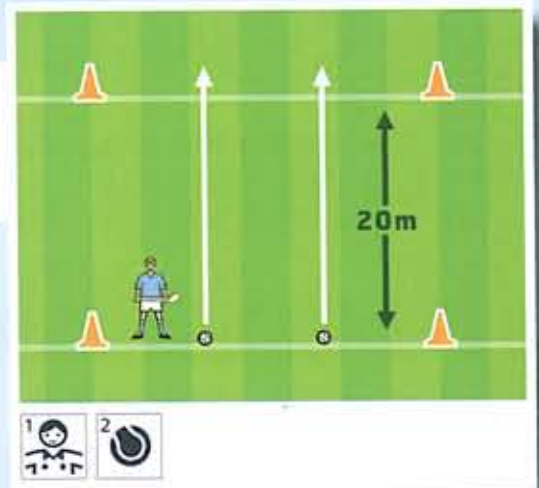
A skills challenge to test proficiency at the Sideline Cut

ORGANISATION

- Mark a line using two cones; at a distance of 20m mark another line
- The player takes two Sideline Cuts, each to pass over the 20m line
- The sliotar may not touch the ground before it crosses the line

SCORING

- One point is awarded for each sliotar that crosses the 20m line, 2 points in total
- Attempt the challenge three times, giving a possible final total of 6 points



CHALLENGE 2 FREE PUCK

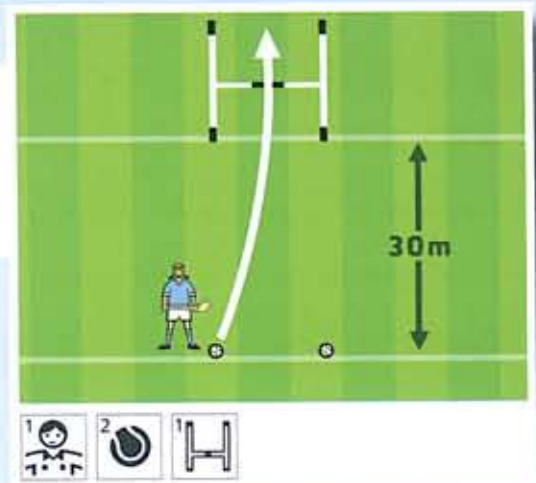
A skills challenge to test proficiency at the Free Puck

ORGANISATION

- From a stationary position 30m from goal, the player lifts the sliotar and strikes it over the bar, without taking it into the hand
- Makes one attempt in line with the left goalpost and one attempt in line with the right goalpost

SCORING

- 1 point is awarded for each point scored
- Attempt the challenge three times, giving a possible total of 6 points



CHALLENGE 3 LIFT AND STRIKE

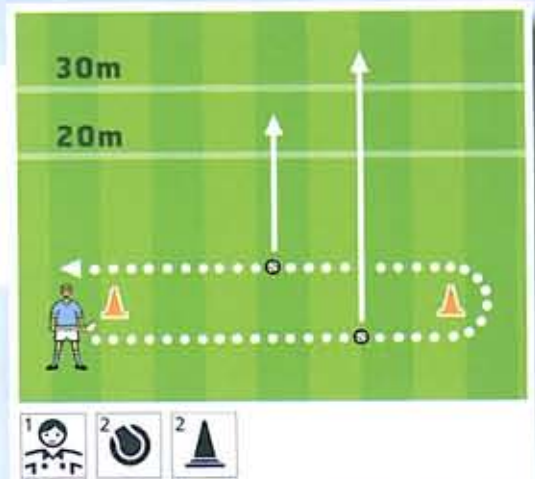
A skills challenge to test proficiency of Lift and Strike on the run

ORGANISATION

- Place two cones 15m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines
- Beginning at one cone, run and Jab Lift one of the balls
- Without catching, strike the ball from the hurley to pass over either line
- Continue around the second cone; repeat using the opposite side

SCORING

- One sliotar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The ball must be lifted on the first attempt and must travel over the line without touching the ground
- Attempt the challenge three times, giving a possible total of 6 points



WATCH OUT FOR THE U CAN PASSPORTS. COMING SOON TO A CLUB NEAR YOU.

The U Can Awards are a progressive series of skills challenges for players, designed to assist with, and assess, the development of the skills of Hurling. Find out more about them from your local Club or County Games Development Committee.



To find out more about the U Can Awards check out our website on www.gaa.ie



SKILL STAR CHALLENGE



GROUND STRIKE ON THE RUN / FREE TAKING /
JAB LIFT AND STRIKE / SIDELINE CUT / JAB LIFT, SOLO, STRIKE

SKILL STAR INTRODUCTION



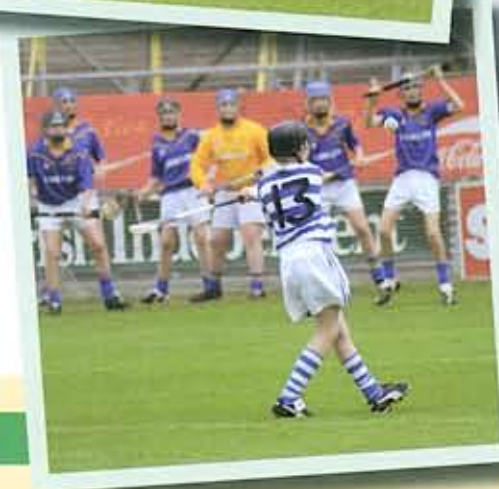
The Skill Star Challenge is an extension of the U Can Awards implemented through Primary Schools aimed at players in the 13/14 age bracket. It provides an opportunity for the most technically proficient players to perform at a Club, County, Provincial and National level.

SCORING

Each Challenge has a specific scoring scheme, with points being awarded for successfully completing the task within a set time period. Points will be deducted for going over time.

ENTERING THE AWARDS

There are five challenges to complete. Children can enter the awards through Schools or local Clubs.



THE FOLLOWING ARE THE CHALLENGES:

CHALLENGE 1

This is a skills challenge to test proficiency at the **Ground Strike on the Run**

CHALLENGE 2

This is a skills challenge to test proficiency at **Free Taking**

CHALLENGE 3

This is a skills challenge to test proficiency at the **Jab Lift and Strike**

CHALLENGE 4

This is a skills challenge to test proficiency at the **Sideline Cut**

CHALLENGE 5

This is a skills challenge to test proficiency at the **Jab Lift, Solo and Strike** from the hurley for a score

SKILL STAR CHALLENGES



CHALLENGE 1 GROUND STRIKE ON THE RUN

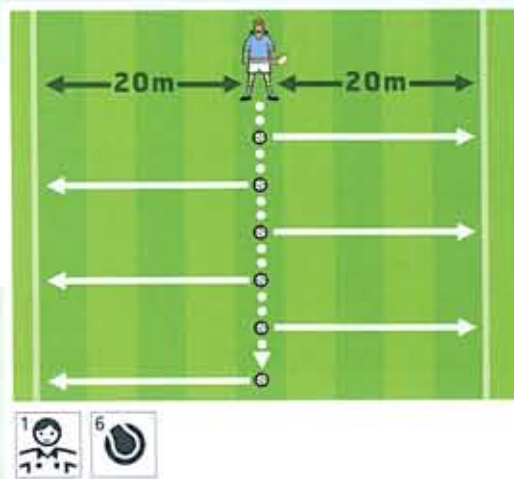
A skill challenge to test proficiency at the Ground Strike on the Run

ORGANISATION

- Place 6 sliotars along a line at intervals of 5m
- The player must run and strike each sliotar on the ground from alternate sides without breaking stride
- The balls must travel a distance of 20m
- Complete the challenge by running on beyond the final sliotar

SCORING

- 1 point for dribbling out correctly and 1 point for dribbling back correctly, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



CHALLENGE 2 FREE TAKING

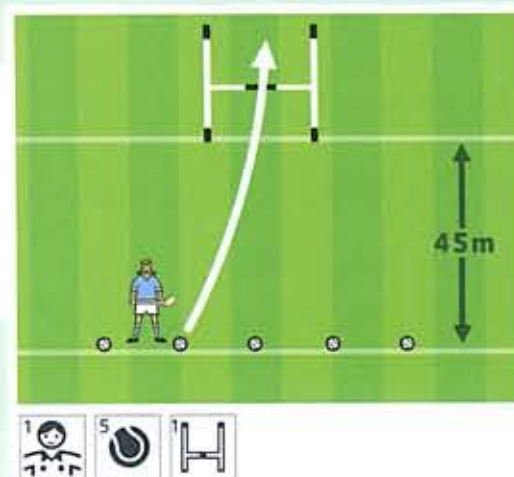
A skill challenge to test proficiency at Free Taking

ORGANISATION

- Place 5 sliotars along the 45m line
- One in line with the centre of the goals, a second and third at 10m either side of the centre and a fourth and fifth 5m in from each sideline
- The player, starting at a ball of their choice, must lift and strike each ball off the hurley in an attempt to score a point
- There is no time limit

SCORING

- Award 10 points for each score from balls 1, 2 and 3 and award 20 points for each score from balls 4 and 5



CHALLENGE 3 JAB LIFT AND STRIKE

A skill challenge to test proficiency at the Jab Lift and Strike

ORGANISATION

- Place four sliotars along the 20m line at intervals of 7m, evenly spaced to either side of the goal area
- Beginning 5m to one side, the player must Jab Lift each ball in turn, take it into the hand and strike it to pass over the bar
- Repeat the challenge from the opposite side
- Failure to Jab Lift the ball on the first attempt will rule out the effort

SCORING

- Award 10 points for each point scored, within a time limit of 10 seconds in each direction
- For each second over the allotted time deduct 2 points

