

# GAA U11 Hurling Skills Session **CONTROLLING A MOVING BALL**



## Player Pathway

U7

U9

U11

Games Development Coach

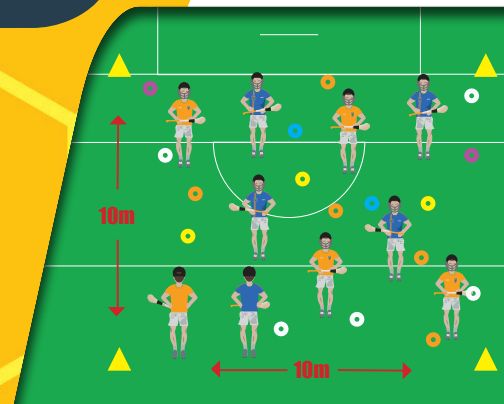
Club Coach

Primary School Coach

**CONNECTING**  
CLUBS, SCHOOLS & COUNTY

### WARM UP ACTIVITY

### ORGANISATION

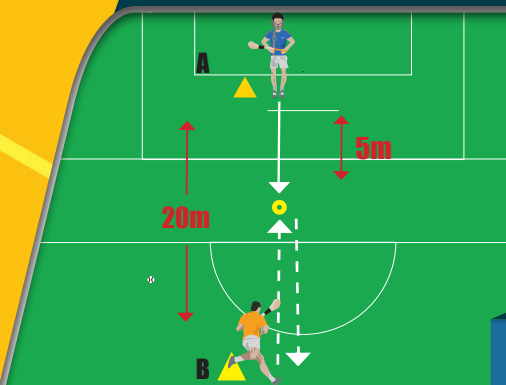


- All players inside the square each player with a slotar.
- Players move around square in all directions, players perform skills called by coach e.g roll/jab lift, overhead catch etc.
- Players perform skill until next call ensuring they avoid other players

**STEP:** As players become more proficient, progress players to exchanging ball while performing the skills been called.

### ACTIVITY 1

### ORGANISATION

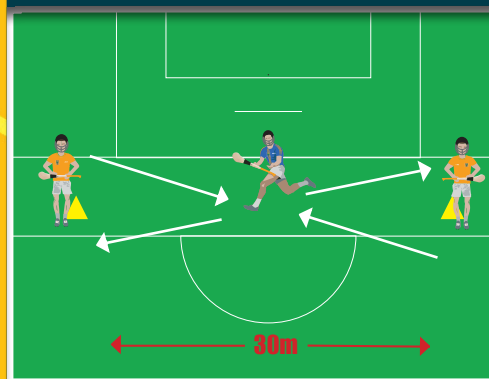


- Divide the players into pairs 20m apart
- Place a marker 5m from one of the outer cones
- On the whistle, Player A strikes the ball low; Player B runs forward to control it at 5m mark
- Player B continues forward, striking the ball back to Player A before jogging backwards to the outer cone
- On next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

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

### ACTIVITY 2

### ORGANISATION

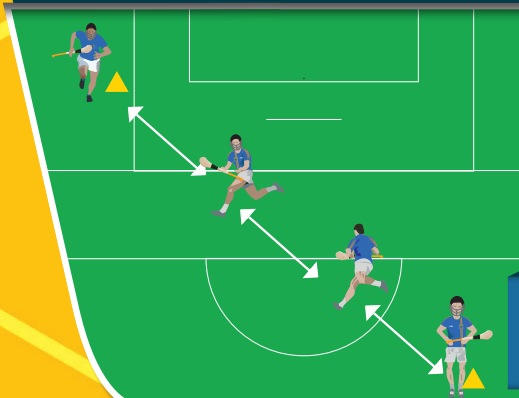


- Divide the players into groups of 3
- Mark out a distance of 30m using cones
- Position one player at each end with a ball and the third player in the middle
- In turn, the outer players strike the ball for the middle player to control and return
- Count how many balls the middle player controls and returns in a set time
- Change the middle player and continue the drill

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

### ACTIVITY 3

### ORGANISATION

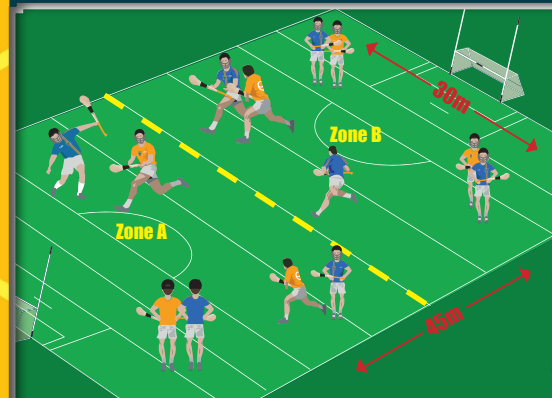


- Divide the group into teams of three or four players
- Line up each team at regular intervals over the length of field
- The players move the ball up and down the line as many times as possible in a set time
- The team who moves the ball up and down the line quickest is the winner

**Step:** Make it a race against other lines encouraging the correct technique while performing ball control skill

### ACTIVITY 4

### ORGANISATION



- This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)
- 11 v 11 games where possible
  - Normal rules apply
  - Games should mirror match day rules

**STEP:** Award extra point for every 5 moving balls controlled throughout the game



## Player Pathway

U7

U9

U11

Games Development Coach

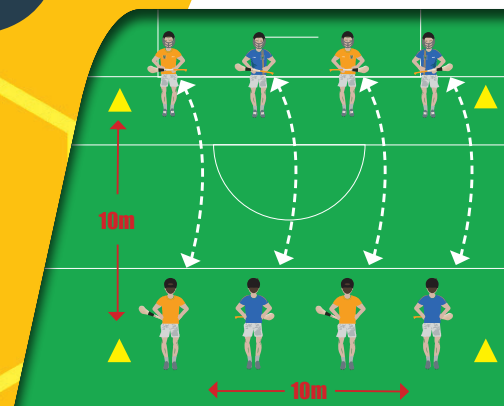
Club Coach

Primary School Coach

### CONNECTING CLUBS, SCHOOLS & COUNTY

### WARM UP ACTIVITY

### ORGANISATION



- Players paired off 10m apart facing each other with one ball.
- Players start off by performing the handpass over and back to each other.
- Coach call different skill to be performed every 2 minutes (strike to hand, ground strike, overhead catch)
- Coach can also call change where player swap sizes with partner

**STEP:** As players become more proficient at the skill increase the distance from 10m to 15m

### ACTIVITY 1

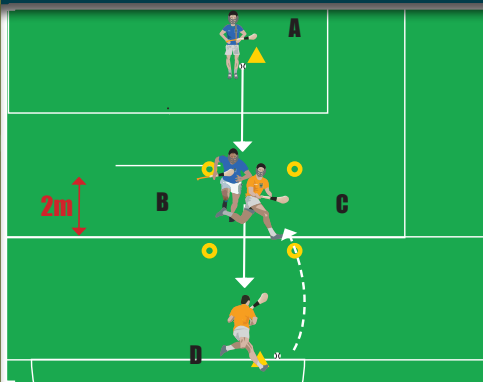
### ORGANISATION

- Divide the Players into groups of 3
- Place 3 cones in a line approximately 2 meters apart; one player at each cone
- 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

**Step:** As players become more proficient increase the distance of players on outside cones

### ACTIVITY 2

### ORGANISATION



- Mark out a grid 2m X 2m using cones
- 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 the 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

**Step:** Make square bigger so players have more area to cover to get the block in away

### ACTIVITY 3

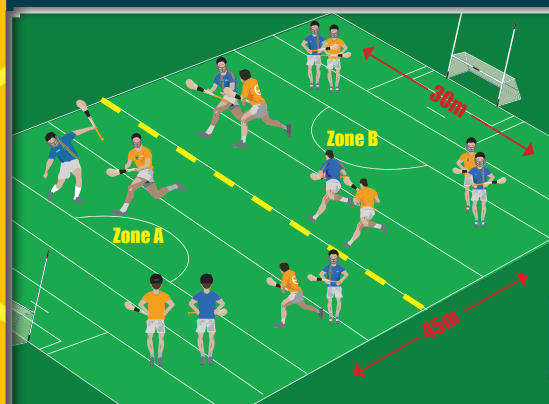
### ORGANISATION

- 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

**Step:** 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 4

### ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 v 11 games where possible
- Normal rules apply
- Games should mirror match day rules

**STEP:** Award 2 points for every frontal block performed correctly



## Player Pathway

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Games Development Coach

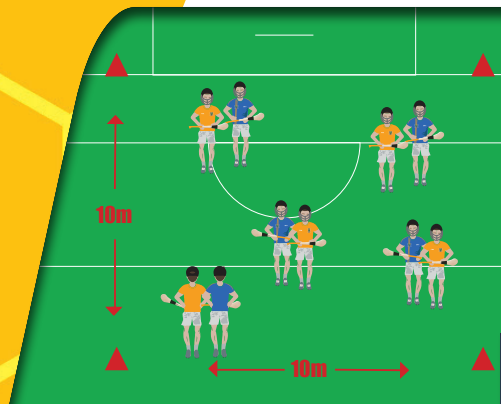
Club Coach

Primary School Coach

## CONNECTING CLUBS, SCHOOLS & COUNTY

### WARM UP ACTIVITY

### ORGANISATION

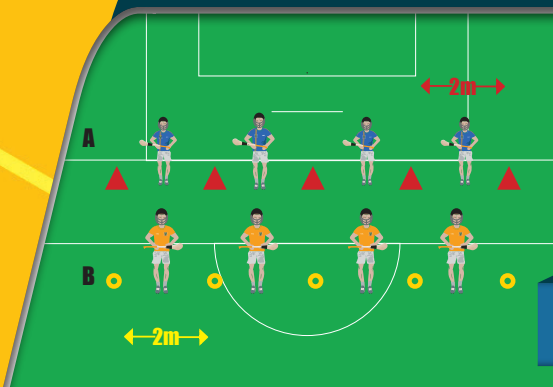


- Place a velcro tag or band at the back of the players shorts
- In pairs or with designated chasers the aim is to grab the tails from the other players
- The players with the tails must avoid the chasers by using evasion techniques

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

### ACTIVITY 1

### ORGANISATION

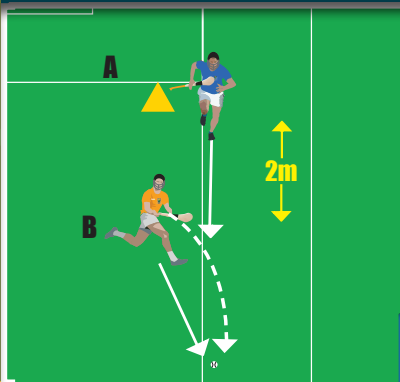


- Position the players along a line at 2m intervals
- On the whistle, the players move from the Ready Position to the Hook position and back to the Ready Position
- The Coach may count the players through the stages of the technique to help with the sequence and the timing
- Repeat several times

**STEP:** As players become more proficient get players to perform the hook on the move

### ACTIVITY 2

### ORGANISATION

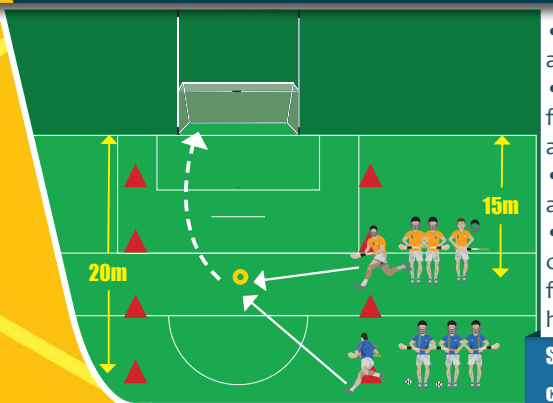


- Players pair off, one ball per pair
- Player A is positioned 2m behind Player B; both players in the Ready Position
- Player B throws the ball out in a random fashion, following it immediately to attempt to strike it on the ground
- Player A reacts to the throw and follows to hook Player B
- Encourage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

**Step:** As players become more proficient encourage player A to strike from hand towards net behind goal while player B performs the hook

### ACTIVITY 3

### ORGANISATION

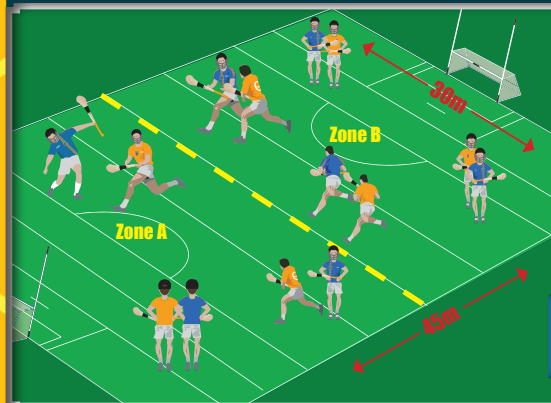


- Divide the players into a line of defenders and a line of attackers;
- Position the lines facing towards the sideline from a position in front of the goals; the attackers line nearer the goal
- Position the ball out from the line of attackers
- One of each line run on the whistle to challenge for the ball, the attacker arriving first to strike and the defender attempting to hook them

**Step:** position players side by side to allow them to contest possession. Player that wins the ball becomes attacker other player must perform the hook.

### ACTIVITY 4

### ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 v 11 games where possible
- Normal rules apply
- Games should mirror match day rules

**STEP:** Award 2 points for every frontal block performed correctly



## Player Pathway

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Games Development Coach

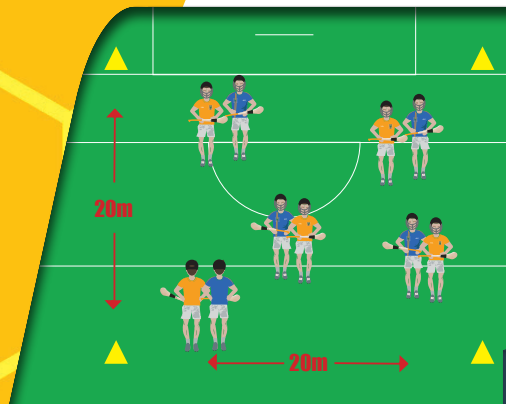
Club Coach

Primary School Coach

**CONNECTING**  
CLUBS, SCHOOLS & COUNTY

### WARM UP ACTIVITY

### ORGANISATION

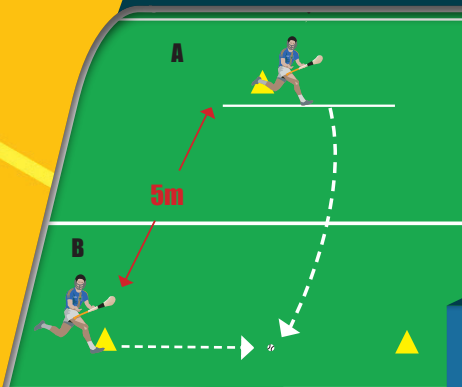


- Coach throws ball in between both teams.
- Team that wins possession must keep the ball for 2 minutes by throwing and catching.
- After 2 minutes coach calls number of stretches to be performed, this is repeated until all players are warmed up.
- Ensure all major muscle groups are stretched

**STEP:** As players become more proficient get them to perform the handpass instead of throw.

### ACTIVITY 1

### ORGANISATION

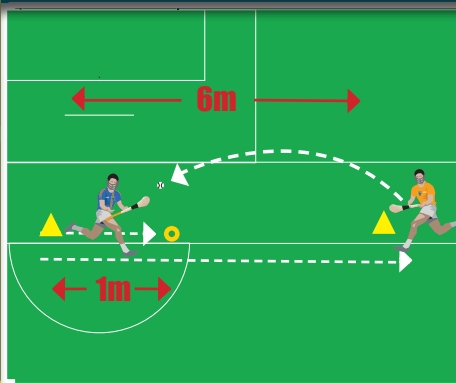


- Mark out a triangle using cones approx 5m apart
- Divide the players into pairs; one ball per pair
- The players are positioned at two corners of the triangle
- Player A throws the ball for Player B to catch as they move to the free cone
- The ball should be thrown approximately half way between the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

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

### ACTIVITY 2

### ORGANISATION



- Divide the players into groups of 4
- 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 1m marker
- Player should shadow behind but not tackle the catching player to replicate games.

**Step:** As players become more confident at the overhead catch allow two players contest for possession using overhead catch only.

### ACTIVITY 3

### ORGANISATION

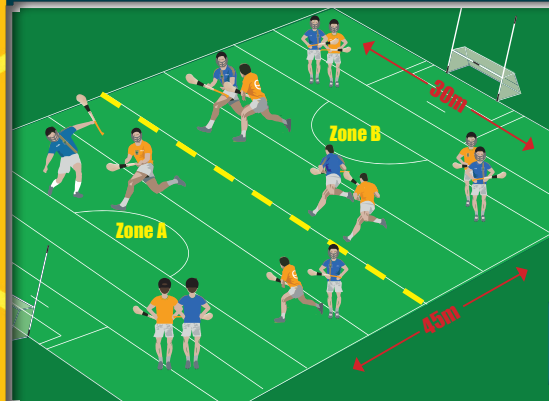


- Players throw ball for opposite side
- Players compete to win the ball by performing the overhead catch.
- If ball hits the ground players compete for the ball, once ball is won the drill is reset and drill is repeated for the other group on the other side

**Step:** Increase the distance of the throw to allow players to judge the flight of the ball

### ACTIVITY 4

### ORGANISATION



- This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)
- 11 v 11 games where possible
- Normal rules apply
- Games should mirror match day rules

**STEP:** Award 2 points for every Overhead catch performed during the game



## Player Pathway

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Games Development Coach

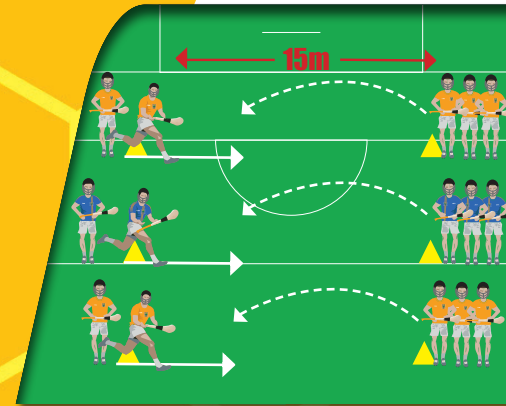
Club Coach

Primary School Coach

## CONNECTING CLUBS, SCHOOLS & COUNTY

### WARM UP ACTIVITY

### ORGANISATION

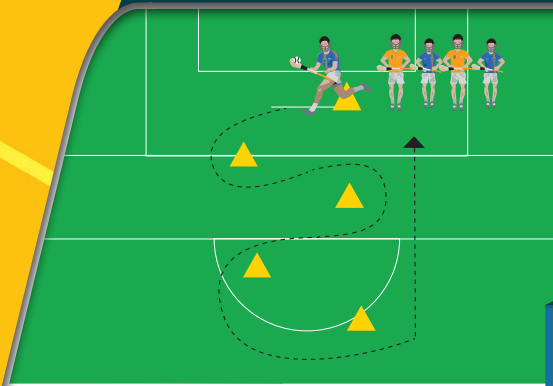


- Set up players 3 facing 2 with the ball starting with the group of three.
- Coach calls skills for players to perform e.g striking, handpass, jab/roll lift etc
- Players follow their pass as they perform the skills

**STEP: Increase the distance between the groups, make it 2 facing 2 to increase the amount of touches of the ball.**

### ACTIVITY 1

### ORGANISATION

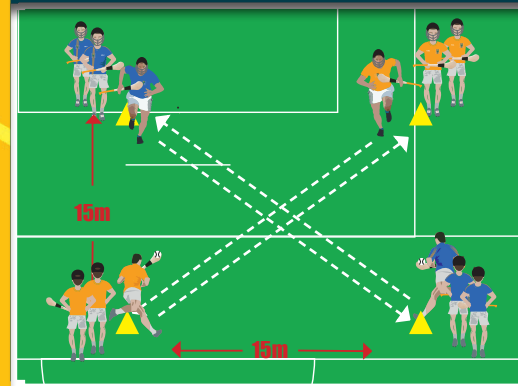


- Divide the Players into groups of 5 ; one ball per group
- Place 5 cones in a zigzag formation; 5m between each cone
- Each player solos out and around each cone
- Once round the far cone, they solo straight back and hand pass to the next player who repeats the drill
- Initially, players should catch the ball as they round the far cone.

**STEP: Initially, players should catch the ball as they round the far cone; progress to rounding the cone without catching the ball**

### ACTIVITY 2

### ORGANISATION

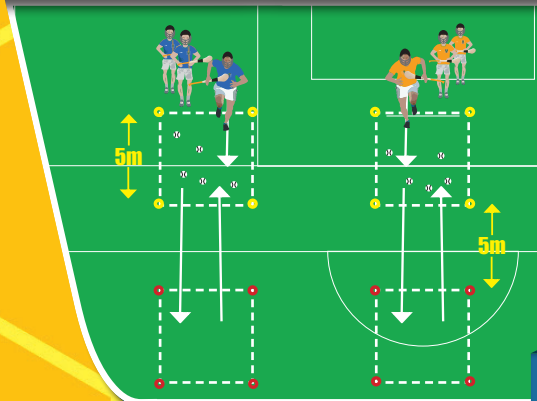


- Mark out a grid 15m square, using cones
- Three players line up at each corner of the grid
- Starting from two corners the players must solo across the grid and hand pass to the next player from 2 to 3 m away
- The players may catch the ball as they pass through the centre of the grid

**Step: To increase the challenge; add two more balls so four players go through centre of grid**

### ACTIVITY 3

### ORGANISATION

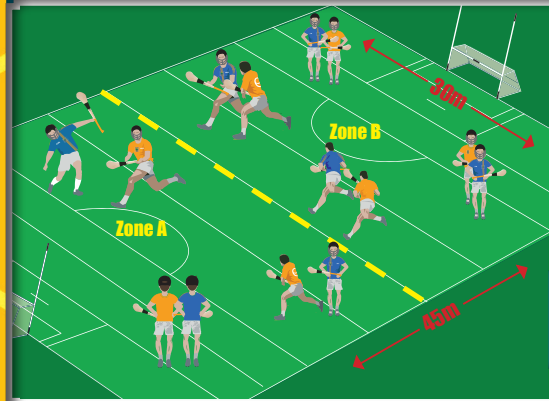


- Divide the players into equal teams
- Mark out four grids 5m by 5m, with a distance of 5m between each grid; each team is assigned two grids
- Place the same number of balls in each of the near grids
- The first player in each team jab lifts each ball in turn and transfers it to the other grid
- Each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

**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 4

### ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 v 11 games where possible
- Normal rules apply
- Games should mirror match day rules

**STEP: Make four goals using poles, teams must solo through to score**



## Player Pathway

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Games Development Coach

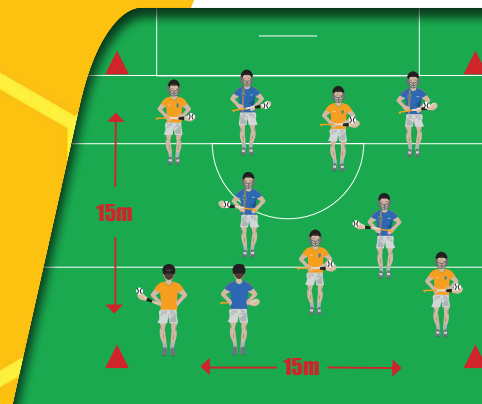
Club Coach

Primary School Coach

## CONNECTING CLUBS, SCHOOLS & COUNTY

### WARM UP ACTIVITY

### ORGANISATION

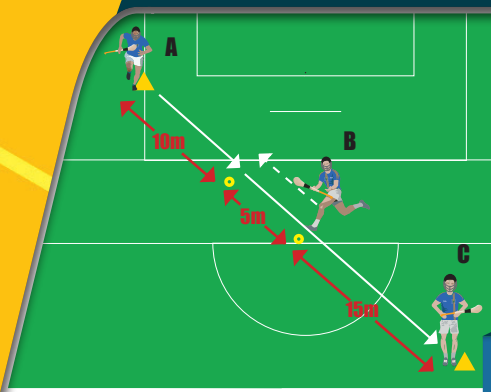


- All players inside the square with a ball.
  - On coaches call players drop sliotars and begin to run around the outside of the square.
  - On coaches second call, players must run in and jab/roll lift the nearest sliotar to them.
  - Remove one ball each round, repeat until there is one player left.
- Players that are knocked out must perform a skill of coach's choice while game continues.

**STEP:** Change skill to dribbling all players inside the square and must try to flick other players sliotar out of the square, players must also protect their own sliotar.

### ACTIVITY 1

### ORGANISATION

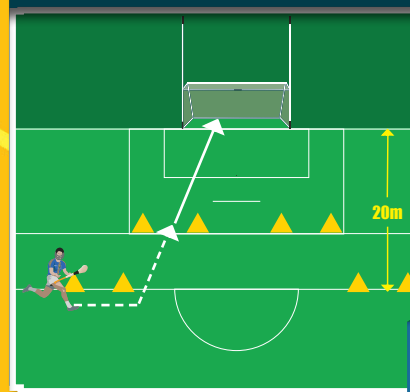


- Divide the players in groups of 3; 1 ball / group
- Mark out distances of 10m, 5m & 15m using cones
- Player A throws the ball underarm for Player B to strike on the run
- Beginning at the 5m marker, Player B moves forward to strike the ball to Player C from the 10m marker
- Player C retrieves the ball and plays it back to Player A to repeat the drill
- Repeat for a set time before rotating positions
- After a set time, rotate positions.

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

### ACTIVITY 2

### ORGANISATION



- Place 2 cones on 20m line, 1 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

**STEP:** To increase the challenge: Increasing the distance from which the players shoot Task - Use a goalkeeper, and challenge players to shoot for goalhand or to bounce

### ACTIVITY 3

### ORGANISATION

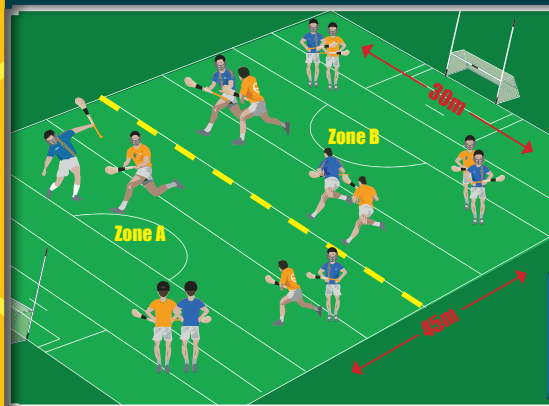


- Divide the players into two teams, designate one the attacking and one the defending team
- Both teams line up beside each other in pairs on the endline
- The coach is positioned on the 13m line
- On the whistle the first pair jogs out from the end line
- The coach throws ball in for attacking players to win and attempts to strike on the run for goal
- The defending player attempts to block the shot or bat the ball clear
- Reverse the roles of the teams after a set time

**Step:** Vary the amount of player e.g 2v2 but must get a pass before shooting

### ACTIVITY 4

### ORGANISATION



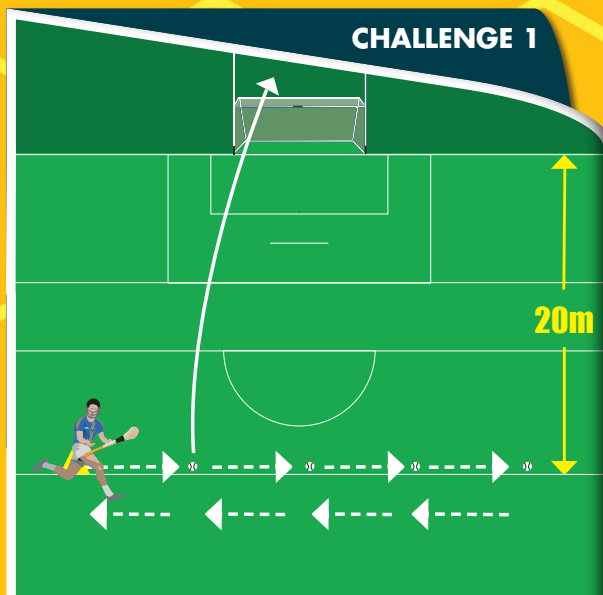
This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 v 11 games where possible
- Normal rules apply
- Games should mirror match day rules

**STEP:** Allow points only to challenge the players to strike on the run for a score, goalkeepers can be optional.



## CHALLENGE 1



A skills challenge to test proficiency of the **JAB LIFT AND STRIKE**

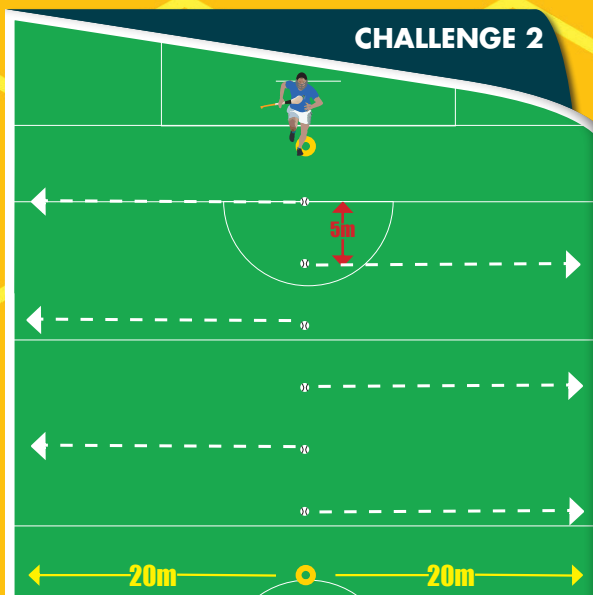
### ORGANISATION

Place four Slitars 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 15 seconds in each direction for each second over the allotted time deduct 2 points

## CHALLENGE 2



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

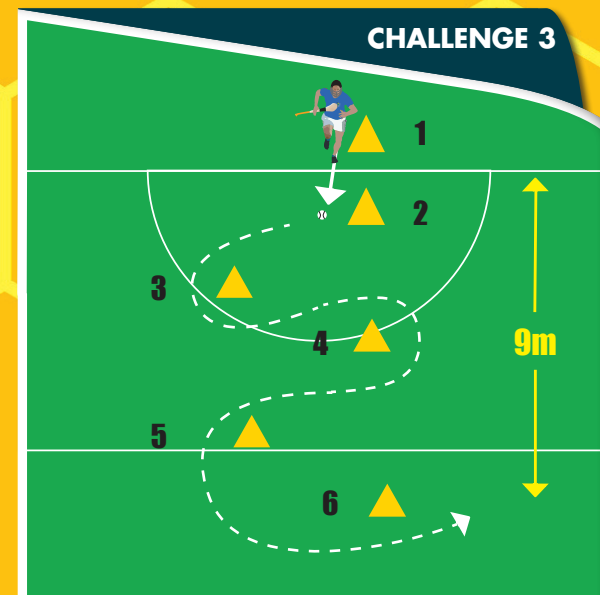
### ORGANISATION

Place 6 Slitars 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

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

## CHALLENGE 3



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