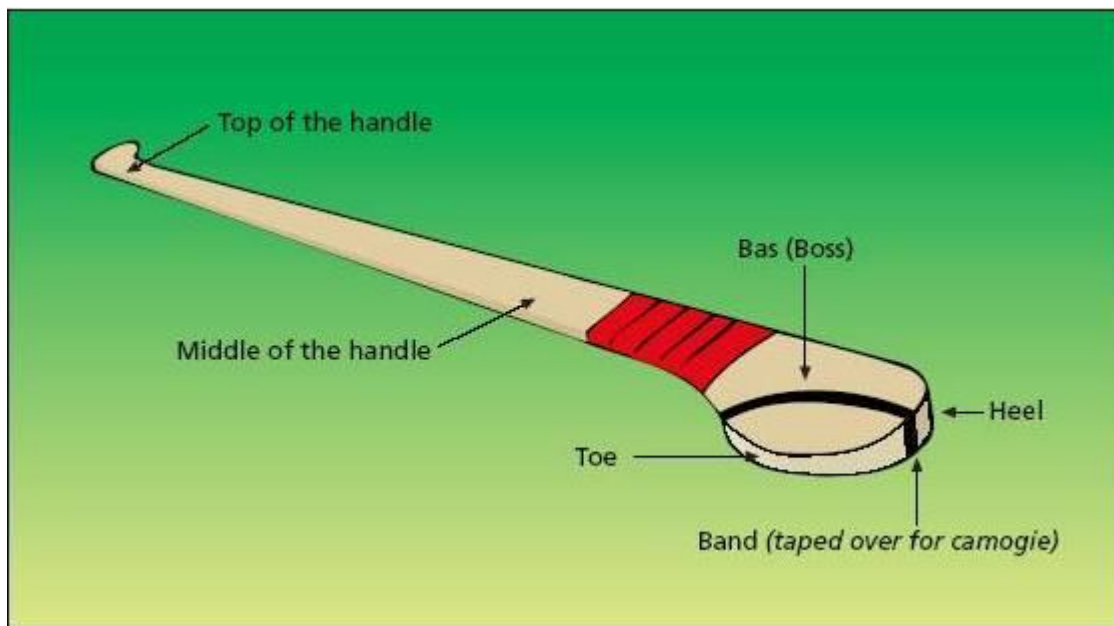


An Mhaigh Tír na nÓg G.A.C. U10 Hurling Introduction

Session

- The hurley
- The grip
- Basic positions
- Dribbling
- Striking
- Blocking

The Hurley



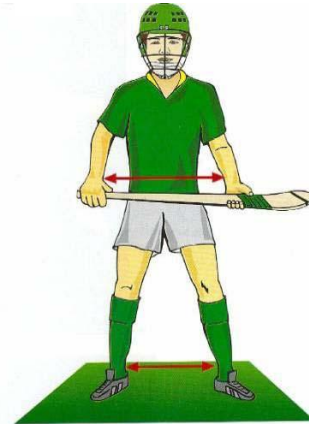
The Grip



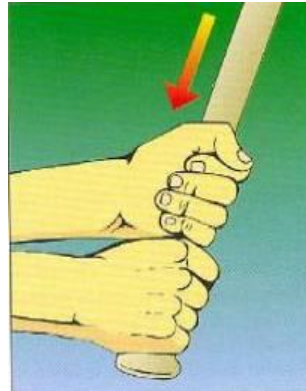
- To establish which hand the child should hold the handle of the hurl with: drop the hurl and pick up the hurl with the hand 'you write with'.
- This can also be done by dropping the hurl and asking the children to throw an imaginary stone and pick up the hurl with the hand you threw the stone with.

Basic Positions

- Ready position



- Lock position



- Lift position



Ready Position

- This position is held when the ball is not being played.
- Get the child to shake hands with the hurley (one handed).
- Now get the child to bring the hurley across the body. The non dominant hand supporting just above the bás.
- Make sure that the toe of the hurl is pointing towards the player (the hurley being flat).
- This is the 'ready position'!

Lock Position

- Central element of all striking skills – practice regularly.
- Adopt ready position.
- Slide weaker hand up the handle of hurley.
- Lock with stronger hand.
- This is the lock position.

Lift Position

- Used in any skill in which the ball is lifted, in many blocking skills and when batting the ball.
- Adopt the ready position.
- Open weaker hand, fingers spread apart.
- Use thumb of dominant hand to turn the hurley so that toe is facing away from body.
- Close thumb of weaker hand on hurley so that both thumbs are pointing towards the bás.
- This is the lifting position.

Striking

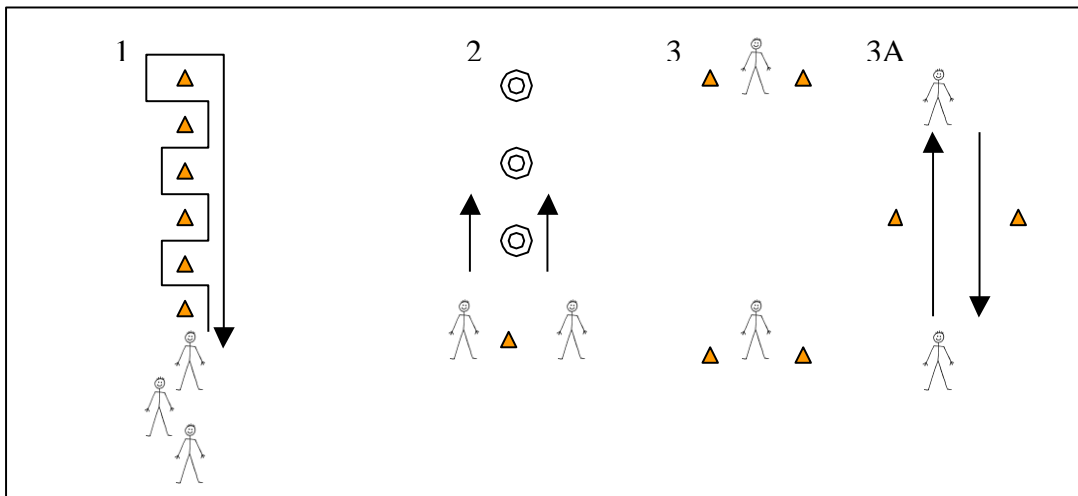
1. Striking a stationary ball on the ground. If right handed – striking to the left. If left handed – striking to the right.

- Adopt ready position.
- Non-dominant hand free to move up and down the handle of hurley.
- Adopt lock position.
- Bend elbows to raise hurley.
- Bend knees slightly, eyes on ball.
- Swing hurley downward with a ‘wristy’ action.
- Body weight is transferred from right to left leg as swing is completed.
- Strike the ball ‘flat on’ with the bas.
- ENSURE EQUAL OPPORTUNITY FOR BOTH SIDES.

2. Striking tyres in pairs. Alternate turn to strike. Used for ground striking and the ground clash. Use both dominant and non-dominant side.

3. Goal to goal. Set up two goals with four cones. Players must try to score by ground striking the ball between the goals. Vary with wider goals, greater distance, one point for dominant side, and two for non-dominant.

Striking drills



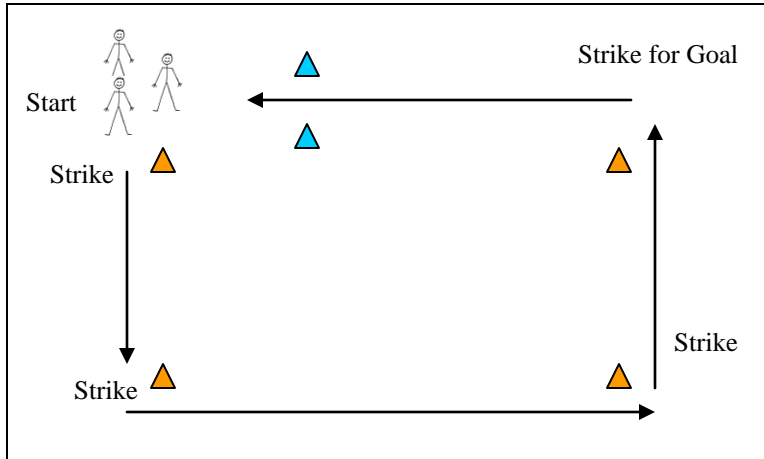
Dribble out, strike back.

Blocking

- Blocking a moving ball.
- Adopt ready position.
- Bend knees and lower hand so that heel of hurley rests on the ground.
- Players should move out their left foot in the direction of the ball when blocking.
- Stop the ball with the bás of the hurley.
- Timing is crucial for this skill – players must learn to anticipate the oncoming ball.
- Drill: Blocking in pairs 5m apart. One player rolls ball towards partner to stop and control. After a little practice move further apart and increase speed of rolling ball.
- Block and sweep ball.
- Stand with feet together in line with oncoming ball.
- Hurley in upright lifting position.
- Stand firmly to block ball.
- Having blocked ball sweep it into space.
- Drill: In pairs 3m apart face each other. One player throws for the other to block. Balls thrown underarm and thrower attempts to hit blockers legs (gentle throw).
Reverse roles. Increase distance apart.
- Game: Stick with opponent. In pairs. One attacker one defender. Attacker dribbling ball enters defenders territory. Defenders job is to not let the attacker get ahead of him/her and to stay within a hurley distance from the attacker. No body contact. No tackle involved. A shadowing exercise.

Hurling Drills U12

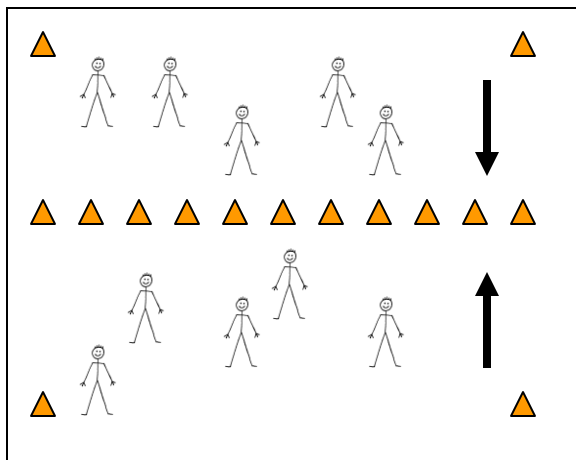
Ground Strike



Progression

- Least no. of strikes wins
- Subtract a strike for goal
- Make goals smaller
- Non dominant side competition
- Add goalie

Hurling Tennis

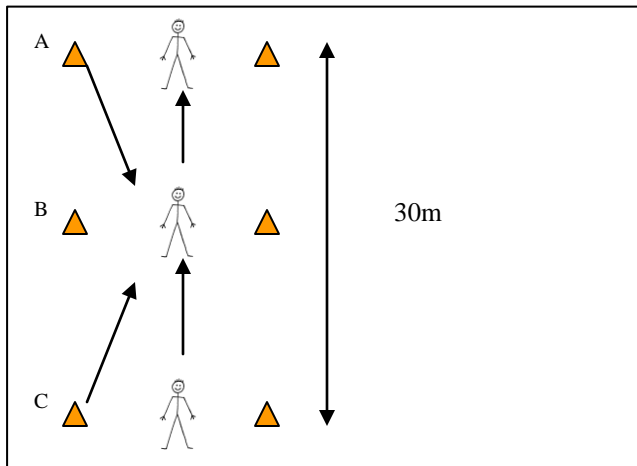


- Set out cones as shown.
- Equal teams
- Aim of game is to keep sliotar moving.
- If sliotar stops at any one time point is awarded to opposition.
- Players are allowed to dribble and strike.
- Ball must pass through half way line to be counted as in.
- Players must stay on their own side of the court.

PROGRESSION

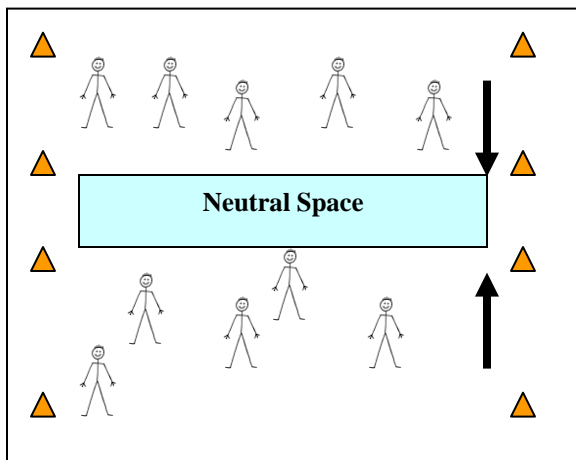
- Add another sliotar.
- Allow two touches only.

Good Touch



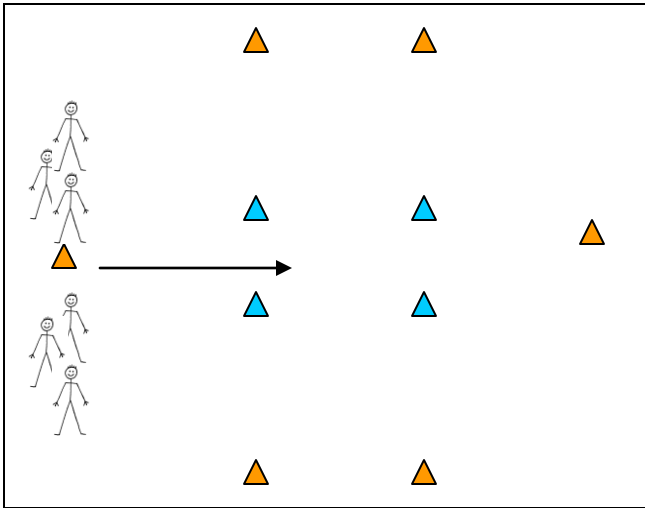
- Players as shown in groups of 3
- 2 sliotars per group
- Player A strikes ball to player B who must control it and strike it back to player A.
- Player C then strikes the other sliotar to B.
- Change middle player after 3 minutes.
- All players must concentrate on stopping, controlling returning the sliotar.
- This drill will improve the first touch of players.
- Encourage accuracy and least touches to return the sliotar to the outside players.
- Vary by putting goals at each position.

Four Ball Battle



- 6 a side
- 2 sliotars per team
- Neutral space separates teams
- AIM – get all four balls in oppositions territory
- Game starts with each team striking 2 sliotars from end line.

Clash Zone

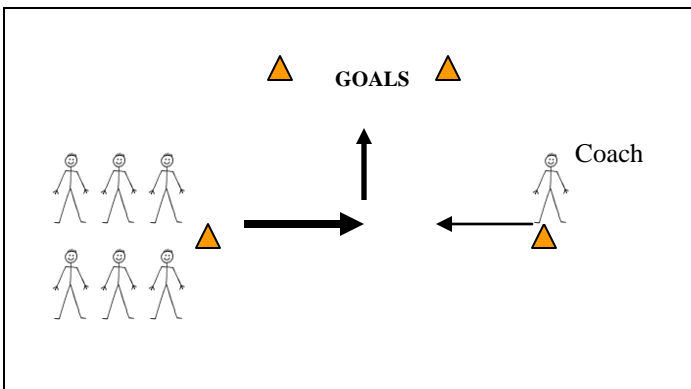


- 2 teams-pair off with opposition.
- Coach places sliotar in blue grid.
- On whistle players must run in, clash and strike for goal.
- Each team given a goal to shoot into.
- Ensure players get turn to strike on weak side.

PROGRESSION

- Points for winning possession + bonus to score.
- Players get rolling ball.
- Players must control ball, dribble outside clash zone and shoot.

Hook-King

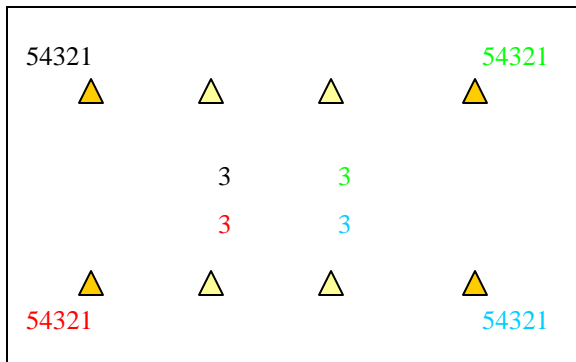


- Coach rolls ball between one player of each team.
- First to ball attempts to control and shoot for goal.
- Other player attempts to block first player.
- Reverse roles and attempt on weak side also.

PROGRESSION

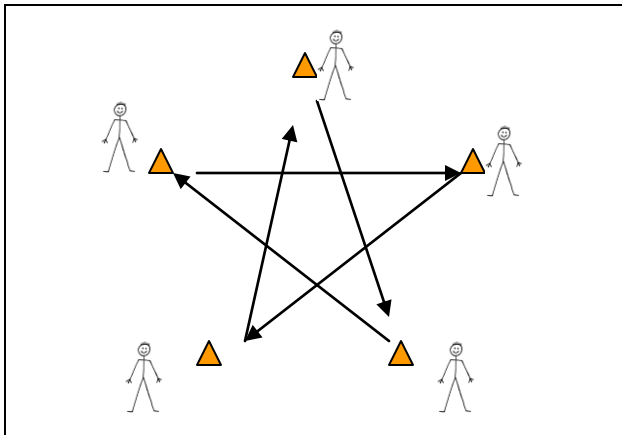
- Put goalkeeper in.
- 3 points for goal, 6 hook.

Your Numbers Up



- Two teams of 10. Each team split into two 5s.
- Reds & Brown v Black & Yellow.
- Each player on team is numbered 1-5.
- Coach throws ball into pitch and calls a number eg 3.
- All 3s enter pitch and play 2 v 2.
- Goals to attack are assigned to each team.
- Change when a goal is scored.

Striking From Hand – Pentagon

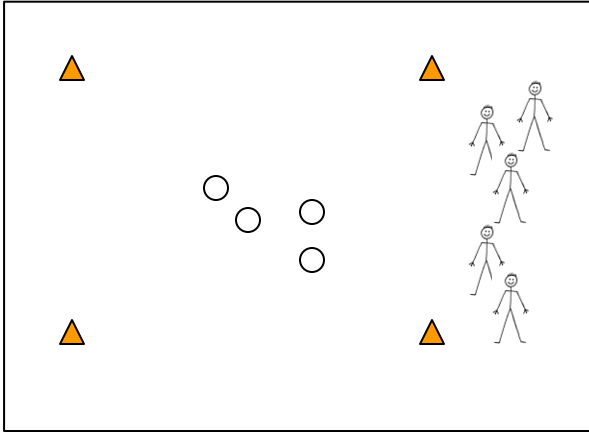


- Pentagon – strike from hand.
- Always skip the person to your immediate right.

PROGRESSION

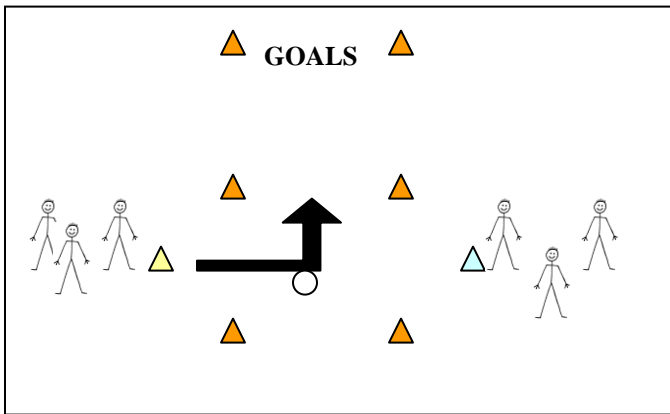
- More balls/balls & people

Jab Lift Contest



- Count your players(6). Place one less sliotar in the grid(5).
 - On whistle players must race into grid and jab lift a sliotar.
 - Can be played like musical chairs.
- PROGRESSION**
- Tackling
 - Designated tacklers
 - Vary starting position of players – on knees, bellies, backs, kneeling, sitting etc..

Shooting/Blocking



- Blues shooting, yellows blocking.
- Place sliotar in grid.
- On first whistle attacker enters grid, jab lifts and shoots.
- On second whistle defender enters grid and attempts to block.
- Points for score and points for block.
- Try on both sides.