

Mission Statement

To provide a more structured, balanced and equal opportunity for children to take part in hurling. Furthermore maximizing participation and improving standards of coaches, players and building a better link with the GAA Club and local institutions.

Rationale

For too long the practice in sport has been to identify and cultivate the talented players and elite teams at younger and younger ages. There is the tendency to nurture the perceived best and neglect the rest. This has contributed to adult training regimes and playing conditions being imposed onto young players. Training and competition is geared to outcome and winning, and not for the process of development.

For coaches of kids, there must be a balance between the need to win games and trophies versus the need to develop players and recognise the importance of fair play - provide full participation within an environment where players are encouraged to achieve their full potential. If you consider the reasons that children participate in sport, and the reasons that we as adults want them to participate in sport, you can see that there is a lot of common ground for coaches to work in:

Why do children take part in sport?

There are many reasons that children take part in sport, but research has shown that children primarily participate to:

- Learn new skills
- Make friends
- See new places – and have new experiences
- To be part of a team
- For the competitive challenge/winning
- Improve their self worth
- To have fun

When children do not experience these feelings, they drop out from sport. Some will drop out in favour of other activities where they feel that these needs are being met, while others will simply drop out of sporting activities altogether. It is the role of the coach to create the environment for children to experience these.

Why should children take part in sport?

It may be obvious that children play to enjoy themselves and have fun, but there are many more reasons why you as a parent or coach should encourage children to participate:

- Increased confidence – playing sport will provide each participant with confidence, and allow them to develop a real sense of achievement
- Becoming part of a team – children like to feel as though they are part of a team or group. It also challenges them to work as part of a group and to think of others
- Improved skills – participating in sport helps children develop a range of skills including balance, coordination and agility
- Children that participate in sports are less likely to be overweight and suffer health problems

How are children different from adults?

Children are physically developing from early childhood to late adolescence. This means they have different capabilities for exercise and exercise affects them in different ways. For this reason training programs for children should not be just scaled down versions of adult training programs. There are many ways in which children differ from adults:

- Technical
 - Children have limited co-ordination, agility and balance
- Tactical
 - Children have poor positional awareness (we have all seen children playing where all players follow the ball – ‘beehive play’)
- Team Play
 - Children play for themselves
 - Children have limited communication skills
- Physical
 - Children have limited strength
 - Endurance – children have lots of energy but need frequent breaks
 - Speed - their speed tends to be reactive. There is a window of opportunity to develop speed amongst children
 - Children have a poor response to heat and cold

- Psychological

- Children can lack confidence
- Children can be emotionally immature – moody/lose self control
- Children can be very choosy about friends and who they play with
- Children tend to lose concentration quickly or be easily led by others
- Children's decision making ability is poor and slow
- Children may not know how to react to the different personalities they might face in a group

- Playing Facts

- Children need numbers to learn, to benchmark their level against others

"All children are individuals – the rate at which they develop in each of these areas will be different"

Emphasis should be put on the child's own progress, and not on comparing their achievements with those of others. This means that where possible individual instruction and challenges should be provided and a broad range of activities should be planned and presented.

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Dunnamaggin

In 2013 Dunnamaggin GAA Club published its strategy for the future development of the club "BUILDING OUR FUTURE 2013—2017". The document sets out a series of goals for Juvenile Players, Adult Players, and Player Facilities and deals with issues such as coaching, mentors, finance, resources etc. to apply to all hurling in the Club.

The Club and Executive considers it Club policy to develop hurling at all age groups to their full potential, to identify and address any impediments to this taking place - whatever they may be and wherever they may stem from.

In February 2013, at a juvenile AGM it was decided to set up a role for Games and Development Officer in the club to devise additional strategies to develop hurling in the Club at all ages.

Role of Games and Development Officer

The officer will coordinate the activities of the club coaches and managers to provide a safe, smooth and rewarding progression for all its players from U6, U8, U10, U12, U14, U16, and Minor.

Responsibilities

- Best Practice

The Club nursery should focus on the development of appropriate skills for children aged 5 - 8. Within the 8-12 year old age group the Club Coaching Officer will ensure that the Go Games philosophy is nurtured and developed as a central part of the Club Coaching Programme. As young players progress into adolescence, the Club Coaching Officer will encourage the best players to participate in the County Development Squads.

- Coach Education

The Club Coaching Officer will promote the education and qualification of all coaches within the club. He will encourage all Club coaches to attend appropriate courses, workshops and seminars and receive coaching qualifications. He will support the recruitment and development of coaches within the club, e.g. by sourcing mentors etc.

Key Objectives

- To increase volunteer recruitment and provide effective training and development opportunities.
- To increase the amount of qualified and active coaches in the club
- Provide more underage activities for children including;
- To ensure the continuation of the improvement at underage level, in particular the attraction of more youngsters to the playing of hurling.
- Maximising the potential of our existing players through better management, coaching etc.

UNDER-AGE HURLING

Getting the under-age strategy right is critical to the success of any hurling strategy for the club and is the key to long-term sustainable success. We should strive for a longer-term goal of having our under-age teams competing in Roinn A. In addition to these general measures the following additional measures should be put in place in relation to underage hurling:

TEAM MANAGEMENT

Team Management at all levels plays a vital role in the development and performance of hurling teams. With increasing numbers of talented young players coming through to the adult section it is very important that good Team Management Structures are put in place to successfully manage this talent.

The team selected should have the necessary expertise to be able to manage all the factors involved in enabling the team to perform to its maximum potential. This should include:

- ✓ Physical Fitness
- ✓ Hurling Skills
- ✓ Mental Skill
- ✓ Match Fitness / Game Plan / Tactics
- ✓ Player Welfare / Lifestyle Management

It is very important to have an adequate number of people involved in the management team to allow sharing of the many tasks involved. The overall competencies of team managements will play a major role in attracting and keeping players in Dunnamaggin.

COACHING AND COACH EDUCATION

The aim of coaching is three fold:

- ✓ To develop our players potential
- ✓ To instil a desire to win in our players
- ✓ To provide enjoyment for our players.

The most important of these objectives is the development of our players. In order to develop our player's potential we must focus on specific areas that contribute to improved hurling performance. These areas are

- ✓ Physical fitness
- ✓ Technical ability
- ✓ Tactical awareness
- ✓ Psychological focus
- ✓ Team play
- ✓ Social and emotional development

To achieve these objectives the following will happen

- Each coaching session will be pre-planned with the intention of developing each of the following 4 areas: Technique, Athleticism, Speed of thought, Team play

- Each coaching session will have a selected theme or objective, all activities in that session should be designed to develop that particular theme or objective.
- A library of coaching resources relevant to all aspects of hurling coaching will be constructed and made available to all members of the club.
- Guest speakers and coaches will be invited to run coaching sessions and information nights in the club.

Coaching

Organisation of a Coaching Session:

- Warm up (10 mins)
- Short Skill Revision (with Demo, 10 mins)
- Demonstrate a New Skill (10 mins)
- Practice a New Skill - Unopposed/ Underpressure (i.e. clock/opponent) (10-15 mins)
- Drills with Emphasis on Skill (15 mins)
- Conditioned Games/Go Games (10-15 mins)
- Warm-down (10 mins)

Key Notes:

- Fun & Enjoyable.
- Always be organised.
- Set out tasks to each coach so they know what skill there coaching before training.

Warming up:

Warming up typically involves:

- Pulse raising - Walking, jogging, hopping, skipping, jumping.
- Mobilisation - Bringing the joints into full range of motion.
- Stretching - Light short stretches of the major muscle groups.

Here's some examples of warming up games for u-6's/u-8's.

Daisy Chain Tag

- Choose a Tagger.
- The other players find a free space.
- On the whistle the tagger attempts to tag other players.
- Once tagged, hold the taggers hand and try tag other free players.

Simon say's

- The coach acts as "Simon".
- Play normal game of Simon say's but include jogging & stretching.

Warm up 1

- Coach must assign players to cones. (5 cones, 5 Players behind each cone)
- Jogging out around cone & back.
- Side to Side Shuffle & back.
- Jog out forwards to cone & backwards back.

N.B: Coach may or may not bring ball into warm up.

Always Stretch after warm up.

Skills Benchmarks

- *The Fundo Pack is available throughout the club. The abbreviation FD refers to Fun Do with the page numbers where the skills and drills are available following it.*

Under 6's

It is hoped that on leaving u-6 training and moving on to u-8 training every child will be able to

1. adopt the lock position, the ready position and have the correct grip (FD p.143 and 144)

- Coach forms players in a circle & goes through the parts of the hurl with them.
- Players place there hurls on the ground & coach tells the players to put up the hand they write with or strong hand.
- This hand will go on top of the hurl.

- Players pick up the hurl with this hand, known as the grip.
- Coach then shows the players the ready position.
- The stronger hand holds the firmly at the top of the handle.
- Feet are comfortably apart.
- The weaker is free to move up & down the hurl.
- Toe of the hurl points towards the body.
- Coach goes through the lock & swing position.
- Slide the weaker hand up to join the strong hand & get players to swing. (Like hitting a ball)

2. strike a ball along the ground from left and right side using the correct grip from a stationary position (FD p.35 to 40)

strike a ball on the run along the ground from left and right side using the correct grip (FD p.55 and 60)

Key Points

- Adopt the ready position
- The feet should be 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 with eyes on the ball, swing the hurley downward with a wristy action.
- Strike the ball 'flat on' with the bas of the hurley
- The body weight is transferred from the dominant leg to the non-dominant leg as the swing is completed.
- Keep the head down and follow through to at least shoulder height with the swing.

Technical Drills

Basic 1 - Striking a Tyre

- This is a basic drill to practice the ground strike technique.
- 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 so that they strike from both dominant and non-dominant sides.

Basic 2 - Strike to partner

- This is a basic drill to practice the ground strike technique.

- Put your players into pairs. 1 player on the end line other on the 14 yd line. Using a First Touch ball. Get players to strike the ball to partner, one ball per pair.

3. have the correct grip when blocking a ball on the ground (FD p.29 and 34)

Key Points

- Adopt the Ready Position
- Bend the knees and lower the non-dominant hand so that 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 but remain upright and bending the knees lower the bas of the hurley to the ground
- Make sure that the heels are together with the toes pointing outwards when blocking the ball between the legs.

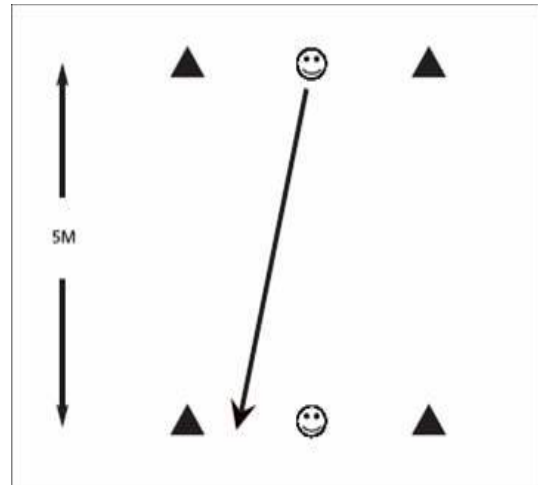
Technical Drill

Basic 1 - Blocking in Pairs

- This is a basic drill to practice the ground block technique.
- Mark out a distance approximately 5m long using cones
- Divide the players into pairs
- 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.
- Using a larger sliotar like the First Touch ball to begin with will make the technique easier to perform.
- As the players become more proficient use a smaller sliotar like the Quick Touch ball to increase the challenge of the drill.

Basic 2 - Goal to Goal

- This is a basic drill to practice the ground block technique.
- Mark out goals approximately 5m apart using cones.
- Divide the players into pairs
- Each player in turn attempts to score a goal by throwing the ball along the ground and past his partner.
- Continue to alternate the roles, repeating the drill for a set time.
- Use of a larger sliotar to begin with will make the technique easier to perform.
- As the players become more proficient use a smaller sliotar to increase the challenge of the drill.

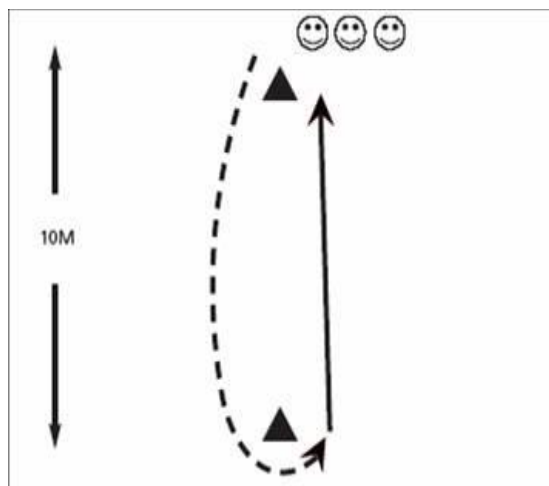


Intermediate 1 - Run to Block

- This is an intermediate drill which requires each player to perform the ground block while moving.
- Players pair off and face each other approximately 10m apart.
- A cone is placed half-way between the players.
- Acting as a feeder Player A rolls the sliotar at pace towards Player B.
- Player B in turn runs out to block the sliotar at the centre cone.
- Returning to their original position Player B then acts as feeder for Player A who repeats the exercise.

Intermediate 2 - Strike and Block

- This intermediate drill to practice the ground block technique incorporates dribbling, striking and blocking.
- Mark out a distance of approximately 10m using cones.
- The players line up behind the first cone, one sliotar per group.
- The first player dribbles out and around the 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.
- To introduce a further challenge divide the players into teams and run the drill as a relay race.



4. dribble a ball (FD p.17 to 22)

Key Points:

- Adopt the Ready Position
- Bend the back and place the heel of the hurley on the ground
- The non-dominant hand, placed down the handle of the hurley, is used to guide the bas of the hurley through the sliotar.
- On every second stroke use the alternate side of the bas.

Technical Drills

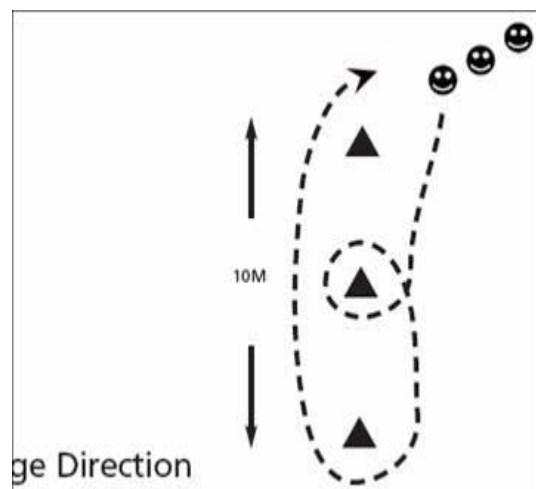
Basic - Dribble out to Cone and Back

- This is a basic drill to practice the dribble technique.
- Mark out a distance approximately 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 out and around the far cone and back for the next player to repeat.
- Using a larger sliotar like the First Touch ball to begin with will make the technique easier to perform.
- As the players become more proficient, use a smaller sliotar like the Quick Touch ball to increase the challenge.

Basic - Dribble around Centre Cone

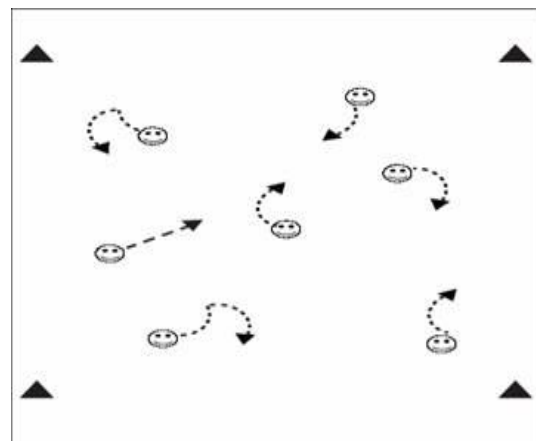
- This is a basic drill to practice the dribble technique.
- Mark out a distance approximately 10m using cones.
- Place a further cone half way between the outer cones.
- Divide the players into groups, one sliotar per group.
- Each player must dribble the sliotar out and around the far cone and back and also dribble completely around the centre cone both on the way out and on the way back
- To increase the challenge the drill may be run as a relay race.



Developing the Skill

Grid Game - Possession Dribble

- This is a possession game to develop the dribble technique
- Mark out a suitable grid
- Each player has a ball
- The Players must dribble around the grid, attempting to keep their own ball under control.
- On the whistle coach gives commands, i.e. change direction of dribble or back to where you started.



Under 8's

It is hoped that on leaving u-8 training and moving on to u-10 training every child will be able to

- 1. control the ball on hurl/soloing (FD p.105 to 110)**
- 2. roll lift a ball (FD p.61 and 66)**

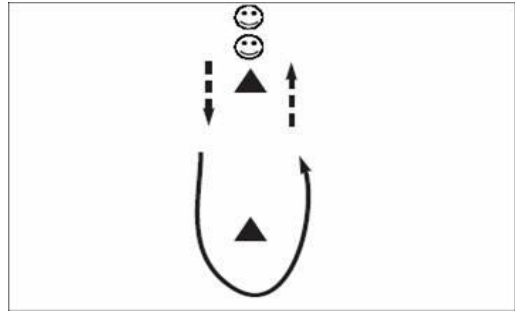
Key Points

- 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.
- Keep eyes on the ball.
- The 'toe' of the hurley should be pointed away from the body.
- 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 under the ball to lift it.
- As the ball lifts release the non-dominant hand from the hurley into a cupped position allowing the ball to 'fall' into it.

Technical Drills

Basic - Roll Lift

- This is a basic drill to practice the Roll Lift technique.
- Divide the group into pairs, one ball per pair.
- Ensure each pair has adequate space to perform the technique in a stationary position.
- One player in each pair roll lifts the ball repeatedly for one minute.
- Ensure each lift is performed correctly. Catch the ball properly each time.
- 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.



Basic 2 - Roll Lift and Move

- This is a basic drill to practice the Roll Lift technique.
- Mark out a square or circle using cones.
- Position 1 player and one ball at each cone.
- Players roll lift the ball at each cone a set number of times before moving on to the next cone.
- To vary the drill, the players must carry the ball to the next cone after completing the roll lift.
- They then move onto the next cone and repeat the drill.

Developing the Skill

Grid Game 1 - Grid Swap

- This is a grid game designed to increase the speed at which players perform the Roll Lift.
- Divide the players into two teams of 5 players each.
- Mark out two grids approximately 5m by 5m with a distance of 10m between each grid.
- Assign a grid to each team.
- Line up both teams outside their grid.
- Place 10 sliotars in one grid.
- On the whistle, the first team must race forward, roll lift a ball each and return to place it in their own grid.
- The first team continues until all the sliotars have been moved.
- The second team then repeat the drill moving all the sliotars back to their own grid.

The team who completes the drill in the quickest time wins.

3. jab lift a ball (FD p.73 to 78)

Key Points:

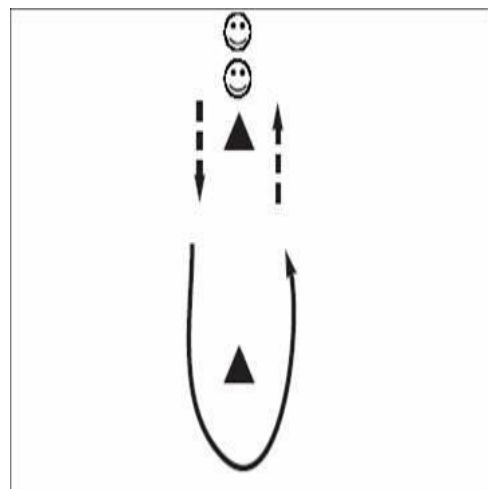
- Stride towards the ball so that the non-dominant foot is set down alongside the ball.
- Adopt the lifting position, bending the knees and back to bring the head over the ball,

- Keep eyes on the ball.
- The 'toe' of the hurley should be pointed away from the body.
- 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.
- As the ball lifts, release the non-dominant hand from the hurley into a cupped position allowing the ball to 'fall' into it.

Technical Drills

Drill 1 - Basic - Jab Lift

- This is a basic drill to practice the Jab Lift technique.
- Divide the players into pairs.
- Mark out a distance of 2 meters for each pair using cones.
- Place a ball midway between the cones.
- Beginning behind one cone, each player in turn jab lifts the ball and jogs around the second cone before replacing the ball for the next player.
- Repeat the drill for a set amount of time.



Basic 2

- This is a basic drill to practice the Jab Lift technique.
- Divide the players into groups of 4 players.
- Mark out a distance of approximately 25m using cones.
- Place 4 further markers at intervals of 5m between the outer cones.
- The players line up behind one of the outer cones.
- Place a ball at the first marker.
- The first player jogs out to jab lift the ball and replaces it at the second marker, before continuing to line up behind the far cone.
- The second player following on, jab lifts the ball and replaces it at the third marker and so on
- The fourth player jab lifts the ball at the fourth marker, jogs around the outer cone and replaces it at the marker again for the drill to be performed again.
- Repeat the drill over and back a set number of times.

Developing the Skill

Grid Game 1 - Grid Swap

- This is a grid game designed to increase the speed at which players perform the Jab Lift.
- Divide the players into two teams of 5 players each.
- Mark out two grids approximately 5m by 5m with a distance of 10m between each grid.
- Assign a grid to each team.
- Line up both teams outside their grid.
- Place 10 sliotars in one grid.
- On the whistle, the first team must race forward, jab lift a ball each and return to place it in their own grid.
- The first team continues until all the sliotars have been moved.
- The second team then repeat the drill moving all the sliotars back to their own grid.
- The team who completes the drill in the quickest time wins.

Fun Game 1 - Jab Lift Musical Chairs

- This is a fun game to develop the Jab Lift technique.
- Mark out a grid 13m x 13m.
- 10 players work inside the grid.
- Each player begins with a ball.
- The balls are placed on the ground and the players jog slowly around the grid.
- On the whistle, the players quickly 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 roll lift a ball into their possession must leave the game.
- Continue to take away one ball after each round until one player remains.

Players may compete for the ball.

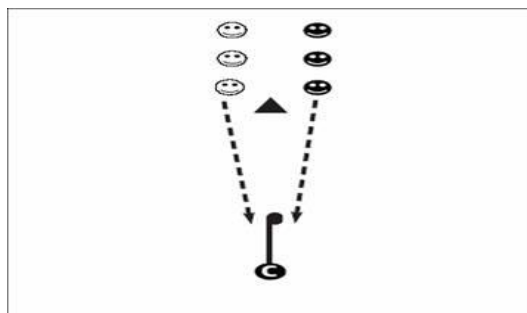
4. perform a shoulder to shoulder clash correctly

Key Points

- Adopt the ready position.
- Get in close to the opponent, making shoulder to shoulder and hip to hip contact.
- Keep eyes on the ball.
- Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley.
- Use a two handed, quick, wristy action to swing for the ball.
- Keep at least one foot on the ground.

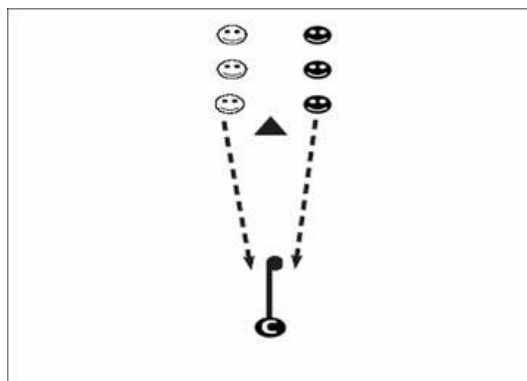
Basic 1 - Touch and Clash

- This is a basic drill to practice the Shoulder-to-Shoulder clash technique.
- Players pair off and stand beside their partner 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.
- The players change lines when repeating the drill, to make sure each player gets an opportunity to swing in both directions.
- Alternatively, a tyre may be used for the players to pull on.
- When the players become comfortable performing the drill at a walk, introduce jogging.
- Encourage the players to make shoulder-to-shoulder and hip-to-hip contact as they approach the ball.
- As the players become more proficient, the coach may introduce a football for the players to strike on.



Intermediate 1 - Roll and Clash

- This is an intermediate drill to practice the Shoulder-to-Shoulder Clash technique.
- Players pair off and stand beside their partner in two lines facing the coach.
- The coach has 5 sliotars which are on a rope pinned to the ground. On the whistle players move forward and perform the ground clash, pulling on each sliotar.
- Encourage the players to make shoulder-to-shoulder and hip-to-hip contact as they approach the ball.
- The players return to the end of the line
- The players change lines when repeating the drill, to make sure each player gets an opportunity to swing in both directions.



5. chest catch (FD p.11 and 16)

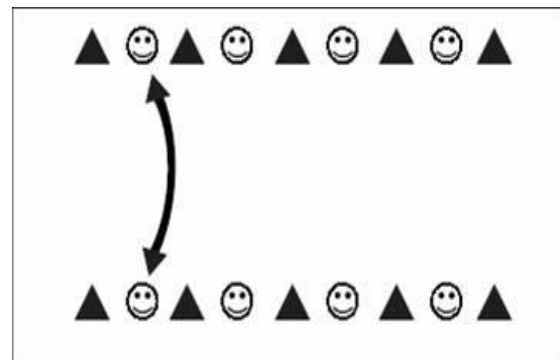
Key Points

- Adopt the ready position.
- Hold the Hurley in the dominant hand, using a shortened grip if necessary.
- Release the non-dominant hand from the Hurley and hold it in a cupped position.
- 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.
- Hold the Hurley in front of and across the body for protection.

Technical Drills

Basic 1 - Throw and Catch

- This is a basic drill to practice the chest Catch Technique.
- Divide the players into pairs, one ball per pair.
- Player A throws the ball head high to catch on the way down using the chest catch.
- Player B counts the number of successful chest-catches completed in 30 seconds.
- Reverse the roles and repeat the drill.



6. strike the ball from hand left and right (FD p.79 and 84)

Key Points

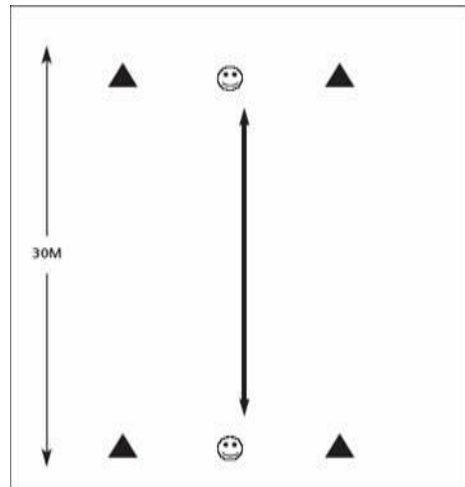
- Adopt the ready position.
- Hold the ball in the non-dominant hand with the elbow slightly bent.
- The shoulders and feet should be in line with the target.
- Toss the ball from the cupped hand to shoulder height.
- Keep eyes on the ball.
- Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley.
- The hurley should be upright in front of the dominant shoulder with the bas above head height.

- Step forward with the lead foot and with eyes on the ball, 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.
- The hurley follows through in the direction that the ball is travelling.

Technical Drills

Drill 1 - Basic - Striking from the Hand - Goal to Goal

- This is a basic drill to practice Striking From the Hand
- Divide the players into pairs, one ball per pair.
- Mark out a goal area for each player approximately 30 meters apart using cones.
- The players practice striking the ball to one another.
- There are many variations to this drill that can be used to practice any striking technique.
- The players can strike the ball for their partner to catch, they can strike low along the ground, or they can strike for goal.
- Reduce the distance and get the players to shorten their grip and strike the ball to their partner's chest, or increase the distance and get the players to hit high lobbing shots to their partner.
- When playing goal to goal, count how many shots each player scores on their partner.
- Players should practice striking from both the dominant and non-dominant side.



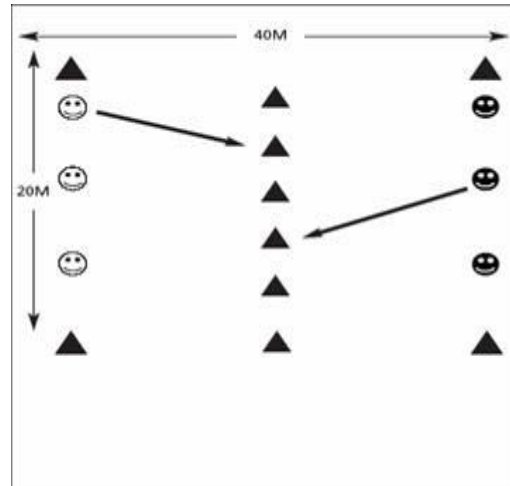
Drill 2 - Basic - Through the Gap

- This is a basic drill to practice Striking From the Hand.
- Mark out a distance approximately 30m wide.
- Divide the players into pairs, one ball per pair.
- Mark out a goal area halfway between each pair.
- The players must strike the ball through the goal to their partner.
- Increase the difficulty of the drill by reducing the width of the goal or increasing the distance between the players.

Developing the Skill

Grid Game 1 - Hit the Cones

- This is a target game to develop the Striking From the Hand technique.
- Mark out a grid 40m long by 20m wide.
- Place a number of cones across the middle of the grid.
- Divide the group into teams of 3-5 players.
- Give 1 or 2 balls to each team.
- The player in possession attempts to strike one of the cones in the middle of the grid.
- For each successful strike, award one point.
- Extra points may be awarded for knocking a cone.
- Alternatively, points may be awarded for striking the ball through gaps in the cones.



Fun Game

- This is a modified game to improve the players' ability to strike the ball from the hand.
- Set up a grid 60m x 40m.
- Divide the group into teams of 5 players each.
- Team A attempts to keep possession from Team B.
- Possession is lost if Team B intercepts the ball or if the ball hits the ground.
- No soloing is allowed.
- The person in possession cannot be tackled.

Opponents are only allowed to block the ball.

Under 10's

Warming up:

Warming up typically involves:

- Pulse raising - Walking, jogging, hopping, skipping, jumping.
- Mobilisation - Bringing the joints into full range of motion.
- Stretching - Light short stretches of the major muscle groups.

Warm up 1

- Coach must assign players to cones. (5 cones, 5 Players behind each cone)
- Jogging out around cone & back.
- Side to Side Shuffle & back.
- Jog out forwards to cone & backwards back.
- Bounding or skipping out around cone & jog back
- Coach may assign players to the end line, straight line hurl width apart & do exercises. (Jumping Jacks, Speed / Agility Work)

N.B: Coach may or may not bring ball into warm up.

Always Stretch after warm up

It is hoped that on leaving u-10 training and moving on to u-12 training every child will be able to

1. Hook (FD p.47 and 52)

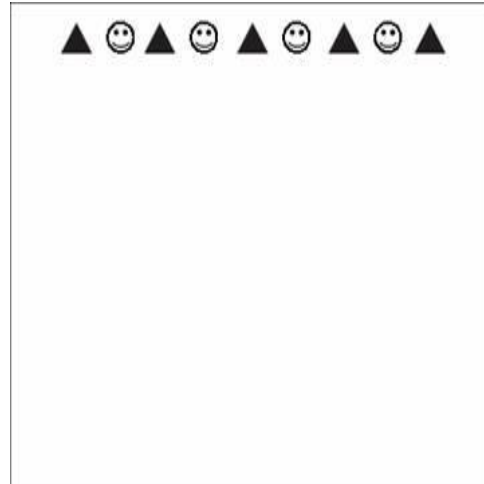
Key Points

- Adopt the ready position.
- Take a position a hurley length plus an extended arms length behind the opponent, with the dominant side directly behind the side the opponent is going to strike from.
- Hold the hurley in the dominant hand and extend the arm while striding forward with the dominant foot to increase reach.
- 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.
- Note that there may be less chance of hurley damage if the hurley is kept flat during the Hook.

Technical Drills

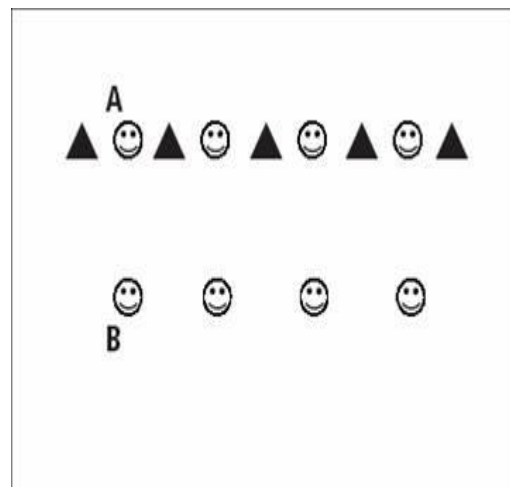
Drill 1 - Basic - Imaginary Hook

- This is a basic drill to practice the Hook technique.
- Position the players facing forward along a line.
- Allow approximately two meters between each player.
- On the whistle, the players move from the ready position to the hook 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.
- When the players become more proficient at performing the technique in a stationary position, repeat the drill, first while walking, and eventually while jogging across the field.



Drill 2 - Basic -Imaginary Hook II

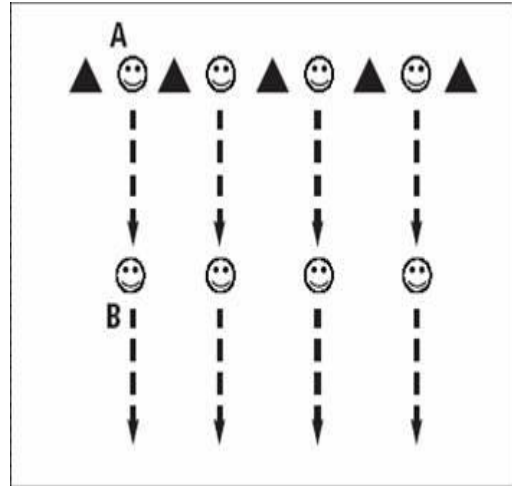
- This is a basic drill to practice the Hook technique.
- Players pair off, with Player A an extended hurley and arms length behind their partner.
- To ensure the players are in the correct position, begin with each player standing shoulder to shoulder with their partner along a line.
- Keep a distance of two meters between each pair.
- Player A takes 3 steps backwards and one to the side to position themselves behind Player B.
- Player A should adjust this position to ensure that 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.
- 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 a number of times before changing roles.
- As the players become more proficient, the player in front strikes an imaginary ball while the player behind attempts the hook tackle.



- Eventually, introduce a ball like the First Touch hurling ball.

Drill 3 Intermediate – Jog and Hook

- This is an intermediate drill to practice the Hook technique
- Players pair off, with Player A an extended hurley and arms length behind their partner.
- Player A begins in the ready position while Player B adopts the lock position.
- Both players jog forward.
- On a signal, Player B strikes an imaginary ball as Player A attempts to hook them.
- Reverse the roles on the way back.
- For safety, ensure that all players are swinging in the same direction.



2. Overhead/low catch (FD p.67 and 72)

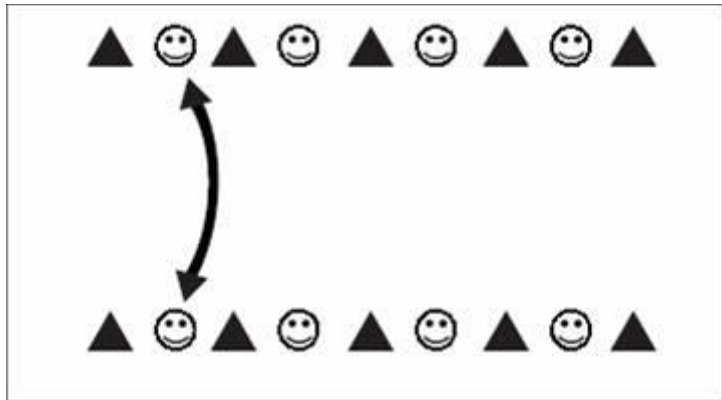
Key Points

- Adopt the ready position.
- Release the non-dominant hand from the hurley and extend it above the head.
- The open, cupped hand faces the oncoming ball.
- Raise the hurley above the head to protect the catching hand.
- 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 of the cupped hand.
- In a game situation, 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.

Technical Drills

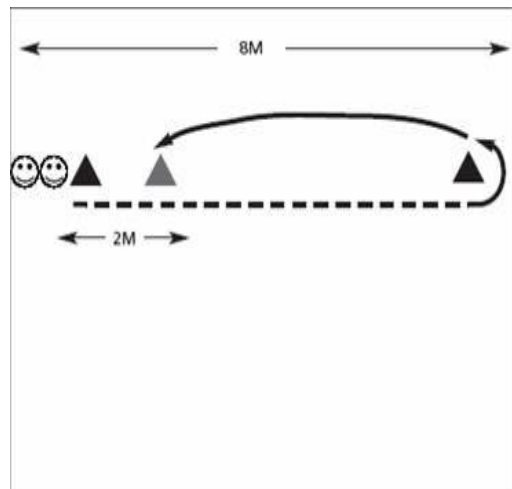
Drill 1 - Basic - Overhead Catch

- This is a basic drill to practice the Overhead Catch Technique in a stationary position.
- Divide the players into pairs 3 to 5 metres 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 the players to get in the habit of raising the hurley to protect the catching hand.
- Count how many successful catches each pair complete in 30 seconds.



Drill 2 - Basic - Run and Overhead Catch

- This is a basic drill to practice the Overhead Catch technique.
- Divide the players into groups of 3.
- Mark out a distance of 6 metres using cones.
- Place a further marker 1 metre from the first cone.
- The players line up behind the first cone.
- The first player runs out to the far cone with the ball.
- Rounding the cone, they throw the ball underarm for the next player to catch overhead before returning to the back of the line.
- Each player continues the drill in turn.
- The throwing player should aim for the ball to land in the 1 metre zone marked.
- The catching player moves forward to receive the ball at the one metre marker.



3. Hand pass (FD p. 91 and 96)

Key Points

- 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, stepping towards the receiver with the dominant foot.
- 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 of the receiving player.
- Hold the hurley up and across the body throughout the pass for protection.

Technical Drill

Basic – Hand passing around a square

- Mark out a square 5 x 5.
- Position one player at each cone.
- Players hand pass the sliotar to one another around the cones.
- To increase the difficulty of the drill increase the size of the square, or challenge the players to see how many times the sliotar can be hand passed around the square in 1 minute without hitting the ground.

4. Overhead block (FD p.99 and 104)

5. Block down the ball (FD p.85 and 90)

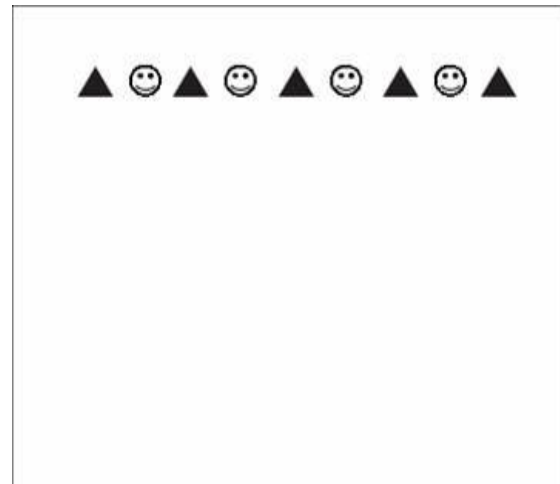
Key Points

- Adopt the ready position.
- Step into the tackle with the dominant foot.
- Release the non-dominant hand from the hurley.
- 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.
- Note the position of the thumb.
- The dominant foot may be placed behind the hurley to stabilise it.

Technical Drill

Drill 1 - Basic - Imaginary Block

- This is a basic drill to practice the Frontal Ground Block technique.
- Position the players along a line allowing approximately two meters between each player
- 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 or talk the players through the stages of the technique to help them with the sequence and the timing.
- Repeat the drill several times.
- When the players become more proficient at performing the technique in a stationary position, repeat the drill, first while walking, and eventually while jogging across the field.



Basic - Contact Block 1

- This is a basic drill to practice the Frontal Ground Block technique.
- Players line up in single file behind one cone.
- The coach stands 5 meters away directly in front of the first player in the line.
- The coach uses a line or marker as an imaginary ball and swings in the direction of Player A, who strides walks forward and attempts to block the coach's swing.
- The coach should adjust the strength of their swing to suit each player's confidence and ability.

- When the players become confident at blocking the coach's hurley, introduce a ball, preferably a big ball like the First Touch hurling ball.

Under 12's

Warming up:

Warming up typically involves:

- Pulse raising - Walking, jogging, hopping, skipping, jumping.
- Mobilisation - Bringing the joints into full range of motion.
- Stretching - Light short stretches of the major muscle groups.

Warm up 1

- Coach must assign players to cones. (5 cones, 5 Players behind each cone)
- Jogging out around cone & back.

- Side to Side Shuffle & back.
- Jog out forwards to cone & backwards back.
- Bounding or skipping out around cone & jog back
- Coach may assign players to the end line, straight line hurl width apart & do exercises. (Jumping Jacks, Speed / Agility Work)

N.B: Coach may or may not bring ball into warm up.

Always Stretch after warm up

It is hoped that on leaving u-12 training and moving on to u-14 training every child will be able to

- 1. Bat a ball overhead (FD p.123 and 128)**
- 2. Control a moving ball on the ground and in the air (FD p.111 and 116)**

3. Overhead striking (FD p.135 and 140)

Footwork for Gaelic Games

- 1 Use of hurdles to promote good knee lift and foot placement
- 2 Develop quick feet balance and agility
- 3 Increase Quickness
- 4 Increase reaction time

Basic foot work

Using 5 hurdles 2 feet apart (Give players a chance to get feet up and down in hurdles)

Coach gets players to Run through hurdles one foot at a time down between each hurdle

Coach gets players to start off left and right foot 3 runs each (Balance off both feet)

Reaction

Standing

Coach calls Right or Left and the player pushes off the ground with that foot through Hurdles from standing start.

Moving

Coach calls Right or Left foot and player pushes off the ground with that foot from bouncing start

Coach calls Right or left foot and player pushes off the ground with that foot from moving feet start.

(forwards/ backwards- sideways)

Visual

Coach shows players a cone from behind his /her back.

Yellow means player starts with Left foot,

Red means player starts with right foot

Side skip to hurdles

Using 5 hurdles the coach gets players to side skip to the hurdles and run through hurdles off left and right foot.

Colour of cone indicates which foot player puts into hurdles first.

i.e. **Yellow - Left foot**

Red - Right foot

Skipping to the left off the **Yellow cone player pushes off Left foot**

Skipping off **Red Cone players push off Right foot**

Foot placement must be correct to engage power muscles.

(Glutes, Hamstrings, Quads, Calves)

(**Groin** not a power muscle)

i.e. **Yellow left foot**

Red right foot

Coach sets up 3 hurdles across line players asked to side shuffle through the hurdles and react off foot at the end

Coach gives players 15 seconds to get as many as possible done,

Record score and challenge players to increase by 1 each week

Coach ask player to side skip to end of hurdles and sprint off "first contact foot" 5 meters to a cone

Coach makes sure that players get a chance to sprit off each foot i.e. Left and right.

Coach allows players to shuffle through the cones and sprint forwards on the whistle to cone or ball.

Coach places 3 cones across the line and 3 more 6 meters in front of these

Coach gets player to shuffle to their right hand side through 1st set of cones, sprints forwards off right foot to next set of cones. Player then shuffles to the left hand side and then sprints off left foot to cone 5 meter away.