

Fun Do



GAA Fun Do

HURLING RESOURCE



A GAA Games
Development
Fun Do Initiative



Promoting the GAA
Code of Best Practice
for Youth Sport

CODE OF BEST
PRACTICE FOR



Media Partners

THE IRISH TIMES

Part of the GAA Grassroots
to National programme
(GNP) supported by the
Irish Sports Council (ISC)

THE
IRISH SPORTS
COUNCIL



AN CORRAIDÉALAS 1987/1

ACKNOWLEDGEMENTS

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Roe Lane, Thomas Street, Dublin 8

Printed by

Wood Printcraft, Greencastle Parade
Malahide Industrial Park, Dublin 17

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guardians.

Thanks to:

RTÉ, and the RTÉ Sports Library for their support.
Emma Tormey, Regina Gorman and Aisling Foley for
their assistance. Sean Ryan and Ollie McElvaney for
their participation.

Aurion Learning.

Comhairle Uladh CLG, Cumann Peile Gael na mBan
and Cumann Camogaíochta na nGael for their support.
The Games Development Administrators, Games
Promotion Officers and Coaches, in particular Mark
King and Colm Burtchill, for their cooperation and
assistance.

**A particular thanks to the Inter-County Players who
participated:**

Hurling

Davy Fitzgerald (An Clár), Eoin Kelly, Paul Kelly
(Tiobraid Árann), Kevin Broderick, Joe Canning
(Gaillimh), Karl McKeegan (Aontroim), Richie Power,
Tommy Walsh (Cill Chainnigh)

Football

Aaron Kernan (Ard Mhacha), Alan Brogan,
John McCaffrey (Áth Cliath), Conor Mortimer
(Maigh Eo), James Masters (Corcaigh), Mickey
McVeigh (An Dún), Stephen O'Neill (Tír Eoghain).

Finally a special thanks to all the young players who
participated and to the schools, teachers and parents
for their cooperation.

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CONTENTS

Introduction

7



COACHING CLASSES U-8

9

Introduction	10
Chest Catch	11
Dribble	17
Shoulder Clash	23
Stopping a Ground Ball	29
Strike on the Ground	35
Frontal Ground Block	41
Hook	47



COACHING CLASSES U-10

53

Introduction	54
Ground Strike on the Run	55
Roll Lift	61
Overhead Catch	67
Jab Lift	73
Striking from the Hand	79
Frontal Block	85
Hand Pass	91



COACHING CLASSES U-12

97

Introduction	98
Blocking a Ball Overhead	99
Solo Run	105
Controlling a Moving Ball	111
Doubling Back	117
Batting a Ball Overhead	123
Ground Flick	129
Overhead Striking	135

CONTENTS

EXTRA SKILLS

COACHING CLASSES EXTRA SKILLS

141

Introduction	142
Holding the Hurley	143
Low Catch	145
Puck Out	147
Free Puck	149
Sideline Cut	151
Penalty Puck	153
Stopping a Ball	155

WALL BALL

WALL BALL

157

Introduction	158
Drill 1: Striking on the Ground	159
Drill 2: Striking on the Ground	159
Drill 3: Striking on the Ground in Pairs	160
Drill 4: Toss and Chest Catch	160
Drill 5: Move to Catch	161
Drill 6: Hand Pass off the Wall	161
Drill 7: Hand Pass off the Wall in Groups	162
Drill 8: Toss and Overhead Catch	162
Drill 9: Toss and Overhead Catch II	163
Drill 10: Striking and Catching	163
Drill 11: Striking off the Wall	164
Drill 12: Striking while Off Balance	164
Drill 13: Blocking against the Wall	165
Drill 14: Batting against the Wall	165
Drill 15: Wall Ball Hurling	166

**SAMPLE
SESSIONS****COACHING CLASSES SAMPLE SESSIONS****167**

Introduction	168
Session 1: The Overhead Catch	169
Session 2: The Solo Run	173
Session 3: The Strike on the Ground	177
Session 4: The Frontal Block	181
Session 5: Striking from the Hand	185
Build your own Session	189

**U CAN AWARDS****193**

Introduction	194
1 Star: Dribble/Ground Strike/Chest Catch	195
2 Star: Running Ground Strike/Roll Lift/Strike from the Hand	196
3 Star: Lift, Catch & Strike/Hand Pass/Overhead Catch	197
4 Star: Control & Strike/Doubling/Solo Run	198
5 Star: Sideline Cut/Free Puck/Lift & Strike	199

**SKILL STAR CHALLENGE****201**

Introduction	202
Challenge 1: Ground Strike on the Run	203
Challenge 2: Free Taking	203
Challenge 3: Jab Lift & Strike	203
Challenge 4: Sideline Cut	204
Challenge 5: Jab Lift, Solo, Strike	204

DVD and DVD-ROM

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



TEACHTAIREACHT AN UACHTARÁIN

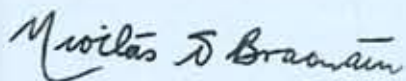
Is cúis mhór áthais dom cúpla focail a scríobh ar fhoilsiú an leabhair thábhachtaigh seo.

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

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

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

Ráth Dé oraibh go léir,



Nioclás Ó Braonáin
Uachtarán



INTRODUCTION



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

These elements are as follows:

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

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

The Lift and Strike Coaching

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

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

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

Handball Alleys have been traditionally used to develop the skills of the game and these have been augmented in recent times through the development of purpose-built Hurling walls. They provide the

player with the opportunity to develop their skills in the most economic way possible and dynamic Coaching Sessions can be created around the use of these facilities.

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

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

INTRODUCTION

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

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

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

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

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

UNDERSTANDING THE ICONS

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

EQUIPMENT ICONS



Coach



Stopwatch



Player



Markers



Whistle



Tyre



Cones



Goalposts



Sliotar



Hoop

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill

UNDER

8



**LIFT &
STRIKE**

COACHING CLASSES

**COACHING
CLASSES**



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

U-8 INTRODUCTION



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

CHEST CATCH

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

THE DRIBBLE

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

SHOULDER CLASH

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

STOPPING A GROUND BALL

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

STRIKE ON THE GROUND

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

FRONTAL GROUND BLOCK

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

THE HOOK

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

KEY TEACHING POINTS

Here are the Key Teaching Points for the Chest Catch



Adopt the Ready Position

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



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



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









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



COMMON ERRORS

Here are the Common Errors for the Chest Catch

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

DRILL 1 TOSS AND CATCH

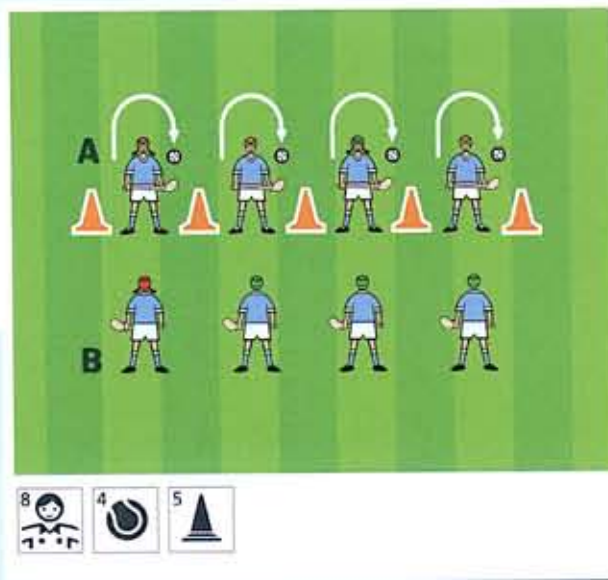
Basic Drill to practise the Chest Catch technique in a stationary position

ORGANISATION

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

VARIATION

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


DRILL 2 PARTNER CATCH

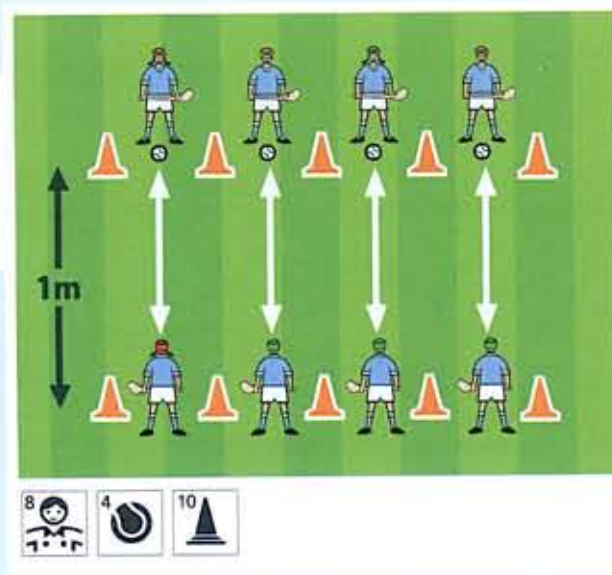
Basic Drill to practise the Chest Catch technique in a stationary position introducing a partner

ORGANISATION

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

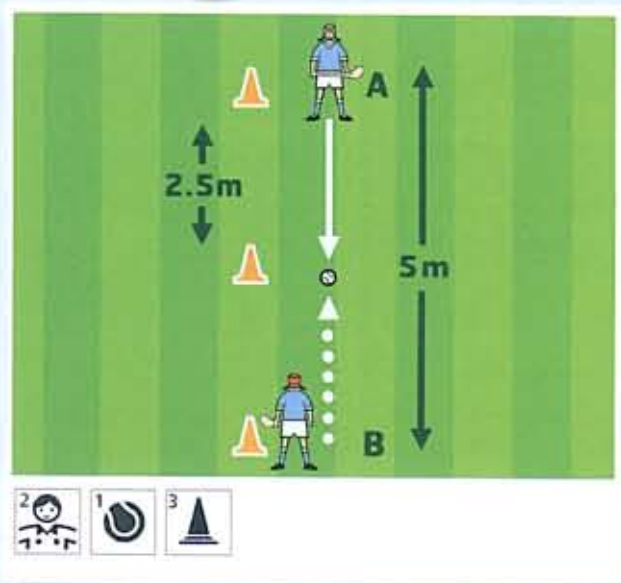
VARIATIONS

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



PRACTISE THE TECHNIQUE

DRILL 3 MOVE TO CATCH



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

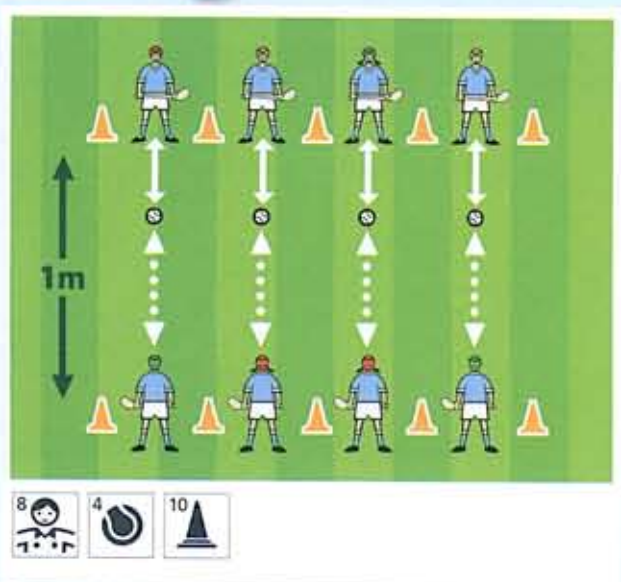
ORGANISATION

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

VARIATION

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

DRILL 4 MOVE AND CATCH



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

ORGANISATION

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

VARIATIONS

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

ACTIVITY 1 KEEP BALL

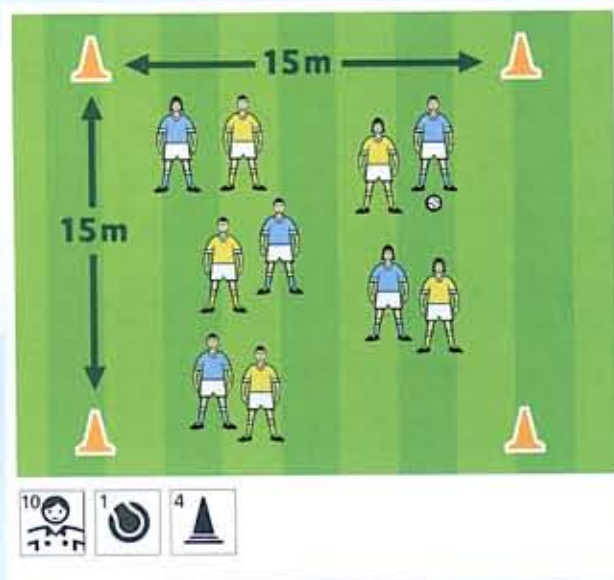
Fun Game designed to develop the Chest Catch technique

ORGANISATION

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

VARIATIONS

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


ACTIVITY 2 BEAT THE CIRCLE

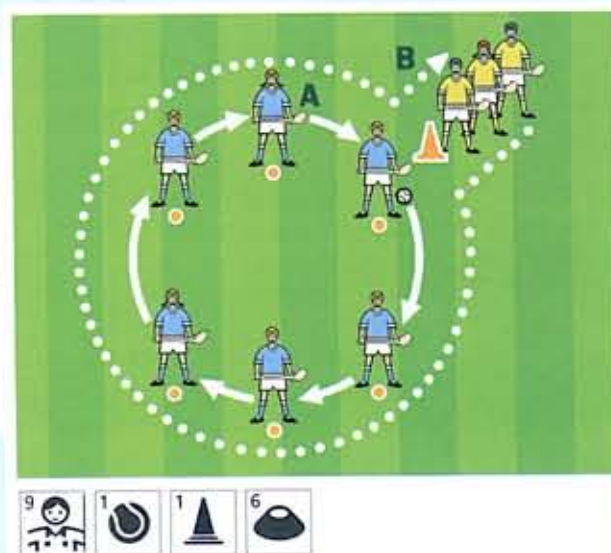
This Fun Game is designed to improve the Players' ability to perform the Chest Catch under pressure

ORGANISATION

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

VARIATION

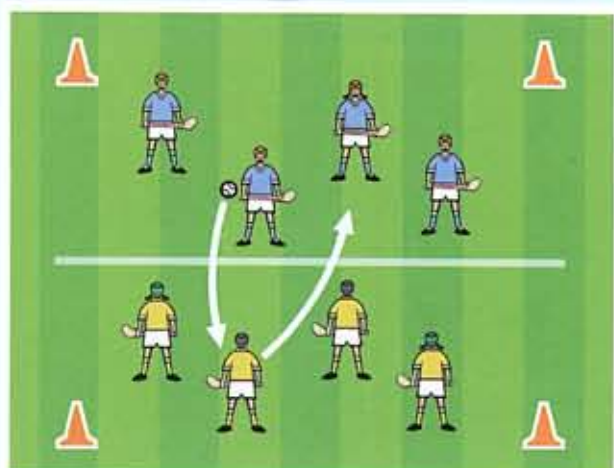
- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins



UNDER 8 CHEST CATCH

DEVELOP THE SKILL

ACTIVITY 3 OVER THE RIVER



Fun Game to develop the Chest Catch

ORGANISATION

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

VARIATIONS

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

KEY TEACHING POINTS

Here are the Key Teaching Points for the Dribble



Adopt the Ready Position

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



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



Use alternate sides of the bas on every second stroke



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



COMMON ERRORS

Here are the Common Errors for the Dribble

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

DRILL 1 OUT AND BACK

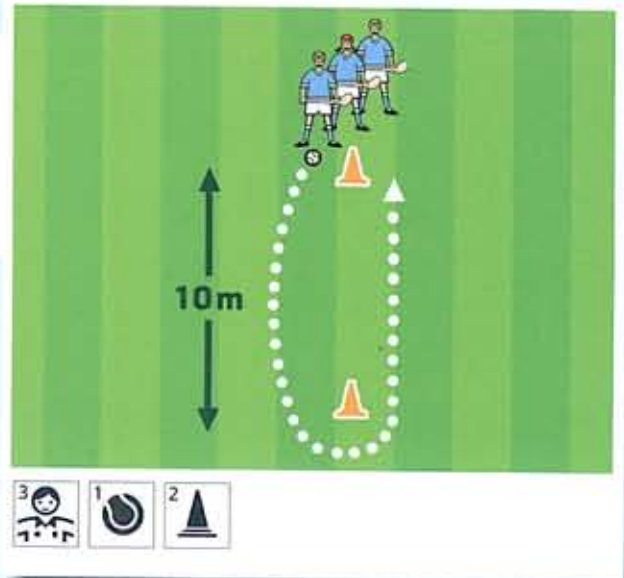
Basic Drill to practise the Dribble technique in a straight line

ORGANISATION

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

VARIATIONS

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



DRILL 2 AROUND THE CONE

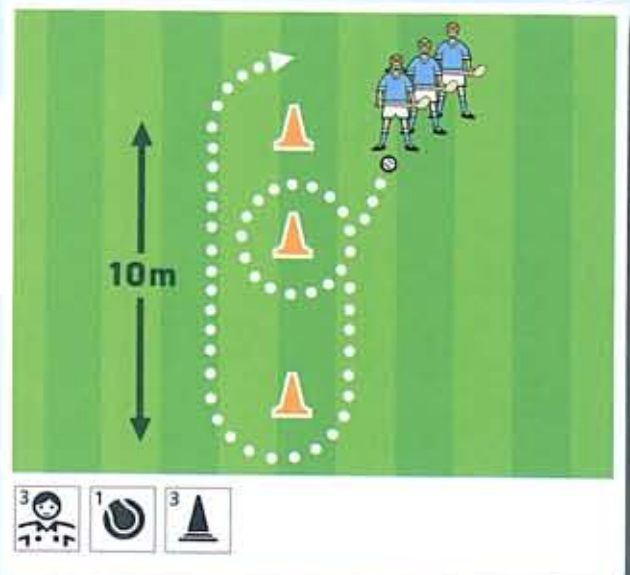
Basic Drill to practise the Dribble technique that challenges the players to steer the ball around an obstacle as they Dribble

ORGANISATION

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

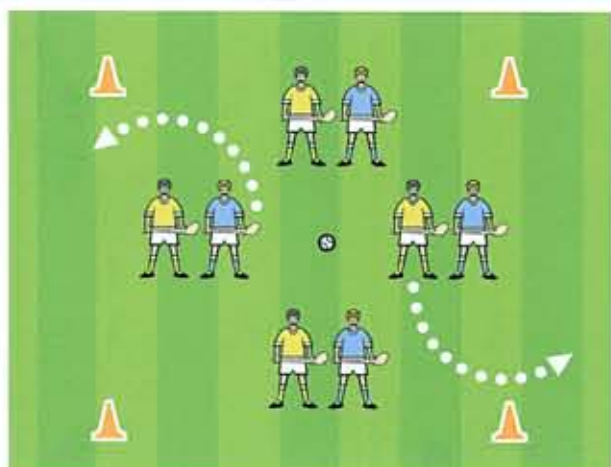
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 DRIBBLE AND SCORE



Modified Game to develop the Dribble technique

ORGANISATION

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

VARIATION

- To reduce the challenge: reduce the number of players

KEY TEACHING POINTS

Here are the Key Teaching Points for the Shoulder Clash



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



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



Keep at least one foot on the ground



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



UNDER 8 SHOULDER CLASH

COMMON ERRORS

Here are the Common Errors for the Shoulder Clash



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



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



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



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



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



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



DRILL 1 1, 2, 3 CLASH

Basic Drill to practise the Shoulder Clash technique

ORGANISATION

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

VARIATIONS

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



DRILL 2 JOG AND CLASH

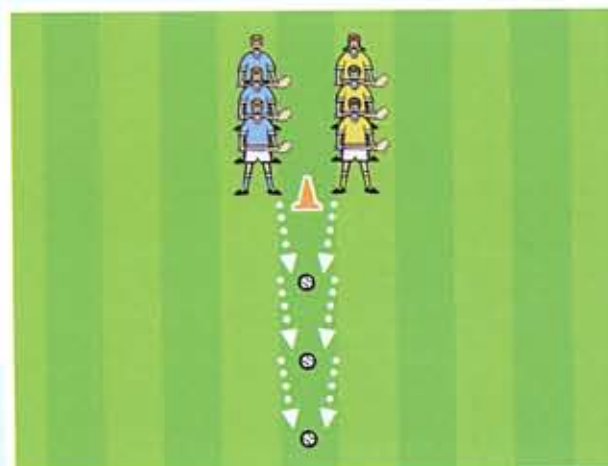
Intermediate Drill to practise the Shoulder Clash technique that requires the players to jog into the clash

ORGANISATION

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

VARIATIONS

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



PRACTISE THE TECHNIQUE

DRILL 3 ROLL AND CLASH



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

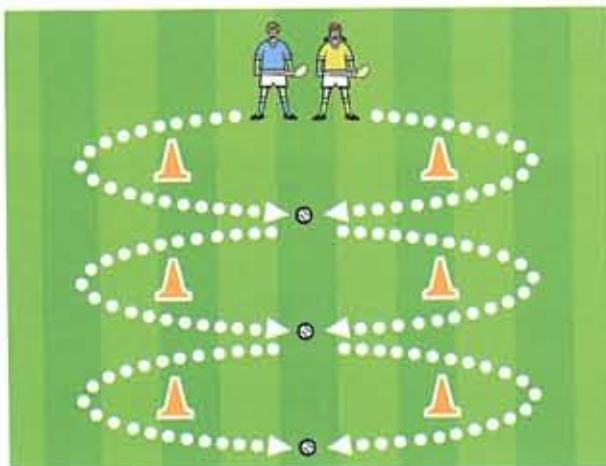
ORGANISATION

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

VARIATIONS

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

DRILL 4 ZIG-ZAG CLASH



Intermediate Drill to practise the Shoulder Clash technique

ORGANISATION

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

VARIATIONS

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

ACTIVITY 1 A RACE AGAINST TIME
 

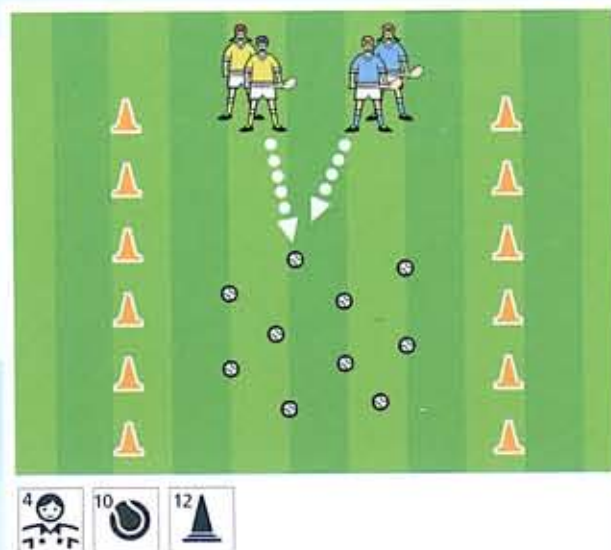
Fun Game to develop the Shoulder Clash technique

ORGANISATION

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

VARIATIONS

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


ACTIVITY 2 ZIG-ZAG CLASH GAME
 

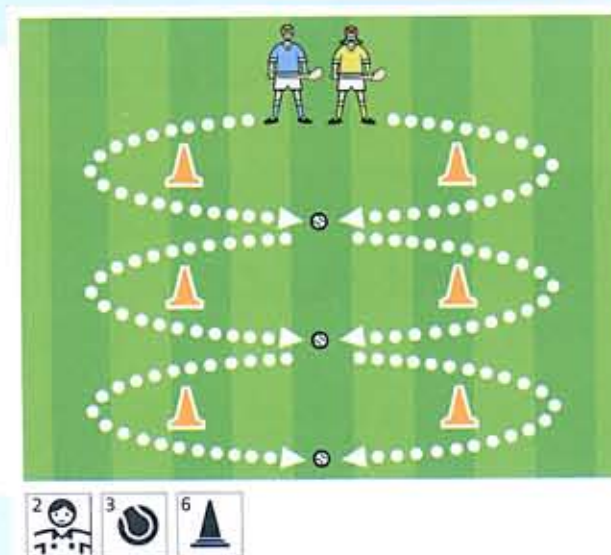
Fun Game to develop the Shoulder Clash technique

ORGANISATION

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

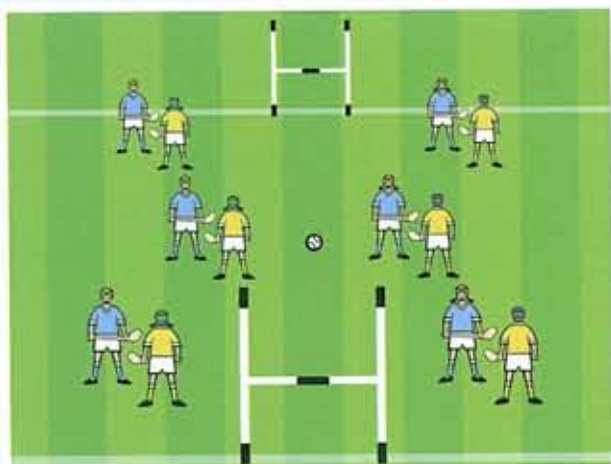
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



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

ORGANISATION

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

VARIATION

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

KEY TEACHING POINTS

Here are the Key Teaching Points for Stopping a Ground Ball



Adopt the Ready Position



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

This is the blocking position on the strong side



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



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

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



COMMON ERRORS

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

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

STOPPING A GROUND BALL PRACTISE THE TECHNIQUE

DRILL 1 ROLL AND BLOCK

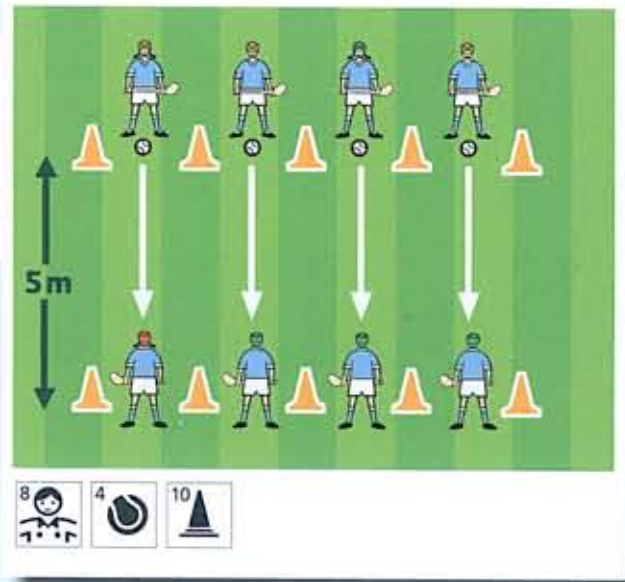
Basic Drill to practise Stopping a Ground Ball

ORGANISATION

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

VARIATIONS

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



DRILL 2 RUN TO BLOCK

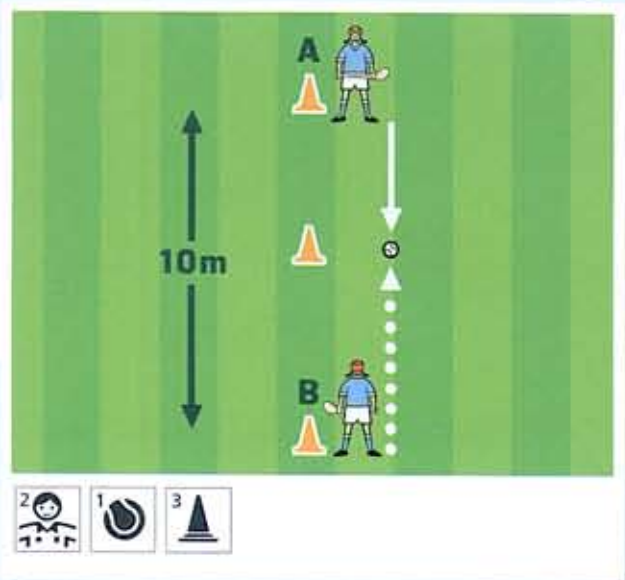
Intermediate Drill to practise Stopping a Ground Ball requiring the players to move to the ball before performing the block

ORGANISATION

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

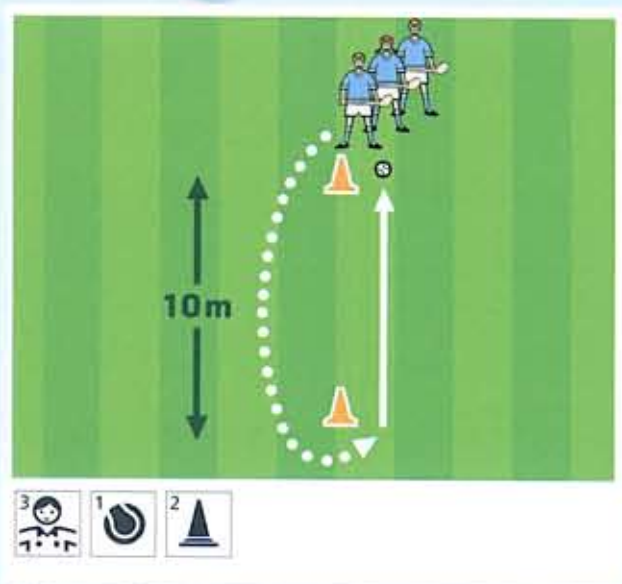
VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 DRIBBLE, STRIKE AND BLOCK



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

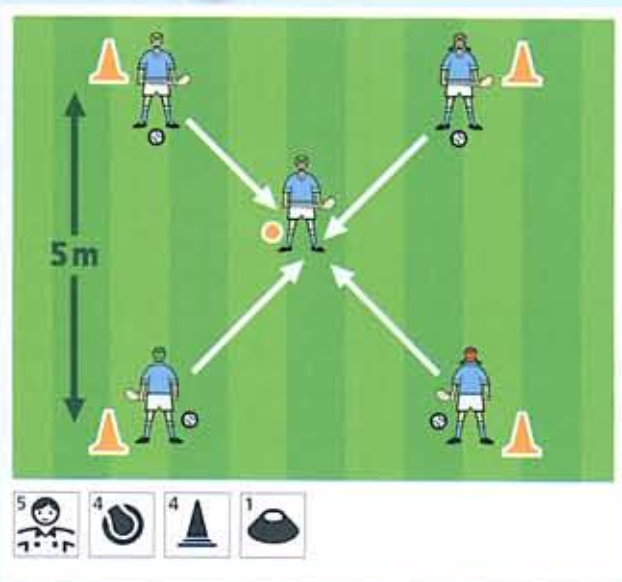
ORGANISATION

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

VARIATION

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

DRILL 4 TURN AND BLOCK



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

ORGANISATION

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

VARIATION

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

ACTIVITY 1 GOAL TO GOAL

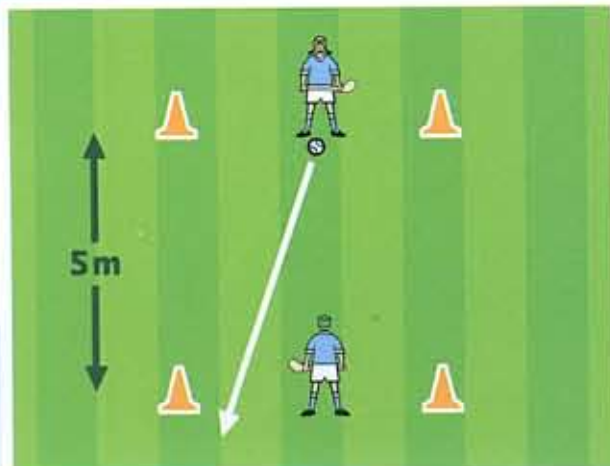
Fun Game to develop the technique for Stopping a Ground Ball that challenges the players to block the ball as their partner attempts to score a goal

ORGANISATION

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

VARIATIONS

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



ACTIVITY 2 PASS THE GUARDS

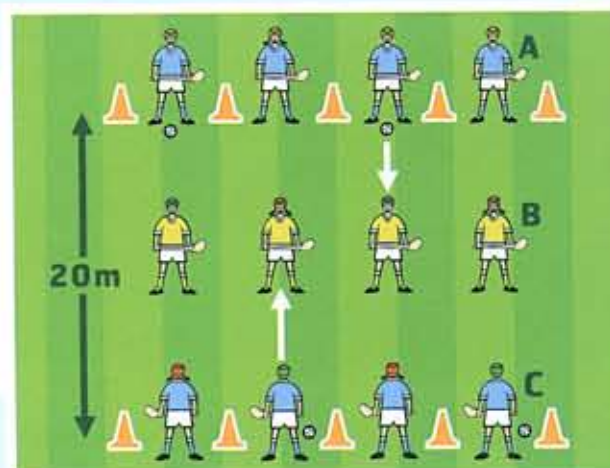
Fun Game to develop the technique for Stopping a Ground Ball

ORGANISATION

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

VARIATIONS

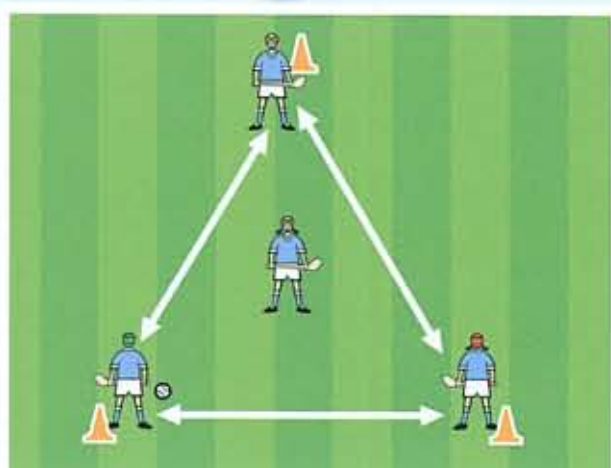
- As the players develop, increase the distance between them and allow them to strike the sliotar
- A large sliotar makes the technique easier to perform. A smaller sliotar makes it more difficult



UNDER 8 STOPPING A GROUND BALL

DEVELOP THE SKILL

ACTIVITY 3 PIGGY IN THE MIDDLE



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

ORGANISATION

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

VARIATIONS

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

KEY TEACHING POINTS

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

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

COMMON ERRORS

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



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



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



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



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



Lifting the head to follow the ball before completing the strike



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



DRILL 1 IMAGINARY STRIKING

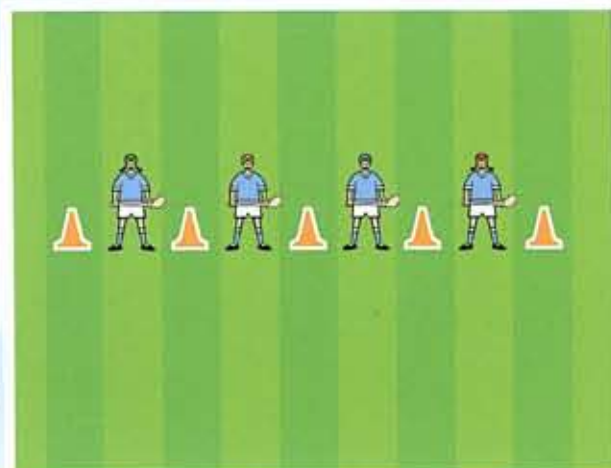
Basic Drill to introduce the player to the Strike on the Ground technique

ORGANISATION

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

VARIATION

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



DRILL 2 TYRE STRIKE

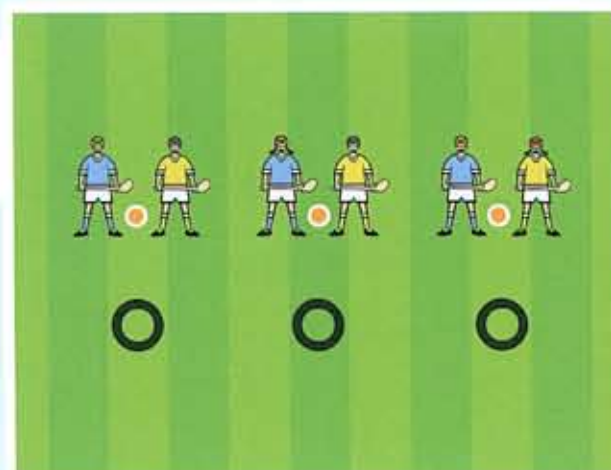
Basic Drill to practise the Strike on the Ground technique

ORGANISATION

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

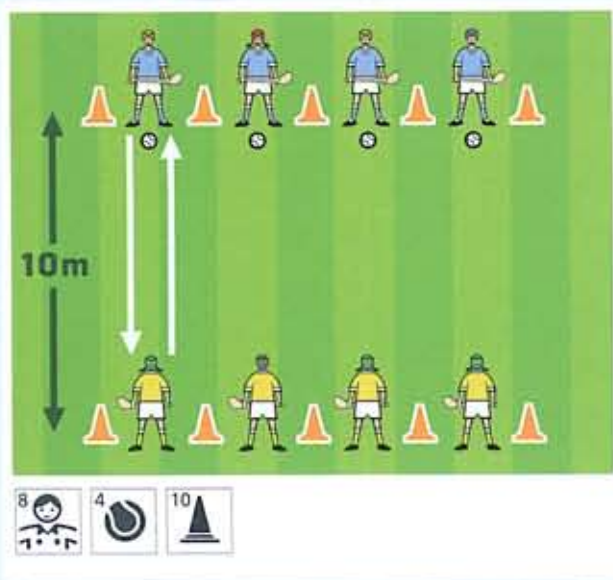
VARIATIONS

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



PRACTISE THE TECHNIQUE

DRILL 3 STRIKING IN PAIRS



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

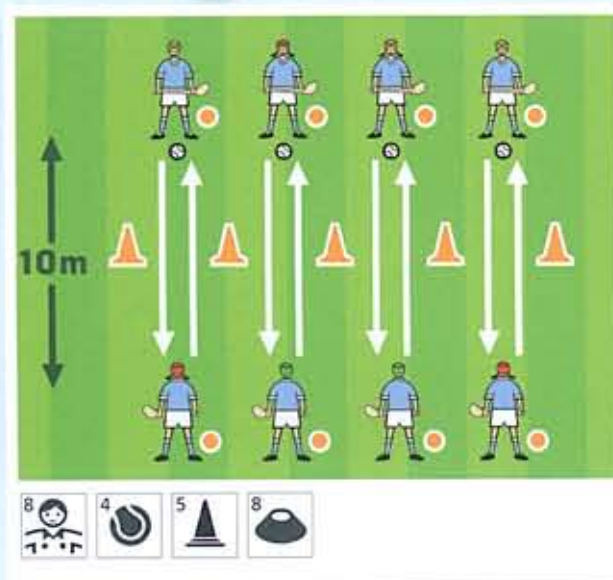
ORGANISATION

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

VARIATIONS

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

DRILL 4 STRIKING IN PAIRS: ACCURACY



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

ORGANISATION

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

VARIATIONS

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

ACTIVITY 1 GOAL TO GOAL

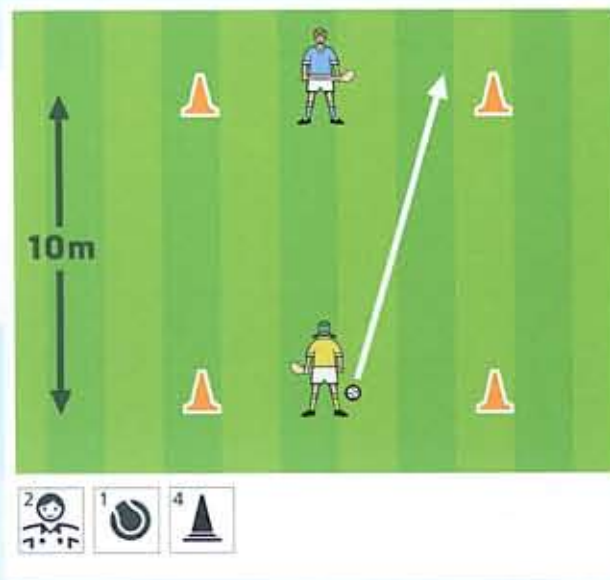
Fun Game that requires each player to use the Strike on the Ground technique to attempt to score a goal

ORGANISATION

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

VARIATIONS

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



ACTIVITY 2 GOLF GOALS

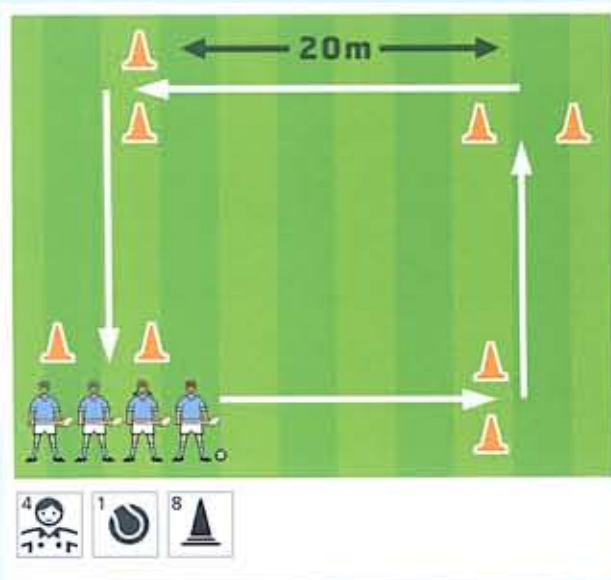
Fun Game to encourage length and accuracy in the Strike on the Ground technique

ORGANISATION

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

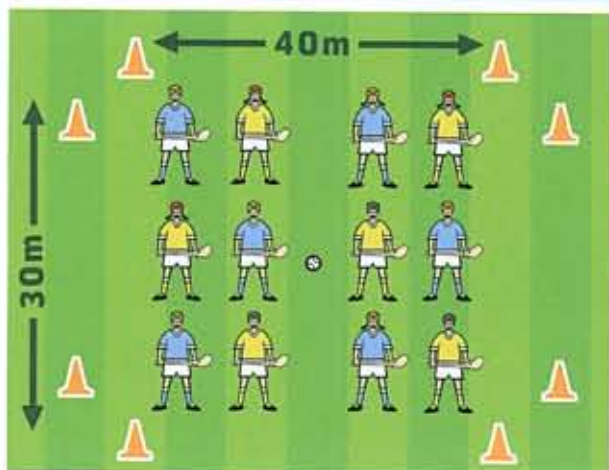
VARIATIONS

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



DEVELOP THE SKILL

ACTIVITY 3 FOUR GOAL GAME



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

ORGANISATION

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

VARIATIONS

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

KEY TEACHING POINTS

Here are the Key Teaching Points for the Frontal Ground Block



Adopt the Ready Position



Release the non-dominant hand from the hurley



Step into the tackle with the dominant foot



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

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

The thumb is pointed down towards the bas of the hurley

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



COMMON ERRORS

Here are the Common Errors for the Frontal Ground Block



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



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



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



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



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



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



DRILL 1 IMAGINARY BLOCK

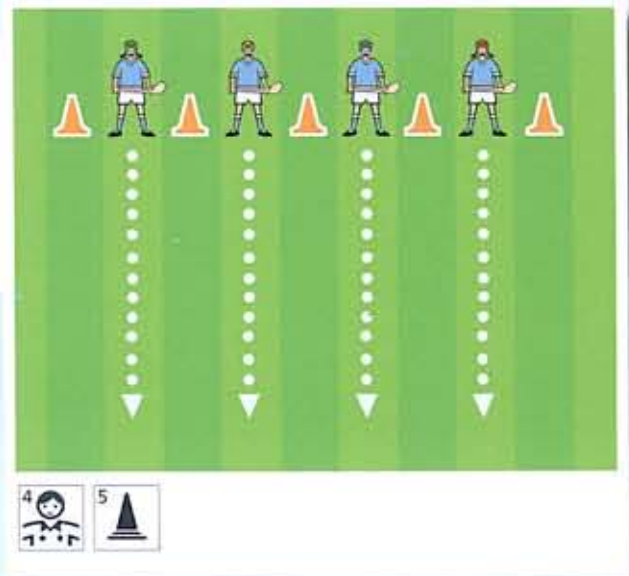
Basic Drill to practise the Frontal Ground Block technique

ORGANISATION

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

VARIATION

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

**DRILL 2** CONTACT BLOCK

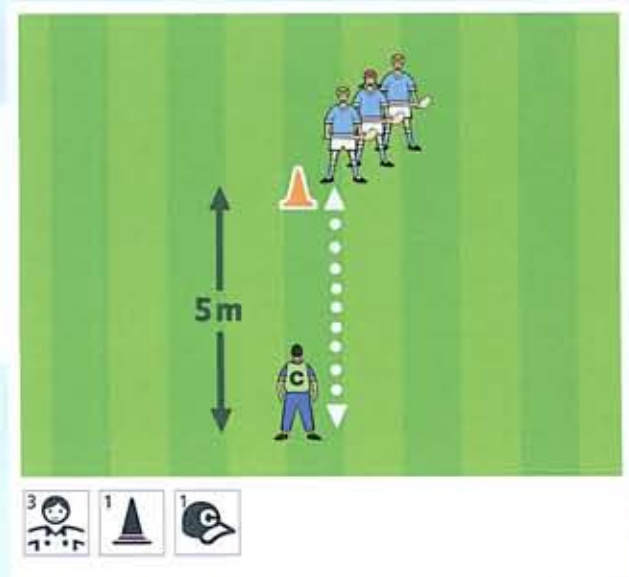
Basic Drill to practise the Frontal Ground Block technique which aims to build the players' confidence in the contact situation

ORGANISATION

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

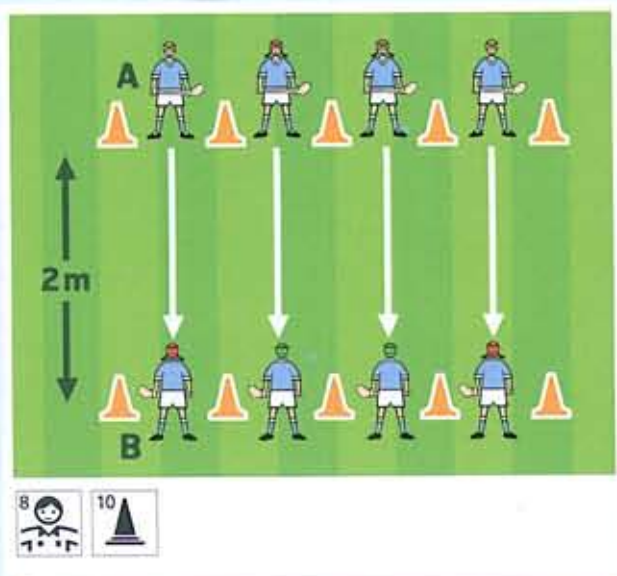
VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 PARTNER BLOCK



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

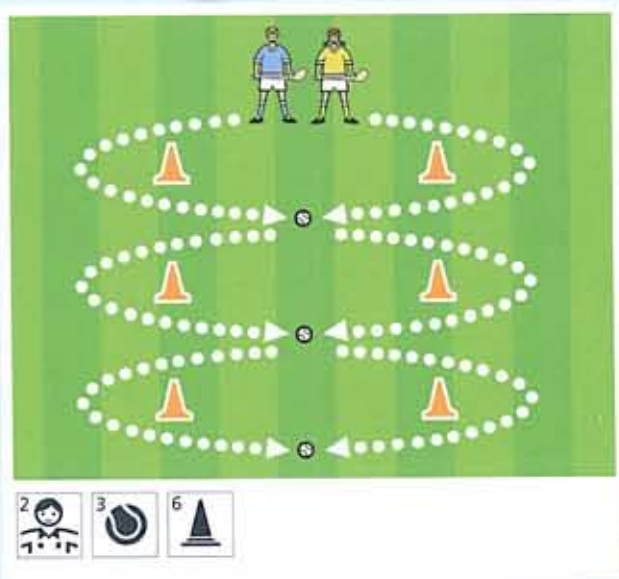
ORGANISATION

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

VARIATIONS

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

DRILL 4 ZIG-ZAG BLOCK



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

ORGANISATION

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

VARIATIONS

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

ACTIVITY 1 DEFEND THE CONE

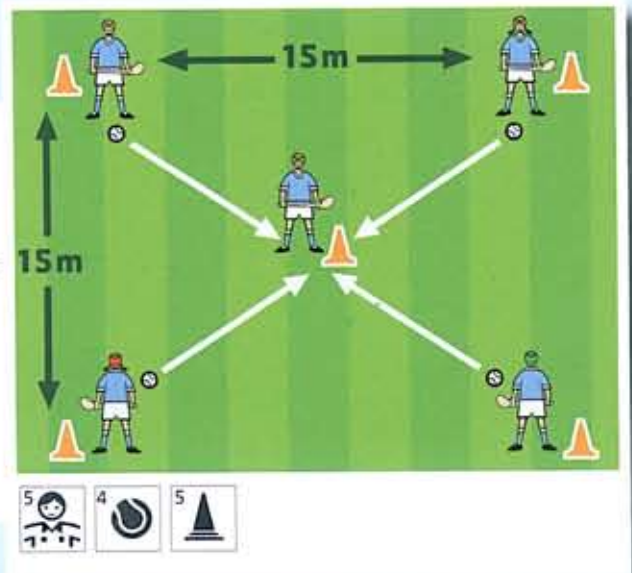
Fun Game to develop the Frontal Ground Block technique that challenges the players to block a number of opponents in quick succession

ORGANISATION

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

VARIATION

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



ACTIVITY 2 PIGGY IN THE MIDDLE

Fun Game to practise the Frontal Ground Block technique

ORGANISATION

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

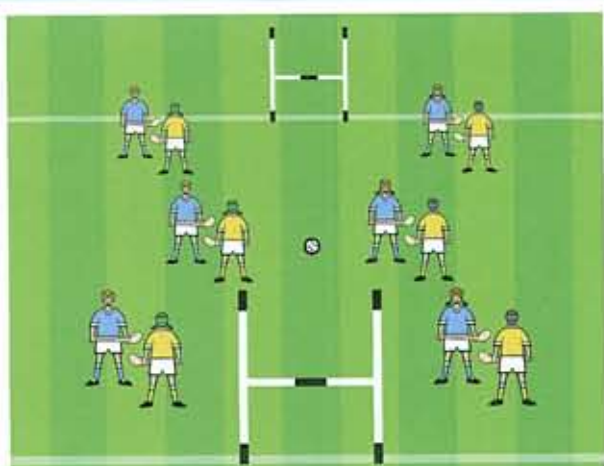
VARIATIONS

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



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

ORGANISATION

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

VARIATION

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

KEY TEACHING POINTS

Here are the Key Teaching Points for the Hook



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



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



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

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



Flick the wrist as the opponent's hurley is deflected
Move in quickly to gain possession or prepare to Hook a second time



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



COMMON ERRORS

Here are the Common Errors for the Hook



Attempting to Hook from the front. This may leave the player exposed to injury



To correct, take up position behind the opponent. When tackling from the front, use the Frontal Block or Flick Tackles



Not striding into the tackle and extending the arm. This may result in the player missing the tackle



To correct, take up position an appropriate distance behind the opponent when preparing to tackle



Not following up on the ball after completing the Hook. This may result in the opponent regaining possession



To correct, move in quickly to gain possession or prepare to Hook a second time



DRILL 1 POSITION AND HOOK

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

ORGANISATION

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

VARIATION

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



DRILL 2 SWING AND HOOK

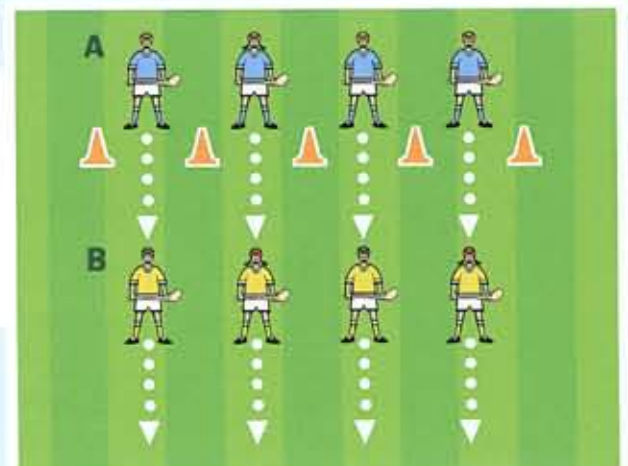
Basic Drill to practise the Hook technique which introduces contact

ORGANISATION

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

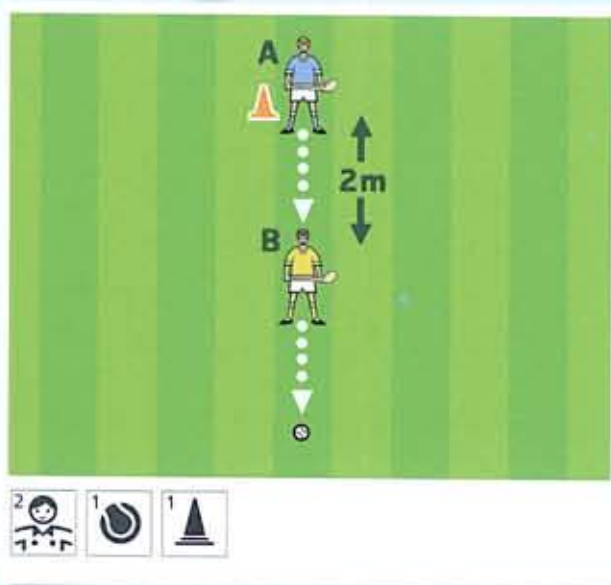
VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 CHASE AND HOOK I



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

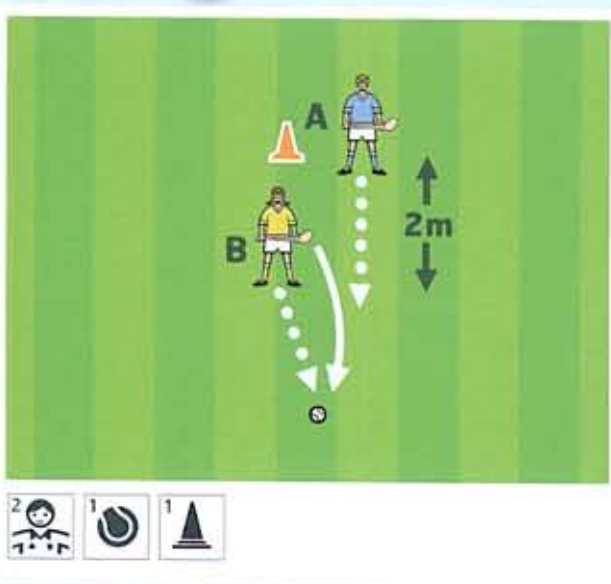
ORGANISATION

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

VARIATIONS

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

DRILL 4 CHASE AND HOOK II



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

ORGANISATION

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

VARIATION

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

ACTIVITY 1 A RACE AGAINST TIME

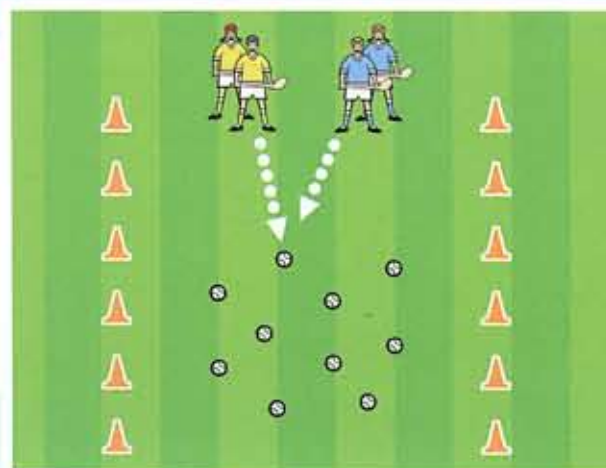
Fun Game to develop the Hook technique

ORGANISATION

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

VARIATIONS

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


ACTIVITY 2 ONE ON ONE

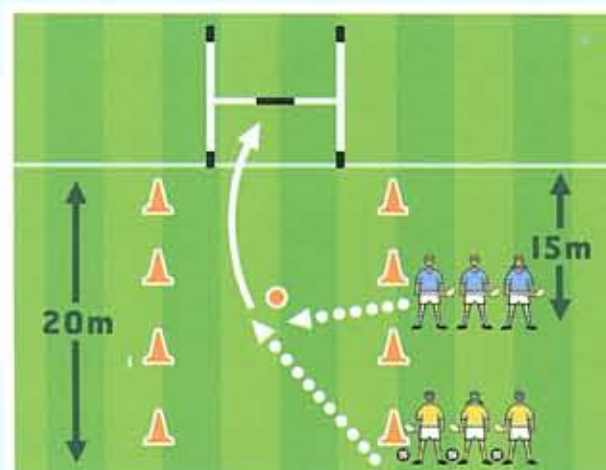
This is a Game Play Drill to develop the Hook technique in a contest situation

ORGANISATION

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

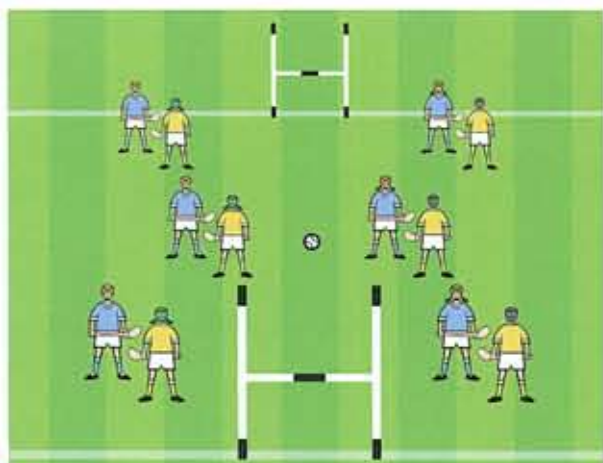
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



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

ORGANISATION

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

VARIATION

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

UNDER

10



**LIFT &
STRIKE**

COACHING CLASSES

**COACHING
CLASSES**



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

U-10 INTRODUCTION



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

GROUND STRIKE ON THE RUN

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

ROLL LIFT

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

OVERHEAD CATCH

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

JAB LIFT

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

STRIKING FROM THE HAND

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

FRONTAL BLOCK

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

HAND PASS

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

UNDER

10 GROUND STRIKE ON THE RUN



KEY TEACHING POINTS

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



Move towards the ball in the Ready Position



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

The shoulders should be in line with the target



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



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



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



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



COMMON ERRORS

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

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

DRILL 1 LEFT RIGHT TYRE STRIKE

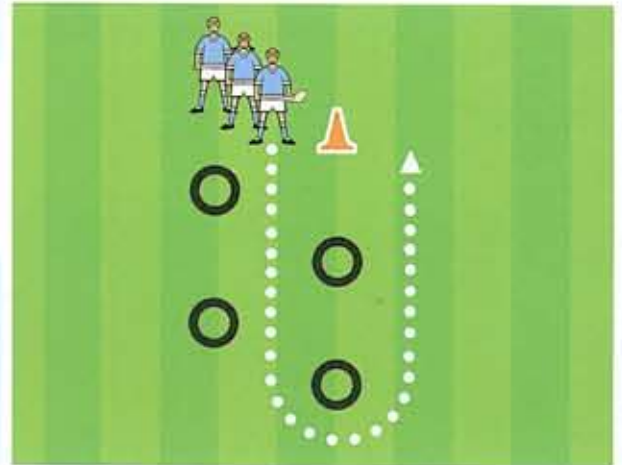
Basic Drill to familiarise the player with the Ground Strike on the Run technique

ORGANISATION

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

VARIATION

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

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

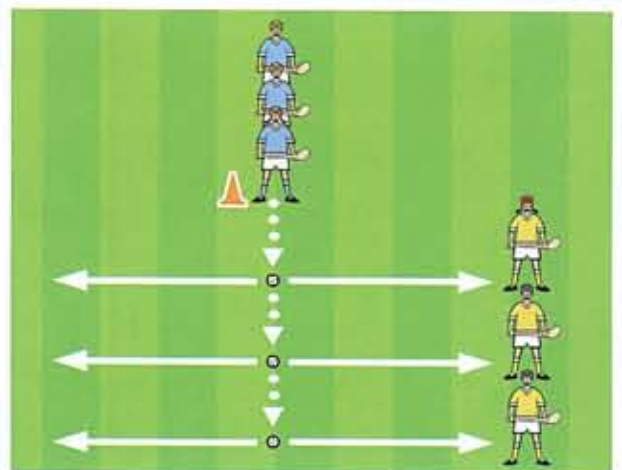
Intermediate Drill to practise the Ground Strike on the Run technique

ORGANISATION

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

VARIATION

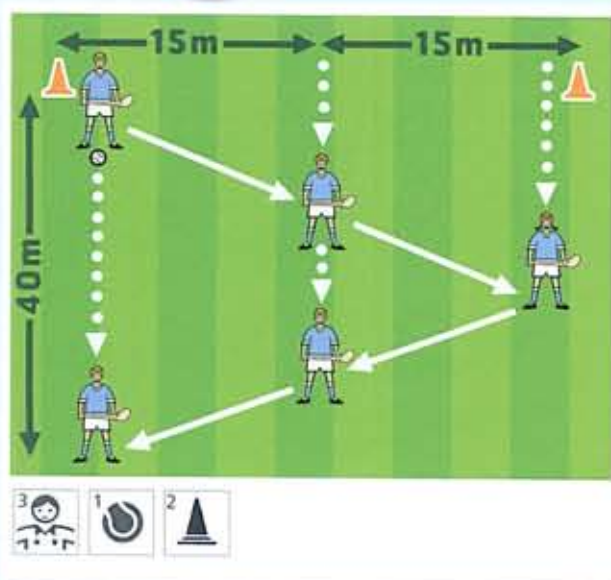
- Begin with a larger ball and reduce its size as the players become more proficient. Alternatively, use a fixed ball, such as the ball and pin apparatus



UNDER 10 GROUND STRIKE ON THE RUN

PRACTISE THE TECHNIQUE

DRILL 3 KEEP IT WIDE



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

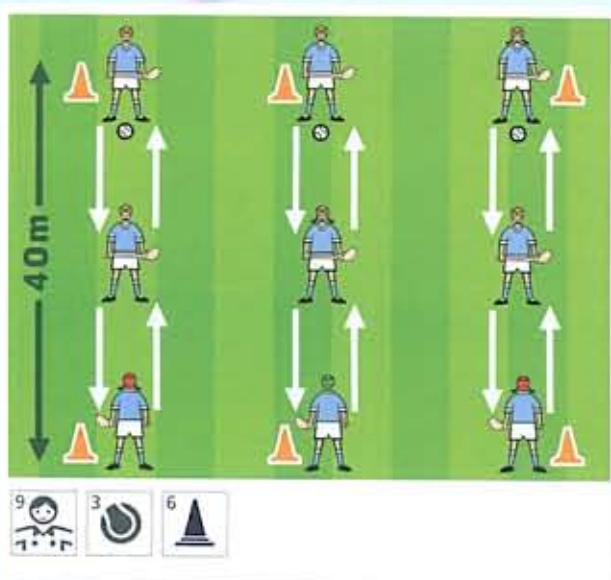
ORGANISATION

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

VARIATIONS

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

DRILL 4 CENTRE AND STRIKE



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

ORGANISATION

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

VARIATIONS

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

ACTIVITY 1 GROUND STRIKE ROUNDERS

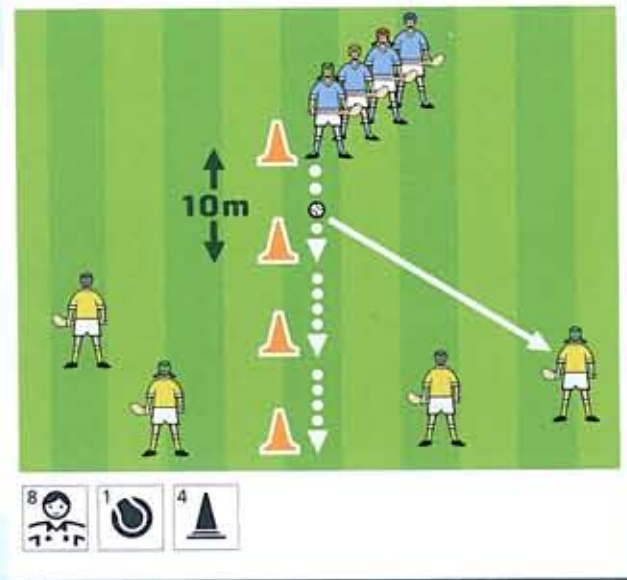
Fun Game designed to improve the ability of players to Strike the Ball on the Ground while on the run

ORGANISATION

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

VARIATION

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


ACTIVITY 2 FOUR GOAL GAME

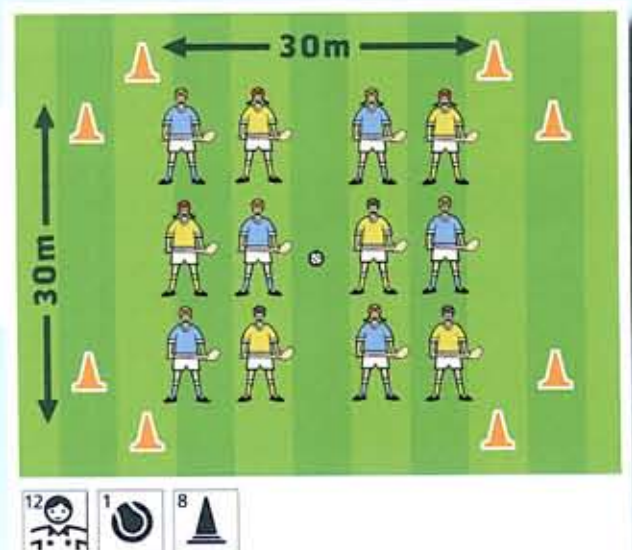
Modified Game focusing on the Ground Strike on the Run that also incorporates blocking and dribbling and will aid the development of decision-making and team play

ORGANISATION

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

VARIATION

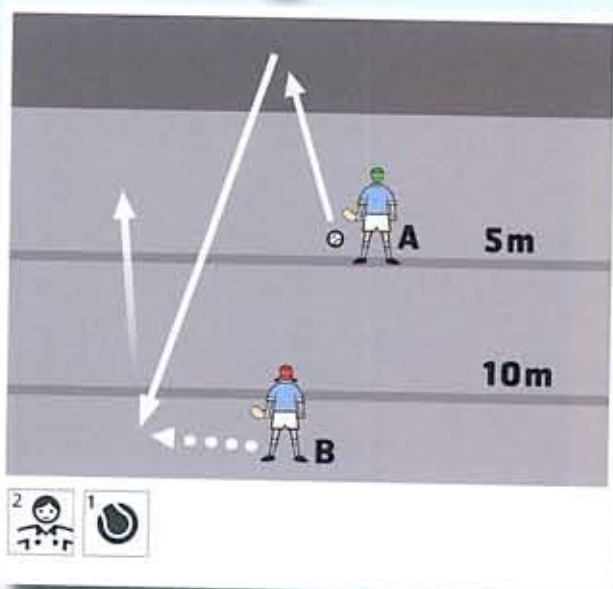
- Vary the size of the playing area and the width of the goals to match the ability of the players



UNDER 10 GROUND STRIKE ON THE RUN

DEVELOP THE SKILL

ACTIVITY 3 WALL BALL GAME



Fun Game to further develop all of the Striking skills

ORGANISATION

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

VARIATIONS

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

KEY TEACHING POINTS

Here are the Key Teaching Points for the Roll Lift



Adopt the Ready Position



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



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



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



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



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



COMMON ERRORS

Here are the Common Errors for the Roll Lift

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

DRILL 1 STATIONARY ROLL LIFT

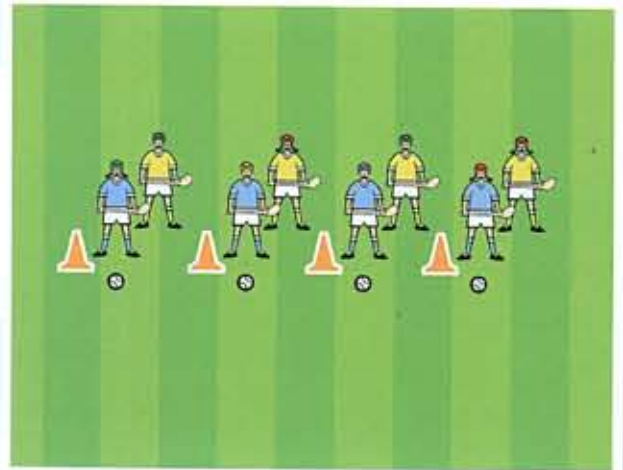
Basic Drill to practise the Roll Lift technique in a stationary position

ORGANISATION

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

VARIATION

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


DRILL 2 ROLL LIFT AND MOVE

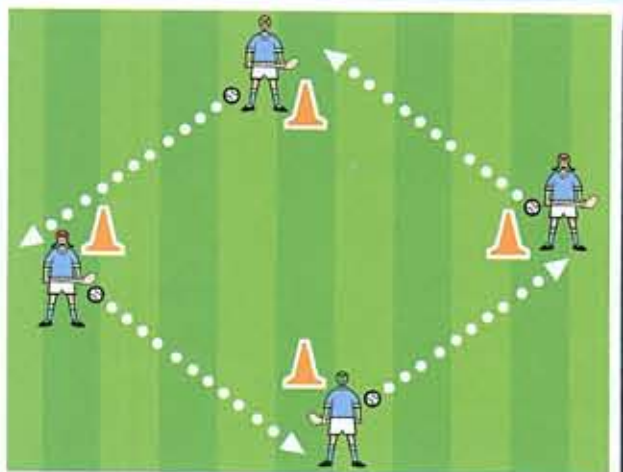
Intermediate Drill to practise the Roll Lift technique

ORGANISATION

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

VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 AGILITY ROLL LIFT



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

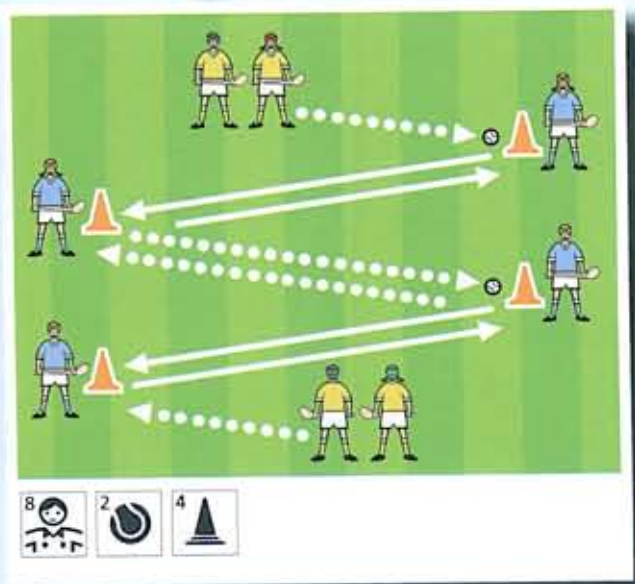
ORGANISATION

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

VARIATION

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

DRILL 4 ZIG-ZAG ROLL LIFT



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

ORGANISATION

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

VARIATION

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

ACTIVITY 1 GRID SWAP

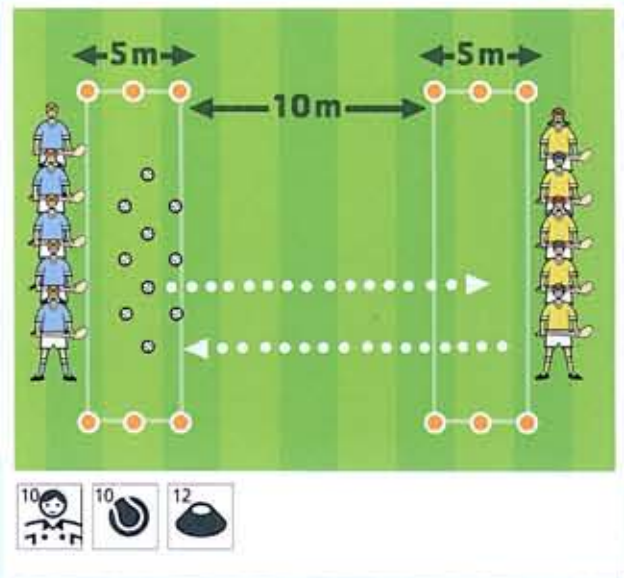
Fun Game designed to increase the speed at which players perform the Roll Lift technique

ORGANISATION

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

VARIATION

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


ACTIVITY 2 MUSICAL CHAIRS

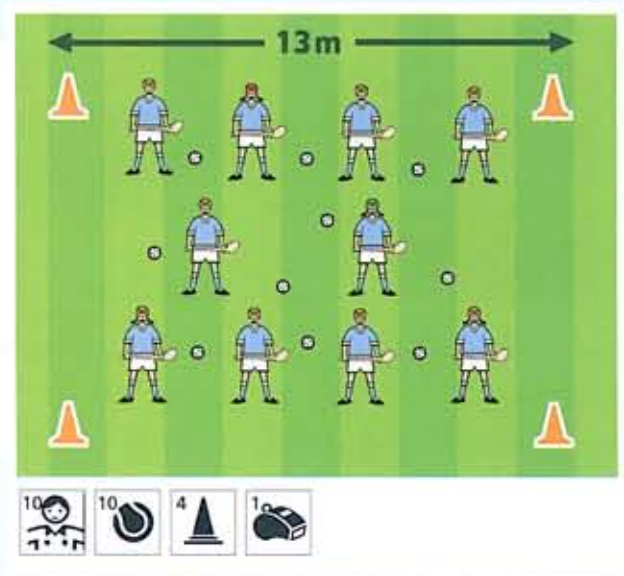
Fun Game to develop the Roll Lift technique

ORGANISATION

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

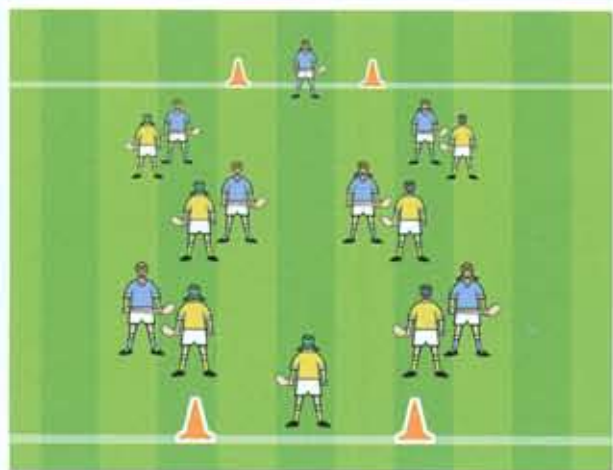
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Roll Lift technique

ORGANISATION

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



KEY TEACHING POINTS

Here are the Key Teaching Points for the Overhead Catch



Move towards the ball in the Ready Position



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



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



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



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



COMMON ERRORS

Here are the Common Errors for the Overhead Catch

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

DRILL 1 PARTNER CATCH

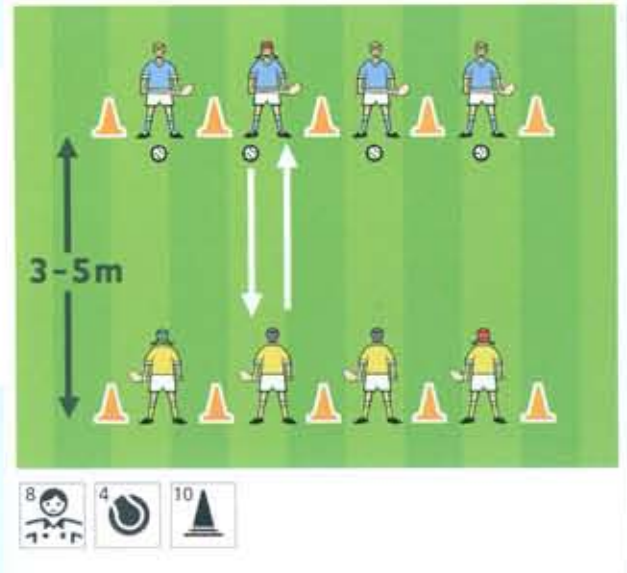
Basic Drill to practise the Overhead Catch technique in a stationary position

ORGANISATION

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

VARIATIONS

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


DRILL 2 MOVE TO CATCH

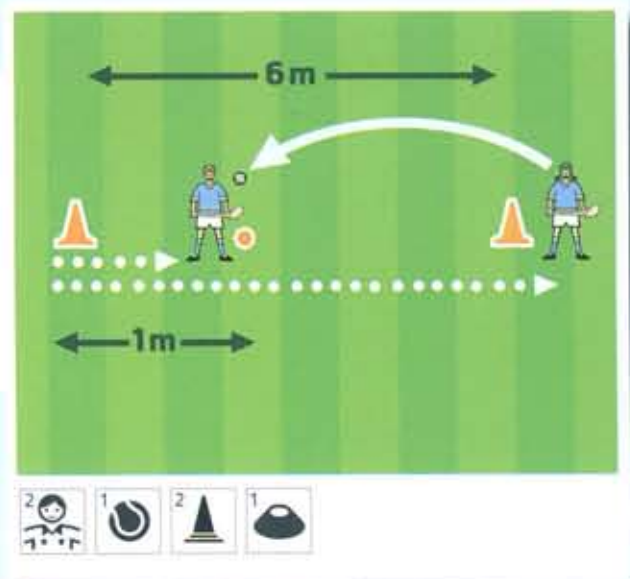
Intermediate Drill to practise the Overhead Catch technique which encourages the players to move towards the ball

ORGANISATION

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

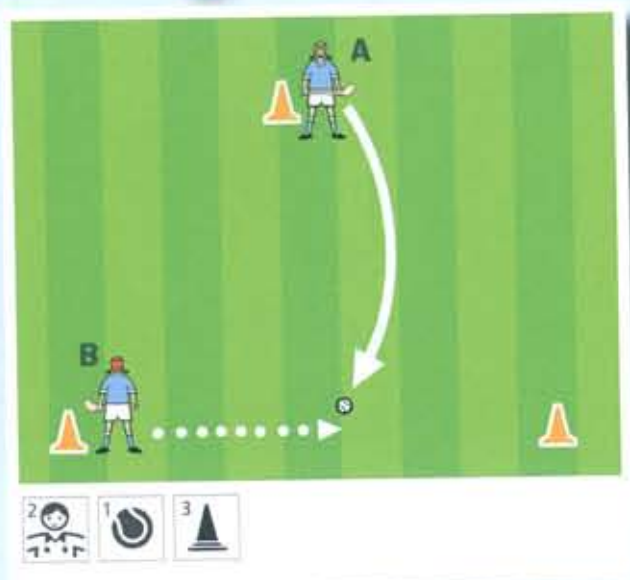
VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



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

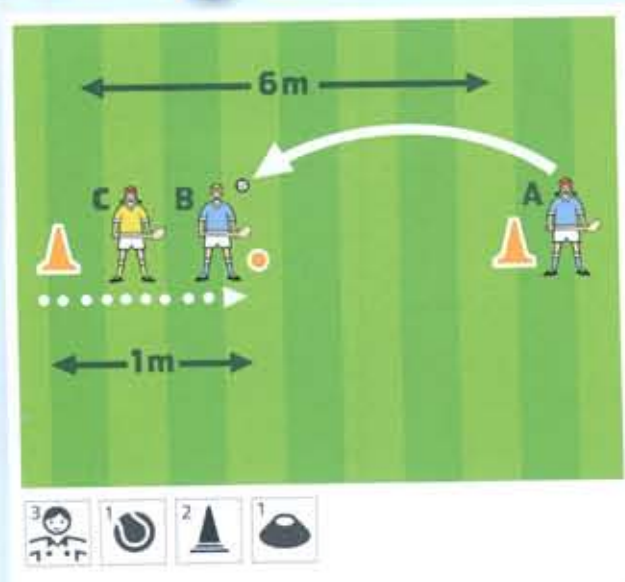
ORGANISATION

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

VARIATION

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

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the Overhead Catch that introduces an opponent

ORGANISATION

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

VARIATION

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

ACTIVITY 1 CAPTAIN BALL



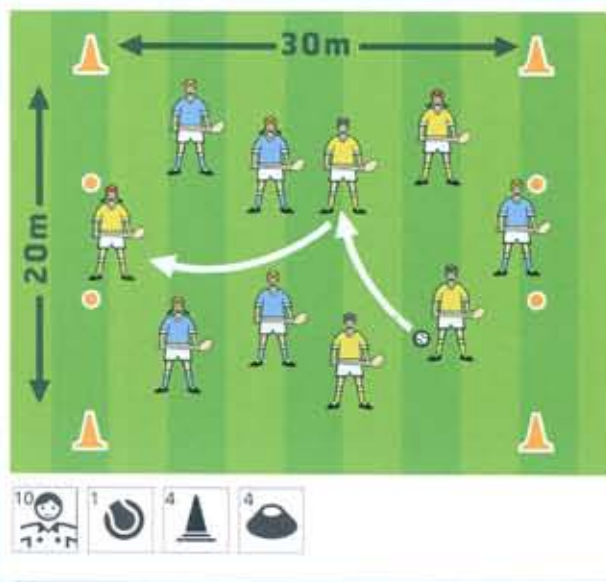
Modified Game that focuses on improving the players' ability to perform the Hand Pass, the Solo and Catching techniques in a game situation.

ORGANISATION

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

VARIATION

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



ACTIVITY 2 ONE ON ONE



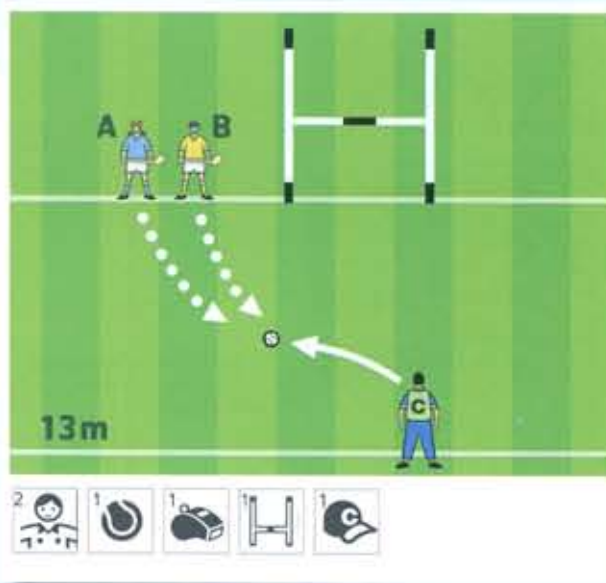
Game Play Drill to develop the Overhead Catch and strike for goal in a contest situation

ORGANISATION

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

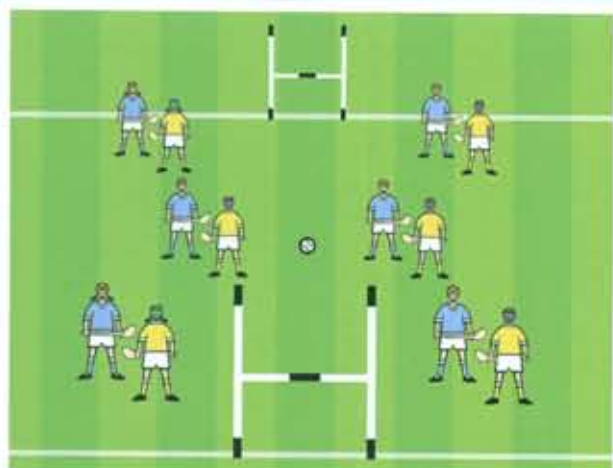
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



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

ORGANISATION

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

VARIATION

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

KEY TEACHING POINTS

Here are the Key Teaching Points for the Jab Lift



Stride towards the ball



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

Keep eyes on the ball



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

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

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



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






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



COMMON ERRORS

Here are the Common Errors for the Jab Lift

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

DRILL 1 MOVE AND JAB LIFT

Basic Drill to practise the Jab Lift technique

ORGANISATION

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

VARIATION

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

**DRILL 2** CHASE AND LIFT

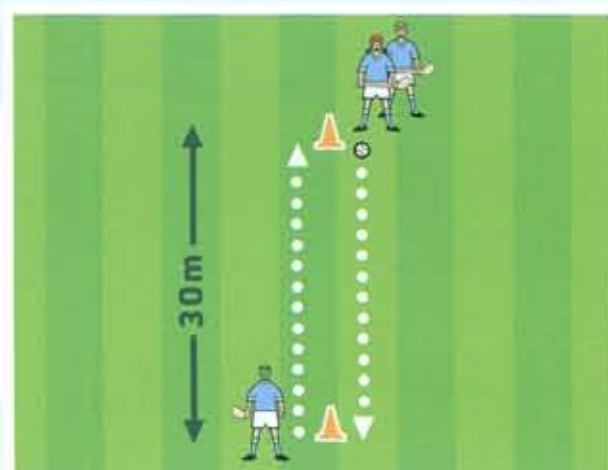
Intermediate Drill to practise the Jab Lift technique that requires the players to jab lift the ball as it moves away from them

ORGANISATION

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

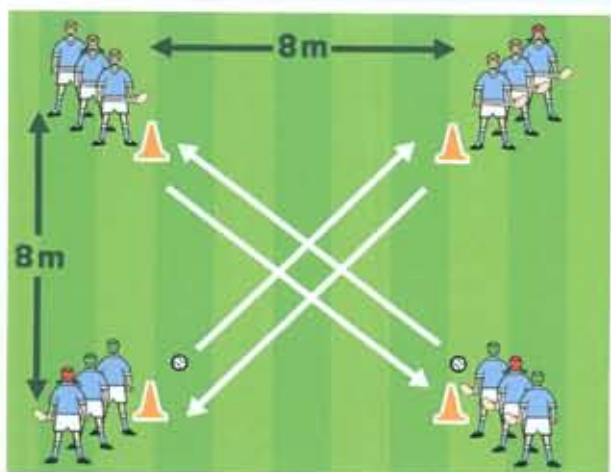
VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 CROSS RUNNING JAB LIFT



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

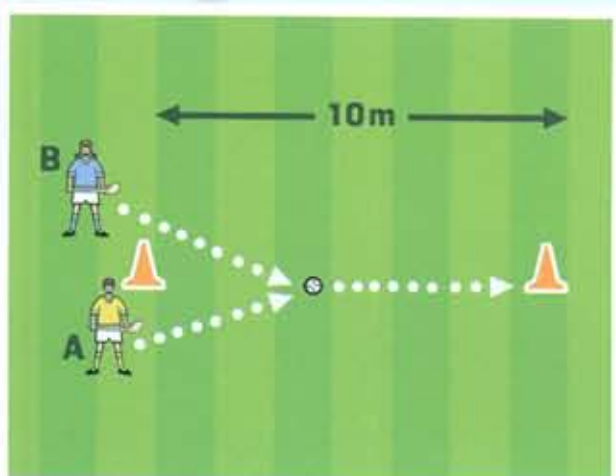
ORGANISATION

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

VARIATION

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

DRILL 4 JAB LIFT WITH OPPOSITION



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

ORGANISATION

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

VARIATION

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

ACTIVITY 1 GRID SWAP

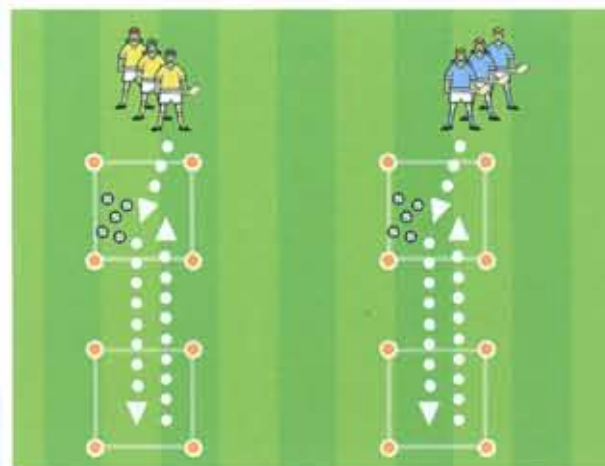
Fun Game designed to increase the speed at which players perform the Jab Lift

ORGANISATION

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

VARIATION

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


ACTIVITY 2 MUSICAL CHAIRS

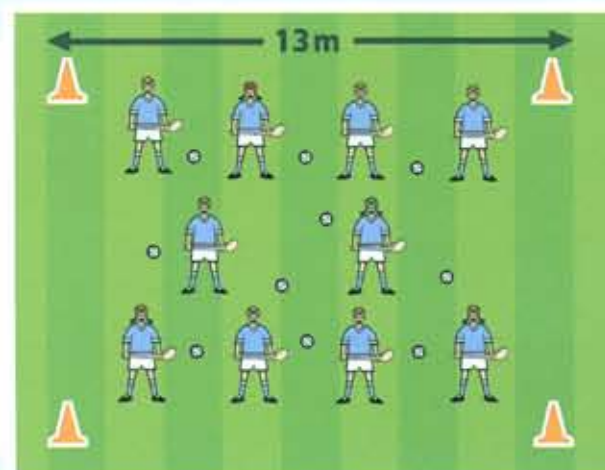
A Fun Game to develop the Jab Lift technique

ORGANISATION

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

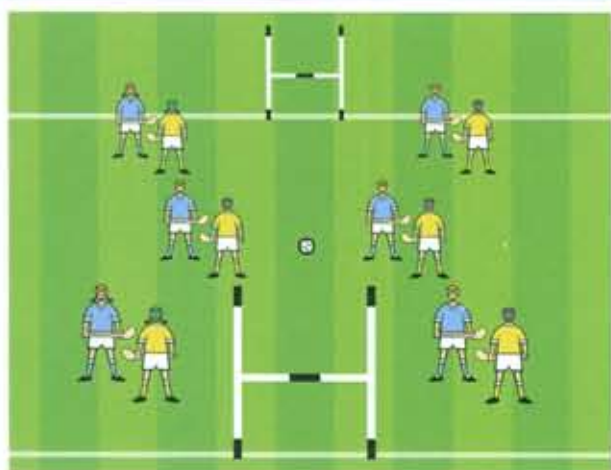
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



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

ORGANISATION

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

VARIATION

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

KEY TEACHING POINTS

Here are the Key Teaching Points for Striking from the Hand



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

The shoulders and feet should be in line with the target



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



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



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



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



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



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



UNDER 10 STRIKING FROM THE HAND

COMMON ERRORS

Here are the Common Errors for Striking from the Hand

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

DRILL 1 STRIKING IN PAIRS: ACCURACY

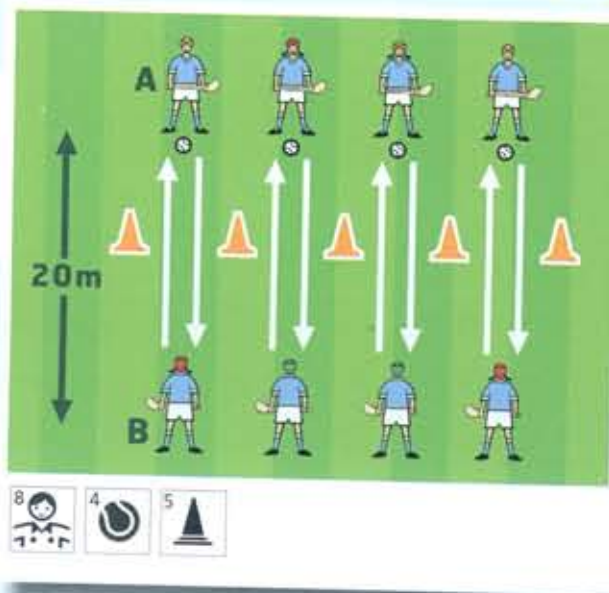
Basic Drill to practise Striking from the Hand designed to improve accuracy

ORGANISATION

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

VARIATION

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



DRILL 2 STRIKE AND MOVE

Intermediate Drill to practise Striking from the Hand

ORGANISATION

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

VARIATION

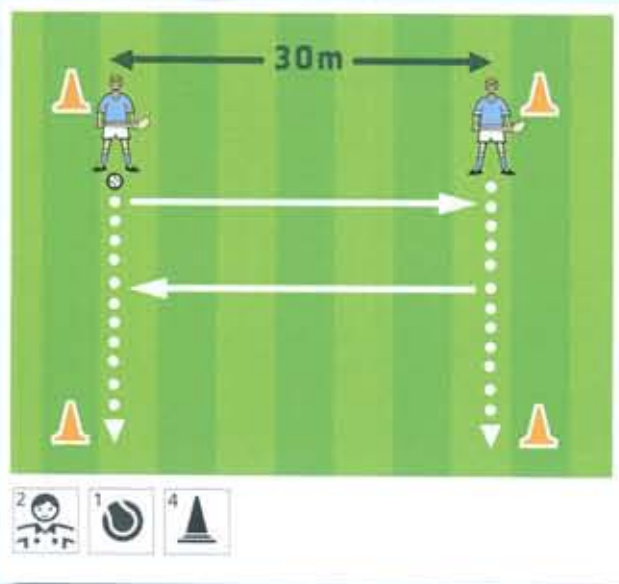
- Vary the type of strike the player must use, e.g. high, low, to hand or to bounce



UNDER 10 STRIKING FROM THE HAND

PRACTISE THE TECHNIQUE

DRILL 3 KEEP IT WIDE



Intermediate Drill to practise Striking from the Hand on the run

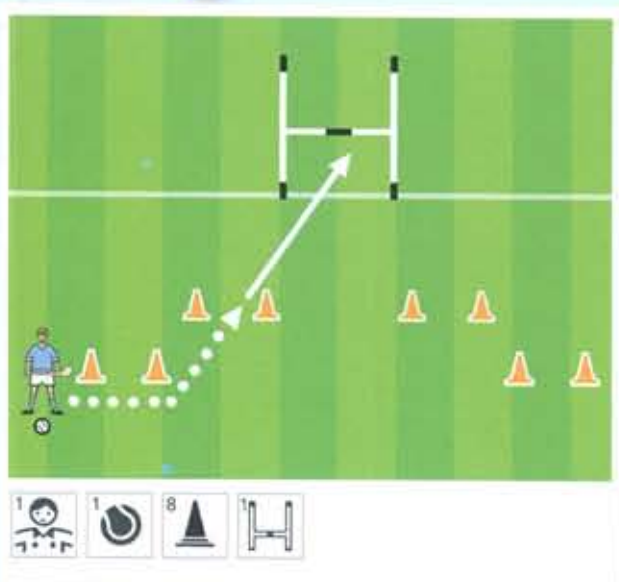
ORGANISATION

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

VARIATION

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

DRILL 4 STRIKE AND SCORE



Intermediate Drill to practise Striking from the Hand for a point

ORGANISATION

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

VARIATIONS

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

ACTIVITY 1 HIT THE CONES

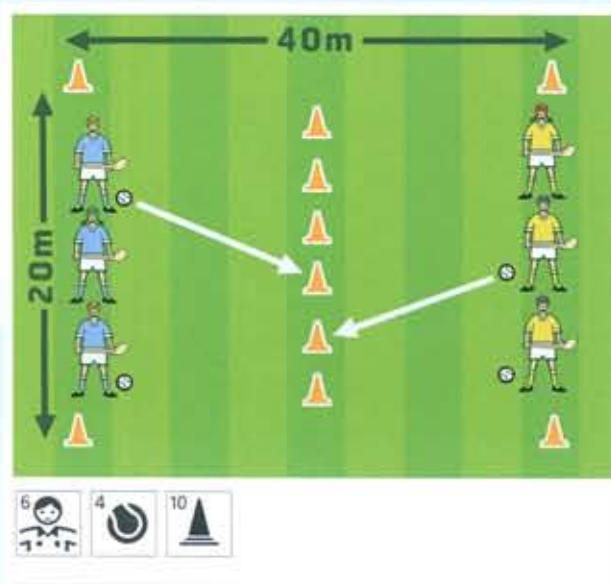

Fun Game to practise Striking from the Hand

ORGANISATION

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

VARIATION

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


ACTIVITY 2 KEEP BALL

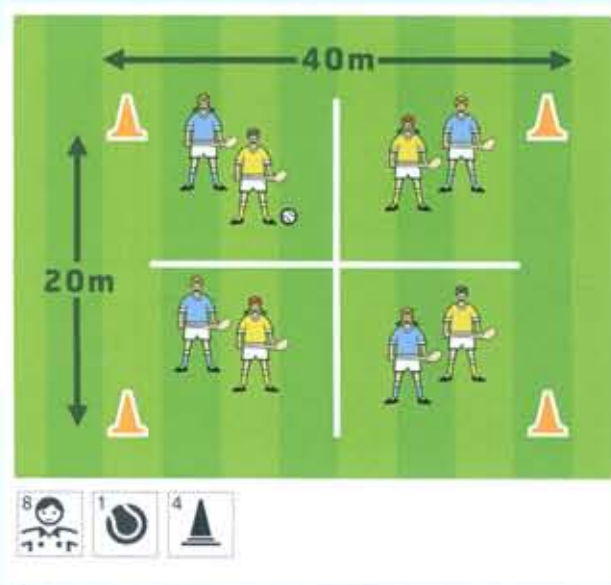

Fun Game to practise Striking from the Hand

ORGANISATION

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

VARIATION

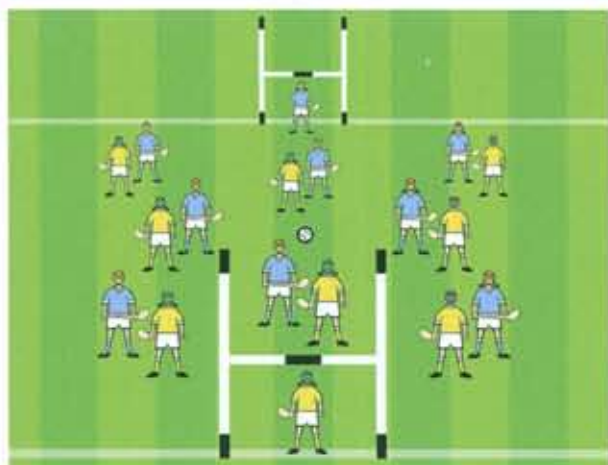
- Initially allow the sliotar to be struck either clockwise or anti-clockwise; as the players progress, allow the sliotar to be struck in any direction



UNDER 10 STRIKING FROM THE HAND

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



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

ORGANISATION

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

VARIATION

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

KEY TEACHING POINTS

Here are the Key Teaching Points for the Frontal Block



Adopt the ready position

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



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

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



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



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



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



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



COMMON ERRORS

Here are the Common Errors for the Frontal Block

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

DRILL 1 IMAGINARY BLOCK
 

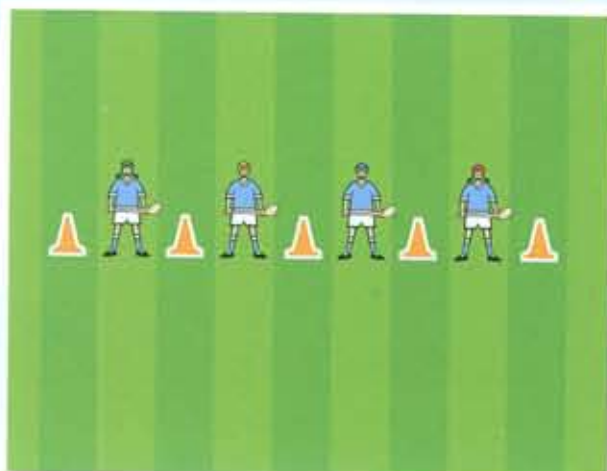
Basic Drill to practise the Frontal Block technique

ORGANISATION

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

VARIATION

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


DRILL 2 CONTACT BLOCK
 

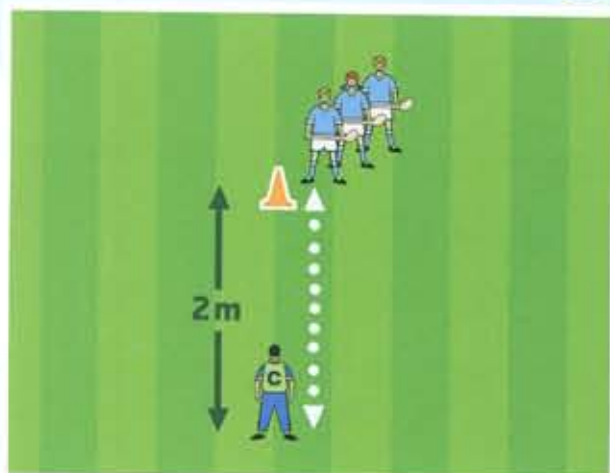
Basic Drill to practise the Frontal Block technique which aims to build the players' confidence in the contact situation

ORGANISATION

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

VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 TURN AND BLOCK



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

ORGANISATION

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

VARIATION

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

DRILL 4 HIT THE TARGET



Intermediate Drill to practise the Frontal Block technique

ORGANISATION

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

VARIATION

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

ACTIVITY 1 GRID BLOCK

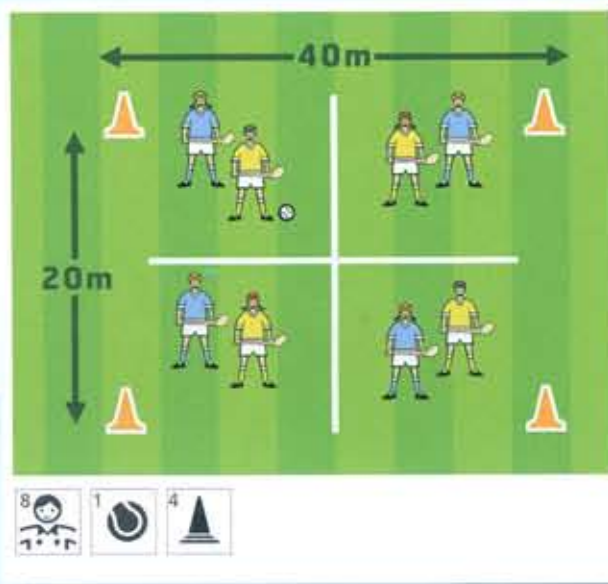
A Fun Game to develop the Frontal Block technique

ORGANISATION

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

VARIATION

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


ACTIVITY 2 CHASE AND BLOCK

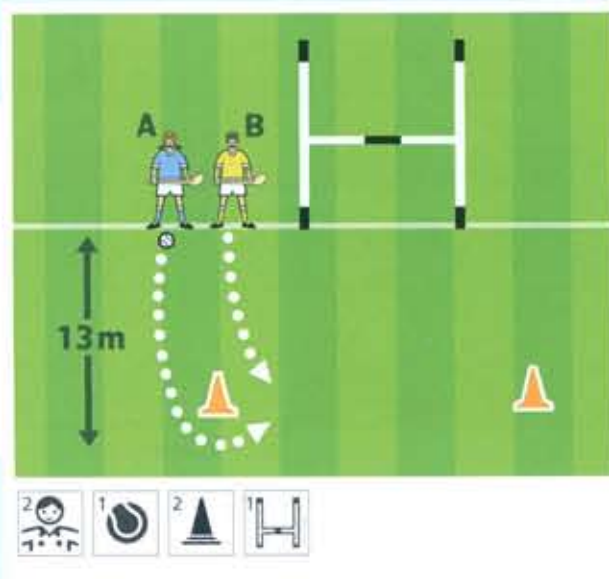
A Game Play Drill to develop the Frontal Block technique requiring the players to perform the block on an opponent striking for a point

ORGANISATION

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

VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



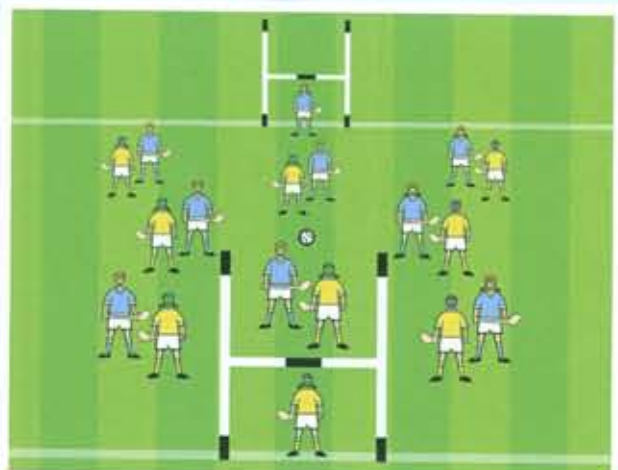
A Modified Game to develop the Frontal Block technique

ORGANISATION

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

VARIATION

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



KEY TEACHING POINTS

Here are the Key Teaching Points for the Hand Pass



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



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

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



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



Strike through the ball in the direction of the receiver

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



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



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



COMMON ERRORS

Here are the Common Errors for the Hand Pass

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

DRILL 1 PASS IN PAIRS

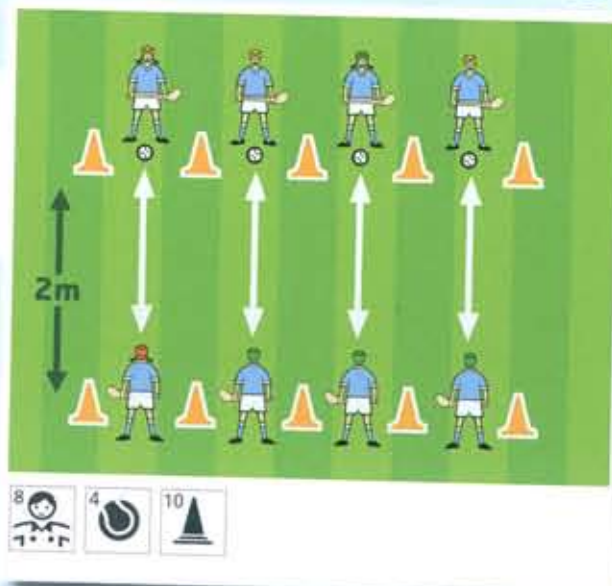
Basic Drill to practise the Hand Pass technique in a stationary position

ORGANISATION

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

VARIATION

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


DRILL 2 PRESSURE PASS

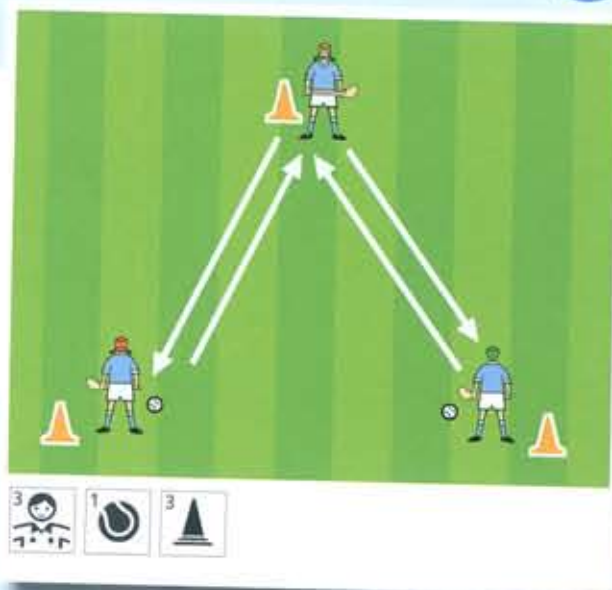
Intermediate Drill to practise the Hand Pass technique that requires the players to catch and pass in different directions

ORGANISATION

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

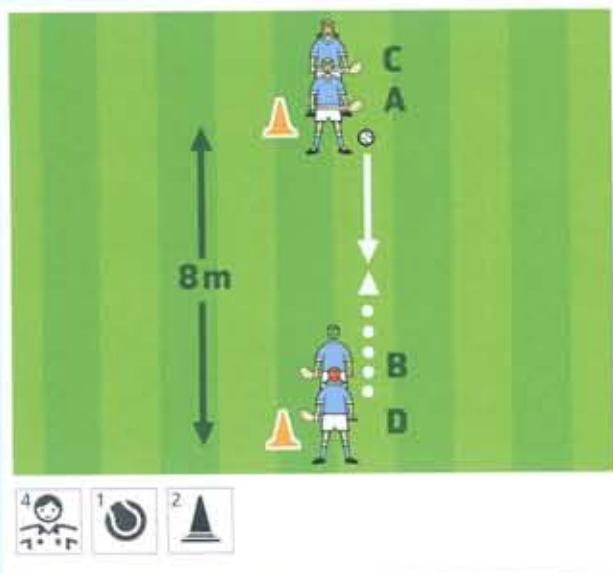
VARIATION

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



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND PASS II



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

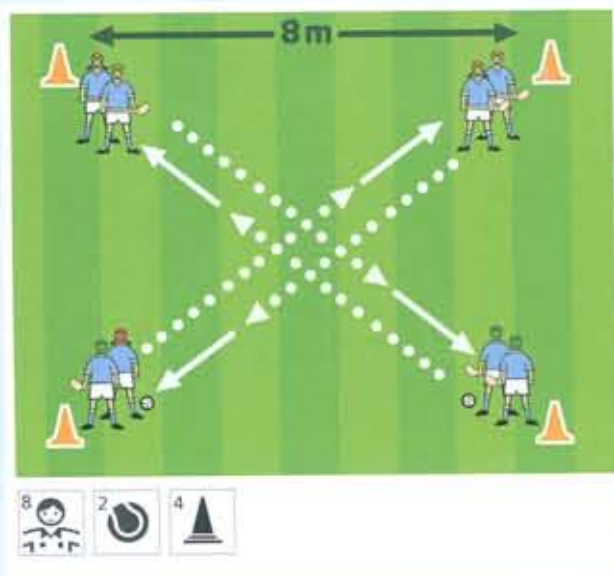
ORGANISATION

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

VARIATION

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

DRILL 4 CROSS RUNNING HAND PASS



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

ORGANISATION

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

VARIATION

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

ACTIVITY 1 AROUND THE SQUARE GAME



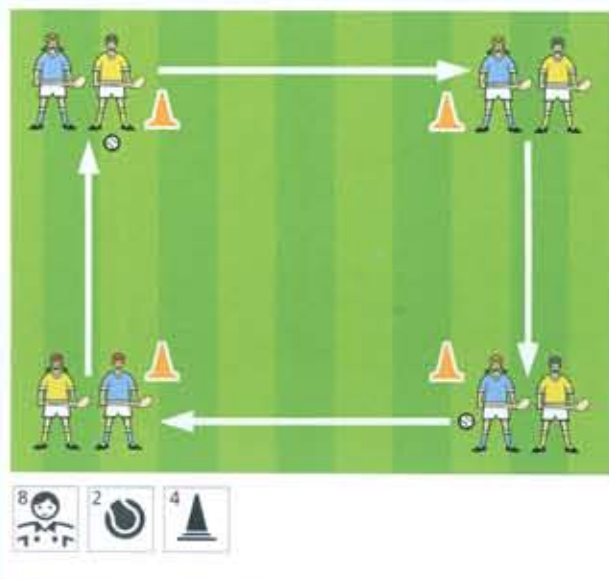
A Fun Game to practise the Hand Pass technique

ORGANISATION

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

VARIATION

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



ACTIVITY 2 POSSESSION HAND PASS



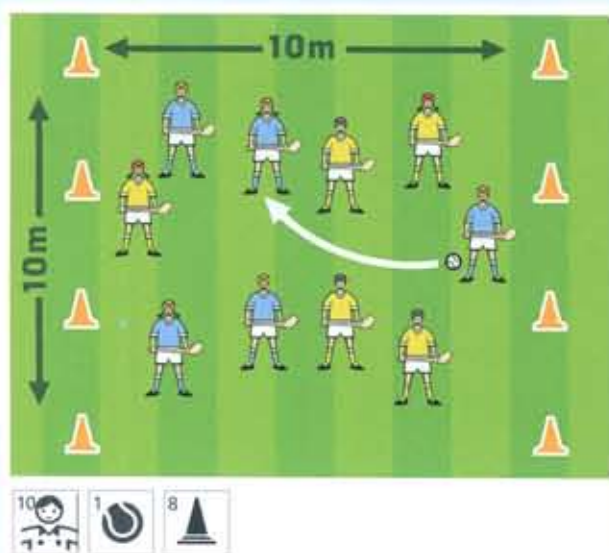
A Fun Game designed to improve the players' ability to perform the Hand Pass under pressure

ORGANISATION

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

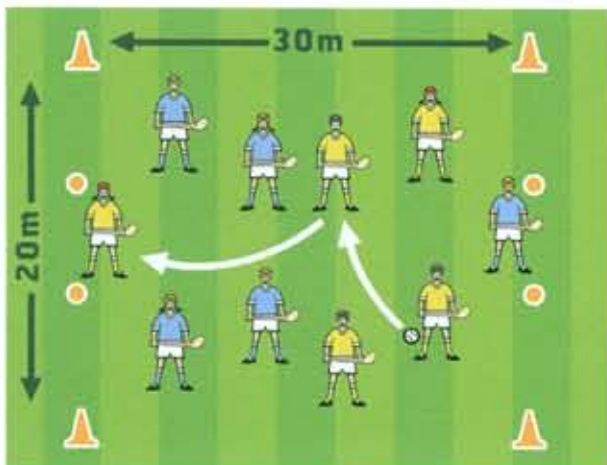
VARIATION

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



DEVELOP THE SKILL

ACTIVITY 3 CAPTAIN BALL



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

ORGANISATION

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

VARIATIONS

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

UNDER

12



**LIFT &
STRIKE**

COACHING CLASSES

**COACHING
CLASSES**



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

U-12 INTRODUCTION



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

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

BLOCKING A BALL OVERHEAD

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

SOLO RUN

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

CONTROLLING A MOVING BALL

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

DOUBLING BACK

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

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

BATTING A BALL OVERHEAD

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

GROUND FLICK

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

OVERHEAD STRIKING

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

UNDER

12 BLOCKING A BALL OVERHEAD



KEY TEACHING POINTS

Here are the Key Teaching Points for Blocking a Ball Overhead



Move to a position to intercept the approaching ball



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



Both thumbs face towards the bas of the hurley



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

Keep eyes on the ball at all times



Block the ball with the flat of the bas







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











UNDER 12 BLOCKING A BALL OVERHEAD

COMMON ERRORS

Here are the Common Errors for Blocking a Ball Overhead

	<p>Moving too quickly underneath the ball, this may lead to losing the flight of the ball and missing the block</p>	
	<p>To correct, watch the flight of the ball closely, moving to intercept the ball at the safest highest point</p>	

	<p>Holding the hurley with the 'toe' pointed inwards</p>	
	<p>To correct, extend the hurley above the head with both hands, with the toe pointing away from the body</p>	

	<p>Extending the hurley too far back and swinging at the ball, may result in missing the ball or batting the ball out of reach</p>	
	<p>To correct, relax the grip to deaden the ball on impact</p>	

DRILL 1 BLOCK IN PAIRS

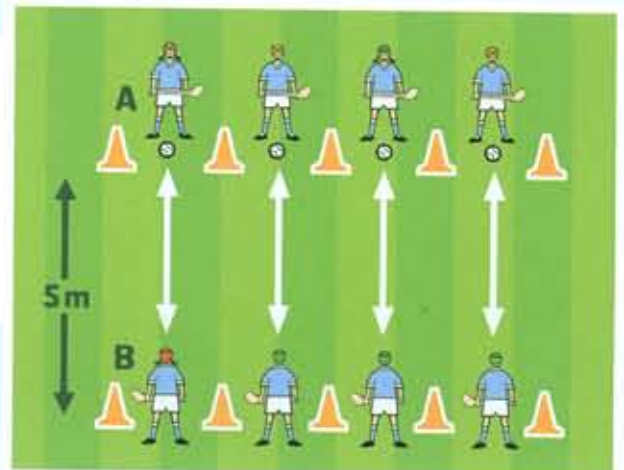
Basic Drill to practise Blocking a Ball Overhead

ORGANISATION

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

VARIATION

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

**DRILL 2** BLOCK AND PASS

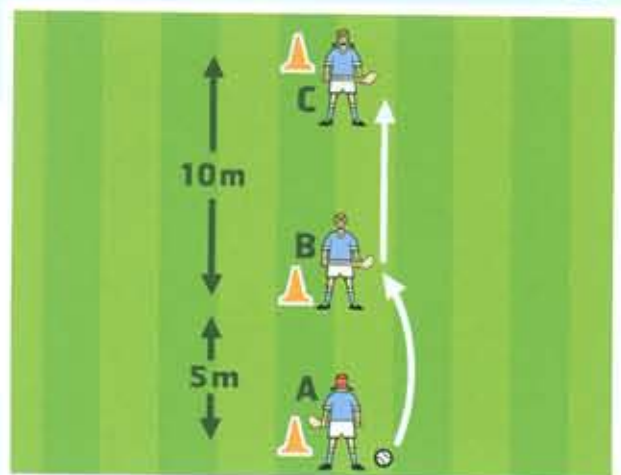
Intermediate Drill to practise Blocking a Ball Overhead that requires the players to turn and strike the ball to another player after blocking

ORGANISATION

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

VARIATION

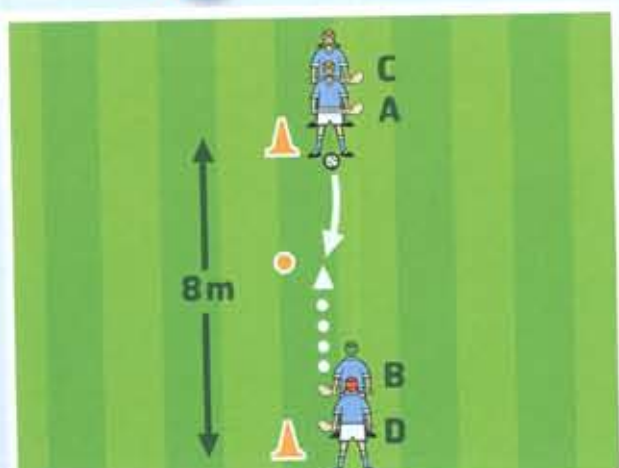
- As the players become more proficient challenge them to block the ball to catch it in the non-dominant hand before striking the ball to the receiver



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

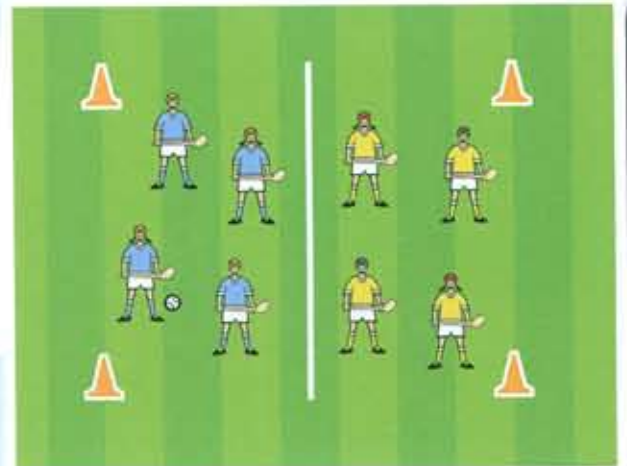
This is a Fun Game to develop Blocking a Ball Overhead

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

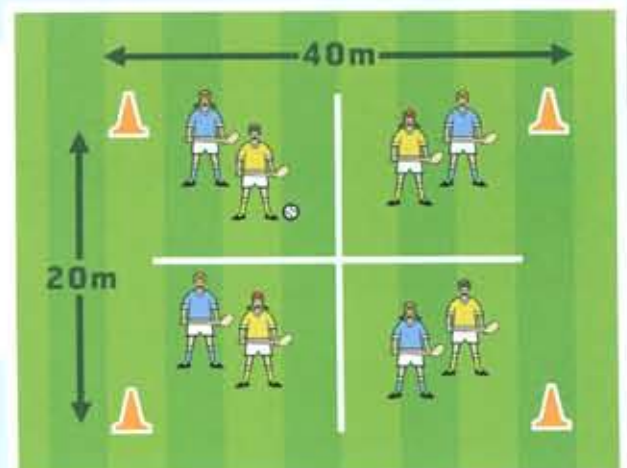
Fun Game to practise Blocking a Ball Overhead

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

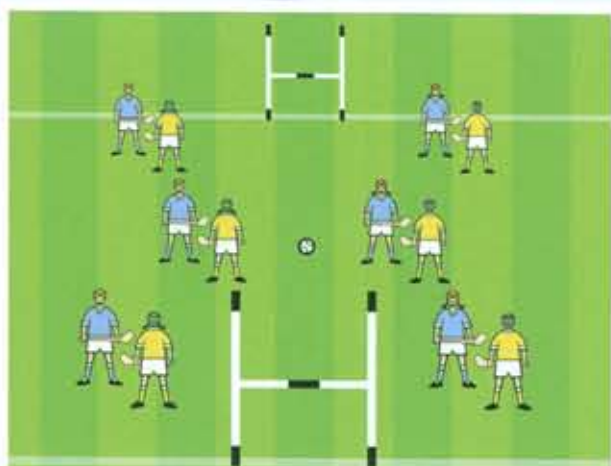
- Initially allow the slotar to be struck either clockwise or anti-clockwise. As the players progress, allow the slotar to be struck in any direction



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
 ▲

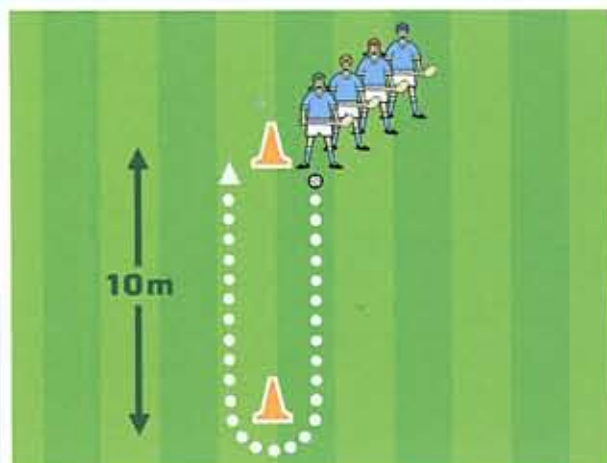
Basic Drill to practise the Solo Run technique

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
 ▲▲

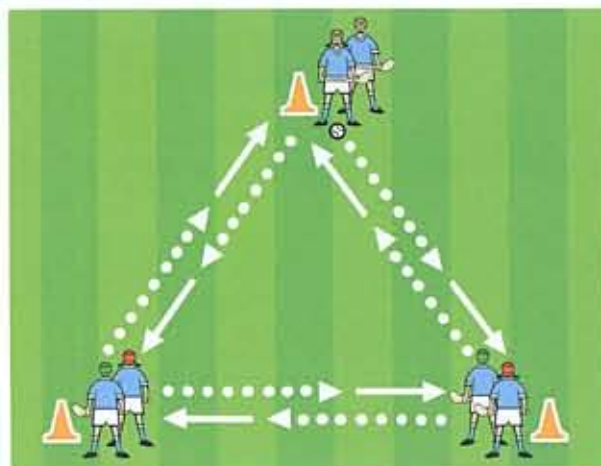
Intermediate Drill to practise the Solo Run technique that requires the players to Hand Pass off the hurley

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

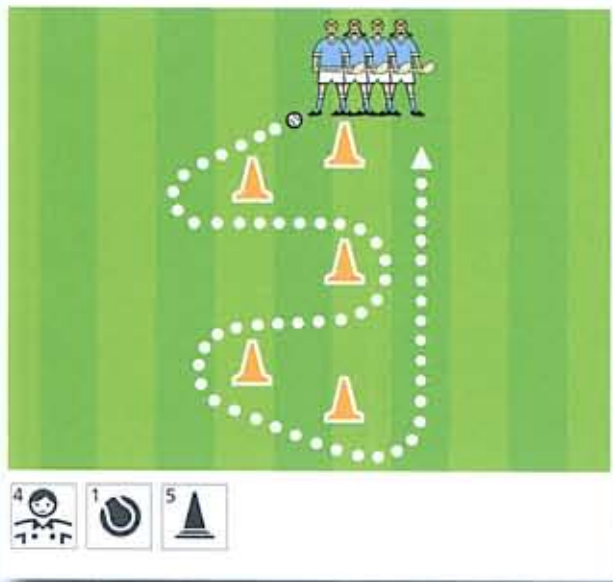
VARIATION

- 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

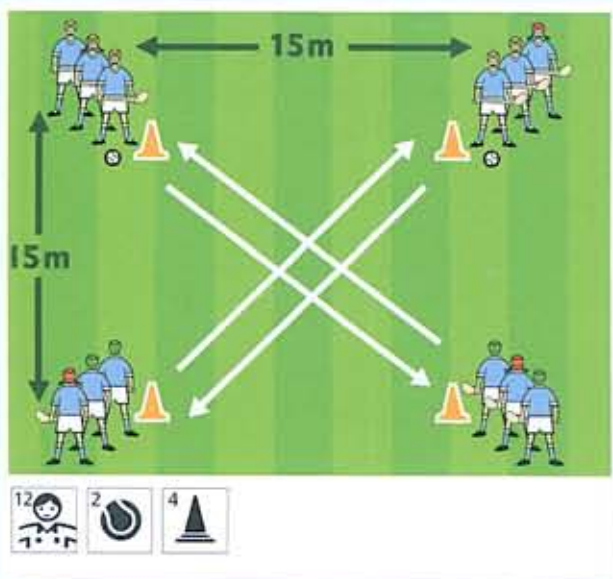
ORGANISATION

- 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

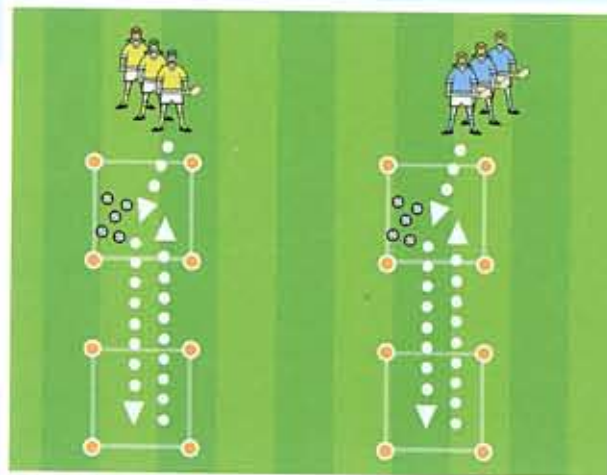
Fun Game designed to increase the speed at which players perform the Solo Run

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

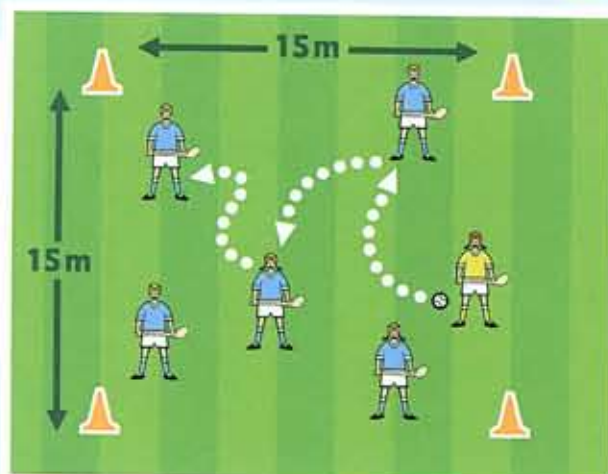
A Fun Game to develop the Solo Run technique

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

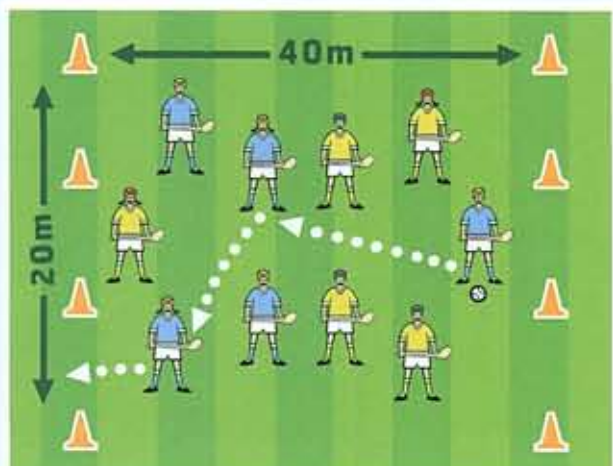
VARIATION

- 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 |  |

UNDER 12 CONTROLLING A MOVING BALL

COMMON ERRORS

Here are the Common Errors for Controlling a Moving Ball

	<p>Holding the hurley at full length. This may cause difficulties when learning to control a moving ball into the hand</p>	
	<p>To correct, shorten the grip by holding the hurley further down the handle with both hands</p>	
	<p>Not bending the back and knees to adopt the Lifting Position. This may result in the ball passing below the hurley or bouncing away</p>	
	<p>To correct, bend the back and knees to move the hurley down</p>	
	<p>Pushing the hurley through the ball. This may result in the ball bouncing away</p>	
	<p>To correct, relax the grip and angle the bas of the hurley back to deaden the ball on impact</p>	

DRILL 1 MOVE AND CONTROL

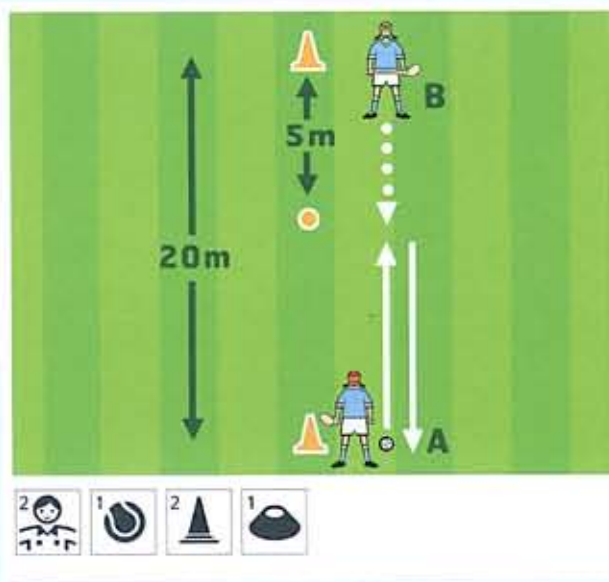
Intermediate Drill to practise Controlling a Moving Ball

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

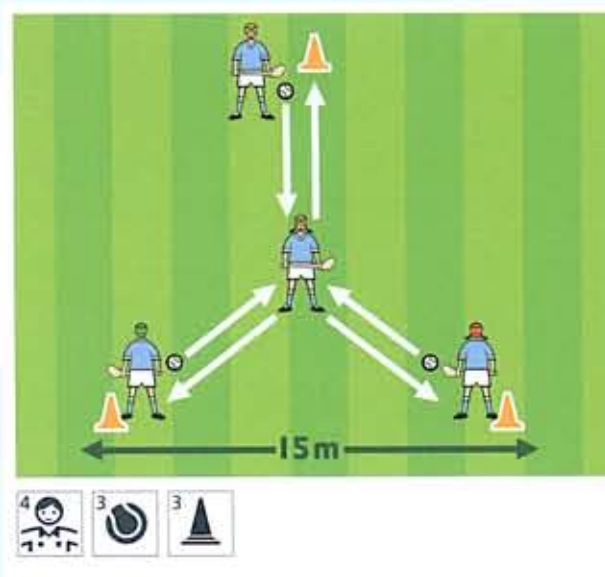
Intermediate Drill that requires the players to change direction before Controlling a Moving Ball

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

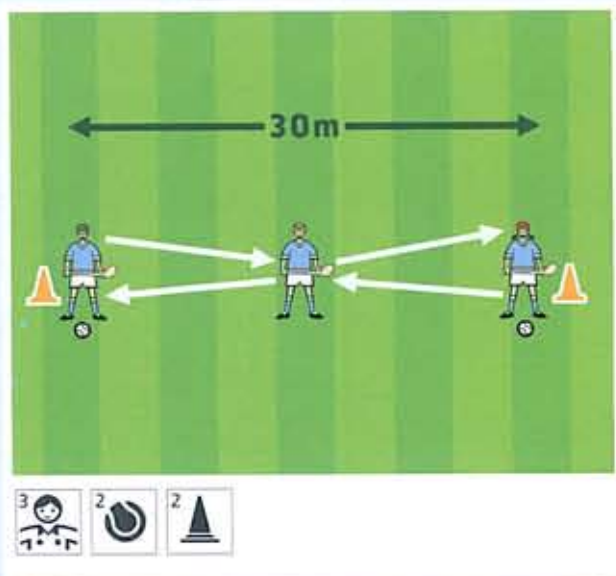
- The players strike the ball at hip height for their partner to control
- To increase the challenge, increase the distance between the players



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

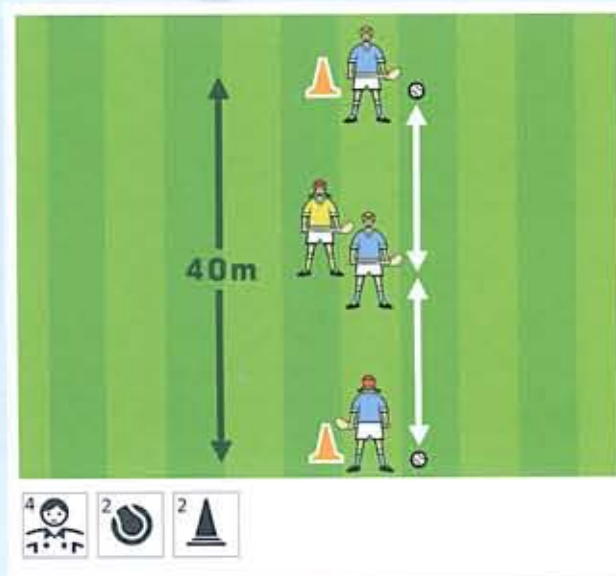
ORGANISATION

- 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

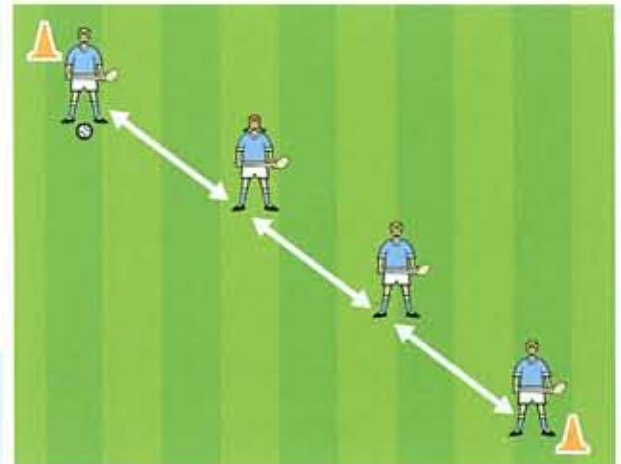
A Fun Game to help improve the player's ability in Controlling a Moving Ball

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

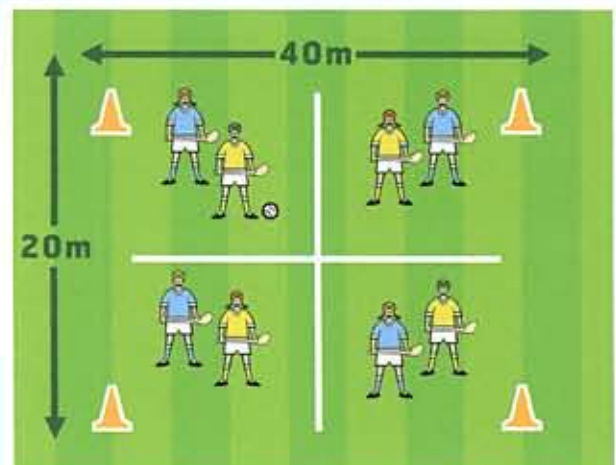
Fun Game to practise Controlling a Moving Ball

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

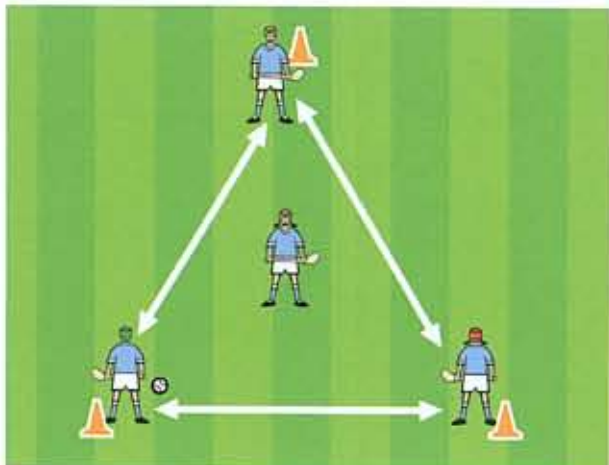
VARIATION

- 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

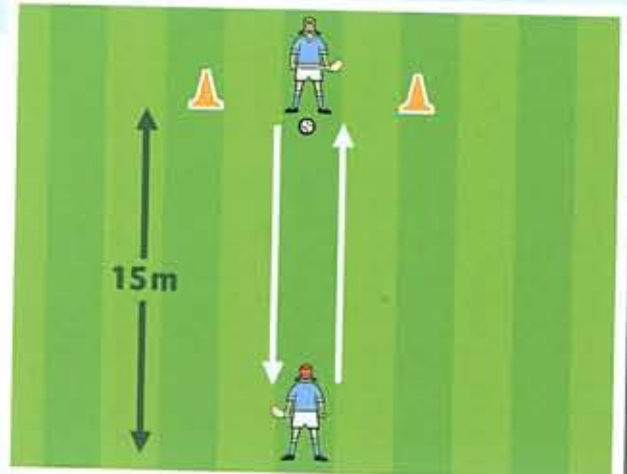
Basic Drill to practise the Doubling Back technique

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

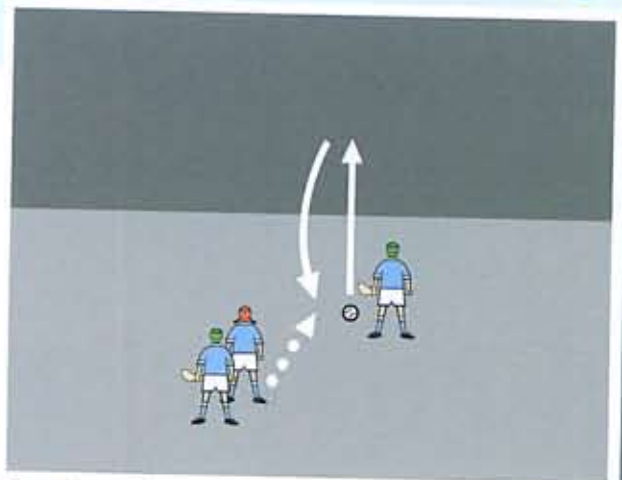
Basic Drill to improve the Doubling Back technique by striking a stationary and moving ball

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

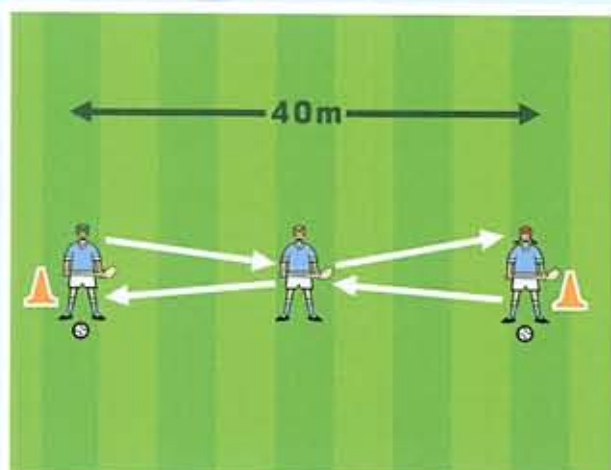
- As the players become more proficient the Coach can mark a goal 2m wide in front of the line of players. Each player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated
- Challenge each player to strike the ball 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

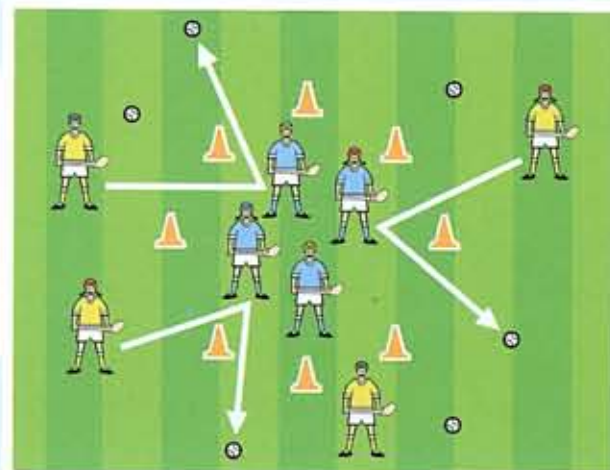
Fun Game to help develop the player's ability to Double Back on the ball

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

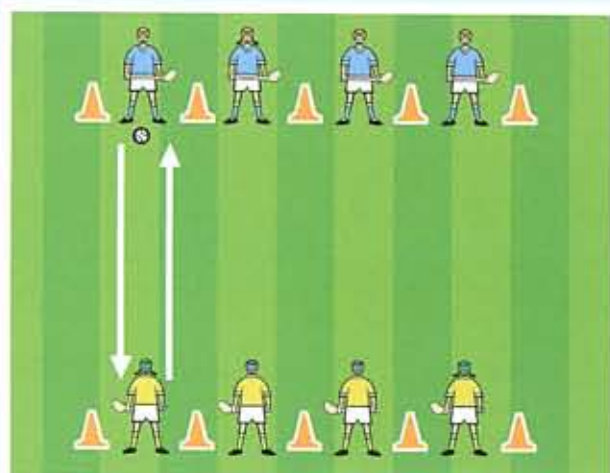
Fun Game designed to improve the ability of the players to Double Back on the ball

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

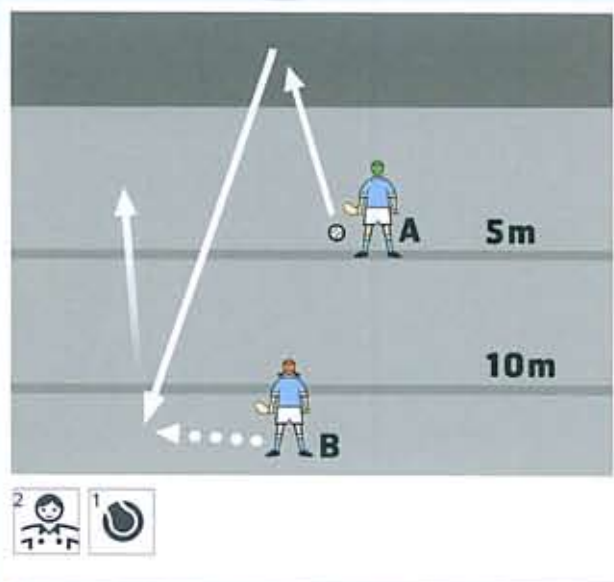
VARIATION

- 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

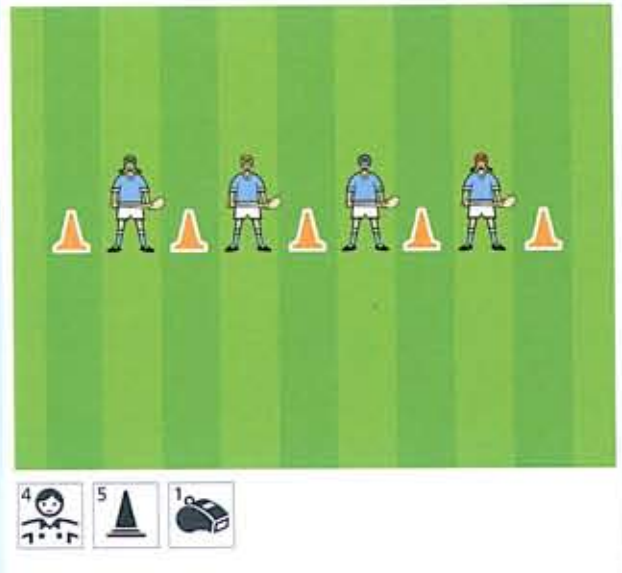
Basic Drill to practise the Batting a Ball Overhead technique

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

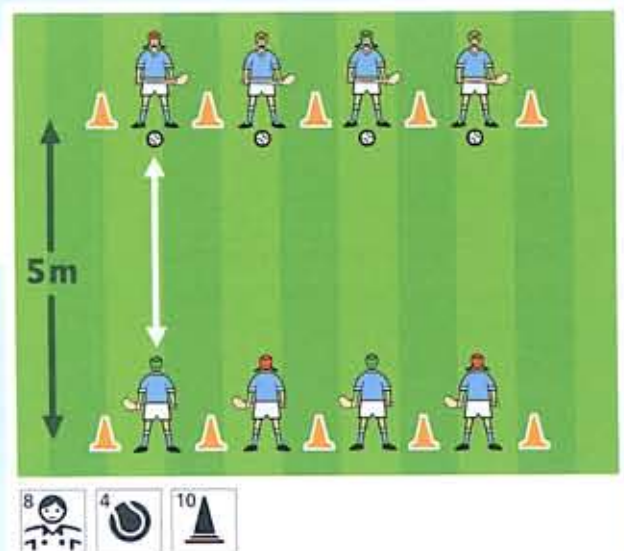
Basic Drill to practise the Batting a Ball Overhead technique

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

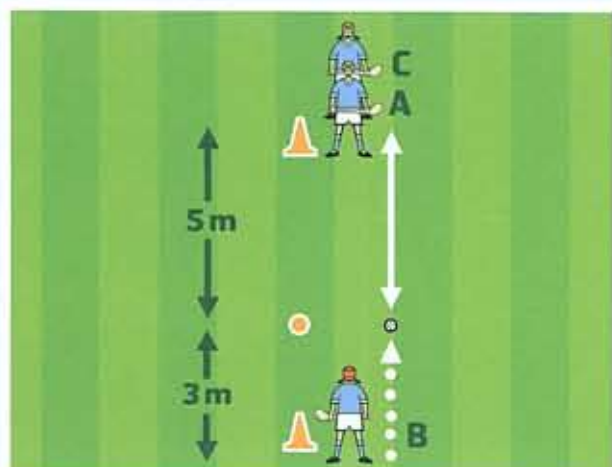
- To increase the challenge, the server throws the ball higher requiring the receiver to jump to bat the ball back



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

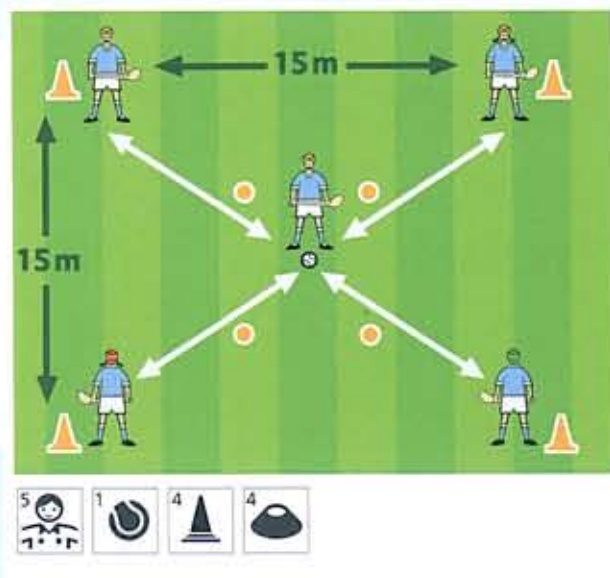
A Fun Game to practise Batting a Ball Overhead

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

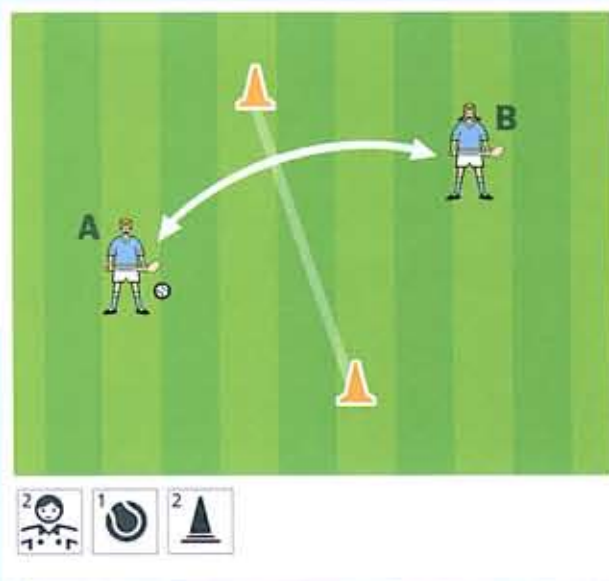
A Fun Game to improve the player's Batting a Ball Overhead technique

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

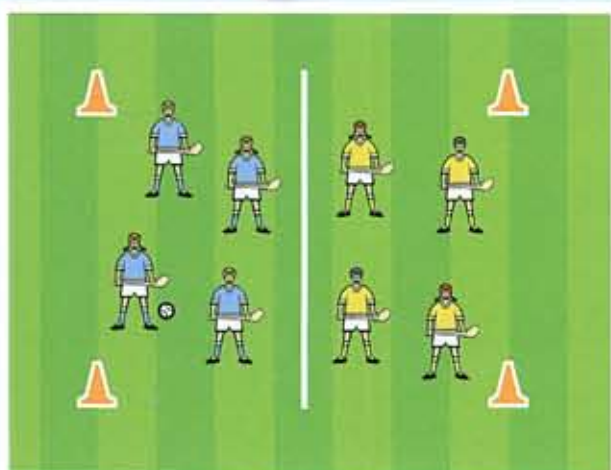
- Increase the number of players and play as a team game



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

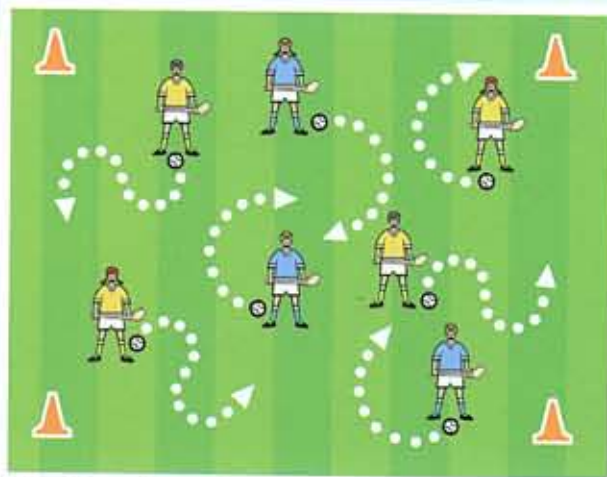
Basic Drill to practise the Ground Flick technique

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

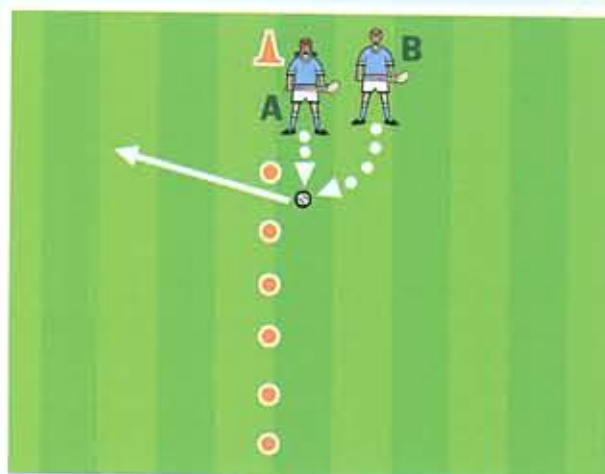
Basic Drill to practise the Ground Flick technique

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

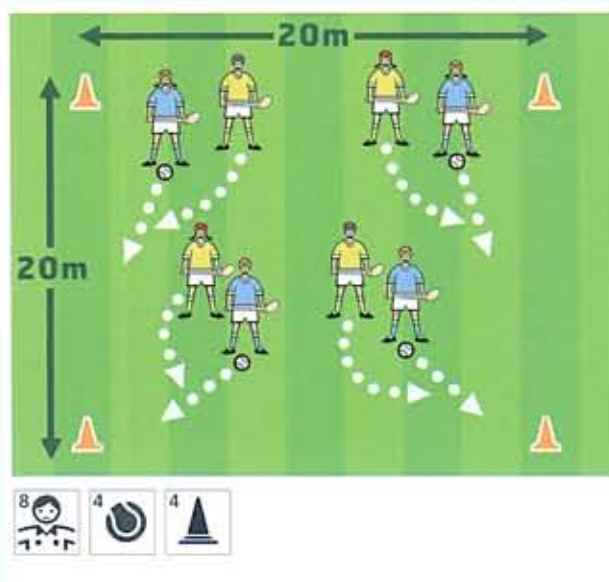

A Fun Game to develop the players' ability to perform the Ground Flick

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

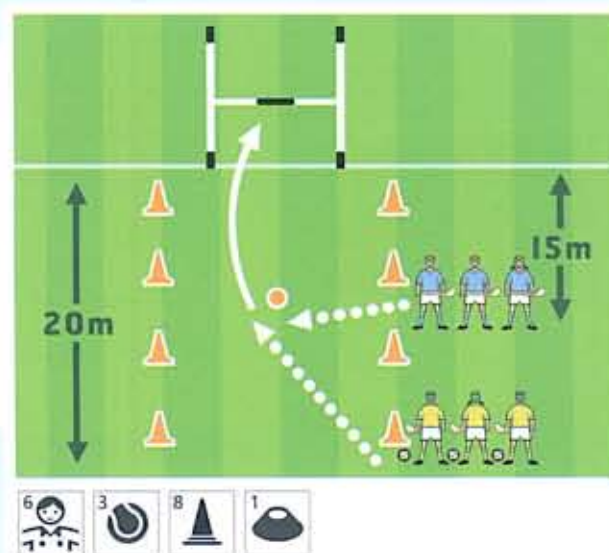

A Game Play Drill to develop the Ground Flick technique

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

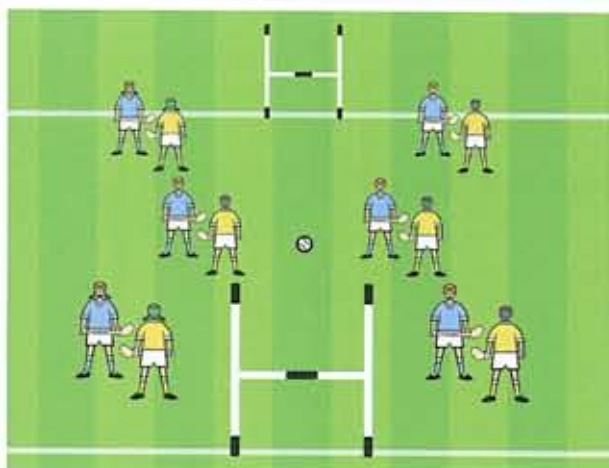
VARIATION

- 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

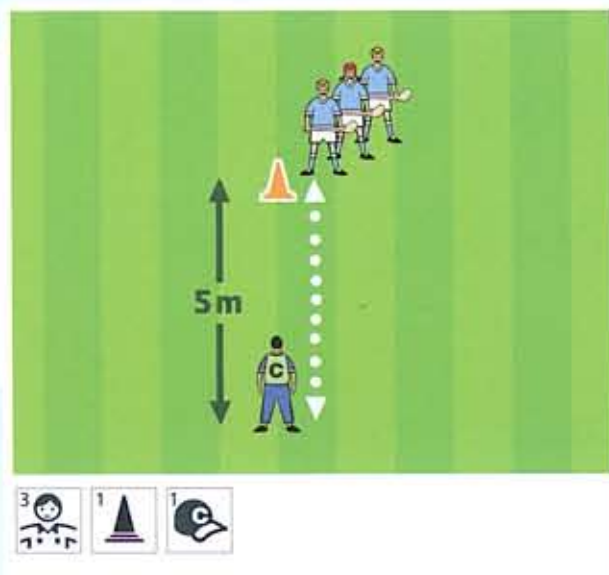
Basic Drill to practise the Overhead Strike technique

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

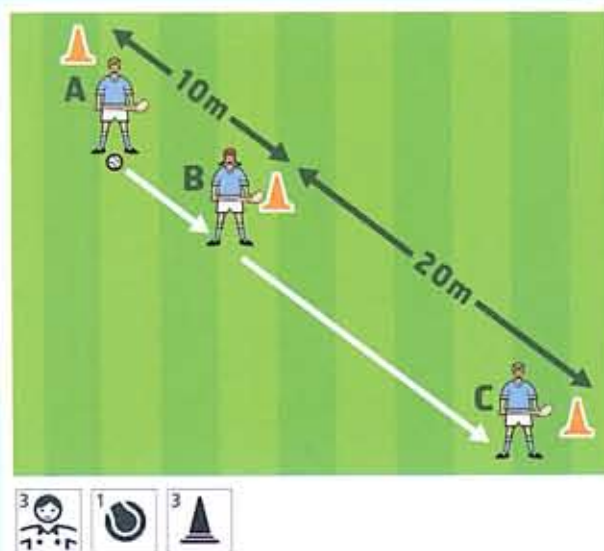
Basic Drill to practise the Overhead Strike technique

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

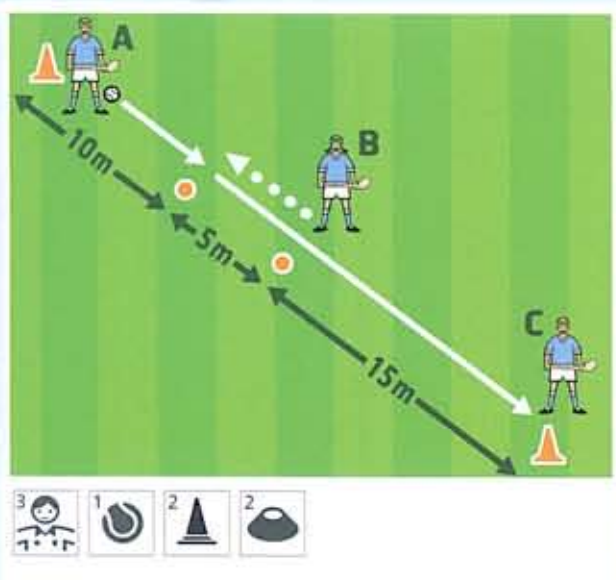
VARIATION

- 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

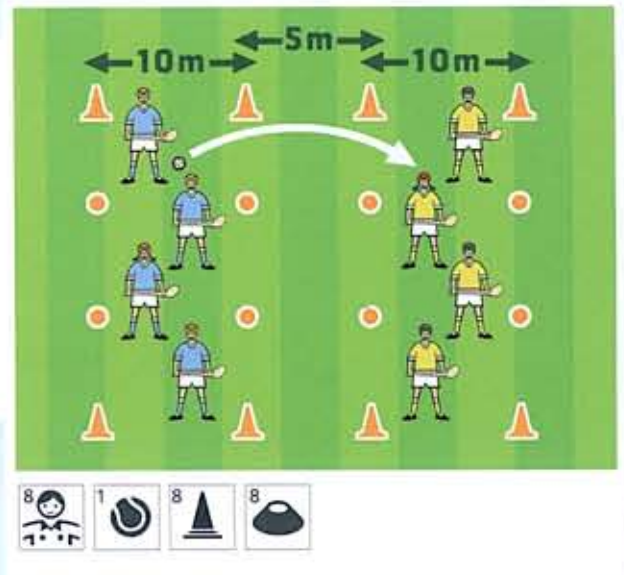
A Fun Game to develop Overhead Striking

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

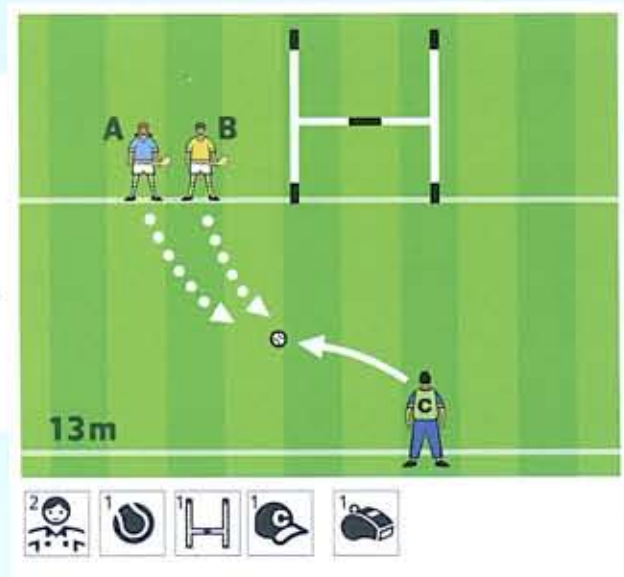
A Game Play Drill to develop Overhead Striking in a contest situation

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

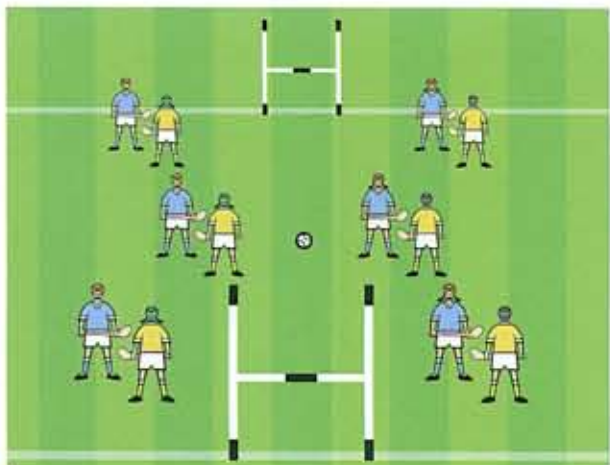
VARIATION

- 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

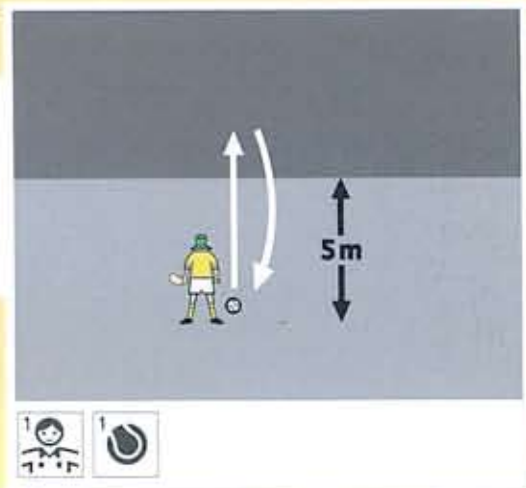
Basic Drill to improve the Ground Strike technique by striking a stationary and moving ball

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

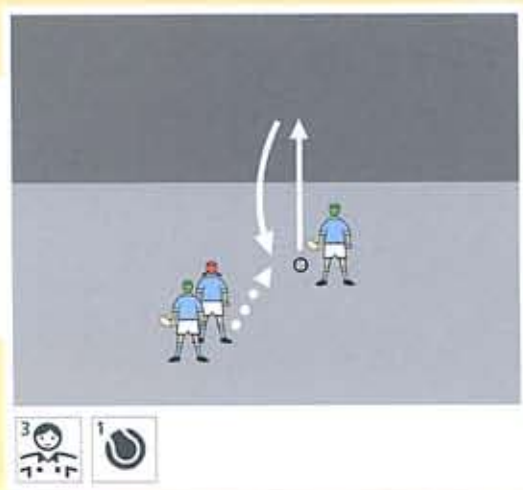
Basic Drill to improve the Ground Strike technique by striking a stationary and moving ball

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

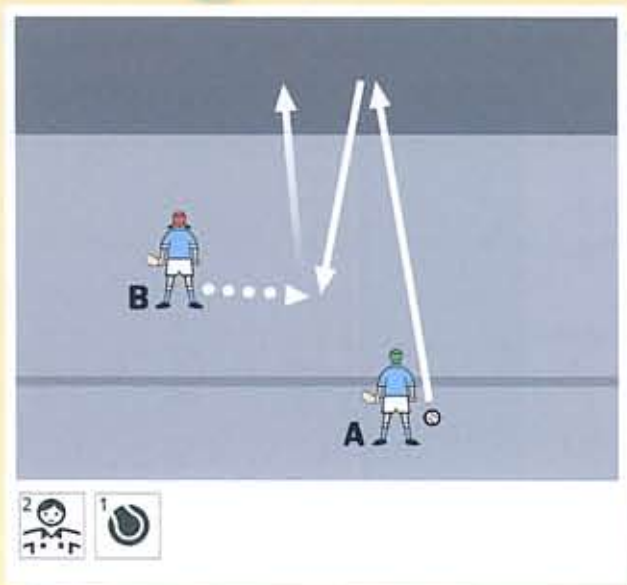
VARIATIONS

- 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

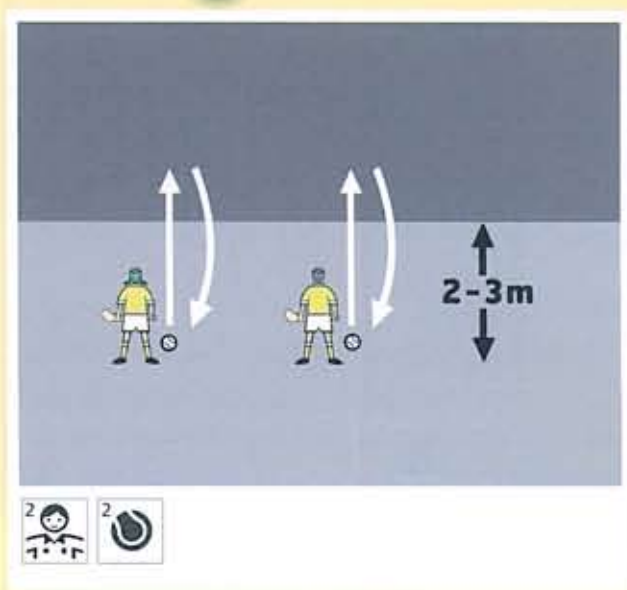
ORGANISATION

- 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 partners 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

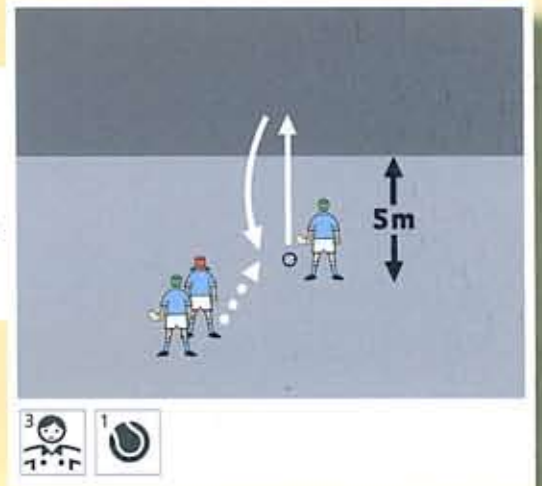
Intermediate Drill to practise the Chest Catch technique while moving

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

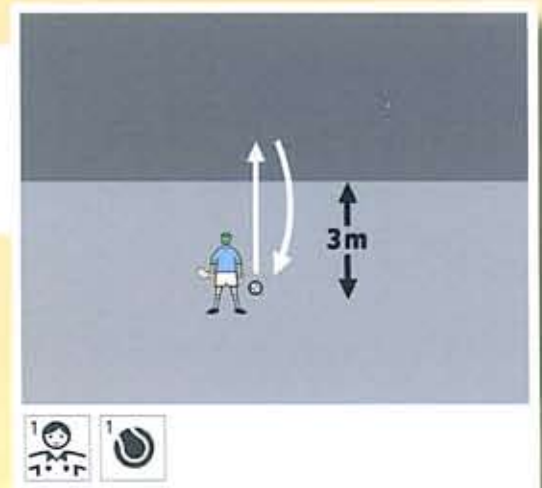
Basic Drill to improve the Hand Pass technique

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

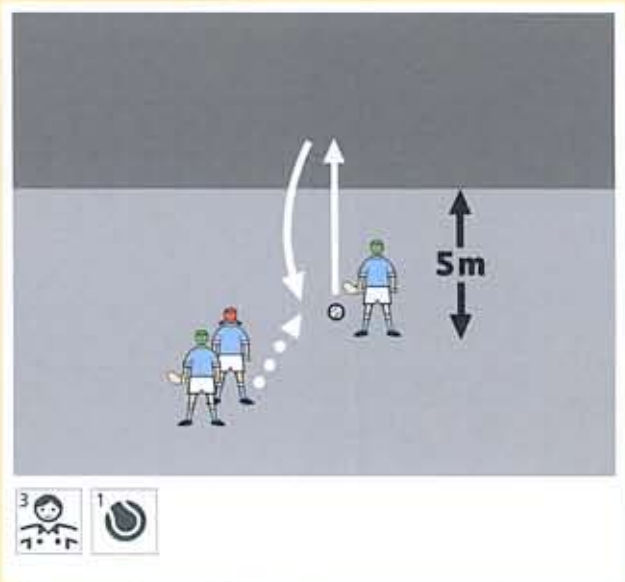
VARIATION

- 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

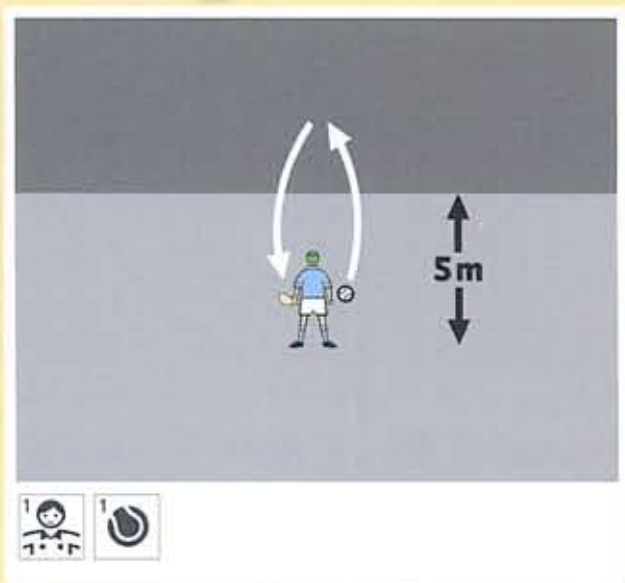
ORGANISATION

- 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

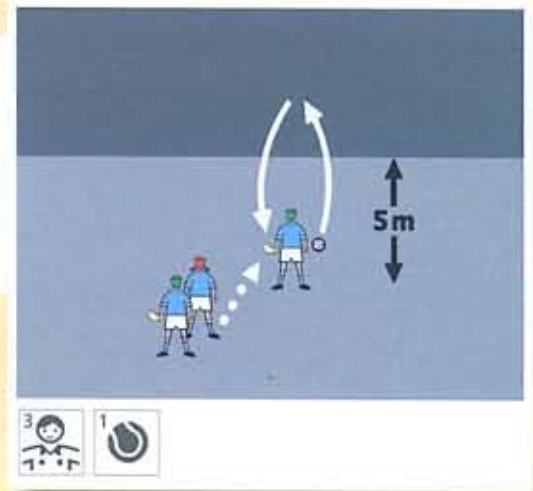
Intermediate Drill to practise the Overhead Catch technique

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

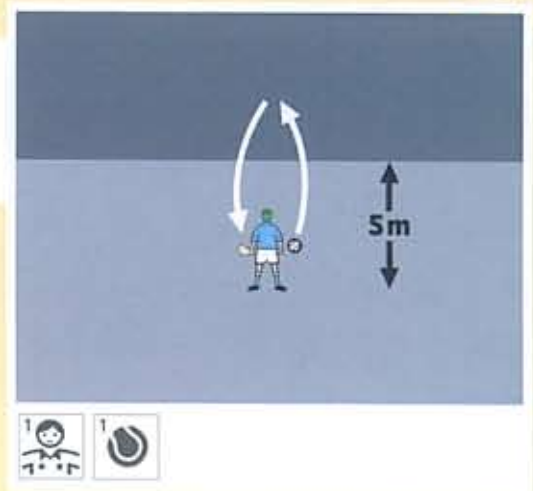
Basic Drill to practise Striking from the Hand

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

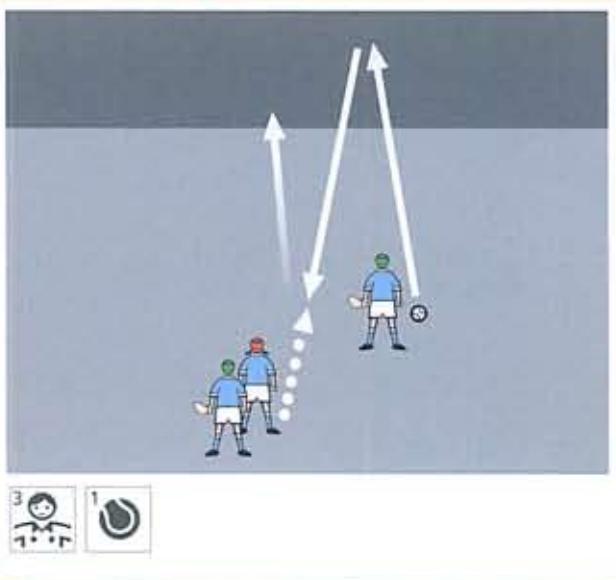
VARIATIONS

- 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

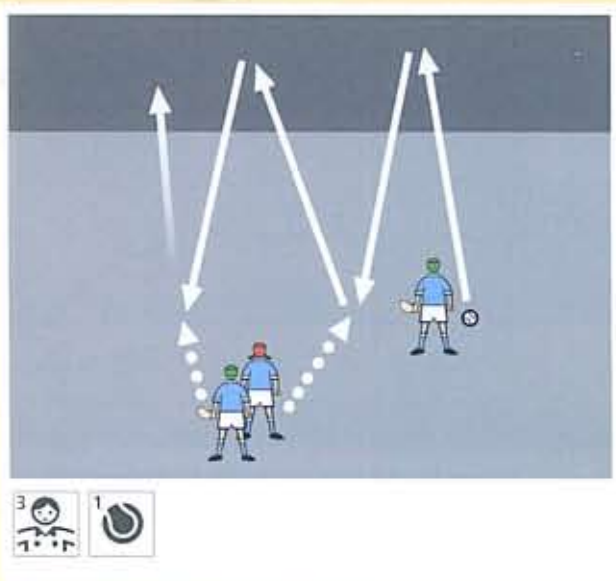
ORGANISATION

- 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

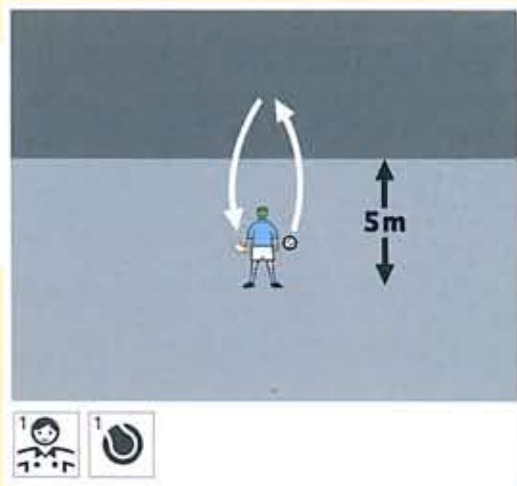
Basic Drill to practise Blocking a Ball Overhead technique

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

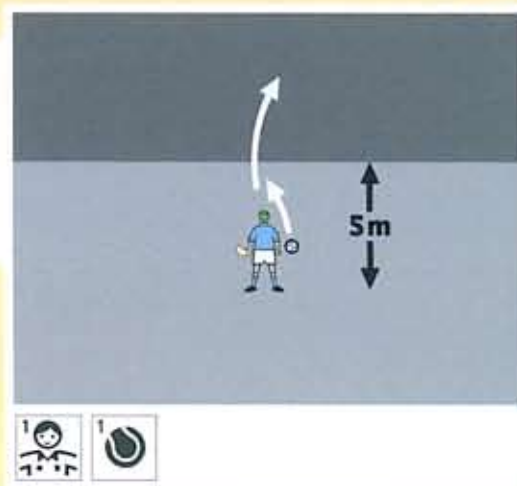
Basic Drill to practise the Batting a Ball Overhead technique

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

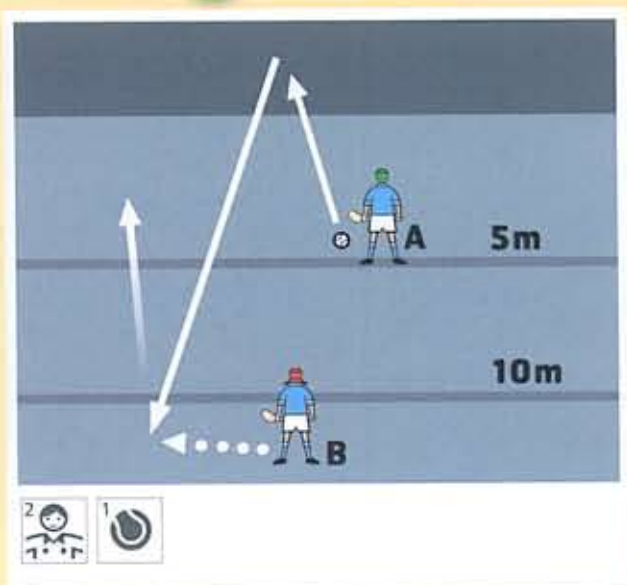
VARIATIONS

- 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)

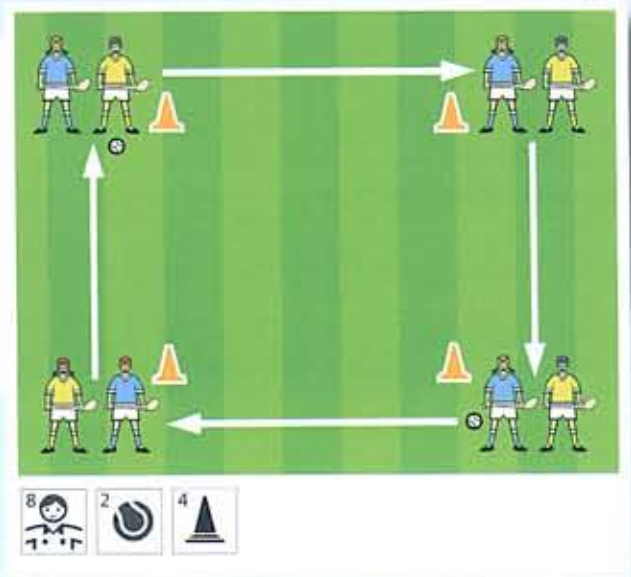
A Fun Game to practise the Hand Pass technique

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)

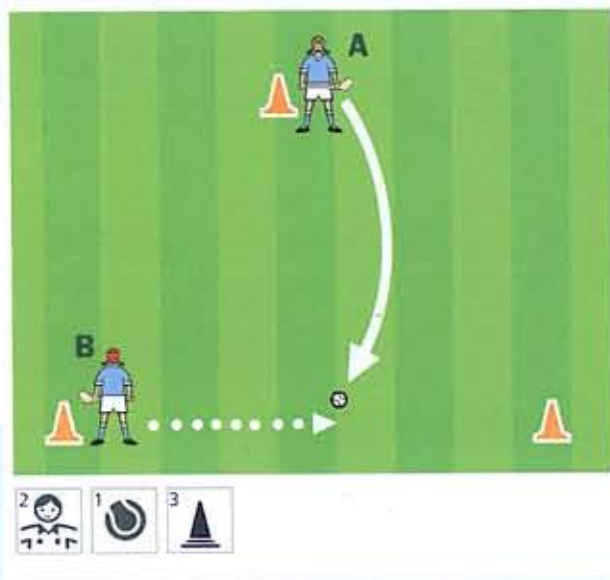
Intermediate Drill to practise the Overhead Catch that challenges the players to catch the ball as they move along a line

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)

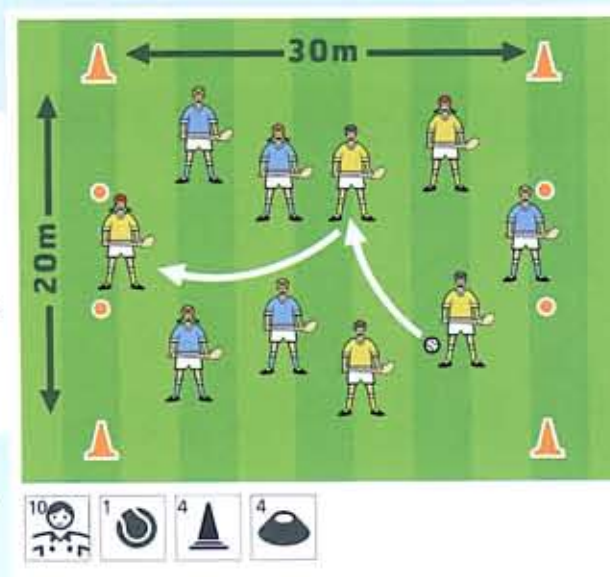
Modified Game that focuses on improving the players' ability to perform the Hand Pass, the Solo and Catching techniques in a game situation.

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

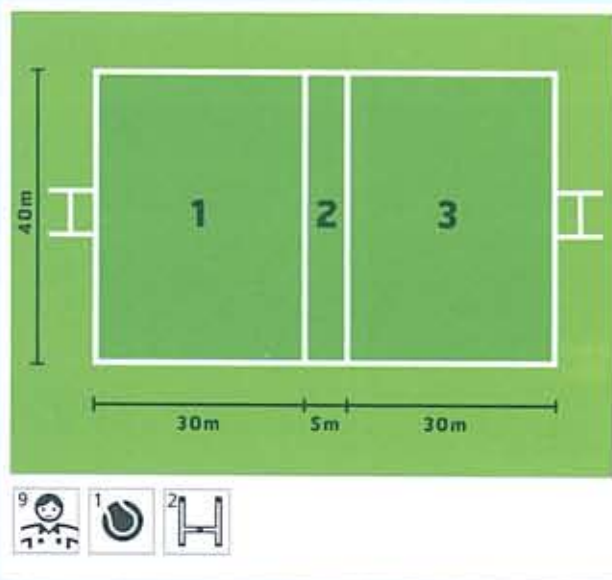
VARIATION

- 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-B)

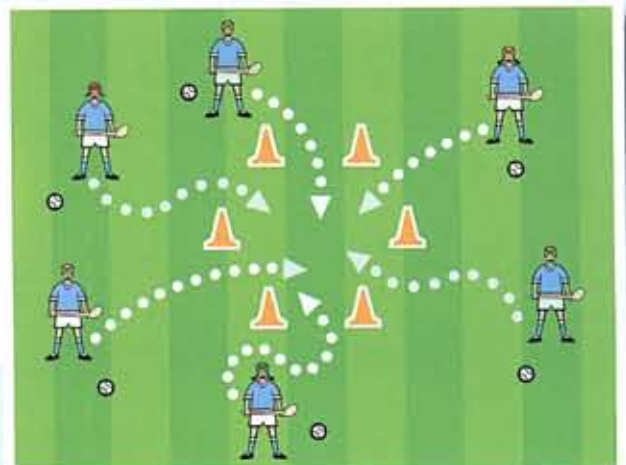
This Fun Game challenges the players to perform the Dribble technique while moving as fast as possible

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)

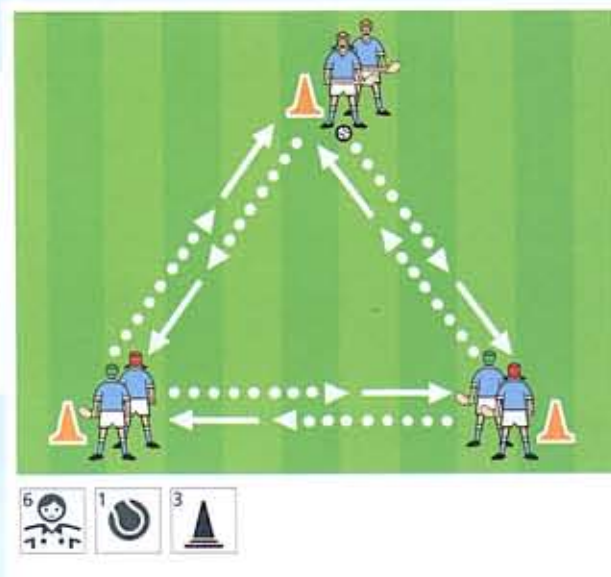
Intermediate Drill to practise the Solo Run technique that requires the players to Hand Pass off the hurley

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)

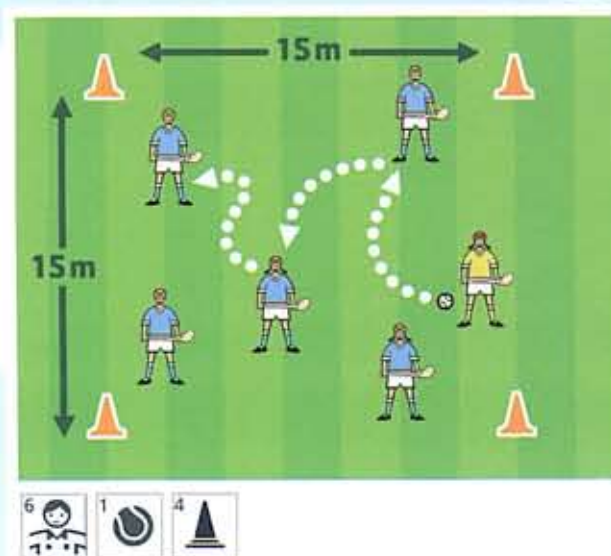
A Fun Game to develop the Solo Run technique

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

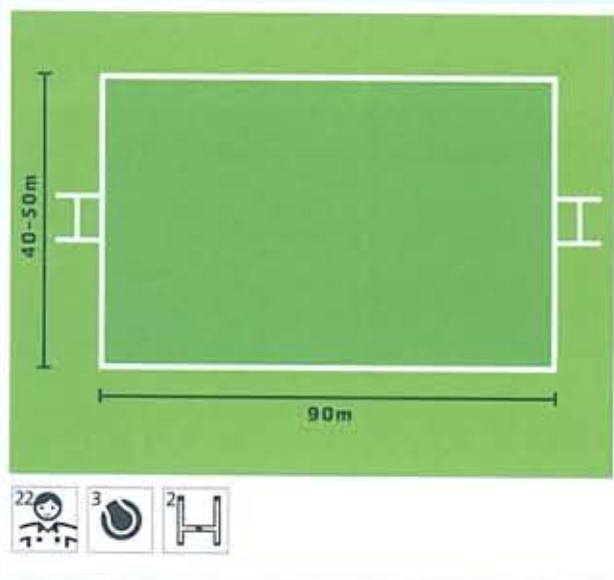
VARIATION

- 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)



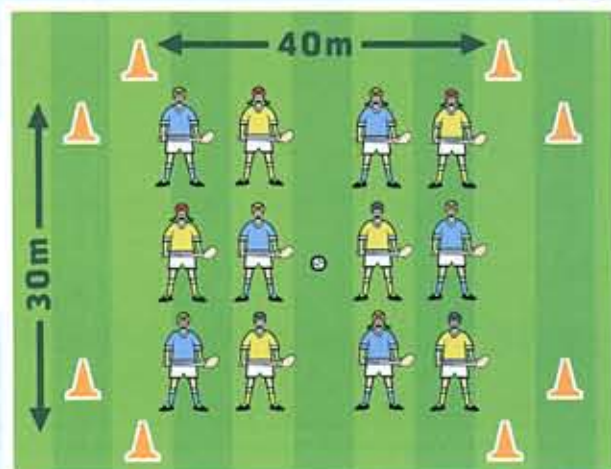
Modified Game focusing on the Strike on the Ground technique which incorporates blocking and dribbling and will aid the development of decision-making and team play

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)

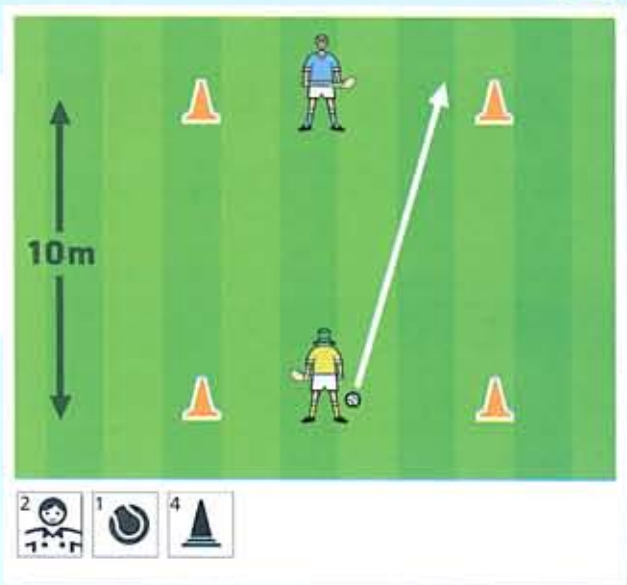
Fun Game that requires each player to use the Strike on the Ground technique to attempt to score a goal

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

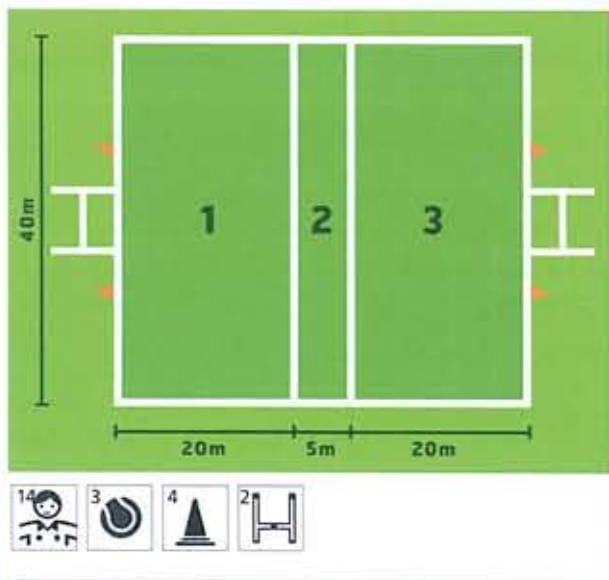
VARIATIONS

- 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)



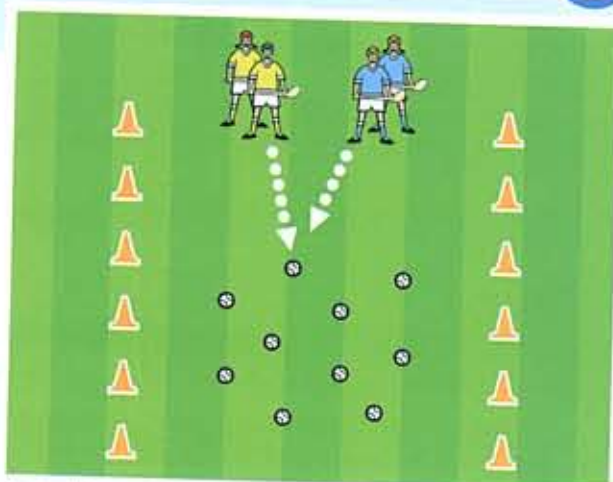
Fun Game to develop the Shoulder Clash technique

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)

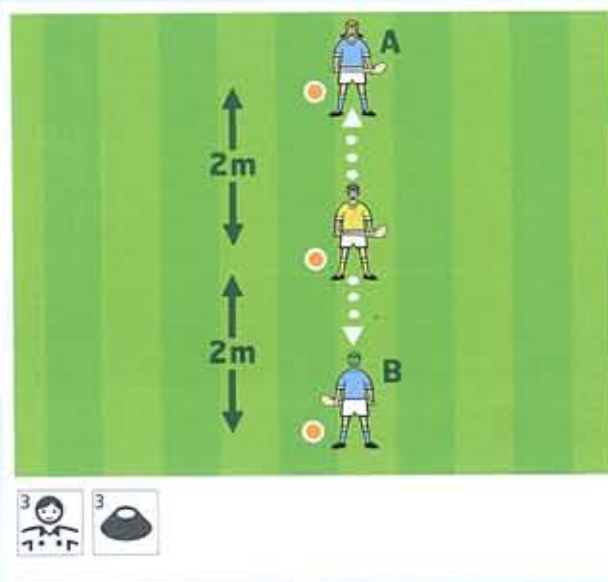
Basic Drill to practise the Frontal Block technique that requires the players to turn and block

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)

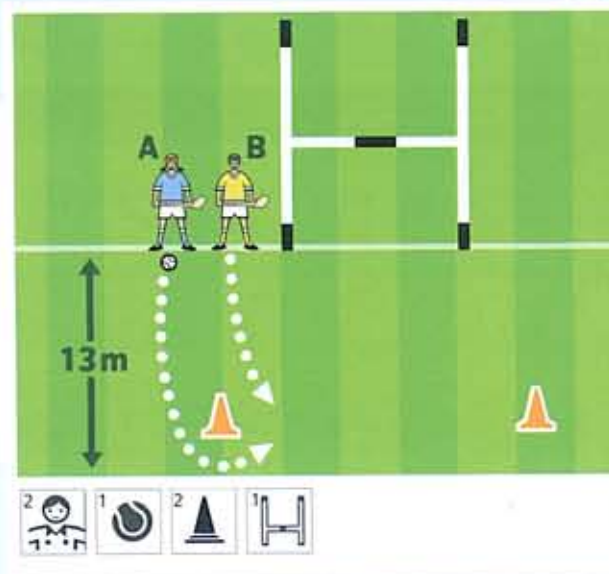
A Game Play Drill to develop the Frontal Block technique requiring the players to perform the block on an opponent striking for a point

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

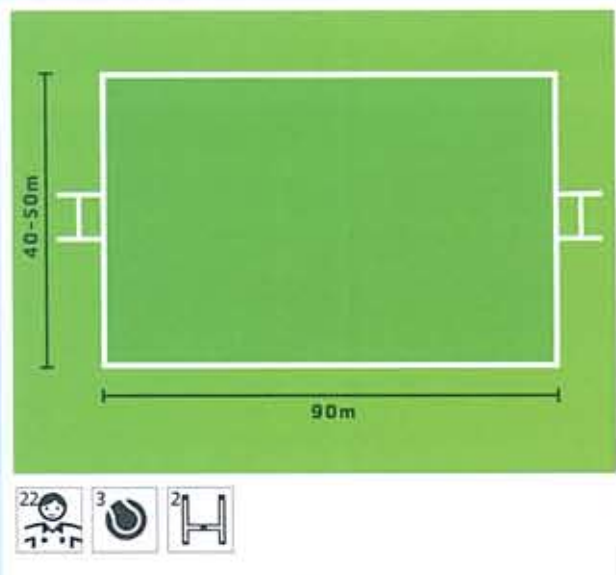
VARIATION

- 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

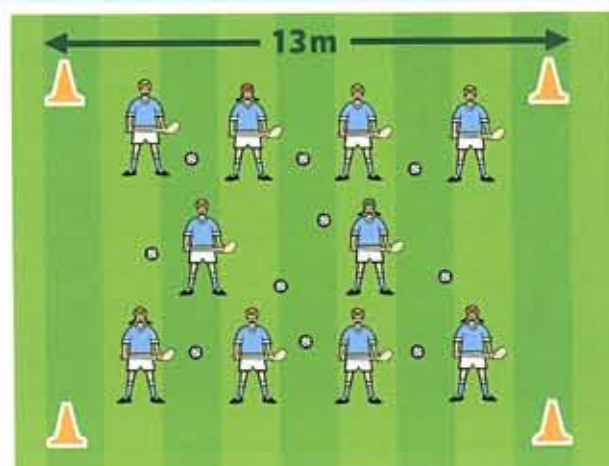
GAME 1 MUSICAL CHAIRS (LIFT & STRIKE / JAB LIFT / U-10)



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)

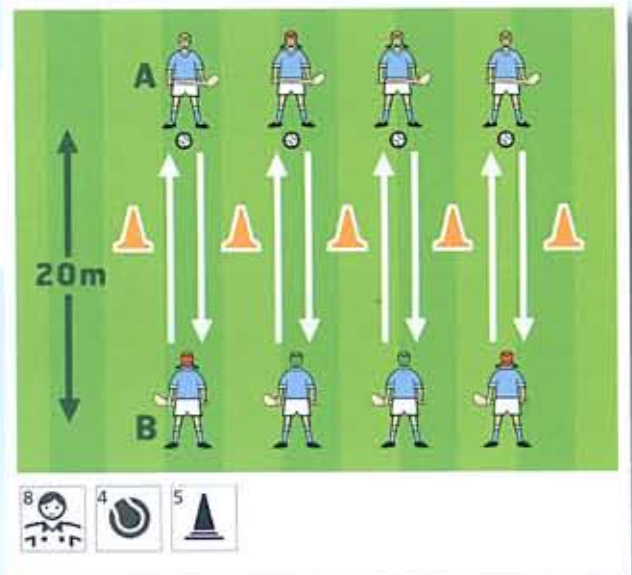
Basic Drill to practise Striking from the Hand designed to improve accuracy

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)

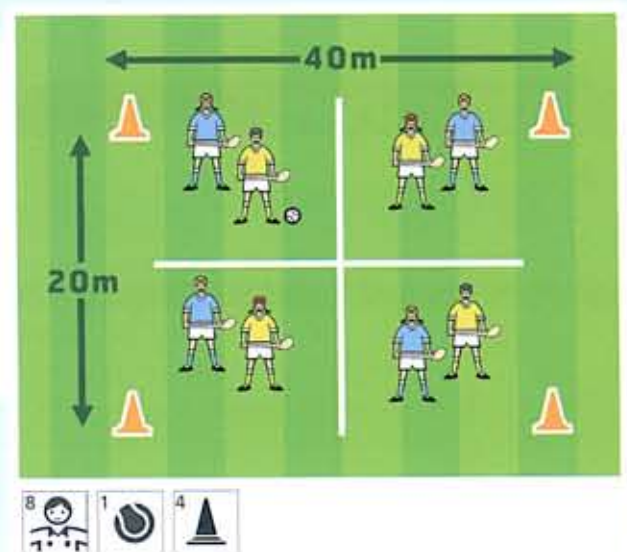
A Fun Game to practise Striking from the Hand

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

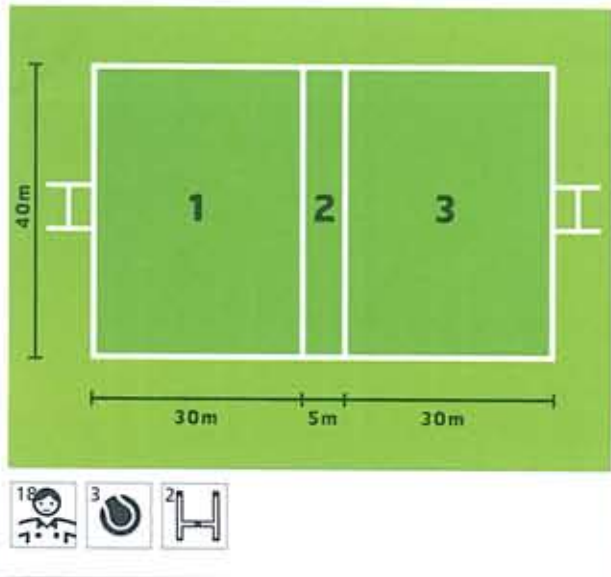
VARIATION

- 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

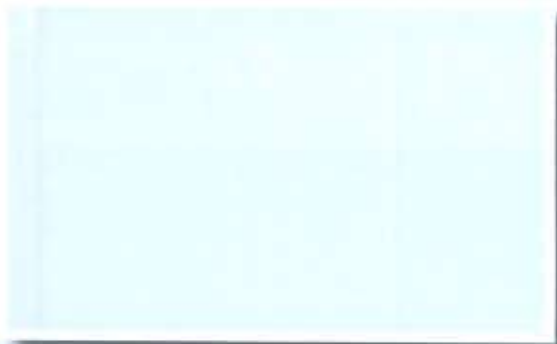
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BUILD YOUR OWN SESSION

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

--	--

PLAY A GAME 1

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REVISE A TECHNIQUE

--	--

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

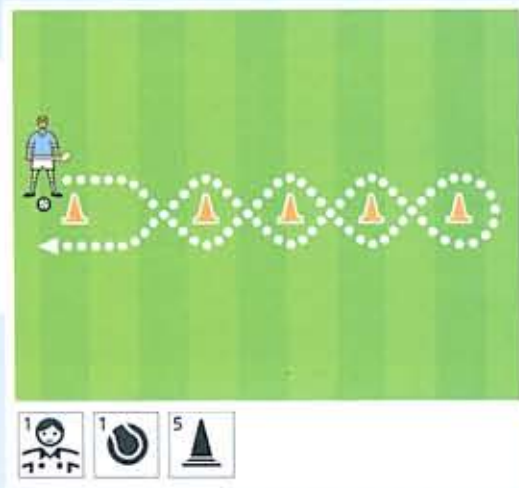
A skills challenge to test proficiency at the Dribble

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

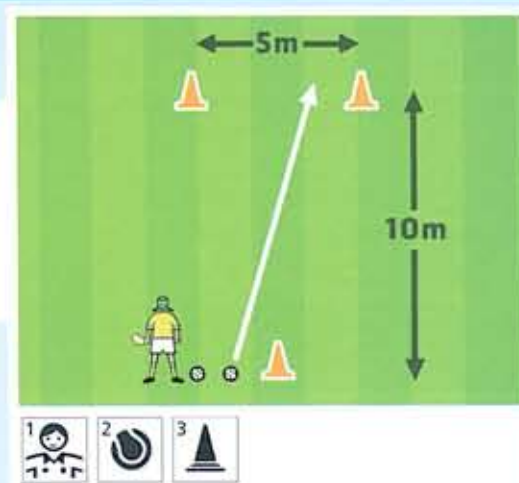
A skills challenge to test proficiency at the Ground Strike from a stationary position

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

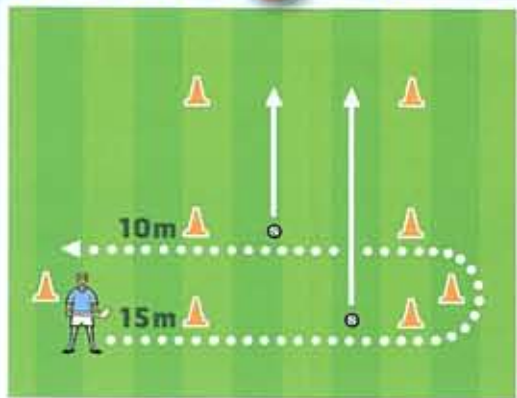
- The player holds the hurley in the dominant hand
- Throw the sliotar above the head and perform a Chest Catch as the sliotar drops

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

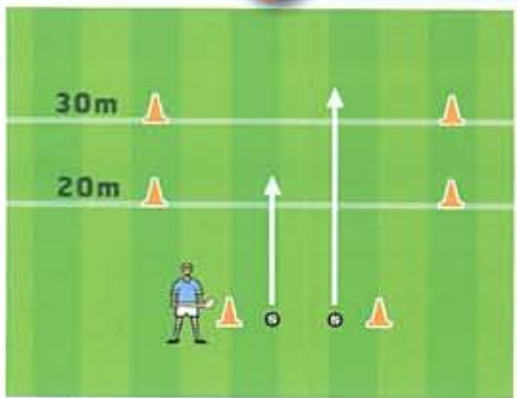
ORGANISATION

- 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

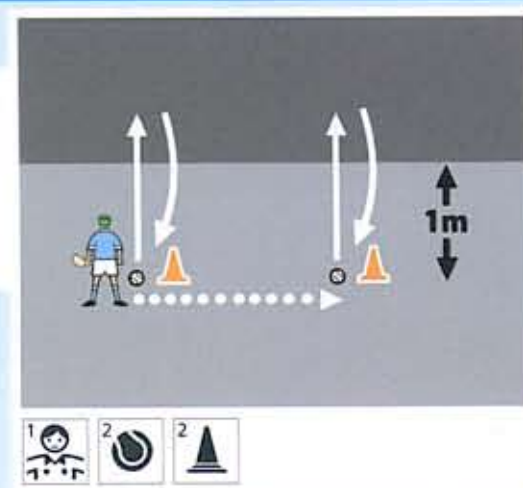
A skills challenge to test proficiency at the Hand Pass

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

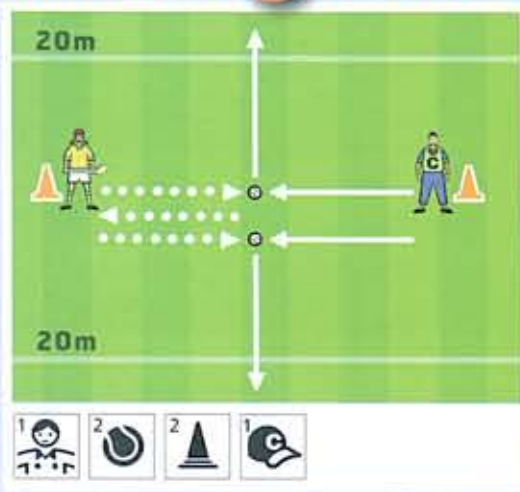
- Set up a grid 2m X 2m, with a further cone 3m-5m to each side
- The player lines up at one side and the Coach stands at the other
- The Coach throws the sliotar under arm as the player moves into the square to catch the sliotar overhead
- The player then returns to the cone and repeats the challenge

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

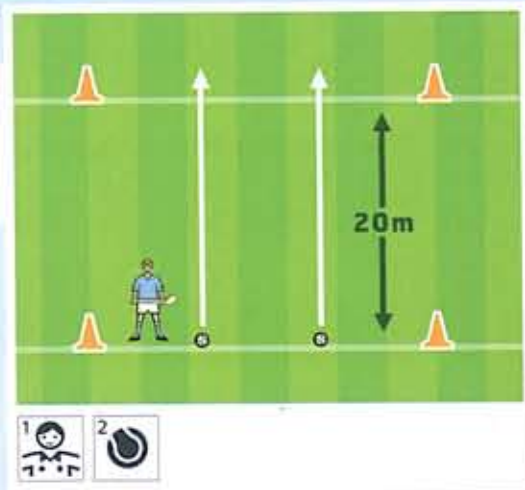
A skills challenge to test proficiency at the Sideline Cut

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

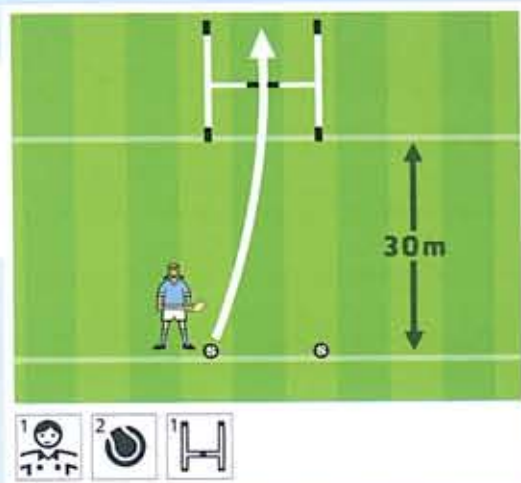
A skills challenge to test proficiency at the Free Puck

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

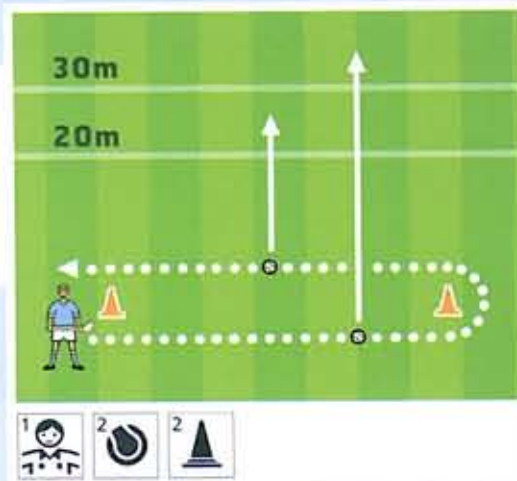
A skills challenge to test proficiency of Lift and Strike on the run

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



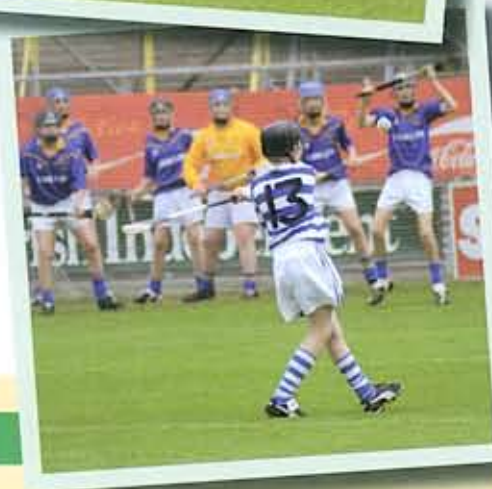
The Skill Star Challenge is an extension of the U Can Awards implemented through Primary Schools aimed at players in the 13/14 age bracket. It provides an opportunity for the most technically proficient players to perform at a Club, County, Provincial and National level.

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

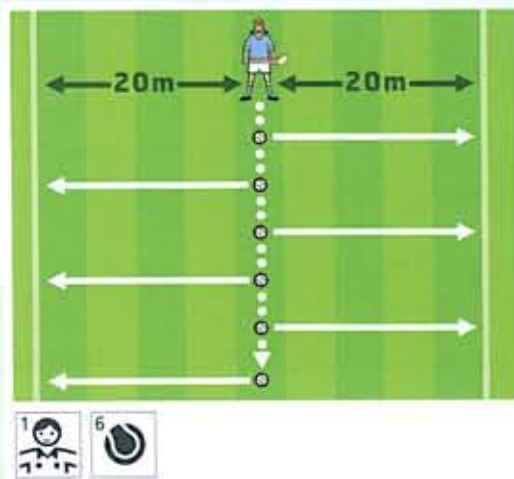
A skill challenge to test proficiency at the Ground Strike on the Run

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

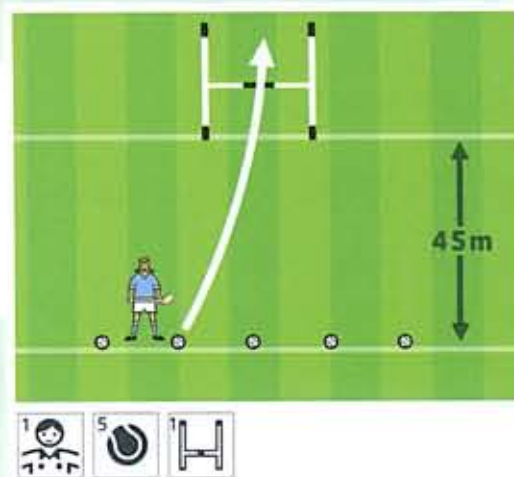
A skill challenge to test proficiency at Free Taking

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

