



Castleknock Coach Education Program 2007

Session 2 - 1/2/07

Indoor Hurling Drills & Games

Dáire O'Neill

1. "Playtime"

When players arrive early for training it is common for coaches to warn the players off from taking the balls from the bag. Really we should be doing the opposite and encouraging them to be creative for the few minutes before the coaching begins.

Allow players to "play" before the session begins. As they arrive give them a ball each and challenge them to do the following:

- o Solo with the ball
- o Throw against wall and catch
- o Throw against wall and control on hurl
- o Bounce on ground and catch
- o Ground strike against wall

2. "Dribbling"

Set out a grid 10m x 10m (depending on age). Each player has a ball and dribbles the ball inside the grid. To challenge the players, on the coaches whistle the players do –

- o 5 roll lift
- o 5 solos
- o 5 catches

Introduce 2 players (or more depending on amount performing the exercise) to act as "tacklers". These players will try to dispossess the others and flick their ball out of the grid. 1 point for every ball dispossessed.

Duration – 30 seconds each.

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3. Ball Control

Ball between 2. Players stand 5m apart. Player A rolls the ball to Player B who stops the ball on the ground and returns it to his partner. Repeat 5 times. Get players to gradually increase the speed of the delivery.

Variation:

- o Introduce a goal where the player stopping the ball must move the left / right to ensure opponent won't score
- o Change the delivery to a ground strike



Ensure players have the correct stance and technique for controlling the ball.

4. Ground Tussle

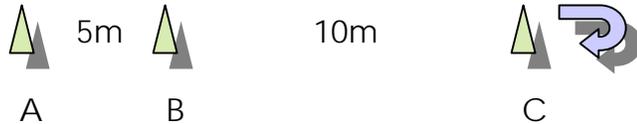
Ball between 2 and players tussle to keep / win possession from their partner. The player with possession when the whistle is blown is the winner.

Ensure players use their body to protect the ball.

Duration – 20 seconds each.

5. Ball Control and Dribbling

Set out cones as below. Distance may vary depending on age group.



Players start at cone A and dribble to cone C. They then roll the ball back for the next player who must control it before it passes cone B.

This will ensure players come to meet the ball rather than standing still and waiting for it.

Variations:

- Player meeting the ball must control ball to hand
- When returning the ball the players ground strike
- When returning the ball the players throw it back for a high catch
- Players solo out to cone C

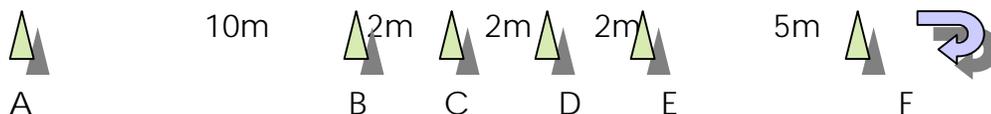
6. Roll Lift

Stationary

Ball between 2 and player A roll lifts while player B counts how many roll lifts in 30 seconds. Players then changeover.

On the move

Set up cones as shown below



Player starts at A, roll lifts at B and places the ball at C. Repeat for D and E. Player then repeats task on way back.

7. Ground Striking

Ball between 2 and players stand the width of the hall apart. Players strike the ball to each other. Introduce a small goal in the middle for players to score.



Variations:

- o First to 5 goals
- o Players must knock cones in centre over.

8. Batting

Set up as below.

Player A – Goalkeeper (and thrower)

Player B – Attacker (batter)

Ball between 2. Player A throws the ball up for B who bats the ball and attempts to score.



A

B



Players switch rolls after 5 / 10 attempts. Set players targets such as first to 5 goals, most saves, goalkeeper vs attacker etc.

9. Four Team Dribble Game

Set up playing area as below

Place are sliators in the centre of the grid.

Divide players into 4 teams of equal numbers.

Each team gets a base / cone each.

On the coaches whistle players run to centre and dribble a ball back to their base (1 at a time)

When all balls are gone from the centre players may now rob From opposing teams

Play stops on the coach's whistle. The team with the most amount of balls at the end are the winners.



10. Hurling Tennis

Divide hall into grid as below. 2 courts and 4 teams

Team 1 Vs Team 2

Team 3 Vs Team 4

(2 separate games)

Court 1 Team 1 Vs	Court 2 Team 3 Vs
Team 2	Team 4

Team 1 ground strike the ball across into Team 2s zone. They must stop and return the ball. Teams score by hitting the ball off the back wall of the opposing team's zone.

Variations:

- o Teams have only 5 seconds to return ball
- o Ball is not allowed to stop in your zone
- o Penalty (score) for hitting ball out of court
- o Penalty (score) for kicking the ball or using your foot
- o Penalty (score) for not striking ball on the side it comes to you at (i.e. Favouring the strong side)
- o The player who stops the ball must pass to teammate who will strike the ball

N.B

“All activities should be practiced on both left and right sides”