Carrigtwohill Juvenile GAA Club

Cúl Camp 2017

Monday 24th July

To

Friday 28th July

Coaching Resource Handbook

http://www.carrigtwohillgaa.com
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</tbody>
</table>
1. The Format - Coaches, Kids and Rotation:

1.1 Coaching Groups:

There will be three coaching groups working with the three Juvenile GAA Club groups and are to be appointed and finalised on the morning of Monday 24th.

<table>
<thead>
<tr>
<th>Coaching Group A</th>
<th>Coaching Group B</th>
<th>Coaching Group C</th>
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</thead>
<tbody>
<tr>
<td>1. ___________________</td>
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1.2 Kids Age Groups and Zones:

The Age Groups for the juvenile club are being organised in the following age groups and are being allocated a zone on the playing surfaces as per below. They will be remaining in their respective zones for the duration of the week so that they know where they are to be at all times on arrival and on returns to the pitch after breaks and lunch.

<table>
<thead>
<tr>
<th>Groups:</th>
<th>Approx. Numbers:</th>
<th>Group Colour:</th>
<th>Allocated Zone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 6 to 8</td>
<td>39</td>
<td>Yellow</td>
<td>3</td>
</tr>
<tr>
<td>Ages 9 to 10</td>
<td>33</td>
<td>Blue</td>
<td>6</td>
</tr>
<tr>
<td>Ages 11 to 13</td>
<td>35</td>
<td>Green</td>
<td>5</td>
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</tbody>
</table>

Zones are as per this graphic: (note that Zone 1 is larger than 2 and 3 deliberately – older group)
The Camogie Club and Ladies Gaelic Football Club are being allocated as follows:

<table>
<thead>
<tr>
<th>Groups:</th>
<th>Numbers -Camogie:</th>
<th>Numbers - Football:</th>
<th>Allocated Zone:</th>
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</thead>
<tbody>
<tr>
<td>Ages 6 to 8</td>
<td>15</td>
<td>11</td>
<td>2</td>
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<td>Ages 9 to 10</td>
<td>16</td>
<td>13</td>
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<td>Ages 11</td>
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<td>12</td>
<td>4</td>
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<tr>
<td>Ages 11 to 12 (Incl. 13’s)</td>
<td>17</td>
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</table>

### 1.3 Coach Rotation - Boys:

It is proposed that each of these Coaching Groups will rotate at the end of each of the morning and afternoon sessions to another Age Group. Again, this means that the coaches will be moving to a new zone while the players will be staying in their zones. The rotation is as follows:

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Code</th>
<th>Coaching Group</th>
<th>Ages 7 to 8 Zone</th>
<th>Ages 9 to 10 Zone</th>
<th>Ages 11 to 12 Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday AM</td>
<td>Hurling</td>
<td>A</td>
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<td></td>
<td>Hurling</td>
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<td></td>
<td>Hurling</td>
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<td>5</td>
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<tr>
<td>Monday PM</td>
<td>Football</td>
<td>A</td>
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<tr>
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<tr>
<td></td>
<td>Football</td>
<td>C</td>
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<td>3</td>
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<tr>
<td>Tuesday AM</td>
<td>Football</td>
<td>A</td>
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<td>Football</td>
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<td>Football</td>
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<td>Football</td>
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<td>Thursday PM</td>
<td>Hurling</td>
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</tbody>
</table>
2. Proposed Activities and Timetables:

2.1 Warm-Ups, Skills, Games and Healthy Living:

The daily activities can be based on the timetables in sections 2.2 and 2.3 below for both morning and evening sessions. These timetables suggest a number of skills that can be taught, but are only suggestions so can be used or changed or replaced if you so wish. The Skill cards required are listed in the schedule in section 2.4 (page 8) which will refer to the skills card in Appendix B. at the back of this document. This skill card is a single suggested methodology by which to teach the skills to the players and is based on the hurling and football resource packs released a number of years ago.

Again, these are only suggestions on the basis of what was available on the Kellogg’s Cúl Camp site and are there for your assistance and are in no means a set of direction to be followed at all or any costs.

It is entirely up to you as the coaches to decide on the skills which you will concentrate on and how the drills and practice sessions will pan out and can be and may be better to go with your own approach if easier for you and the players.

The timetables also itemises topics for discussion at the sessions as secondary themes to the activities. These can be about the culture and history of the GAA as a whole, about the roles of referees and young referees and also the benefits of activity and healthy living.

Appendix C and D are the U CAN skills cards as suggested per the timetables for Friday morning. Again these are there for your own use if desired.

Appendix E has a copy of a food pyramid and it has been proposed to give this out as a handout to each of the kids in attendance and to give them a brief talk about the benefits of healthy diet and healthy living.

**CD Contents:**

The CD has been replaced last year with the following coaching documents available at this link:

http://www.gaacork.ie/contentPage/131092/fun_do_pack

Fun Do Hurling Pack

Fun Do Football Pack

Fun Do Nursery Pack

Fun Do Coaches Pack

These can be viewed on any pc/laptop that has Adobe PDF reader installed (available at this link here if not: http://get.adobe.com/uk/reader/).
### 22 Timetable - Mornings

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>09:00-09:40</td>
<td><em>Assembly/Group Organization / Rollcall</em></td>
</tr>
<tr>
<td>10:00-10:15</td>
<td><em>Supervisors and Teachers Introduction</em></td>
</tr>
<tr>
<td>09:30-10:00</td>
<td><em>Morning</em></td>
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<tr>
<td>10:15-10:30</td>
<td><em>Learning Centre - The Young</em></td>
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<tr>
<td>10:30-11:00</td>
<td><em>Learning Centre - The Advocacy Place</em></td>
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<tr>
<td>11:00-11:20</td>
<td><em>Lunch / Snack</em></td>
</tr>
<tr>
<td>11:20-11:40</td>
<td><em>Football Coaching Class - Session 2</em></td>
</tr>
<tr>
<td>11:40-12:00</td>
<td><em>Football Coaching Class - Session 3</em></td>
</tr>
<tr>
<td>12:00-12:10</td>
<td><em>Lunch / Snack</em></td>
</tr>
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</table>

#### CAN SKILL AWARD

- **Football** Challenges
  - Certified Coach - *Total Game*
  - Certified Coach - *Total Game*
  - Certified Coach - *Total Game*
  - Certified Coach - *Total Game*

- **Camping** Challenges
  - Certificate of Participation
  - Certificate of Participation
  - Certificate of Participation
  - Certificate of Participation
### 2.4 Skill Cards Index:

Skill Cards are available in Appendix B as follows:

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Code</th>
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<th>Page</th>
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<th>Fun Blitz</th>
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2.5 Additional Resources:

Additional material is available also on the following web sites:

http://www.gaacork.ie/contentPage/131092/fun_do_pack
http://www.gaacork.ie/contentPage/131330/hurling/football_games/drills
http://learning.gaa.ie/Hurlingskills
http://learning.gaa.ie/footballs skills

2.6 Organisers:

For your information contact details of organisers and Club Officers is as follows:

For your information contact details of organisers and Club Officers is as follows:

Cul Camp Organisers

Conor Ahern 086 601 9162
Pat Horgan 087 251 0707
Maeve Horgan ____________

Cul Camp Manager (GAA Club):

Padraic Hogan 086 200 7733

Cul Camp Manager (Camogie)

Lorraine O’Connor 085 155 6927

Cul Camp Manager (Ladies Football)

Ciara Brennan ______________
2.7 Additional Notes:
Appendix A:

Warm-Ups
Warm-Up and Energizer Games

Until now, warming up and cooling down has always been seen as hard work—a boring start to an activity or class where you struggle to keep the children's attention. But not anymore. When your group take part in these games, they will be engaged fully, having fun, and effectively preparing their minds and bodies for the game or activity that lies ahead. All games are easy to run and require little or no equipment whatsoever.

<table>
<thead>
<tr>
<th>Descriptions of Warm-up Games and Energizers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Touch Blue</strong></td>
</tr>
<tr>
<td>Participants have to find an object or an item of clothing of a specific colour that you tell them. However, they cannot touch something on themselves or another person. The last person to touch the colour is out. To make this activity game difficult, try using unusual colours or even patterns, making the children run further to reach the objects as well as providing an opportunity to use their creative thinking skills.</td>
</tr>
</tbody>
</table>

| **Dodgeball**                               |
| A child in the group is selected by you to be the 'Dodgeball Master'. All the other children have to try and get from one safe zone to the other (typically the other side of the hall). Whilst the group are trying to get from one side to the other, the Dodgeball Master must try to get group members out of the game by throwing the ball underarm and trying to hit their legs. Once the participant has been hit they are then out and become a judge. Cones should be used to define a playing area outside. |

| **Buzzy Bees**                              |
| All the children have to get into pairs, they then run around separately, buzzing and pretending to be bees. The person nominated to be 'it' then shouts 'Buzzy bee, buzzy bee touch...' they then have to run back and find their partners and whichever body part has been called out they have to touch together. e.g. 'touch knees', they have to touch their knees together. |

First, pair up the group members and sit them down, with legs flat, leaving space between pairs to prevent injury from occurring. Now give each pair a number starting from the number one.
Once all pairs have a number, you then call a number and that pair will jump up, step over the other pairs legs one at a time then run round the whole of their team and sit back down in their original place. The first one to sit back in place is the winner. Alternatively, you can play as a team. After the first pair has completed their turn, the next person gets up and runs, until the whole team have been and the leader declares a winning team.

This is a very simple run around game. Children start by running around, the leader then calls out a number and the children have to form a clump of that many people. You do not necessarily have to penalise anyone who does not find a group - it is just for fun!

Choose one person to be the leader; everyone else must stand in a circle around them. When the leader shouts, ‘Jack in the box’ participants must squat down. When the leader shouts ‘Jack out of the box’ participants must all jump up. The leader can repeat the commands, say them fast or slow in an attempt to confuse the children. Anyone who does the wrong action is then out of the game.

In a boundary area, one person is ‘it’. They must then run around trying to tag as many people as they can. Once a person has been caught, they then have to stand with feet shoulder width apart and can only be freed if someone crawls between their legs.

An easy warm-up game to play, which is ideal for younger children. On the word, ‘red’ the children have to stand very still. On the word, ‘amber’ they walk around. On the word, ‘green’ they start to run. If any of the participants do the wrong thing they are out and can act as a judge for the remainder of the game. The leader can make things confusing by shouting, ‘Speed camera’ - slow motion, ‘roundabout’ - sit and spin etc. .

Participants start of by slapping their hands against their thighs and running on the spot mimicking how a penguin runs. The leader should get participants do this slowly to start with, so they get to use it and get them to speed up at a later stage. Leaders should introduce further commands such as, left bends right bends and double bends, which all include speeding sound effects and actions whilst still running on the spot.

Good warm up game. Everyone in the group is it and
<table>
<thead>
<tr>
<th>Everybodys It</th>
<th>they must try and tag each other, if they get caught they must stand still with both hands in the air, the only way to free them is for another person to give them a high ten and then the game continues.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band Game</td>
<td>Everyone starts with a band tucked into their shorts or trousers. The idea of the game is to get as many bands as possible from the other participants. Children can only steal if they have a band tucked in to their own shorts or trousers. When a child loses all their bands, they continue jogging until the time is up.</td>
</tr>
<tr>
<td>Bump Tag</td>
<td>The leader must select a cat and a mouse from the group. The aim of the game is for the cat to chase the mouse, if the cat manages to catch the mouse they then become the cat and have to do the chasing. Everyone else in the group must pair up and stand side-by-side spread out in the activity area. The mouse changes throughout the game by the mouse linking to the side of a pair, the person on the opposite side to where the mouse has linked themselves, then becomes the mouse and the cat has to chase them instead.</td>
</tr>
<tr>
<td>Freeze Tag</td>
<td>Similar to ‘stuck in the mud’. During the game there are 2 different coloured balls, 2 ball carriers are selected from the group. The blue ball carrier can freeze people by touching them with the ball. The Yellow ball unfreezes. When the yellow ball is handed to someone that is frozen, they defrost and become the yellow ball carrier instead. The blue ball carrier stays the same throughout the game. More than one of the same coloured ball can be added during the game to make this game faster paced.</td>
</tr>
<tr>
<td>Sticky Parts</td>
<td>All children are given a beanbag. When instructed by their leader, all children have to run, skip or hop around until the leader calls out a body part. Once the leader calls out the body part, all children have to try to balance the beanbag on that specific body part. The last person to complete this is out of the game. The winner is the person left after all rounds. They then get to take over from the leader in the next game and give instructions to the rest of the group.</td>
</tr>
</tbody>
</table>
Appendix B:

Skills Cards
Monday Morning – Hurling – Fé 8

6. Dribble

- Introduce
- Demonstrate
- Execute
- Attend

Dribbling is a hurling technique used to move the sliotar along the ground in order to avoid opponents or to place the ball in a better position for striking. It may be performed with one hand on the hurley but using two hands will provide more control.

Pg. 17-22 Hurling Fun Do

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Dribble

Practice the Technique

Out and Back:
Dribble out to the far cone and back in turn

Signal and Turn 1:
Change direction when signalled to by the Coach

Opposition Tussle:
In pairs, 1 player dribbles, 1 player tries to flick the ball

Develop the Skill

Fill the Circle:
2 teams, each team in turn dribble balls into the circle as fast as possible

Dribble and Score:
Dribble and pass using the ground strike
Dribble ball over the end line to score
Monday Morning – Hurling – Fé 8

20. Stopping a Ground

- Introduce
- Demonstrate
- Execute
- Attend

Stopping a Ground Ball is a hurling technique used to stop a ball which is moving along the ground. It is one of the basic ways to intercept and gain possession of the ball.

Look out for:
- Locking the hands
- Ball going underneath the hurley
- Reaching to block

Keep legs together to block the ball if missed by the hurley.

Pg. 29-34 Hurling Fun Do

Stopping a Ground Ball

Practice the Technique

Develop the Skill

STEP

Basic Drill   Intermediate Drill   Advanced Drill   Fun Game   Modified Game   Game Play Drill
17. Roll Lift

- Introduce
- Demonstrate
- Execute
- Attend

The Roll Lift is a hurling technique used to raise the sliotar from the ground into the hand.

The technique is generally used when the player is stationary or when the player has limited movement by opponents and is about to change directions. The technique is also used to raise the ball to strike without catching.

Pg. 61-66 Hurling Fun
Do

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**Roll Lift**

**Practice the Technique**

- **Stationary Roll Lift**
  - Player Roll Lifts for 1 minute, partner counts the number of successful roll lifts.

- **Roll Lift and Move**
  - Roll Lift the sliotar at each cone and move to the next cone.

- **Agility Roll Lift**
  - Roll lift at each cone returning to the centre cone after each Roll Lift.

**Develop the Skill**

- **Grid Swap**
  - Each team in turn Roll Lifts all the sliotars from one grid to the other. Quickest team wins.

- **Musical Chairs**
  - Remove a ball after each whistle, player without a ball leaves the grid.
21. Striking from the Hand

Introduce
Demonstrate
Execute
Attend

Look out for:
- Missing the ball completely
- Non-dominant hand at the top of the Hurley
- Lifting the head too early
- Tossing the ball too high

Many players judge success at hurling on their ability to strike the ball from the hand. This skill requires much practice. Striking from the hand is the most usual way to pass the ball or shoot for a score in hurling. It is important that players are taught from a young age to strike from dominant and non-dominant sides.

Pg. 79-84 Hurling Fun Do

Striking from the Hand
Practice the Technique

Develop the Skill

<table>
<thead>
<tr>
<th>Basic Drill</th>
<th>Intermediate Drill</th>
<th>Advanced Drill</th>
<th>Fun Game</th>
<th>Modified Game</th>
<th>Game Play Drill</th>
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</table>

STEP
2. Blocking a Ball

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Moving too quickly underneath the ball
- Holding the hurley with the ‘Toe’ pointing inwards
- Extending the hurley too far back.

As much of the game is played in the air, Blocking a Ball Overhead is an essential skill in hurling. The ability to block and control a ball overhead is vital to winning possession, particularly in the half back, midfield and half forward positions.

Pg. 99-104 Hurling Fun Do

Blocking a Ball Overhead

Practice the Technique

Block in Pairs
Throw the ball for partner to Block Overhead

Block and Pass
Player A throws the ball up for Player B to block, control and strike to Player C, repeat and reverse

Move and Block
Player A throws the ball up for Player B to block and hand pass to Player C, who throws for Player D and so on

Develop the Skill

Block Ball
Aim is to block and catch the ball once struck into your section of the court.

Skill Point Game
5pts for a goal, 2pts for blocking a Ball into the hand successfully
4. Controlling a Moving Ball

- Introduce
- Demonstrate
- Execute
- Attend

The ability to Control a Moving Ball is one of the most important skills in hurling. As the ball travels along the ground or in the air, players need to be able to control the ball while moving at full pace. Players who have the ability to control a moving ball are often said to have a good ‘first touch’.

Look out for:
- Holding the hurley at full length
- Not bending at the hips and knees to adopt the lifting position
- Pushing the hurley through the ball

In the air move hurley to intercept the ball

Release non-dominant hand to catch

Hold the Hurley at an angle to deflect the ball towards the body

Adopt the lifting position

Controlling a Moving Ball

Practice the Technique

Move and Control
Move to the ball, control it and return it

Centre and Control
Players on the outside in turn strike the ball for the centre player to control and return

Opposed Control
Second player provides shadow opposition to centre player controlling the ball

STEP

Develop the Skill

Control and Strike Relay
Players move the ball up and down the line

Piggy in the Middle
Player in the middle attempts to block the ball while outside players pass and control

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
Monday Afternoon – Football – Fé 8

3. Bounce

- Introduce
- Demonstrate
- Execute
- Attend

The Bounce is a basic technique in Gaelic Football used to play the ball in order to keep possession without fouling. When in possession, it is possible to take a maximum of four steps without playing the ball. After the four steps, the player has the choice of bouncing the ball, performing a toe tap, or playing the ball away. The ball may not be bounced more than once in succession.

Pg. 29-34 FFD

Look out for:
- Bouncing the ball with two hands
- Bouncing the ball too hard or too soft
- Attempting to catch with one hand

Extend both arms towards the ball as it returns

Hold the ball securely and bring it into the body

Bounce
Practice the Technique

Bounce on the Move
Player moves four steps, bounces and passes on to the next player

Slalom Bounce
Players bounce the ball while running around each cone, alternating hands.

Bounce and Turn
Players perform the Bounce while rounding each cone randomly

Develop the Skill

Space Invaders
Players bounce the ball in as many hoops as possible in one minute

Grid Swap
In turn, each team returns each ball to their grid bouncing the ball along the way.

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Monday Afternoon – Football – Fé 8

15. Side Step

- Introduce
- Demonstrate
- Execute
- Attend

Run directly towards opponent

Plant foot firmly to one side

Look out for:
- Not transferring weight
- Playing the ball during the side step
- Taking too many steps to get past the opponent

Push hard off planted foot to other side

Continue forward in new direction

The Side Step is a basic technique in Gaelic Football used to evade an opponent while in possession of the ball. The technique involves a shift in weight from one leg to the other, tricking the opponent into tackling to one side while the player moves off to the other.

Pg. 41-46 FFD

Side Step
Practice the Technique

Step Left Step Right
Each player approaches and Side Steps the middle player

Side Step and Bounce
Each player takes one bounce and Side Steps the middle player

Side Step Slaloms
Each player jogs forward and Side Steps the markers in turn.

Develop the Skill

Pass the Guard
Attackers run forward and Side Step the defenders in the centre and continue on

Side Step, Bounce and Score
Attackers Side Step the defender, bounce and kick for a score.

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Monday Afternoon – Football – Fé 10

A:

Reach Catch

- Introduce
- Demonstrate
- Execute
- Attend

The Reach Catch in Football is a technique used to catch the ball when it approaches at or above head height. It forms the basic element of the overhead catch.

Pg. 49-54 FFD

Reach Catch

Practice the Technique

- Partner Catch
  Throw the ball up for your partner to Reach Catch

- Pressure Catch
  Outer players throw the ball in turn for the middle player to Reach Catch.

- Opposed Catch
  One player in the middle Reach Catches for the ball while the other provides opposition

Develop the Skill

- Piggy in the Middle
  Player in the middle tries to intercept the ball while the other players throw to each other

- Keep Ball
  Retain possession by kick or hand passing to a teammate who has to Reach Catch.
Checking

- Introduce
- Demonstrate
- Execute
- Attend

Position the body between the opponent and goal.

Look out for:
- Poor positioning
- Reaching in and losing balance
- Crossing the legs

Aims spread out. Use short steps.

Keep one foot slightly ahead for balance.

Attempt to intercept when given an opportunity.

Checking in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently it is a very effective form of tackle.

Pg. 79-84 FFD

Checking

Practice the Technique

Hang On
Defender tries to remain in contact with the attacker using one arm.

Zig-Zag Check (with ball)
B faces A and attempts to maintain the 'Check' position throughout.

Grid Check
Defenders attempt to 'Check' the attacker after he has rounded the corner.

Develop the Skill

Check Mate
Attacker tries to progress to score while the defender attempts to Check and dispossess.

Check Zone
Attackers attempt to pass the defenders who try to Check them and prevent them from scoring.
6. Crouch Lift

- Introduce
- Demonstrate
- Execute
- Attend

The Crouch Lift is a basic skill in Gaelic Football used to lift the ball from the ground into the hands.

Look out for:
- Not crouching to lift the ball
- Not placing the hands in front of the ball
- Touching the ball on the ground
- Not planting the support foot beside

Crouch Lift

Practice the Technique

Lift and Drop
Player jogs forward to Crouch Lift the ball, places the ball at the next marker and continues on.

Bridge Ball
Player rolls ball between partner’s legs and runs on to Crouch Lift it as it moves away.

Tussle and Lift
Coach rolls the ball forward for each pair to chase and contest.

Develop the Skill

Scatter and Lift
Attackers try to crouch lift as many balls in 30sec while the defenders try to oppose them.

Grid Swap
Each team in turn Crouch Lifts all the balls into their grid.
8. Fist Pass

- Introduce
- Demonstrate
- Execute
- Attend

The Fist Pass is a variation of the hand pass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fisted pass will travel a greater distance than an open handed hand pass.

Look out for:
- Striking the ball from underneath
- Throwing the ball
- Failing to keep the holding hand stationary
- Holding the ball too near or too far

Practice the Technique

Develop the Skill

- Stationary Pass
  - Each Player in turn Fist Passes the ball to their partner for 1 minute

- Move and Pass
  - Players move forward and Fist Pass to the opposite player and continue to the other side

- Pressure Pass
  - Players in turn Fist Pass the ball to the middle player who moves to receive the return pass

- Dodge Ball
  - 2 Players score him by striking the other player with the Fist Pass

- Goals Galore
  - Players can only use the Fist Pass to pass the ball and score

STEP

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
11. Low Catch

- Introduce
- Demonstrate
- Execute
- Attend

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

Low Catch
Practice the Technique

Islands
Players throw the ball to the feet of the next player to Low Catch

Move and Catch
Players roll the ball for the opposite player to run forward and Low Catch

Star Drill
Player throws the ball for the player on the second marker to then run to Low Catch

Develop the Skill

Pass the Guard
Outer players try to throw the ball low past the middle player, for opposite players to Low Catch

Beat the Circle
Team A throws the ball around the circle while Team B runs around the circle in relay
The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

**Practice the Technique**

- **Throw and Body Catch**: Each player in turn throws the ball for their partner to catch.
- **Handball Bob**: Player throws the ball for the opposite player to run on and catch at the halfway marker.
- **Star Drill**: A player throws the ball for the second player on their right to catch and runs to the back of that line.

**Develop the Skill**

- **Piggy in the Middle**: Middle player tries to intercept the ball while the outer players throw the ball to each other.
- **Over the River**: Throw the ball to make it difficult for the opposition to Body Catch.
1. Block Down

- Introduce
- Demonstrate
- Execute
- Attend

The Block Down is a tackling technique used to prevent the opponent shooting or passing to another player. In scoring situations, the Block Down is an effective and dramatic defensive skill.

Look out for:
- Shying away from contact
- Missing the ball
- Closing the eyes

Block ball at point of contact with the boot

Practice the Technique

**Partner Block**
Player A tosses the ball for player B in a kneeling position to Block Down

**Zig-Zag Block**
One player moves from cone to cone and tries to Block each player

**Hit the Target**
A passes to B, who rounds the cone and passes to D while C tries to Block Down

Develop the Skill

**Grid Block**
Team retain possession by kick passing while the other team tries to gain possession by Blocking down

**Shoot and Block**
Attacker rolls to goal, when they attempt to shoot the defender tries to Block them
Tuesday Morning – Football – Fé 10

17. Solo

- Introduce
- Demonstrate
- Execute
- Attend

Release ball into the hand on kicking side
Step forward, Drop the ball on to the foot

Look out for:
- Using the opposite hand to drop the ball
- Throwing the ball
- Not using a straight leg
- Soloing too high

When ball impacts on foot, flick toes up
Extend arms to catch the ball

The Solo in Gaelic Football is a technique used to play the ball in order to keep possession without fouling. It is used to carry possession to a better position or to evade an opponent. A solo run may incorporate a sequence of alternating bounces and toe taps, or just toe taps.

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Solo

Practice the Technique

Stationary Toe Tap
Players Solo the ball on the spot.

Toe Tap, Turn and Pass
Players Solo out around the cone, turns and fist passes to the next player

Crazy Solo
Players Solo in an anti-clockwise direction around the first and centre marker each time

Develop the Skill

Tee-Tap Tag
One player Solo’s around the grid and attempts to tag the other players

Skill Point Invasion Game
One team Punt Kicks to the other team, who then Solo and hand passes the ball up the field and through the goals to score
The Punt Kick is one of the most common foot passing techniques in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

**Look out for:**
- Lifting the head too early
- Dropping the ball with the opposite hand to kicking foot
- Toes not pointed

**Punt Kick**

*Practice the Technique*

- **Pass and Follow**: Each player Punt Kicks to the next player and continues to that line.
- **Down the Line**: Players move forward and Punt Kick the ball to the next player and join the back of that line.
- **Six Star Drill**: Players Punt Kick to the player at the second marker on their right and join that line.

*Develop the Skill*

- **Empty the Circle**: Players in the circle keep the circle clear by Punt Kicking any balls out of it.
- **Hit the Cones**: Players Punt Kick the ball to hit the cones in the middle.
18. The Roll

- Introduce
- Demonstrate
- Execute
- Attend

The Roll is an evasion technique used in Gaelic Football when the player in possession goes into contact with an opponent. To perform the technique, the player in possession uses the contact to roll away from the opponent and change direction.

Look out for:
- Using a bounce going into the Roll
- Planting the ‘wrong’ foot
- Rolling across the front
- Not protecting the ball

The Roll Practice the Technique

Grid Roll
Players in turn move around the grid and practice the Roll technique.

Dancing Fast
One from each pair run to the centre and perform the Roll at each marker.

Tackle Bag Roll
Players in turn jog through the formation performing the Roll at each tackle bag.

Develop the Skill

Roll and Shoot
Attackers use the Roll to get past the defender and then shoot for a score.

2v1
Attackers must perform the Roll in the grid before shooting.

PG. 111-116 FFD
Tuesday Afternoon – Hurling – Fé 8

18. Shoulder Clash

- Introduce
- Demonstrate
- Execute
- Attend

- Move towards the ball in the Ready position
- Move to the Look position, Eyes on the ball
- One foot on the ground
- Use Two-handed swishy action to swing

Look out for:
- Not getting close enough to the opponent
- Not locking the hands
- Swinging too slow

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Shoulder Clash is a basic contact skill required by hurling players. This is where players make shoulder to shoulder and hip to hip contact when contesting for possession.

Pg. 23-28 Hurling Fun Do

Shoulder Clash

Practice the Technique

1, 2, 3 Clash
Players pair off and run forward to clash on Coach’s hurley

Jog and Clash
Each pair jogs forward and clashes on each ball in sequence

Zip-Zap Clash
Pairs run around each cone and clash on each ball in the centre in sequence

Develop the Skill

A Race Against Time
Pairs run through the grid clashing on each ball. Player who strikes the most balls wins

Skill Point Game
3pts for a goal, 2pts for a successful Shoulder Clash

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Tuesday Afternoon– Hurling – Fé 8

13. Hook

- Introduce
- Demonstrate
- Execute
- Attend

The Hook is a tackling technique used in hurling to prevent an opponent from striking the ball on the ground or from the hand. It involves hooking or deflecting the swing of the hurley from behind the opponent.

Look out for:
- Hooking from the front
- Not striding into the tackle
- Not following up on the ball

Pg. 47-52 Hurling Fun Do

Hook
Practice the Technique

Develop the Skill

STEP

Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
12. Hand Pass

- Introduce
- Demonstrate
- Execute
- Attend

The Hand Pass is a hurling technique used to pass the sliotar over short distances by striking it with the palm and fingers in one hand. It is used when the player is unable to get into a position to strike the sliotar with the hurley, or to retain possession when under pressure from the opposition.

Pg. 91-96 Hurling Fun Do

Hand Pass

Practice the Technique

Pass in Pairs
Hand Pass the ball to your partner who hands it back.

Feature Pass
Central player must take and return a Hand Pass from the other two players.

Move and Pass II
Players hand pass the ball over and back to each other and continue in opposite cone.

Develop the Skill

Possession Hand Pass
Team A retains possession by Hand Passing. Team B tries to gain possession by interception.

Captain Ball
One player acts as goal receiver, scores by Hand Passing the ball to the goal receiver.
### 18. Shoulder Clash

**Move towards the ball in the Ready position**

**Move to the Lock position, Eyes on the ball**

**Look out for:**
- Not getting close enough to the opponent
- Not locking the hands
- Swinging too slow

**Elite Image**

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Shoulder Clash is a basic contact skill required by hurling players. This is where players make shoulder to shoulder and hip to hip contact when contesting for possession.

Pg. 23-28 Hurling Fun Do

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**Shoulder Clash**

**Practice the Technique**

- **1-2-3 Clash:** Players pair off and run forward to clash on Coach’s hurley.
- **Jog and Clash:** Each pair jogs forward and clashes on each ball in sequence.
- **Zip-Tap Clash:** Pairs run around each other and clash on each ball in the center in sequence.

**Develop the Skill**

- **A Race Against Time:** Pairs run through the grid clashing on each ball. Player who settles the most balls wins.
- **Skill Point Game:** 3pts for a goal, 2pts for a successful Shoulder Clash.

**STEP**

- Basic Drill
- Intermediate Drill
- Advanced Drill
- Fun Game
- Modified Game
- Game Play Drill
1. Batting a Ball Overhead

- Introduce
- Demonstrate
- Execute
- Attend

Batting a Ball Overhead is a skill mostly used by defenders and midfielders to prevent the ball passing through and to play the ball back in the direction it has come from. With correct positioning and timing, the ball can be batted a considerable distance and with accuracy to a team mate.

Pg. 123-128 Hurling Fun Do

Practice the Technique

- Imaginary Bat: Players perform the overhead bat on an imaginary ball
- Batting in Pairs: Players throw the ball up for their partner to bat overhead
- Attack and Bat: Player A throws the ball for Player B to attack and bat. Player C catches and throws for Player A

Develop the Skill

- Target Bat: Middle player throws the ball for outer players to bat back in turn
- Bat and Back: Players bat the ball over and back continually
Tuesday Afternoon – Hurling – Fé 12

9. Ground Flick

- Introduce
- Demonstrate
- Execute
- Attend

The Ground Flick is a tackling skill used in hurling. The player sacrifices power and distance in the ground stroke by flicking with one hand on the hurley to increase the speed of the stroke. The Ground Flick gives the player a better reach in order to win possession. It is often used when the player finds themselves behind their opponent when going for the ball. It is important that players follow up on the flick to gain possession.

Pg. 129-134 Hurling
Fun Do

Ground Flick
Practice the Technique

- Ground Flick Dribble: Players move the ball around the grid with the dominant hand on the hurley.
- Stand and Flick: Move to each marker where Player B tries to flick the ball away from Player A.
- Roll and Flick: Coach throws the ball, both players run after it. Player A tries to flick it ahead of Player B who tries to strike it.

Develop the Skill

- Keep Ball: One player keeps possession the other tries to flick the ball away while avoiding the other pair.
- One on One: The attackers dribble towards goal, the defenders give chase and attempt to flick the ball.

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Wednesday Morning – Hurling – Fé 8

3. Chest Catch

- Introduce
- Demonstrate
- Execute
- Attend

Catching is the most effective way of stopping, gaining possession and controlling a ball. The Chest Catch is a particular catching technique used when the ball is dropping from a height and the player has time to cushion it into his chest. It is predominantly used by the goalkeeper.

Pg 11-16 Hurling Fun Do

Chest Catch

Practice the Technique

Partner Catch
Throw the ball for partner to catch

Move to Catch
B runs to catch the ball A throws.

Move and Catch
Players move to receive the ball from their partner while moving across the field

Develop the Skill

Keep Ball
No hurley. Players maintain possession by throwing the ball for a team mate to chest catch.

Beat the Circle
Team A throws the ball around the circle while Team B runs around the circle in relay

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Wednesday Morning – Hurling – Fé 8

10. Ground Strike

- Introduce
- Demonstrate
- Execute
- Attend

Striking the ball on the ground is one of the most important techniques in hurling. Players should be introduced to the skill by attempting to strike a stationary ball on the ground from a stationary position. It is important that players are taught to strike from the dominant and non-dominant side from an early age.

Pg. 35-40 Hurling Fun Do

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Ground Strike

Practice the Technique

- Tyre Strike: In pairs players strike against the tyres in turn
- Striking in Pairs: Players strike on both sides to their partner who blocks it and strikes it back
- Striking in Pairs: Accuracy: Players strike on both sides between the cones to their partner who blocks it and strikes it back

Develop the Skill

- Golf Goals: Players in relay attempt to strike the ball through each set of cones, counting the number of shots
- Four Goal Game: Each team defends two goals but no goalkeepers are allowed

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STEP

Basic Drill, Intermediate Drill, Advanced Drill, Fun Game, Modified Game, Game Play Drill
10. Ground Strike

- Introduce
- Demonstrate
- Execute
- Attend

Striking the ball on the ground is one of the most important techniques in hurling. Players should be introduced to the skill by attempting to strike a stationary ball on the ground from a stationary position. It is important that players are taught to strike from the dominant and non-dominant side from an early age.

Pg. 35-40 Hurling Fun Do

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**Ground Strike**

Practice the Technique

- Tyre Strike: In pairs, players strike against the tyres in turn.
- Striking in Pairs: Players strike on both sides to their partner who blocks it and strikes it back.
- Striking in Pairs: Accuracy: Players strike on both sides between the cones to their partner who blocks it and strikes it back.

Develop the Skill

- Golf Goals: Players in relay attempt to strike the ball through each set of cones, counting the number of shots.
- Four Goal Game: Each team defends two goals but no goalkeepers are allowed.

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Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
Wednesday Morning – Hurling – Fé 10

14. Jab Lift

- Introduce
- Demonstrate
- Execute
- Attend

Stride towards the ball

Adopt the lifting position

Slide the toe under the ball to lift it.

Allow ball to fall into non-dominant hand

Look out for:
- ‘Toe’ facing inwards
- Holding the hurley at too great an angle
- Catching the ball in the dominant hand

The Jab Lift is a hurling technique used to raise the sliotar from the ground into the hand. The technique is normally used when the player wants to lift a ball into the hand on the run without stopping. It is also used for a free puck.

Pg. 73-78 Hurling Fun Do

Jab Lift

Practice the Technique

Move and Jab Lift
Jog forward and jab lift the ball, continue on and drop the ball at the next marker.

Chase and Lift
Throw the ball in front, jog on and jab lift before it stops moving.

Jab Lift with Opposition
Player A runs forward to jab lift the ball while Player B provides shadow opposition.

Develop the Skill

Grid Swap
Jab lift each ball and transfer it to the second grid in turn. The quickest team wins.

Musical Chairs
Players move to the nearest ball on the whistle. Player without a ball leaves the grid.

STEP

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
Wednesday Morning – Hurling – Fé 12

19. Solo Run

- Introduce
- Demonstrate
- Execute
- Attend

The Solo Run is a skill in hurling used to carry the ball to a better position before striking or passing the ball, or to get away from an opponent. There are two variations of the Solo Run. The ball may be carried by balancing it on the hurley, or by hopping it on the hurley. It is important that young players are taught when to use Solo Run and not to over use the skill.

Look out for:
- Holding the hurley with the ‘Toe’ facing in
- Holding the hurley at full length

Balance or hop the ball on the hurley
Use short grip when starting off

Solo Run
Practice the Technique

- Straight Line Solo
  Solo out and around the far cone and hand passes to the next player.

- Solo and Pass
  Solo towards the next cone and Hand Pass to the next player.

- Zig Zag Solo
  Solo out and around each cone. Then solo straight back and hand pass to the next player

Develop the Skill

- Grid Swap
  Each player in turn Solos all the balls from one grid to the other. First team finished wins.

- On the Run
  Score by Soloing over the opposition’s end line. Player’s can only Solo or hand pass

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
**Wednesday Morning – Hurling – Fé 12**

**5. Doubling Back**

- Introduce
- Demonstrate
- Execute
- Attend

Move towards the ball in the ready position

Slide the non-dominant hand into Lock Position

Look out for:
- Trying to hit the ball too hard
- Not moving feet to align hips and shoulders with flight of ball
- Lifting the head too early

Eyes on ball. Swing down to connect with the ball in line with lead foot.

Head down, follow through in direction of target

**Doubling Back**

**Practice the Technique**

Goal Strike
Double on the ball and try to score on your partner

Wall Ball
Strike the ball off the wall for next player to double on.

Centre and Double
Player in the middle doubles on the ball in turn.

**Develop the Skill**

Clear the Circle
Players in the circle double on the ball to keep the circle clear

Wall Ball
1v1 or 2v2 players attempt to score on opponent by doubling on the ball in turn.

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Striking a ball first time back in the direction it has come from is an advanced skill that can change the direction of the play quickly and effectively. It can be difficult to control the direction and power of the strike. However, it is most common among defenders to double on a ball that has been played into their space.

Positioning the feet correctly and judging the pace and flight of the ball are vital to performing the technique effectively.

Pg. 117-122 Hurling Fun Do

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Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
Wednesday Afternoon – Football – Fé 8

2. Body Catch

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Closing the eyes
- Leaning back as the ball approaches
- Keeping the arms too far apart

Move to receive the ball
Extend arms out in front of the chest
Relax chest on impact to cushion the ball

The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

Pg. 11-16 FFD

Body Catch

Practice the Technique

- Throw and Body Catch:
  Each Player in turn throws the ball for their partner to catch.

- Handball Bob:
  Player throws the ball for opposite player to run on and catch at the halfway marker.

- Star Drill:
  A player throws the ball for the second player on their right to catch and runs to the back of that line.

Develop the Skill

- Piggy in the Middle:
  Middle players try to intercept the ball while the outer players throw the ball to each other.

- Over the River:
  Throw the ball to make it difficult for the opposition to Body Catch.
Wednesday Afternoon – Football – Fé 8

11. Low Catch

- Introduce
- Demonstrate
- Execute
- Attend

Get behind the ball as it approaches
Extend the arms low
Step forward and Place one foot beside the ball
Hold the ball securely and bring into the chest

Look out for:
- Not getting low enough
- Keeping the arms and hands too far apart

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

Pg. 17-22 FFD

Low Catch

Practice the Technique

Islands
Players throw the ball to the feet of the next player to Low Catch

Move and Catch
Players roll the ball for the opposite player to pass forward and Low Catch

Snap Drill
Player throws the ball for the player on the second marker to their right to Low Catch

Develop the Skill

Pass the Guard
Outer players try to throw the ball low past the middle player, for opposite players to Low Catch

Beat the Circle
Team A throws the ball around the circle while Team B runs around the circle in relay

STEP

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
8. Fist Pass

- Introduce
- Demonstrate
- Execute
- Attend

The Fist Pass is a variation of the hand pass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fisted pass will travel a greater distance than an open handed hand pass.

Look out for:
- Striking the ball from underneath
- Throwing the ball
- Failing to keep the holding hand stationary
- Holding the ball too near or too far

**Fist Pass**

*Practice the Technique*

Stationary Pass
Each player in turn, fist passes the ball to their partner for 1 minute

Move and Pass
Players move forward and fist pass to the opposite player and continue to the other side

Pressure Pass
Players in turn, fist pass the ball to the middle player who moves to receive the return pass

**Develop the Skill**

Dodge Ball
2 players score hit by striking the other player using the Fist Pass

Costa Calore
Players can only use the Fist Pass to pass the ball and score
16. Side to Side Charge

- Introduce
- Demonstrate
- Execute
- Attend

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Side to Side Charge is the basic contact skill required by football players. It may be used when the opponent is in possession of the ball, when they are playing the ball or when both players are moving in the direction of the ball to play.

Pg. 91-96 FFD

Practice the Technique

Imitation Charge
Each player steps towards each other and performs the Side to Side charge on the whistle

Tackle Bag Charge
Players in turn jog through the formation practicing the Side to Side charge

Charge and Lift
Coach rolls the ball for players to run on and contest using the Side to Side Charge

Develop the Skill

Charge Zone
Defenders and attackers enter the grid where defenders use the Side to Side charge on the attacker

One on One
Attacker attempts to get past the defenders and score, while defenders use the Side to Side charge on them
7. Feint and Side Step

- Introduce
- Demonstrate
- Execute
- Attend

The Feint and Side Step is a technique used to evade an opponent while in possession of the ball or to lose an opponent in order to find space. The aim of the technique is to disguise the intended direction of movement in order to move into a more advantageous position.

Look out for:
- Planting the foot too early
- Not transferring to one side
- Accelerating away too slowly
- Showing the ball too early

Quickly change direction

加速 gradually

Feint and Side Step

Practice the Technique

- Around the Man
  - A Feigns past each player to the end, B follows and so on.

- 1, 2, 3 Feint
  - Players enter the grid, approach each defender, feign and accelerate away.

- Along the line
  - Attacker must feign and pass the defending player accelerating through the cones to the other side.

Develop the Skill

- Tag
  - Attackers lose a life when the defender tags them by checking them in the zone.

- Chase and Score
  - Attacker moves forward and must Feint and Side Step the opponent before kicking for a point.

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Wednesday Afternoon – Football – Fé 12

Checking

Practice the Technique

- Hang On: Defender tries to remain in contact with the attacker using one arm.
- Zig-Zag Check (with ball): B faces A and attempts to maintain the ‘Check’ position throughout.
- Grid Check: Defenders attempt to ‘Check’ the attacker after he has rounded the corner.

Develop the Skill

- Check Mate: Attacker tries to progress to score while the defender attempts to Check and dispossess him.
- Check Zone: Attackers attempt to pass the defenders who try to Check them and prevent them from scoring.

STEP

Basic Drill | Intermediate Drill | Advanced Drill | Fun Game | Modified Game | Game Play Drill

Checking

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Poor positioning
- Reaching in and losing balance
- Crossing the legs

Arms spread out. Use short steps.

Position the body between the opponent and goal.

Keep one foot slightly ahead for balance.

Attempt to intercept when given an opportunity.

Checking in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently it is a very effective form of tackle.

Pg. 79-84 FFD
Thursday Morning – Football – Fé 8

5. Hand Pass

Introduce
Demonstrate
Execute
Attend

Support the ball in the palm of one hand
Extend the striking hand back
Strike through the middle of the ball
Follow through in the direction of the pass

Look out for:
- Hitting with the wrong part
- Not using a definite striking action

The Hand Pass is a basic technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the open free hand.

Pg. 35-40 FFD

Hand Pass

Practice the Technique

Hand Pass to Partner
Players Hand Pass to their partner in turn

Pressure Pass
Middle player in turn takes and returns a pass from outer players.

Zig Zag Pass
Players Hand Pass the ball for the next player to run on to and then take their places

Develop the Skill

Keep Ball
Players retain possession by Hand Passing to each other.

Around the Square Game
One teams Hand Passes clockwise around the square and the other go anti-clockwise

Step

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
Thursday Morning – Football– Fé 8

13. Punt Kick

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Lifting the head too early
- Dropping the ball with the opposite hand to kicking foot
- Toes not pointed

The Punt Kick is one of the most common foot passing techniques in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

Punt Kick

Practice the Technique

Pass and Follow
Each player Punt Kicks to the next player and continues to that line

Down the Line
Players move forward and Punt Kick the ball to the next player and join the back of that line

Six Star Drill
Players Punt Kick to the player at the second marker on their right and joins that line

Develop the Skill

Empty the Circle
Players in the circle keep the circle clear by Punt Kicking any balls out of it

Hit the Cones
Players Punt Kick the ball to hit the cones in the middle

Pg. 23-28 FFD
Thursday Morning – Football – Fé 10

10. Hook Kick

- Introduce
- Demonstrate
- Execute
- Attend

The Hook Kick is a kicking technique used in Gaelic Football. It is predominantly used to shoot for points but is also used to pass to a team mate at an angle to the player in possession.

Look out for:
- Not pointing the shoulders towards the target
- Dropping the ball with the opposite hand to the kicking foot
- Lifting the head too early

Hook Kick

Practice the Technique

- **Partner Kick**: Each player in turn Hook Kicks the ball to their partner
- **Around the Square**: A Hook Kicks to B who first passes to C who hook kicks to D and so on.
- **Kick and Move**: Players Hook Kick to each other while stationary and while moving between cones

Develop the Skill

- **Ball's Eye**: Players attempt to land the ball in the centre square or circle by Hook Kicking the ball
- **Hooked**: No goalkeepers, score by Hook Kicking the ball between the cones

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Pg. 61-66 FFD
6. Crouch Lift

- Introduce
- Demonstrate
- Execute
- Attend

The Crouch Lift is a basic skill in Gaelic Football used to lift the ball from the ground into the hands.

Look out for:
- Not crouching to lift the ball
- Not placing the hands in front of the ball
- Touching the ball on the ground
- Not planting the support foot beside

Crouch Lift
Practice the Technique

- Lift and Drop: Player jogs forward to Crouch Lift the ball, places the ball at the next marker and continues on.
- Bridge: Player rolls the ball between partner’s legs and runs on to Crouch Lift it as it moves away.
- Twist and Lift: Coach rolls the ball forward for each pair to chase and contest.

Develop the Skill

- Scatter and Lift: Attackers try to Crouch Lift as many balls in 30 sec while the defenders try to oppose them.
- Grid Swap: Each team to turn Crouch Lift all the balls into their grid.

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
9. High Catch

- Introduce
- Demonstrate
- Execute
- Attend

Moving forward, extend upwards

Extend the arms fully above the head

Catch the ball slightly in front of the head

Secure the ball to the chest

The High Catch is one of the most spectacular techniques in Gaelic Football and is used to field the ball from the air. It is used in particular to win possession from a kick out or long pass.

Pg. 105-110 FFD

High Catch

Practice the Technique

Player in turn throws the ball up for their partner to High Catch

A jogs backwards, throws the ball up for B to run onto and High Catch

One player in the middle High Catches the ball while the other provides opposition

Develop the Skill

Players kick the ball to the opposition, if the ball touches the ground the nearest player joins the other team

Coach throws the ball for the attacker to High Catch and kicks for a score, defender tries to block it
12. Near Hand Tackle

- Introduce
- Demonstrate
- Execute
- Attend

Move in close to the opponent
Step across the opponent’s space

Look out for:
- Tackling from behind
- Leading with outside leg
- Not targeting the ball
- Not timing the tackle

Flick the ball away with the nearest hand
Secure the ball to gain possession

The Near Hand Tackle is a tackling technique in Gaelic Football used to knock the ball from an opponent’s possession with the open hand.

Near Hand Tackle

Practice the Technique

On the Ball
One player bounces and toe taps the ball while the other attempts to step across and execute the Near Hand Tackle

Around the Block
Tackling player runs along the grid trying to perform the Near Hand Tackle on each player

Tackle to Team-Mate
A passes forward, B attempts the Near Hand Tackle and knocks the ball to C

Develop the Skill

Grid Tackle
2 players solo through the grid while the other two attempt the Near Hand Tackle

Skill Point Game
3pts for a successful Near Hand Tackle, 2pts for a goal

STEP

Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
Thursday Afternoon – Hurling – Fé 8

8. Frontal Ground Block

- Introduce
- Demonstrate
- Execute
- Attend

The Frontal Ground Block is a vital technique in hurling used to protect the player and block the ball. It is used when an opponent is attempting to strike the ball on the ground in the direction of the player making the tackle. It is very important that all young players are taught how to defend and protect themselves when in this situation.

Pg. 41-46 Hurling Fun Do

Look out for:
- Not stepping into the tackle
- Stepping into the tackle with the opposite hand and leg
- Not extending the dominant arm which may result in injury.

Frontal Ground Block

Practice the Technique

- Contact Block
  No ball. Players jog forward and attempt to block the coach’s swing

- Partner Block
  Player B attempts to block Player A when striking the ball

- Zig-Zag Block
  Players contest each ball after running around the cones. 1 player strike, 1 player block

Develop the Skill

- Player in the Middle
  Player in the middle attempts to block the outer players playing the ball

- Defend the Cone
  Centre player moves to block outer players in turn remaining around centre cone each time
20. Stopping a Ground

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Locking the hands
- Ball going underneath the hurley
- Reaching to block

Stopping a Ground Ball is a hurling technique used to stop a ball which is moving along the ground. It is one of the basic ways to intercept and gain possession of the ball.

Pg. 29-34 Hurling Fun Do

Stopping a Ground Ball

Practice the Technique

Roll and Block
Players roll the ball for their partner to stop. Alternate the rolls.

Run to Block
Player A rolls the ball for Player B to run out and stop it.

Turn and Block
Corner players in turn roll the ball for the centre player to block and return it.

Develop the Skill

Pass the Guards
Players A and C strike the ball to each other, while Player B tries to stop the ball.

Pinny in the Middle
Player in the middle tries to stop the ball as the outer players pass it around.

STEP

Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
7. Frontal Block

Introduce
Demonstrate
Execute
Attend

Look out for:
- Not stepping in to the tackle
- Dropping the hurley below opponents hurley
- Waiting for opponent’s hurley

The Frontal Block is a tackling technique in hurling used to block an opponent attempting to strike the ball from the hand or double on the ball in the air. To protect the player from being struck by an opponent’s hurley, it is vital to use the correct technique.

Pg. 85-90 Hurling Fun Do

Frontal Block
Practice the Technique

Contact Block
No ball, Players run forward to block down on the coach’s hurley

Turn and Block
No ball, Player in the middle in turn blocks the outer players

Hit the Target
A, strikes to B, C tries to block B when striking to D

Develop the Skill

Chase and Block
A solo to the cone and strikes for a score, B attempts to block A.

Skill Point Game
3 pts for a goal, 1 pt for a point and 1 pt for a successful block
15. Overhead Catch

- Introduce
- Demonstrate
- Execute
- Attend

Move towards the ball. Extend the non-dominant hand above the head.

Raise the hurley for protection.

Look out for:
- Moving too quickly underneath the ball.
- Grabbing at the ball.
- Failing to protect the catching hand.

Move to receive the ball at its highest point.

Relax the hand on impact.

The Overhead Catch is a hurling technique used to gain possession when the ball is approaching above head height. It requires excellent hand-eye coordination and is often spectacular in its execution.

Pg. 67-72 Hurling Fun Do
Thursday Afternoon – Hurling – Fé 12

16. Overhead Strike

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Trying to hit the ball too hard
- Not aligning the body
- Allowing the ball to drop too far

Move under the ball as it drops

Use a whippy action to strike the ball

The Overhead Strike is a skill that requires considerable amount of practice and is a spectacular element of the game when carried out successfully. If a player is not in a position to catch or gain control of the sliotar, the Overhead Strike is a quick and efficient means of moving play in the desired direction. It is a very effective technique for goal scoring as it is difficult for goalkeepers and defenders to react in time to stop the ball.

Pg. 135-140 Hurling Fun oD

Overhead Strike

Practice the Technique

Stand and Strike
Player A throws the ball for Player B to strike overhead to Player C, who plays it back to Player A to repeat

Move and Strike
Player A throws the ball for Player B to move and strike overhead to Player C

Opposed Strike
Second player in the middle provides shadow opposition to the other player

Develop the Skill

No Man’s Land
Objective is to strike the ball into the opponent’s section. No catching allowed

Skill Point Game
Points for a goal and points for striking the ball overhead successfully

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
2. Blocking a Ball

- Introduce
- Demonstrate
- Execute
- Attend

Look out for:
- Moving too quickly underneath the ball
- Holding the hurley with the ‘Toe’ pointing inwards
- Extending the hurley too far back.

As much of the game is played in the air, Blocking a Ball Overhead is an essential skill in hurling. The ability to block and control a ball overhead is vital to winning possession, particularly in the half back, midfield and half forward positions.

Pg. 99-104 Hurling Fun Do

Blocking a Ball Overhead

Practice the Technique

Block in Pairs
Throw the ball for partner to block overhead

Block and Pass
Player A throws the ball up for Player B to block, control and strike to Player C, rotate and repeat

Move and Block
Player A throws the ball up for Player B to block and hand pass to Player C, who throws for Player D and so on

Develop the Skill

Block Ball
Aim is to block and catch the ball once struck into your section of the court

Skill Point Game
3pts for a goal, 2pts for blocking a Ball into the hand successfully

STEP

Basic Drill
Intermediate Drill
Advanced Drill
Fun Game
Modified Game
Game Play Drill
Appendix C:

U CAN Awards

for

Hurling
**ONE ★ STAR CHALLENGES**

### CHALLENGE 1: Dribble

A skills challenge to test proficiency at the Dribble

**ORGANISATION**
- Place one cone for participating players to stand at
- Place a further line of four cones 2m apart beginning 3m from the first cone
- The player dribbles out and back through each of the cones
- Players are only permitted to play the sliotar forward. Playing the sliotar back or hitting a cone with the sliotar is not allowed

**SCORING**
- 1 point for dribbling out correctly and 1 point for dribbling back correctly, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

### CHALLENGE 2: Ground Strike

A skills challenge to test proficiency at the Ground Strike from a stationary position

**ORGANISATION**
- Mark out a goal 5m wide using two cones
- Place another cone a distance of 10m from the goal
- Place two sliotars alongside the 10m cone
- Using their preferred side the player strikes each sliotar in turn to pass through the goal

**SCORING**
- 1 point is awarded for each goal scored, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

### CHALLENGE 3: Chest Catch

A skills challenge to test proficiency at the Chest Catch

**ORGANISATION**
- The player holds the hurley in the dominant hand
- Throw the sliotar above the head and perform a Chest Catch as the sliotar drops

**SCORING**
- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points
CHALLENGE 1  RUNNING GROUND STRIKE

A skills challenge to test proficiency at the Ground Strike on the Run

ORGANISATION
- Set up the challenge as shown
- Place a slotted 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 slotted 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 2  ROLL LIFT

A skills challenge to test proficiency at the Roll Lift

ORGANISATION
- Place three cones to form a triangle, cones 3m apart
- Place a slotted at two of the cones
- The player, starting from cone 1, Roll Lifts each slotted into the hand, drops it on the ground and returns to cone 1

SCORING
- 1 point is awarded for each successful Roll Lift
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 3  STRIKE FROM THE HAND

A skills challenge to test the Strike from the Hand from a stationary position

ORGANISATION
- Place two cones 10m apart with two slotteds in between
- At a distance of 20m and 30m mark out two clear lines with cones
- While stationary, the player strikes the first slotted from the hand using one side and the second slotted using the opposite side

SCORING
- One slotted must pass the 30m line to score a point, the other must pass the 20m for a second point
- The slotted may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points
THREE★STAR CHALLENGES

**CHALLENGE 1  LIFT, CATCH AND STRIKE**
A skills challenge to test the Jab Lift and Strike while moving

**ORGANISATION**
- Place two cones 10m apart with two sliothars in between
- At a distance of 20m and 30m mark out two clear lines
- From the first cone the player runs and Jab Lifts either ball. Without breaking stride, strike the ball from the hand
- Continue around the second cone, attempt to strike the remaining ball using the opposite side

**SCORING**
- One sliothar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The sliothar may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points

**CHALLENGE 2  HAND PASS**
A skills challenge to test proficiency at the Hand Pass

**ORGANISATION**
- Place two cones 1m from a wall; place a sliothar at each
- The player Roll Lifts the sliothar at the first cone and Hand Passes it against the wall
- Catching it outside the 1m marker, the player places it back at the cone
- The skill is then repeated at the second cone

**SCORING**
- 1 point is awarded for each successful Hand Pass and catch, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

**CHALLENGE 3  OVERHEAD CATCH**
A skills challenge to test proficiency at the Overhead Catch

**ORGANISATION**
- Set up a grid 2m X 2m, with a further cone 3m-5m to each side
- The players line up at one side and the Coach stands at the other
- The Coach throws the sliothar under arm as the player moves into the square to catch the sliothar overhead
- The player then returns to the cone and repeats the challenge

**SCORING**
- 1 point is awarded for each Overhead Catch made
- Attempt the challenge six times giving a possible total of 6 points

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U CAN AWARDS / 3 STAR / CHALLENGES 1, 2 & 3
FOUR★STAR CHALLENGES

CHALLENGE 1: CONTROL AND STRIKE

A skills challenge to test Controlling a Moving Ball and Striking from the Hand on the run

**ORGANISATION**
- Mark two lines 20m either side of a central line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball towards the player
- The player controls the ball into the hand, strike the ball to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

**SCORING**
- 1 point is awarded for each slitor that passes over the 20m line
- The player is allowed only one touch to control the ball
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 2: DOUBLING

A skills challenge to test proficiency at Doubling on a moving ball on the ground

**ORGANISATION**
- Mark a line using two cones 15m apart
- Mark out another line 20m either side of this line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball along the ground towards the player
- The player doubles on the moving slitor to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

**SCORING**
- 1 point is awarded for each slitor that passes over the 20m line, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

CHALLENGE 3: SOLO RUN

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 slitor

**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
**FIVE-STAR CHALLENGES**

**CHALLENGE 1** SIDELINE CUT
A skills challenge to test proficiency at the Sideline Cut

**ORGANISATION**
- Mark a line using two cones; at a distance of 20m mark another line
- The player takes two Sideline Cuts, each to pass over the 20m line
- The sliotar may not touch the ground before it crosses the line

**SCORING**
- One point is awarded for each sliotar that crosses the 20m line, 2 points in total
- Attempt the challenge three times, giving a possible final total of 6 points

**CHALLENGE 2** FREE PUCK
A skills challenge to test proficiency at the Free Puck

**ORGANISATION**
- From a stationary position 30m from goal, the player lifts the sliotar and strikes it over the bar, without taking it into the hand
- Makes one attempt in line with the left goalpost and one attempt in line with the right goalpost

**SCORING**
- 1 point is awarded for each point scored
- Attempt the challenge three times, giving a possible total of 6 points

**CHALLENGE 3** LIFT AND STRIKE
A skills challenge to test proficiency of Lift and Strike on the run

**ORGANISATION**
- Place two cones 15m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines
- Beginning at one cone, run and Jab Lift one of the balls
- Without catching, strike the ball from the hurley to pass over either line
- Continue around the second cone; repeat using the opposite side

**SCORING**
- One sliotar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The ball must be lifted on the first attempt and must travel over the line without touching the ground
- Attempt the challenge three times, giving a possible total of 6 points
Appendix D:

U CAN Awards for Football
**ONE★STAR CHALLENGES**

**CHALLENGE 1: PUNT KICK**
A skills challenge to test proficiency at the Punt Kick

**ORGANISATION**
- Mark out a goal 2m wide with two cones
- Place another cone 8m from the goal where the players will kick from
- The player stands at the cone and attempts to kick the ball through the goal, once with their right leg and once with their left
- The ball must pass through the goal without bouncing or rolling

**SCORING**
- The player is awarded 1 point for each goal scored
- Attempt the challenge three times giving a possible total of 6 points

**CHALLENGE 2: BODY CATCH**
A skills challenge to test proficiency at the Body Catch

**ORGANISATION**
- The player throws the ball 1m above their head and catches it as it drops

**SCORING**
- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

**CHALLENGE 3: HAND PASS**
A skills challenge to test proficiency at the Hand Pass

**ORGANISATION**
- Place two cones 5m apart
- The performing player stands at one of the cones and attempts to Hand Pass the ball through a target held by another player at the second cone

**SCORING**
- 1 point is awarded for each Hand Pass through the target
- The challenge must be attempted six times, three with the left hand and three with the right giving a possible total of 6 points
**CHALLENGE 1: HOOK KICK**

A skills challenge to test proficiency at Hook Kicking for a point

**ORGANISATION**
- Place a cone 13m in front of the goals
- The player performs the Hook Kick from the cone attempting to score a point

**SCORING**
- 1 point is awarded for each point scored
- The challenge must be attempted six times, three with the left foot and three with the right foot, giving a possible total of 6 points

**CHALLENGE 2: HIGH CATCH**

A skills challenge to test proficiency at the High Catch

**ORGANISATION**
- Set up a grid 3m X 3m, with a further cone 3-5m to each side
- The player lines up at one side and the Coach (or a second player) stands at the other
- The Coach throws the ball underarm as the player moves into the square to catch the ball overhead
- The player then returns to the cone and repeats the challenge

**SCORING**
- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

**CHALLENGE 3: CROUCH LIFT**

A skills challenge to test proficiency at the Crouch Lift

**ORGANISATION**
- Set up three cones in a line at intervals of 5m
- Place a football at the first and the last cone
- Starting from one end the player Crouches the first ball and places it at the second cone
- Continuing on to the last cone, the player lifts the ball and returns to place it at the first cone
- Finally, the ball at the middle cone is lifted and placed at the last cone
- The challenge is complete when the player returns to the start

**SCORING**
- 1 point is awarded for each successful lift made at the first attempt
- The challenge must be attempted twice, giving a possible total of 6 points
**Challenge 1: Fist Pass**

A skills challenge to test proficiency at the Fist Pass

**Organisation**
- Using seven cones at intervals of 5m set up a formation as shown.
- One player, ‘the server’, stands at the first cone; a second player, ‘the challenger’, stands at the second cone.
- Player A throws the ball to Player B to catch; Player B then Fist Passes the ball back to Player A.
- They continue this, moving in a zig-zag formation, Player B using alternate hands each time.

**Scoring**
- 1 point is awarded for each Fist Pass made, three with the right hand and three with the left hand, giving a possible total of 6 points.
- Failing to catch the ball should not be penalised.

**Challenge 2: Toe Tap**

A skills challenge to test proficiency at the Toe Tap

**Organisation**
- Using seven cones at intervals of 5m set up a formation as shown.
- Beginning at one end the player Toe Taps as they round each of cones 2 to 6 in a zig-zag formation to finish with a final toe tap as they pass cone 7.
- The player must use their right foot to Toe Tap as they pass a cone to the right and their left foot as they pass a cone to the left.

**Scoring**
- 1 point is awarded for each successful Toe Tap, three with the right foot and three with the left foot, giving a possible total of 6 points.

**Challenge 3: Block Down**

A skills challenge to test proficiency at the Block Down

**Organisation**
- Place three cones to form a triangle, each cone 3m from the others.
- The kicker alternates between Cone 1 and 2.
- The blocker moves to block the kicker at Cone 1 and 2 in turn.

**Scoring**
- 1 point is awarded for each successful Block, one from the right and one from the left.
- The challenge must be attempted three times giving a possible total of 6 points.
**FOUR★STAR CHALLENGES**

**CHALLENGE 1  EVADE AND PUNT KICK**

A multi skill challenge to test the Solo, Evasion and the Punt Kick for a score

**ORGANISATION**
- Place one cone 30m in front of goal, place a ball at this cone
- Place a second cone 20m from goal and two further cones marking the 13m line
- From the first cone the player must Solo, Side Step the next cone, and Bounce the ball before Punt Kicking for a point before the 13m line
- The player repeats the challenge using the other foot

**SCORING**
- 1 point is awarded for each point scored, one using the right foot and one using the left
- Attempt the challenge three times giving a final possible total of 6 points

**CHALLENGE 2  CATCH AND KICK**

A multi skill challenge to test the High Catch and Hook Kick for a score

**ORGANISATION**
- The challenging player stands on the 20m line facing away from the goal
- Another player serves the ball for the player to Catch above their head before turning and Hook Kicking for a point with the dominant foot
- The challenge is repeated with the non-dominant foot

**SCORING**
- 1 point is awarded for each point scored
- Attempt the challenge three times giving a final possible total of 6 points

**CHALLENGE 3  FEINT AND PASS**

A multi skill challenge to test the Feint and Fist Pass for a score

**ORGANISATION**
- Place a cone on the 13m line
- Standing on the 20m line facing the goals the player rolls the ball, following to lift it as it moves away
- Continue using a Feint to evade a stationary defending player at the 13m cone before Fist Passing the ball over the bar from outside the small square
- Repeat the challenge lifting with the other foot, feigning to the opposite side and Fist Passing with the other hand

**SCORING**
- 1 point for each point scored, 1 using the right and 1 using the left hand
- The challenge must be attempted 3 times giving a possible total of 6 points
**Challenge 1: Block Down**

A skill challenge to test the Block Down on an opponent attempting to score.

**Organisation**
- Set up a grid in front of the goal area 7m x 7m
- The defending player stands between the grid and the goals
- The kicking player occupies the grid
- On the whistle the defending player rolls the ball to the kicking player
- Once in possession the kicking player must shoot for a point without otherwise playing the ball
- The defending player rushes forward to Block Down the shot

**Scoring**
- 1 point is awarded for each successful Block Down
- Attempt the challenge six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points

**Challenge 2: Punt Kick for Goal**

A multi skill challenge to test the Solo and Punt Kick for a goal.

**Organisation**
- Set up a formation as shown between the 30m marker and the 20m line
- Place 2 further markers directly in front of the scoring space as shown
- Beginning at the 30m marker, the player Solo's the ball around three of the cones in a zig-zag formation
- Use the outside foot to Solo the ball at all times
- The player Punts the ball before the 13m line

**Scoring**
- 1 point is awarded for each goal scored; the ball must pass under the crossbar without touching the ground
- The challenge must be attempted six times, three shots off the left and three off the right, giving a possible total of 6 points

**Challenge 3: Free Kick from Ground**

A skill challenge to test proficiency at the Free Kick from the Ground.

**Organisation**
- Place a football on the 13m line
- Keeping within the rules the player kicks the ball from the ground so as to pass over the crossbar

**Scoring**
- 1 point is awarded for each point scored
- The challenge must be attempted six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points
Appendix E:

Healthy Living

Food Pyramid
Drink water regularly - at least 8 cups a day

Choose any 6+

Choose any 5

Choose any 3

Choose any 2

Choose very small amounts

Use the Food Pyramid to plan your healthy food choices every day and watch your portion size.

www.health.gov/MyPlate

HEALTHY EATING PORTION SIZES
Carrigtwohill Juvenile GAA Club

Find us at www.carrigtwohillgaa.com

Follow us at @Carrig2hillGAA

Like us on https://www.facebook.com/carrigtwohillgaa

Watch us on http://www.youtube.com/user/CarrigtwohillGAAclub
In case of Emergency please note the numbers as follows:

Emergency Services        999 (or 112 on a mobile phone)
Barryscourt medical Centre     021 488 3895
Carrigtwohill Pharmacy       021 453 3755
East Cork Rapid Response

Cul Camp Admin - Juvenile Club Padraig Hogan 086 200 7733
Camogie Lorraine O’Connor 085 155 6927
Ladies Football Ciara Brennan

Carrigtwohill Club Committee:

Chairman Pat Horgan 087 251 0707
Secretary Conor Ahern 086 601 9162
Coaching Officer Kieran Brennan 086 334 3992
Carrig Og PRO David Sullivan 086 821 3185