



U9 Hurling Skills Session **HANDPASS**



Player Pathway

U7

U9

U11

Games Development Coach

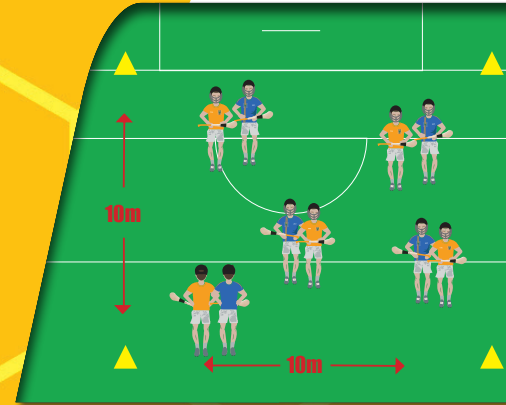
Club Coach

Primary School Coach

CONNECTING
CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

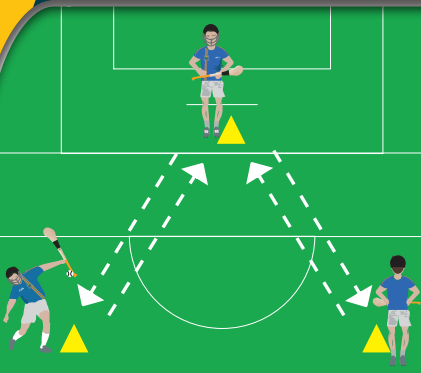


- The players run to different points in the playing area as the coach points to them
- Ensure the players have enough room to move around safely
- No pushing or bumping

STEP: As coach points to area give players and action to perform such as hop, skip, jump etc. as they move to area coach is pointing at

ACTIVITY 1

ORGANISATION

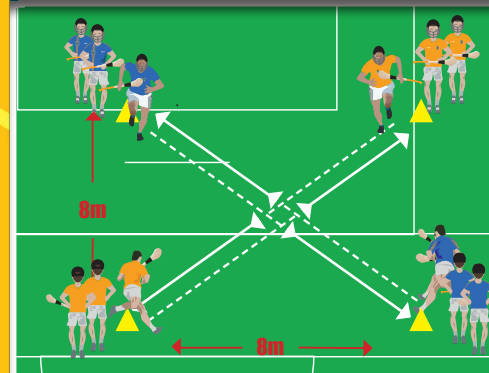


- Divide the players into groups of three; each group forming a triangle
- Two players act as feeders, with one ball each; the third player is the central player
- The central player must take and return a pass from each player in turn for a set period of time
- Reverse the roles, giving each player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

STEP: Handpass around triangle on coaches call stop and change direction

ACTIVITY 2

ORGANISATION

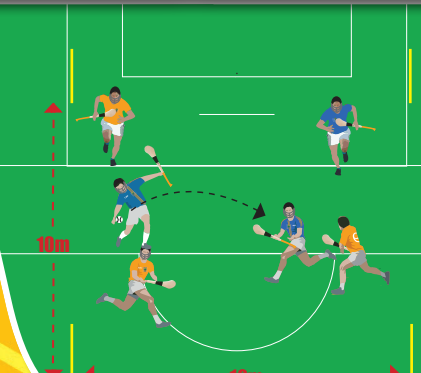


- Divide the players into 4 equal groups
- Mark out a grid 8m x 8m using cones
- One group lines up behind each cone
- The front players in 2 of the 4 groups run & hand pass to the front player at the opposite corner
- Each player in turn receives and passes the ball across the centre of the grid before 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

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

ACTIVITY 3

ORGANISATION

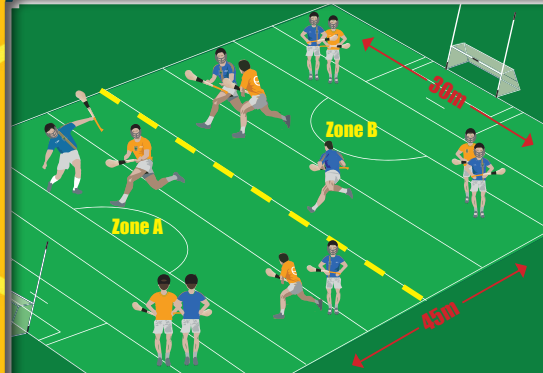


- Divide the players into two teams of 3-5 each
- Mark out a grid 10m x 10m using cones
- Team A must retain possession of the ball by hand passing it to each other
- Team B gain possession by intercepting the ball, or when the ball hits the ground or leaves the grid
- The player in possession may not be tackled
- Each successful catch gains a score; alternatively, the team who makes the highest number of passes in succession wins

Step: To increase the challenge; increase the number of players on each team

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



Player Pathway

U7

U9

U11

Games Development Coach

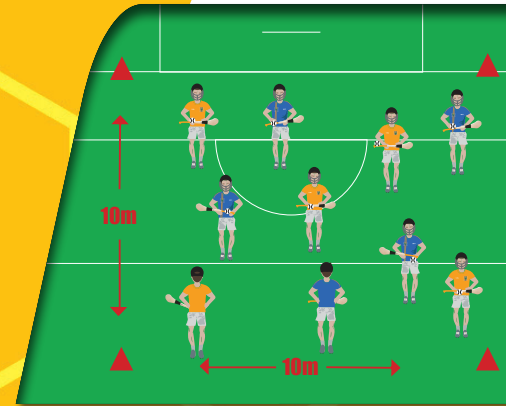
Club Coach

Primary School Coach

CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

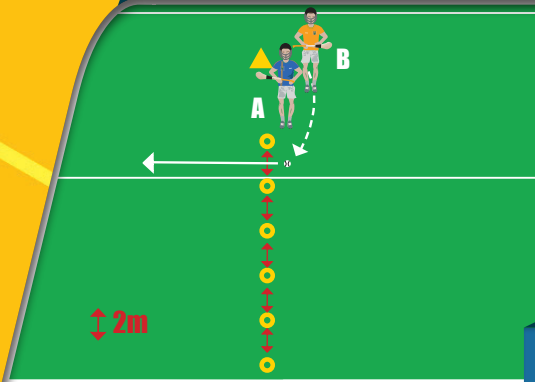


- The players move around the playing area while avoiding the other players
- The coach reduces the size of the playing area throughout by acting as a perimeter on one side making the task gradually more difficult

STEP: Introduce variation of different movements such as sideways, backwards, hopping etc.

ACTIVITY 1

ORGANISATION

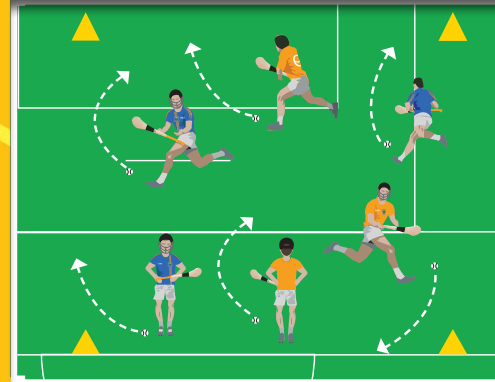


- Divide the players into pairs; one ball per pair
- Place six markers in a line 2m apart
- Player A is positioned in front of Player B with the ball at their feet
- Player B jogs alongside Player A to flick the ball away one handed
- Player A does not attempt to play the ball
- Player B recovers the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

Step: When players become more proficient place a sliotar at each cone and perform ground flick for each

ACTIVITY 2

ORGANISATION

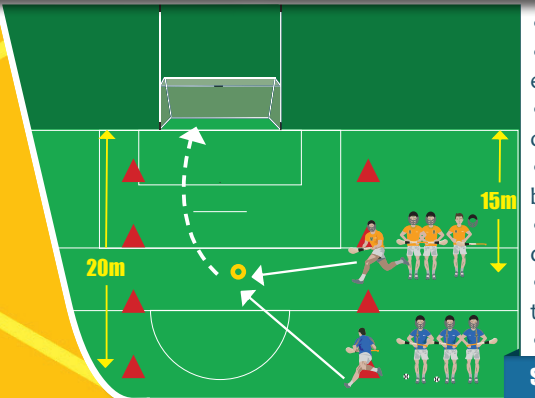


- Mark out a grid using cones
 - Give one ball to each player
- The players hold the hurley with the dominant hand only; move the ball around the grid using short back swing movements
- Avoid the other players

Step: Designate one player to act as a catcher to flick ball away from other players, players rejoin if their ball is flicked away

ACTIVITY 3

ORGANISATION

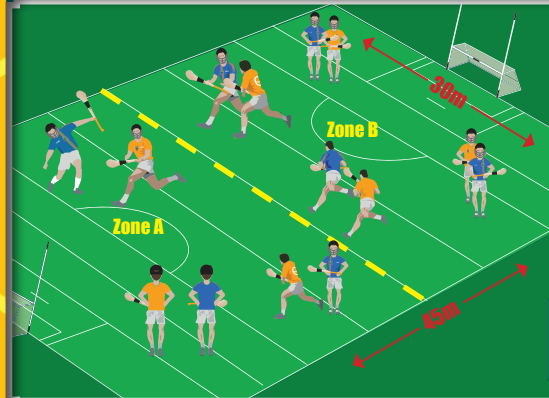


- Divide the players into defenders & attackers
- The attackers line up 15 to 20m out from goal, each with a ball
- The defenders line up 10 to 15m out from goal on the same side
- On the whistle, the first attacker dribbles the ball towards a marker directly in front of goal
- The defender gives chase 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

Step: To make the drill easier reduce the space from goal & award point if attacker scores or if the ground flick is performed.

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



Player Pathway

U7

U9

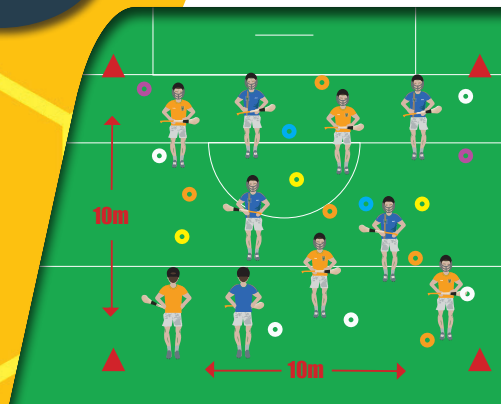
U11



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WARM UP ACTIVITY

ORGANISATION

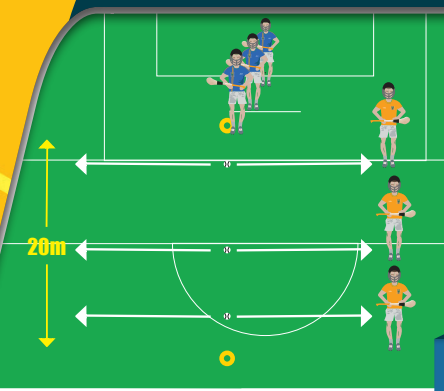


- The players run around the playing area randomly
- On a signal from the coach each player must find a marker in order to remain in the game

STEP: One marker is removed before each round until only one player remains

ACTIVITY 1

ORGANISATION

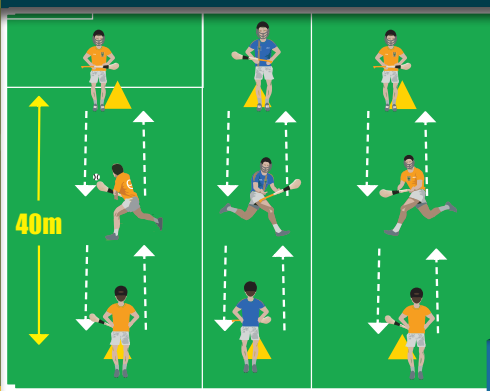


- Mark out a distance of 20m using cones
- Place three balls at 5m intervals along the distance
- Divide the players into groups of 3
- One group of three lines up behind the first cone
- Each player in turn runs forward to strike each ball on the run
- The other group of three take up position to retrieve the balls, returning them to the original position for the next player
- Allow each group to both strike and retrieve
- Practice striking on both left and right sides.

STEP: Alternatively, use a fixed ball, such as the ball and pin apparatus

ACTIVITY 2

ORGANISATION

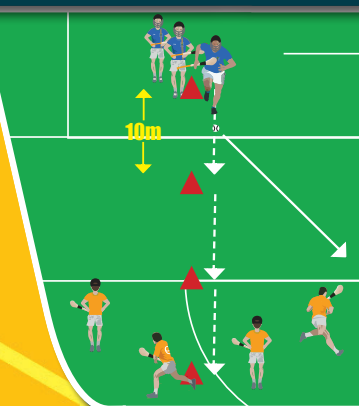


- Mark out a distance of approximately 40m using cones
- In teams of 3, the players spread out evenly over the distance
- The first player strikes the sliotar towards the central player
- The central player, without stopping the ball, strike it on towards the third player who strikes it back and so on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

Step: Increase distance to make the drill harder, reduce distance to make drill easier.

ACTIVITY 3

ORGANISATION

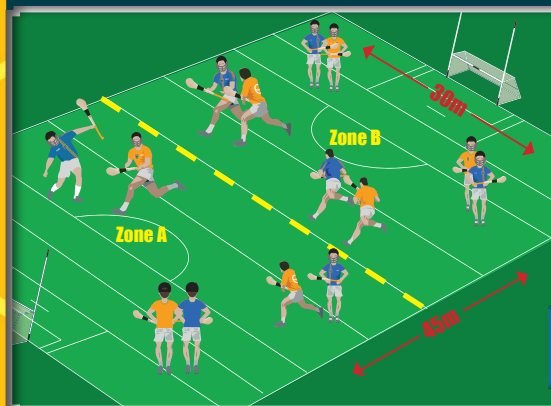


- Mark out a line of cones at 10m intervals to act as bases; the first cone is the starting base, and home base
- Divide the players into 2 equal teams – 1 striking & 1 fielding team
- Place a sliotar approximately 5m from the starting base; the first player in the line strikes the sliotar on the run anywhere in the field area.
- They continue to run to each of the bases 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, forcing them to stop; 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
- When all of the players on the striking team are either home or out, reverse the roles

Step: Set up two games where possible to avoid big lines.

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



U9 Hurling Skills Session **JAB LIFT**



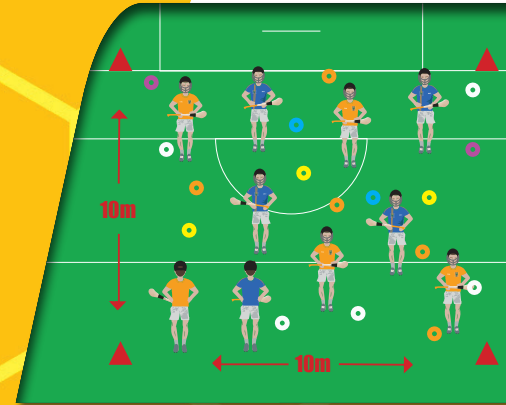
Player Pathway



CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

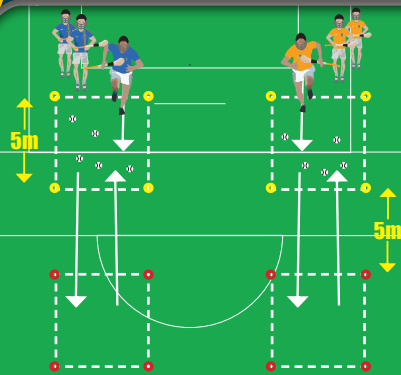


- Place a number of caps randomly around the playing area; place a number of balls on half the caps
- The players move the balls from cap to cap as they move around the playing area

STEP: Create teams and assign a coloured cone for each team, the team the fills their cone up first wins

ACTIVITY 1

ORGANISATION

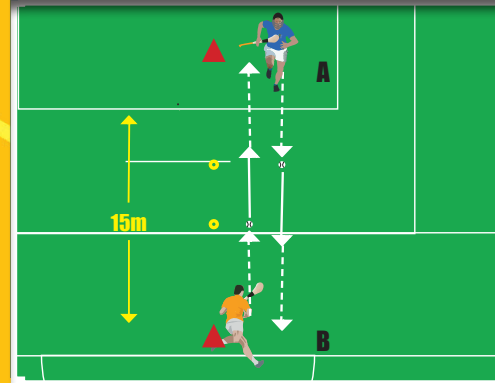


- Divide the players into equal teams
- Mark out four grids 5m x 5m, 5m between each grid; each team is assigned two grids
- Place the same number of balls in each of the near grids
- The first player in each team jab lifts each ball in turn and transfers it to the other grid
- Each player in turn transfers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

STEP: 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

ORGANISATION

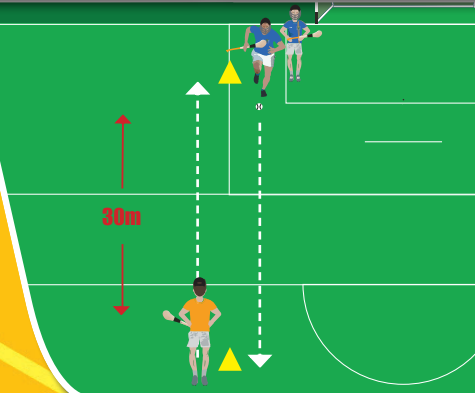


- Break the player into groups of twos with a player at cone A and cone B and two slotars in the middle
- Player starts from Cone A jogs to first marker and performs the Jab lift dropping it at the next marker, continuing to cone B
- Player B then performs the Jab lift starting at Cone B

Step: Make into a relay race against the other groups with both players starting from cone A

ACTIVITY 3

ORGANISATION

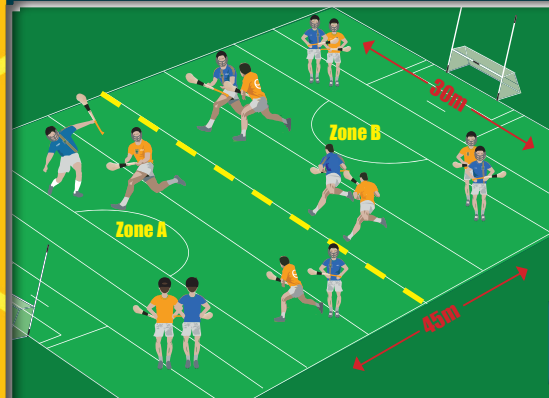


- Break players into groups of 3 with one ball per group
- Players roll ball out in front and chase after it to perform the jab lift on the run
- Player then turns and performs action on the way back. Handing the ball to next player in the line

Step: Give each player a ball to reduce the amount of waiting in each group and make into a relay race against other groups

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 extra point for team if three successful jab lifts are performed in a row



U9 Hurling Skills Session **ROLL LIFT**



Player Pathway

U7

U9

U11

Games Development Coach

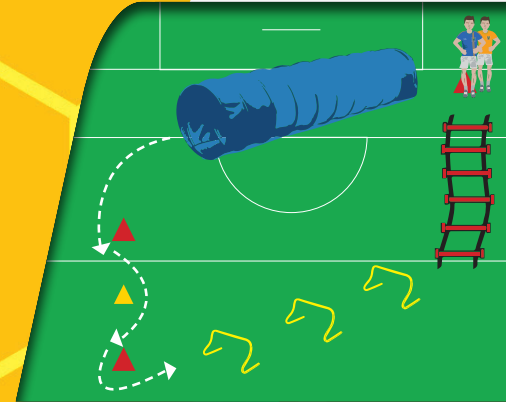
Club Coach

Primary School Coach

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CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

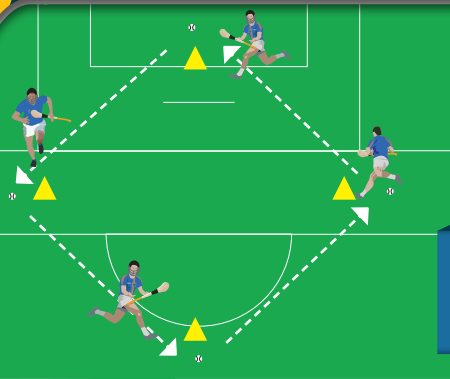


- Place different obstacles, for example a tunnel, cones and jumps around the playing area
- The players negotiate the course as quickly as possible

STEP: Divide into teams and make course into relay race against each other

ACTIVITY 1

ORGANISATION

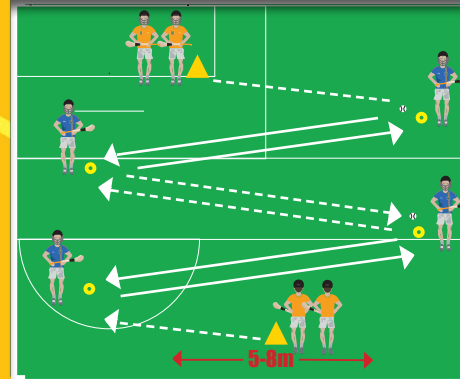


- Mark out a square or circle using cones. Position one player and one ball at each cone
- Players roll lift the ball at each cone repeatedly before moving to next cone

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

ACTIVITY 2

ORGANISATION

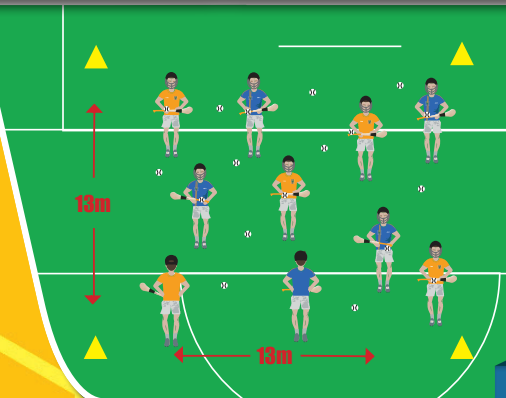


- Place 4 cones in zig-zag lines 5-8m apart
- A line of players is positioned behind a marker at each end
- A further player is positioned at each of the 4 cones; place one sliotar at the first and third cones
- The front player in the near line moves forward & roll lifts the ball at the first cone, carrying it & placing it at the second cone; repeat at cones 3 & 4
- The front player in the far line repeats in the other direction

Step: Place ball at all 4 cones. players perform the roll lift at each cones, player at each cone shadows the player performing the roll lift

ACTIVITY 3

ORGANISATION

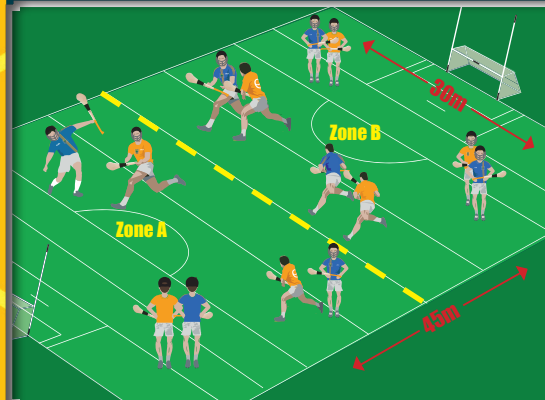


- Mark out a grid 13m by 13m
- 10 players and 10 balls are positioned randomly throughout the grid
- The players jog slowly around the grid
- On the whistle, the players move to the nearest ball to roll lift it into their hand
- One ball is taken away and the game continues
- On the next whistle, the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

Step: To increase the challenge; Reduce the number of sliotars by two after each contest

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 1 extra point if a roll lift is performed throughout the game



Player Pathway

U7

U9

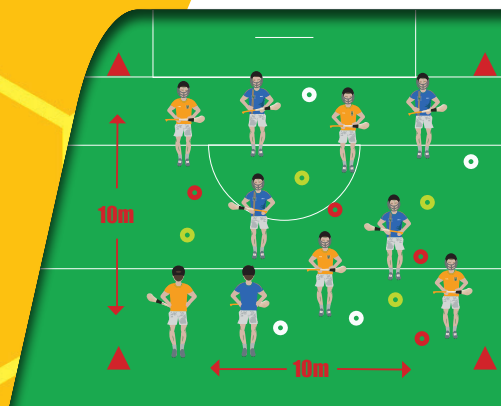
U11



CONNECTING
CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

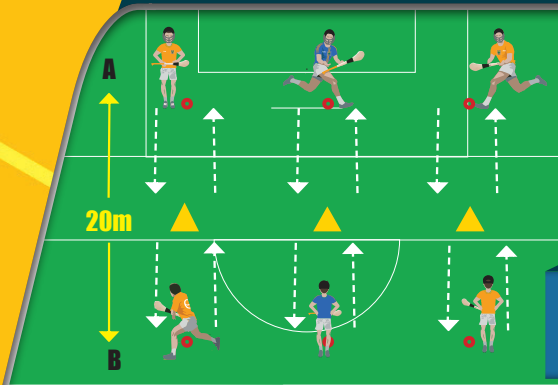


- The players run around the playing area randomly
- On a signal the players must freeze and hold their position until the coach signals them to run around again

STEP: Use coloured cones to signal eg Red cone means stop, Green cone means go
See Word document for diagram

ACTIVITY 1

ORGANISATION

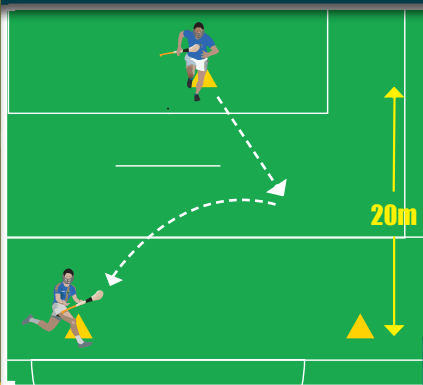


- Divide the players into pairs; one ball per pair
- Mark out a distance 15 – 20m wide
- Mark a goal midway between each pair
The players strike the ball through the goal to their partner

STEP: To increase the challenge; Increase the distance between the players or reduce the width of the goal

ACTIVITY 2

ORGANISATION

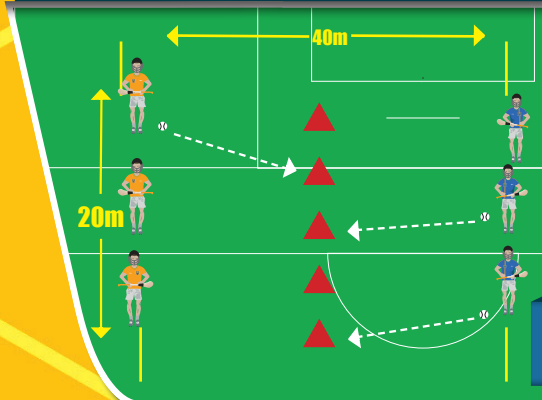


- Divide the players into pairs, 1 ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player strikes the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player strikes the ball from a stationary position 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

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

ACTIVITY 3

ORGANISATION

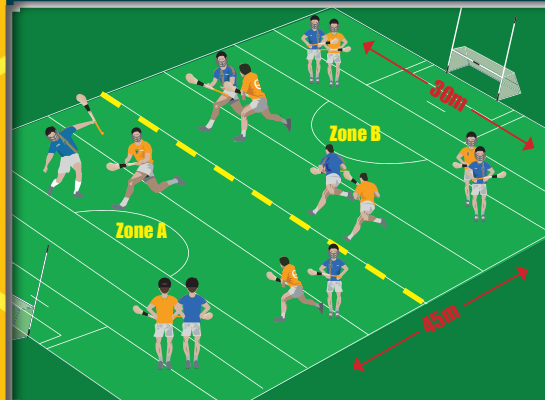


- Mark out grid 40m long by 20m wide
- Place a number of cones across the middle of the grid
- Divide the players into groups of three to five players; one or two balls per team
- The players in possession attempt to strike the cones in the middle of the grid
- For each successful strike, award one point

Step: To reduce the challenge: reduce the distance

ACTIVITY 4

ORGANISATION



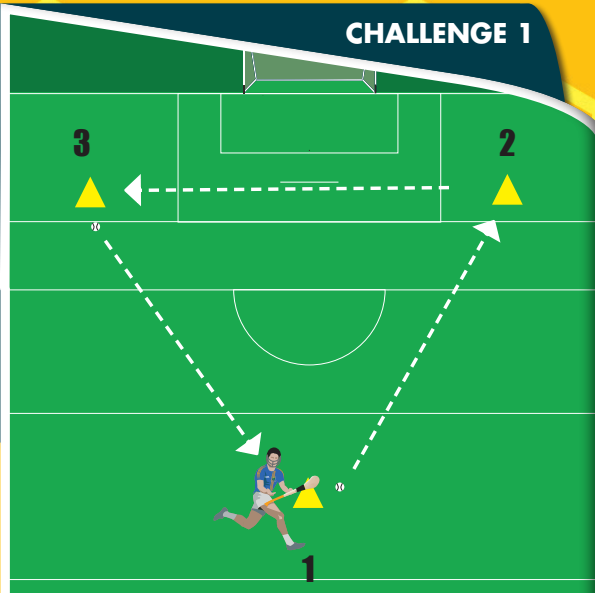
This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- 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: Only allow points to be score to encourage striking from the hand.



CHALLENGE 1



A skills challenge to test proficiency of the **JAB LIFT ON THE RUN**

ORGANISATION

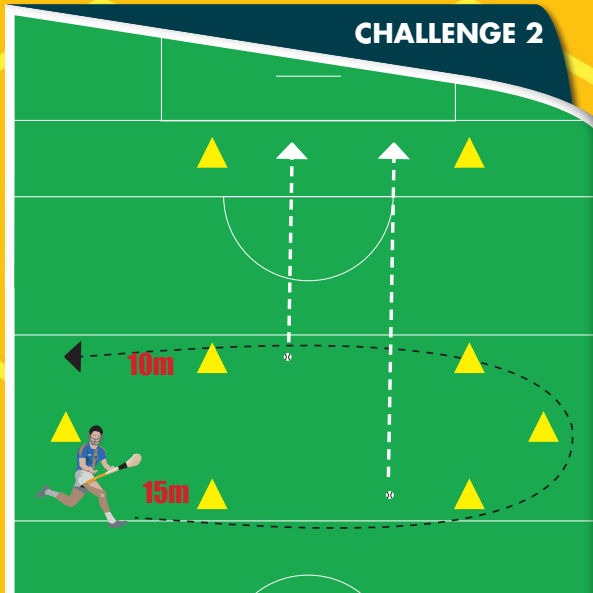
Place three cones to form a triangle, cones 3m apart. Place a sliotar at two of the cones the player, Starting from cone

1. Jab Lifts the sliotar at cone
2. drops it at cone
3. Continue his run Jab lifts again at cone 1 drops it at cone 2.

SCORING

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

CHALLENGE 2



A skills challenge to test proficiency at the **GROUND STRIKE ON THE RUN**

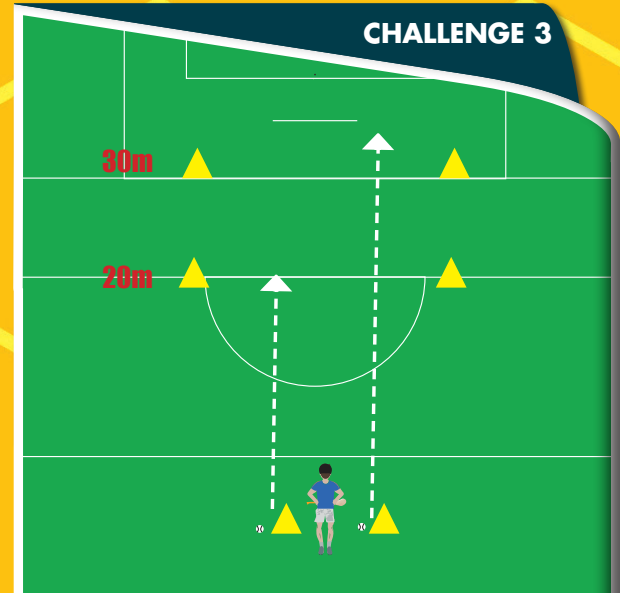
ORGANISATION

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 3



A skills challenge to test **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

- 1 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