



U7 Hurling Skills Session **HANDPASS**



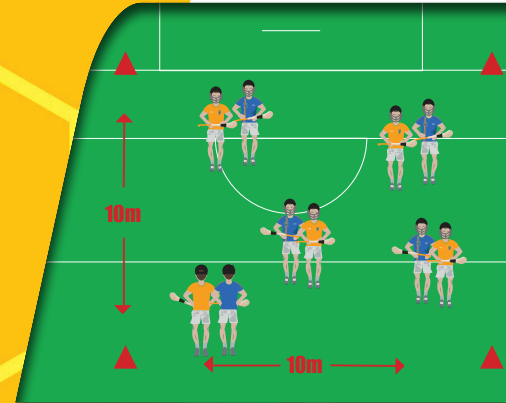
Player Pathway



CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

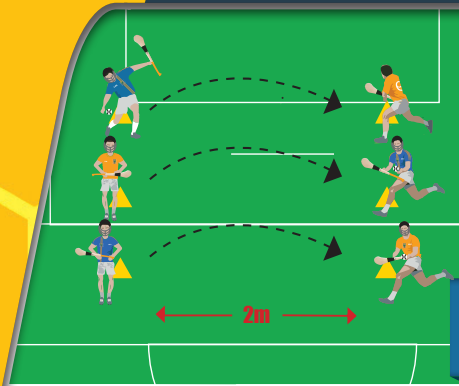


- Throw a variety of bean bags, balls of various sizes, softness and hardness.
- When throwing with the right hand step forward the left foot for balance & vice versa

STEP: Add in one player to act as Blocker

ACTIVITY 1

ORGANISATION

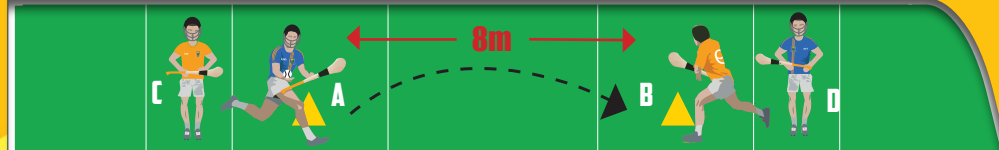


- Divide the group into pairs, one ball per pair
- The players stand facing each other two hurley lengths apart
- Each player in turn hand passes the ball to their partner who catches & passes it back

STEP: To increase the challenge; Alternate between using dominant and non-dominant hands to pass

ACTIVITY 2

ORGANISATION

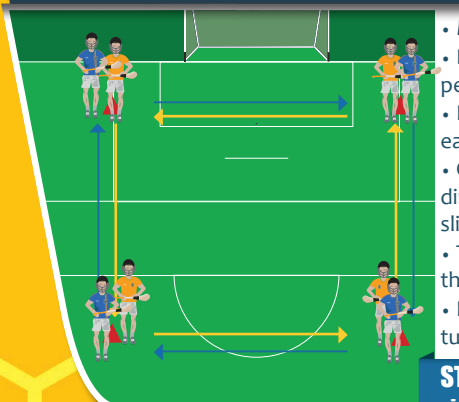


- Mark out a distance of approximately 8m using cones
- Divide the players into group of 4; 2 balls per group
- The players line up 2 facing 2 and working in pairs
- The players pass the ball over & back to one another. Player A to Player B and Player C to Player D
- The receiver moves to the ball requiring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

STEP: Use one ball per group; each player in turn passes to the next player in the opposite line

ACTIVITY 3

ORGANISATION

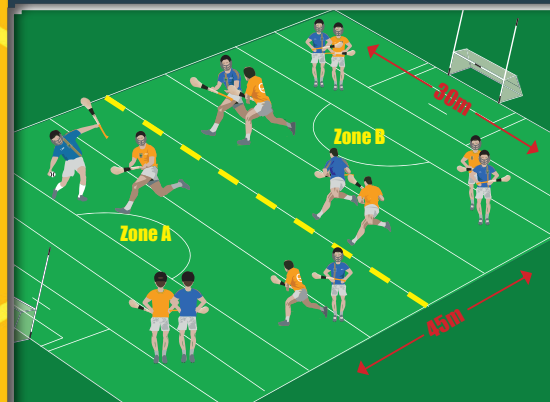


- Mark out a square or circle using cones
- Divide the players into two teams; one ball per team
- Position one player from each team at each cone
- One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction
- The first team to have the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

STEP: To increase the challenge, increase the size of the square

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small Games 7 v 7 etc
- First half ground striking to be used, lift & strike can be used in second half
- Games should mirror match day rules

STEP: The team that performs 2 handpasses in a row get 1 extra point



U7 Hurling Skills Session **CATCHING**



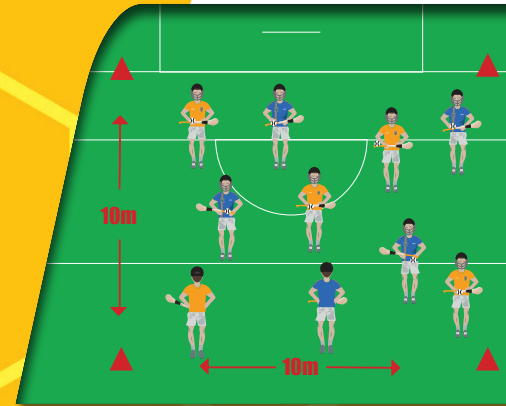
Player Pathway



CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

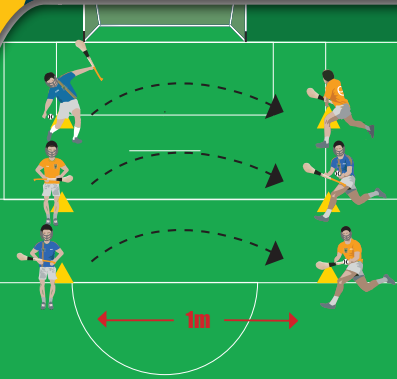


- Each player has a ball
- Toss the ball into the air to catch on the way down
- Varying the ball size, practice using both two hands and one hand to toss and catch
- Begin in a stationary position before introducing movement

STEP: Players try to swap sliotar on coaches whistle by throwing and catching player sliotar.

ACTIVITY 1

ORGANISATION

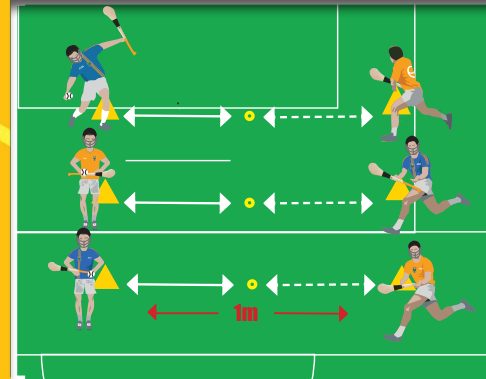


- Divide the players into pairs; one ball per pair
- The players face each other approximately 1 m apart
- Each player throws the ball underarm for their partner to chest catch

Step: To increase the challenge: Increase the distance between the players

ACTIVITY 2

ORGANISATION

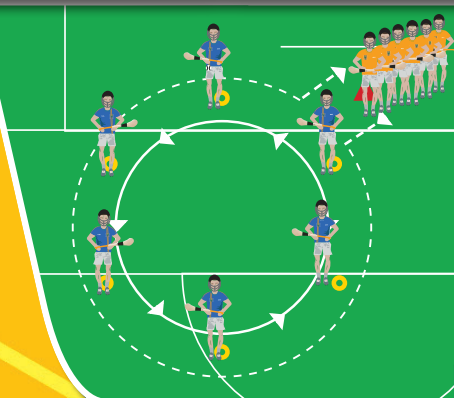


- Divide the players into pairs; one ball per pair
- Each pair face each other approximately 1m apart
- The players throw the ball to each other to perform the Chest Catch, one player running forward and the other running backwards over a set distance
- On the return, reverse the roles

Step: To increase the challenge: Increase the distance between the players

ACTIVITY 3

ORGANISATION

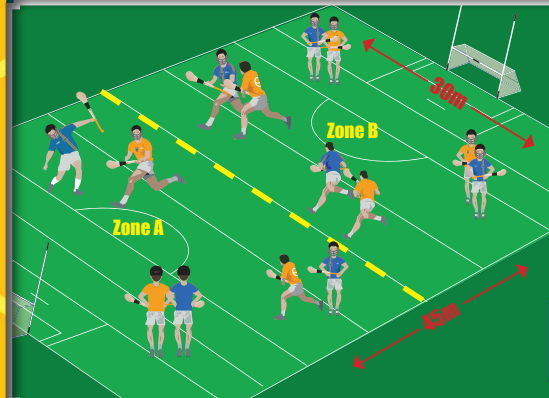


- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another
- Team A count the successful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

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

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small Games 7 v 7 etc
- First half ground striking to be used, lift & strike can be used in second half
- Games should mirror match day rules

STEP: Award 2 points if a player performs catching skill



U7 Hurling Skills Session DRIBBLING



Player Pathway

U7

U9

U11

Games Development Coach

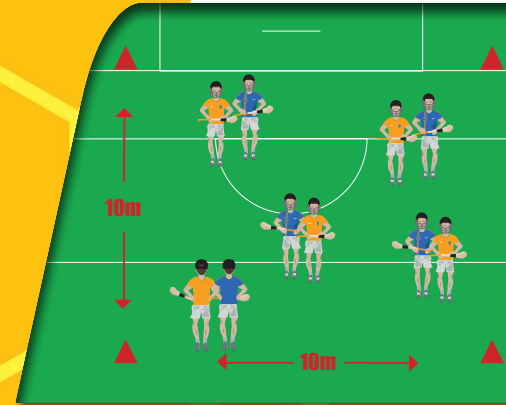
Club Coach

Primary School Coach

CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

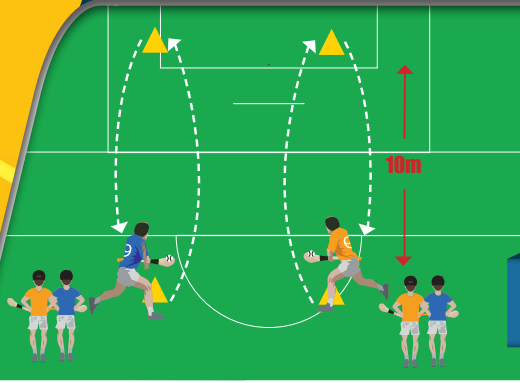


- Place a velcro tag or band at the back of the players shorts
- In pairs or with designated chasers the aim is to grab the tails from the other players
- The players with the tails must avoid the chasers by using evasion techniques

STEP: Designate one player to act as the catcher when the catch a player they join the catchers team.

ACTIVITY 1

ORGANISATION

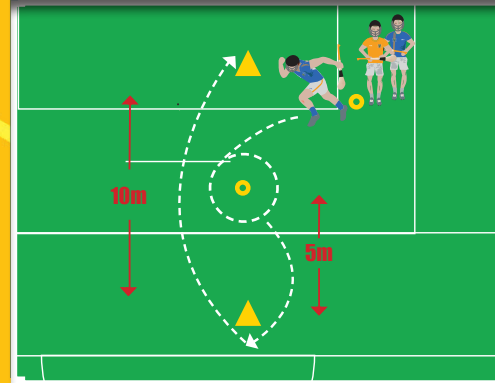


- Mark out a distance of 10m using cones
- Divide the players into groups, one sliotar per group
- Each group lines up behind a cone
- Each Player in turn dribbles the sliotar around the far cone and back; the next player repeats

STEP: To increase the challenge: Turn the drill into a relay race

ACTIVITY 2

ORGANISATION

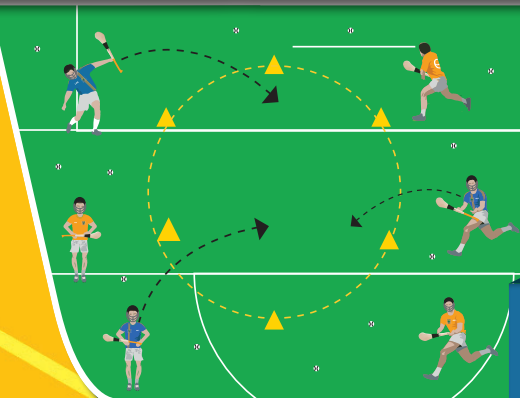


- Mark out a distance of 10m using three cones at 5m intervals
- Divide the players into groups, one sliotar per group
- Each player dribbles the sliotar all the way around the centre cone as they dribble out to and back from the far cone

Step: To increase the challenge: Turn the drill into a relay race

ACTIVITY 3

ORGANISATION

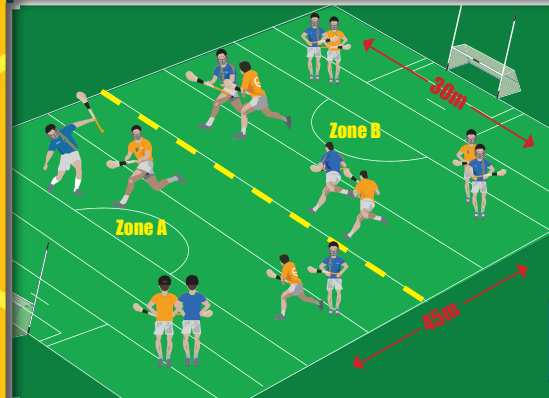


- Mark out a circle using cones
- Scatter several balls in different directions outside the circle
- Divide the players into teams
- Beginning in the circle, the Players run to return all balls to the circle using the dribble technique.
- The Coach times each team, and the team that takes the least time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

Step: 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

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small Games 7 v 7 etc
- First half ground striking to be used, lift & strike can be used in second half
- Games should mirror match day rules

STEP: Reduce the space, allow dribbling only to score



Player Pathway

U7

U9

U11

Games Development Coach

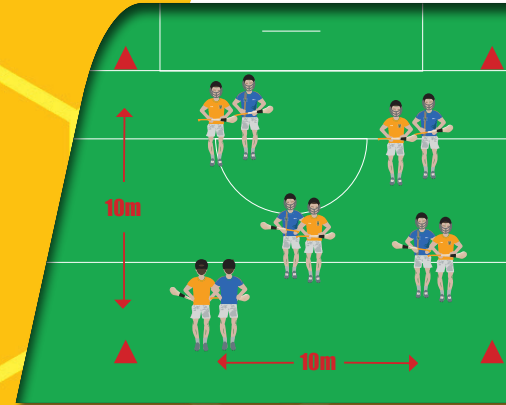
Club Coach

Primary School Coach

CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

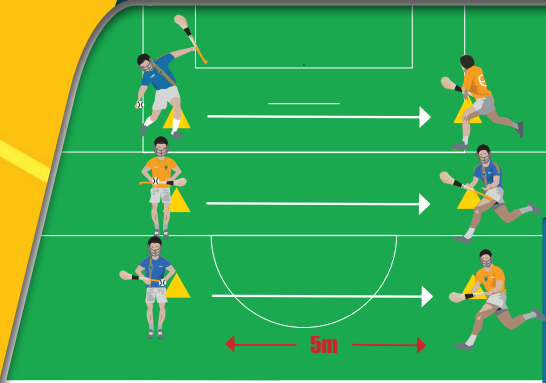


- The players travel around the playing area while avoiding the caps and the other players while pretending to drive dodgems or bumper cars
- To make the task more difficult, reduce the size of the playing area

STEP: Make teams and assign teams colours they must go around change team colours every few minutes

ACTIVITY 1

ORGANISATION



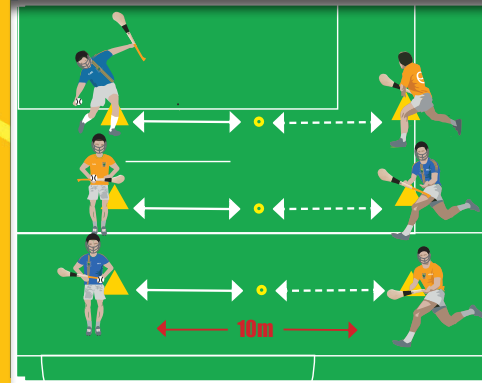
- Mark out a distance of 5m using cones
- Divide the players into pairs, one ball per pair
- The first player from each pair rolls the ball gently to the strong side or between the legs of their partner who attempts to block it
- Continue to alternate the roles, repeating the drill for a set time

STEP: 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

ACTIVITY 2

ORGANISATION

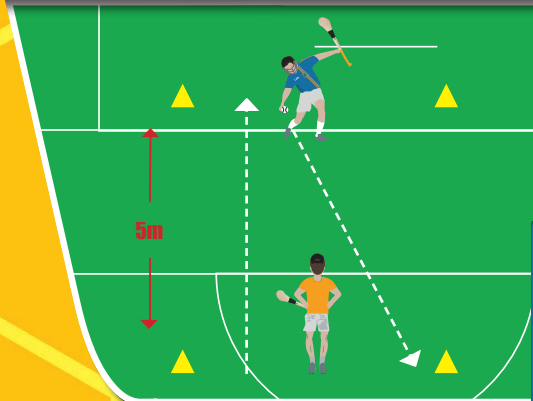


- The players pair off, facing each other 10m apart
- Place a cone mid-way between each pair
- Player A rolls the sliotar at pace towards Player B
- Player B runs out to block the sliotar at the centre cone
- Returning to their original positions, Player B then acts as feeder for Player A who repeats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

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

ACTIVITY 3

ORGANISATION



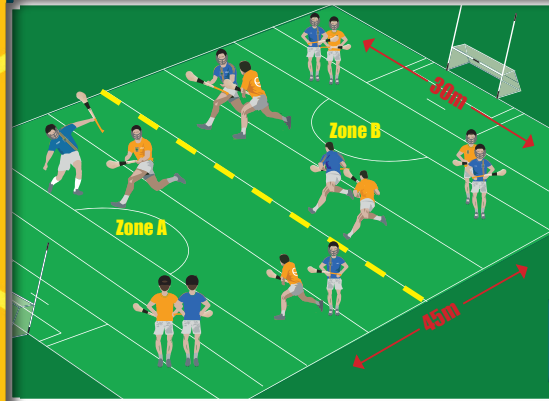
- Mark out goals 5m apart using cones
- Divide the players into pairs, one ball per pair
- Each player in turn tries to score a goal by throwing the ball along the ground and past their partner
- Repeat the drill for a set time

Step: As the players develop, increase the distance between them and allow them to strike the sliotar

- Equipment - A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small Games 7 v 7 etc
- First half ground striking to be used, lift & strike can be used in second half
- Games should mirror match day rules

STEP: Award a point for team that performs 3 Ground Blocks during the Game.



U7 Hurling Skills Session **GROUND STRIKE**



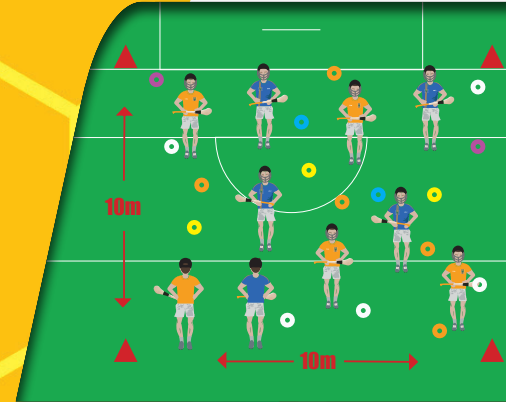
Player Pathway



CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

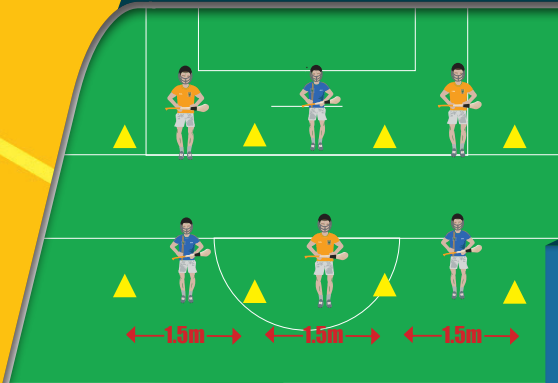


- Place a number of caps or markers around the playing area
- The players move from one marker to another using one step or leap
- Use different coloured markers and challenge individual players to cross the playing area 'stepping' from markers of one colour

STEP: Break to teams and Only use certain colours for each team

ACTIVITY 1

ORGANISATION

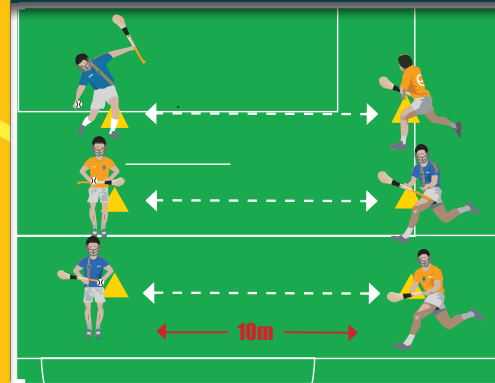


- Line up the players side by side leaving at least two hurley lengths between them
- On the whistle they strike an imaginary ball in front of them
- Alternate between striking on the dominant and non-dominant sides
- Ensure all the players strike to the same side on each go

STEP: As the Players become more proficient, challenge them to strike three times in succession to the same side on each signal against the wall and blocks the rebound

ACTIVITY 2

ORGANISATION

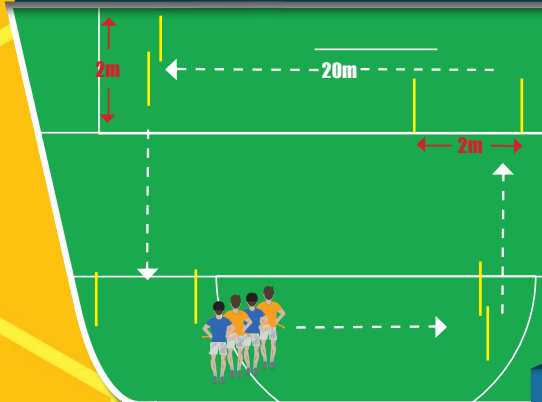


- Divide the players into pairs 10m apart; one ball per pair
- Each player in turn strikes the ball to their partner, who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides

STEP: - To increase the challenge; increase the distance between the players

ACTIVITY 3

ORGANISATION

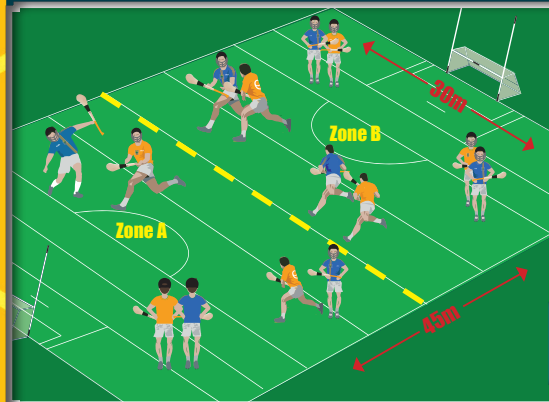


- Set up a course of four goals, one at each corner of a grid 40m x 20m; each goal is less than 2m wide
- Divide the group into teams of four players. The players in relay attempt to strike the ball through each goal, counting the number of shots it takes from start to finish
- Player A takes the first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

Step: To increase the challenge: increase the distance to the goals or reduce the size of the goals

ACTIVITY 4

ORGANISATION



- This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)
- Small Games 7 v 7 etc
 - First half ground striking to be used, lift & strike can be used in second half
 - Games should mirror match day rules

STEP: Add in 2 more goals for more ground striking and scoring opportunities



U7 Hurling Skills Session **SHOULDER CLASH**



Player Pathway

U7

U9

U11

Games Development Coach

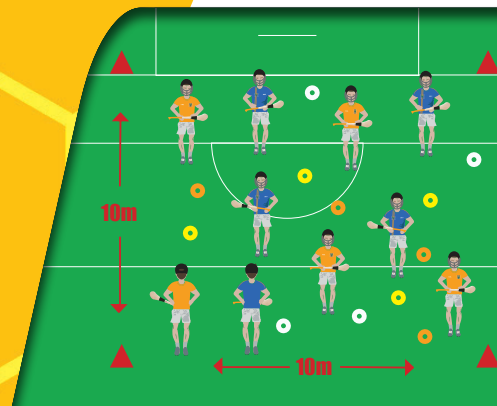
Club Coach

Primary School Coach

CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

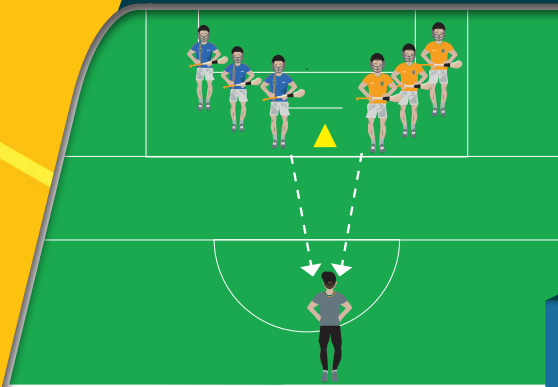


- Place different coloured caps or domes around the playing area
- Challenge the players to touch 3 caps of the same colour in succession
- Then challenge them to touch 3 different coloured caps in succession
- The coach may also call a colour to which the players must travel

STEP: Reduce the Space

ACTIVITY 1

ORGANISATION

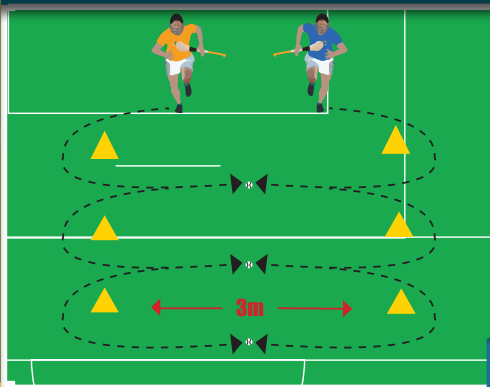


- The players pair off, standing in two lines facing the Coach
- The Coach holds a hurley on the ground between each pair as they approach at walking pace
- Both players swing on the hurley together and return to the end of the line
- Alternate sides on repeat attempts
- Alternatively a tyre may be used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

STEP: To increase the challenge: Jog into the clasto to the same side on each signal against the wall and blocks the rebound

ACTIVITY 2

ORGANISATION



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

STEP: As the players become more proficient, use a smaller ball

ACTIVITY 3

ORGANISATION

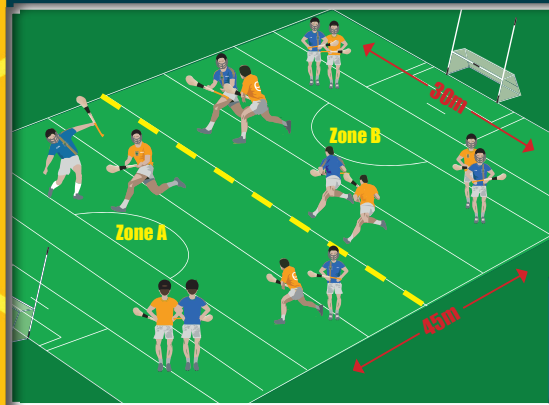


- Mark out a grid 20m x 20m
- Place a number of sliotars randomly throughout the grid
- Divide the players into pairs
- Each pair in turn must race through the grid, clashing on each sliotar
- The player who strikes the most sliotars out of the grid is the winner
- Replace the balls and continue the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

STEP: Increase the As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

ACTIVITY 4

ORGANISATION



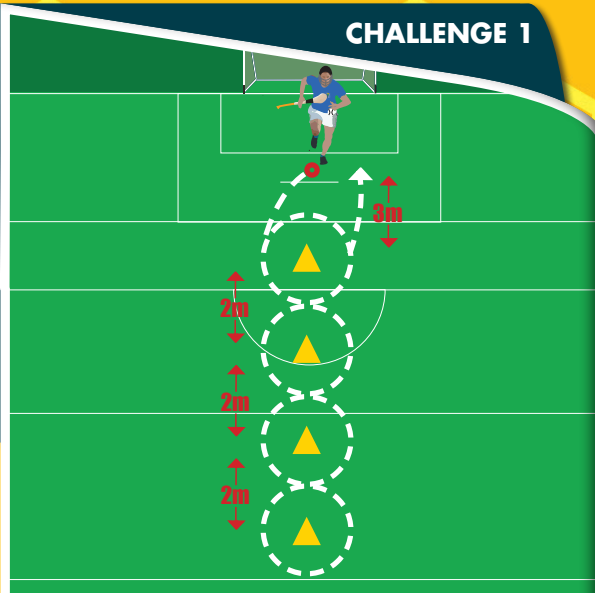
This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small Games 7 v 7 etc
- First half ground striking to be used, lift & strike can be used in second half
- Games should mirror match day rules

STEP: Award teams an extra point when correct shoulder to shoulder technique is used when contesting for possession between two players



CHALLENGE 1



A skills challenge to test proficiency at the

DRIBBLE

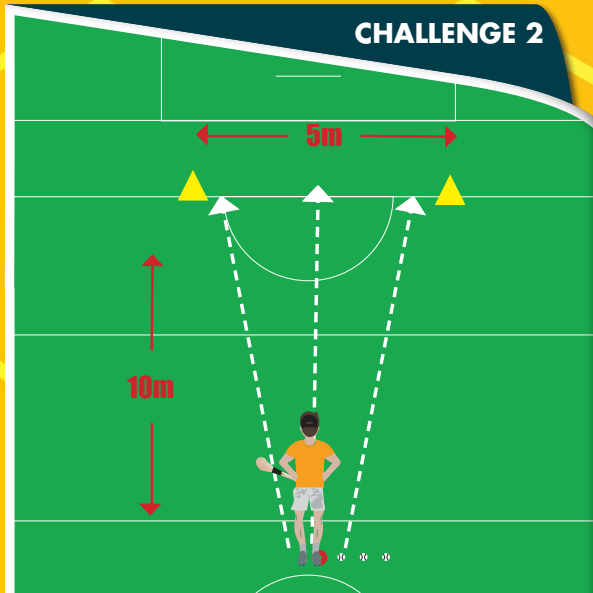
ORGANISATION

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



A skills challenge to test proficiency at the

GROUND STRIKE

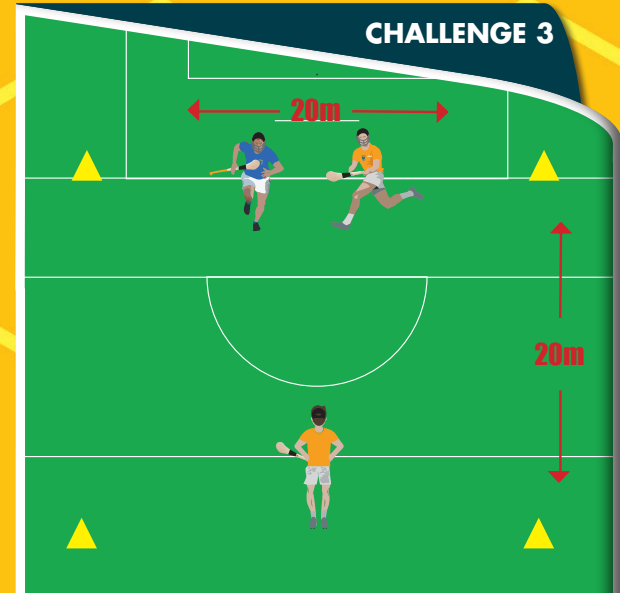
ORGANISATION

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



A skills challenge to test proficiency at the

GROUND BLOCK

ORGANISATION

Mark out a cones 20m apart. Divide the players into three. One player acts a guard, the second and third players attempt to roll or throw the ball past the guards from either side. Each player has one minute in the centre. Ensure spare sliotars at each group.

SCORING

- 1 point is awarded for each ground block guard makes, Attempt the challenge for 1 minute before swapping guards.