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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1. The Format - Coaches, Kids and Rotation:

1.1 Coaching Groups:

There will be three coaching groups working with the three Ladies Gaelic Football Club groups. They are labelled as Group A, B and C for the purposes of the rotation below. They will be finalised before commencement of the camp on Monday:

Coaches & Assistants are as follows:

| Head Coach: | __________________________ |
| Group Coaches: | __________________________ | Assistants: | __________________________ |
|              | __________________________ |              | __________________________ |
|              | __________________________ |              | __________________________ |
|              | __________________________ |              | __________________________ |

1.2 Kids Age Groups and Zones:

The Age Groups are detailed below and are being allocated a zone on the playing surfaces as per the graphic. 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. Numbers below might not all be participating in the Camogie parts of the camp.

<table>
<thead>
<tr>
<th>Groups:</th>
<th>Approx. Numbers:</th>
<th>Group Colour:</th>
<th>Allocated Zone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 7 to 8</td>
<td>15</td>
<td>[yellow]</td>
<td>2</td>
</tr>
<tr>
<td>Ages 9 to 10</td>
<td>16</td>
<td>[blue]</td>
<td>1</td>
</tr>
<tr>
<td>Ages 11 to 12</td>
<td>17</td>
<td>[green]</td>
<td>4</td>
</tr>
</tbody>
</table>

Zones are as per this graphic: (note that Zone 1 is larger than 2 and 3 deliberately – older group)
### 1.3 Coach Rotation:

It is proposed that each of these Coaching Groups will rotate at the end of each of the Camogie 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 proposed 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>Camogie</td>
<td>A</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>C</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Tuesday PM</td>
<td>Camogie</td>
<td>A</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>C</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Wednesday AM</td>
<td>Camogie</td>
<td>A</td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>C</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Thursday PM</td>
<td>Camogie</td>
<td>A</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>C</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Friday AM</td>
<td>Camogie</td>
<td>A</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>C</td>
<td></td>
<td></td>
<td>1</td>
</tr>
</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 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 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 D 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 a PDF copy of the following for you own reading and information

- 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/](http://get.adobe.com/uk/reader/)).
### 2.2 Timetable - Mornings

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00-11:00</td>
<td>Second Term - The Young</td>
</tr>
<tr>
<td>10:00-10:10</td>
<td>Warm - up</td>
</tr>
<tr>
<td></td>
<td>Assembly / Brief Introduction / Roll call</td>
</tr>
<tr>
<td></td>
<td>Supervisors and Committee Preparation</td>
</tr>
<tr>
<td></td>
<td>Time / Am, Monday / Be Lush</td>
</tr>
<tr>
<td>10:10-10:45</td>
<td>Second Term - Playing Soccer</td>
</tr>
<tr>
<td>10:45-11:00</td>
<td>Second Term - Coaching Class</td>
</tr>
<tr>
<td></td>
<td>Football Challenge</td>
</tr>
<tr>
<td></td>
<td>Lunch / Lon</td>
</tr>
<tr>
<td>11:00-11:20</td>
<td>Football Coaching Class - Session 1</td>
</tr>
<tr>
<td></td>
<td>Lunch / Lon</td>
</tr>
<tr>
<td>11:20-11:40</td>
<td>Football Coaching Class - Session 2</td>
</tr>
<tr>
<td></td>
<td>Lunch / Lon</td>
</tr>
<tr>
<td>11:40-12:00</td>
<td>Lunch / Lon</td>
</tr>
<tr>
<td></td>
<td>Lunch / Lon</td>
</tr>
</tbody>
</table>

**Challenge Award**

- **Camogie Handline Challenges**

**Football Challenges**

- **Camogie**
  - Worked on/Target
  - End Resistant

- **Football**
  - Worked on/Target
  - End Posture
  - End Reaction
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30 - 1:20</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:20 - 1:45</td>
<td>1B - Frontal Block</td>
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<td>1:45 - 1:50</td>
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<td>1:50 - 2:15</td>
<td>F - 1B Frontal Block</td>
</tr>
<tr>
<td>2:15 - 2:20</td>
<td>F - 1B Frontal Block</td>
</tr>
<tr>
<td>2:20 - 2:25</td>
<td>F - 1B Frontal Block</td>
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<tr>
<td>2:25 - 2:40</td>
<td>F - 1B Frontal Block</td>
</tr>
<tr>
<td>2:40 - 2:45</td>
<td>F - 1B Frontal Block</td>
</tr>
<tr>
<td>2:45 - 2:50</td>
<td>F - 1B Frontal Block</td>
</tr>
<tr>
<td>2:50 - 3:05</td>
<td>F - 1B Frontal Block</td>
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<td>3:05 - 3:10</td>
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<td>3:50 - 4:05</td>
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<tr>
<td>12:50 - 13:05</td>
<td>F - 1B Frontal Block</td>
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</tbody>
</table>

**Afternoons:**

- 2:30 - 2:45: Tackle
- 2:45 - 3:00: Rugby
- 3:00 - 3:15: Cricket
- 3:15 - 3:30: Soccer
- 3:30 - 3:45: Baseball
- 3:45 - 4:00: Basketball
- 4:00 - 4:15: Football
- 4:15 - 4:30: Handball
- 4:30 - 4:45: Football
- 4:45 - 5:00: Handball
- 5:00 - 5:15: Football
- 5:15 - 5:30: Handball
- 5:30 - 5:45: Football
- 5:45 - 6:00: Handball
- 6:00 - 6:15: Football
- 6:15 - 6:30: Handball
- 6:30 - 6:45: Football
- 6:45 - 7:00: Handball
- 7:00 - 7:15: Football
- 7:15 - 7:30: Handball
- 7:30 - 7:45: Football
- 7:45 - 8:00: Handball
- 8:00 - 8:15: Football
### 2.4 Skill Cards Index:

Skill Cards are available in Appendix B as follows:

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Code</th>
<th>Drill</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday AM</td>
<td>01</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Monday PM</td>
<td>02</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Tuesday AM</td>
<td>03</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Tuesday PM</td>
<td>04</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Wednesday AM</td>
<td>05</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Wednesday PM</td>
<td>06</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Thursday AM</td>
<td>07</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Thursday PM</td>
<td>08</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Friday AM</td>
<td>09</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Friday PM</td>
<td>10</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>Fun Blitz</td>
<td>11</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Fun Blitz</td>
<td>12</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Fun Blitz</td>
<td>13</td>
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<td>-</td>
</tr>
<tr>
<td>Fun Blitz</td>
<td>14</td>
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<td>-</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Code</th>
<th>Drill</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>02</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>03</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>04</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>05</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>06</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>07</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>08</td>
<td>knee</td>
<td>Running/Canoeing</td>
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<tr>
<td>09</td>
<td>knee</td>
<td>Running/Canoeing</td>
</tr>
<tr>
<td>10</td>
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<td>-</td>
</tr>
<tr>
<td>14</td>
<td>-</td>
<td>-</td>
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</table>
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/footballskills

2.6 Organisers:

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>
<tr>
<td><strong>Dodgeball</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Buzzy Bees</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Game</td>
</tr>
<tr>
<td>-------------</td>
</tr>
<tr>
<td>Ladders</td>
</tr>
<tr>
<td>Clumps</td>
</tr>
<tr>
<td>Jack in the Box</td>
</tr>
<tr>
<td>Stuck in the Mud</td>
</tr>
<tr>
<td>Traffic Lights</td>
</tr>
<tr>
<td>Penguin Race</td>
</tr>
</tbody>
</table>

Good warm up game. Everyone in the group is it and
<table>
<thead>
<tr>
<th>Game</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everybodys It</td>
<td>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.</td>
</tr>
<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

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

STEP
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. (Pg. 29-34 Hurling Fun Do)

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

Move into the Blocking position on strong side

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

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.

Piggy 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
Monday Morning – Hurling – Fé 10

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 their movement limited 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

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 leave the grid.

STEP

Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
21. Striking from the Hand

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.

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

Swing downwards with a snappy action

Follow through

Striking from the Hand

Practice the Technique

Develop the Skill
2. Blocking a Ball

- Introduce
- Demonstrate
- Execute
- Attend

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 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.
4. Controlling a Moving Ball

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

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’.

Pg. 111-116 Hurling Fun Do
18. Shoulder Clash

- Introduce
- Demonstrate
- Execute
- Attend

Move to the Look position. Eyes on the ball

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

Move towards the ball in the Ready position

Use two-handed twisty action to swing

One foot on the ground

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

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
3 pts for a goal, 2 pts 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

Take position an arm and hurley length behind the opponent

Extend dominant arm while striding forward

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

Extend the hurley into opponent’s swing path.

Flick the waist as the opponent’s hurley is deflected.

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.

Pg. 47-52 Hurling Fun Do

Hook
Practice the Technique

Swing and Hook:
Player A attempts to Hook Player B when striking an imaginary ball.

Chase and Hook I:
Players jog towards the ball. Player B strikes the ball while Player A attempts to Hook him.

Chase and Hook II:
Player B throws the ball out and goes to strike it. Player A follows and tries to Hook Player B.

Develop the Skill

One on One:
Attackers dribble to mark and strike, defender gives chase and attempts to Hook them.

Skill Point Game:
3 pts for a goal. 1 pt for a successful Hook. No lifting of the shot is allowed.

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

- Introduce
- Demonstrate
- Execute
- Attend

Hold the hurley in the dominant hand

Toss the ball to below shoulder height

Look out for:
- Tossing the ball too high
- Striking with the palm of the hand
- Swinging the arm back too far

Strike through the ball in the direction of the receiver

Follow through to pass the ball

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

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Hand Pass
Practice the Technique

Pass in Pairs
Hand Pass the ball to your partner who hand passes 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 one another and continue to opposite cone.

Develop the Skill

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

Captain Ball
One player acts as goal receiver. Score by Hand Passing the ball to the goal receiver.

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

One foot on the ground

Use a Two-handed wisty action to swing

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

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 other 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 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

Batting a Ball Overhead 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

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

Basic Drill  Intermediate Drill  Advanced Drill  Fun Game  Modified Game  Game Play Drill
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
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 teammate to chest catch.
- Beat the Circle: Team A throws the ball around the circle while Team B runs around the circle in relay
10. Ground Strike

- Begin in the Ready Position
- Adopt the Lock Position
- Strike the ball "flat on" with the tip of the hurling
- Keep the head down and follow through

Look out for:
- Feet too close together
- Standing too far away from the ball
- Lifting the head too early

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

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
Wednesday Morning – Hurling – Fé 10

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

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
Wednesday Morning – Hurling – Fé 10

14. Jab Lift

- Introduce
- Demonstrate
- Execute
- Attend

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

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

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

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.
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 hurler, or by hopping it on the hurler. It is important that young players are taught when to use the Solo Run and not to over use the skill.

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

Balance or hop the ball on the hurler

Use short grip when starting off

Pg. 105-110 Hurling Fun Do
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

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

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.

STEP
Thursday Afternoon – Hurling – Fé 8

8. Frontal Ground Block

- Introduce
- Demonstrate
- Execute
- Attend

Adopt the Ready Position

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.

Release non-dominant hand

Step into the tackle with dominant foot

Extend the dominant arm to right angle with hurl

Block opponent hurling at point of strike

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

Players 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

STEP

Basic Drill Intermediate Drill Advanced Drill Fun Game Modified Game Game Play Drill
Thursday Afternoon – 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

Move into the blocking position on strong side

Kneel legs together to block the ball if missed by the hurley

Or lifting position in the middle

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

Pieze in the Middle
Player in the middle tries to stop the ball as the outer players pass it around.
Thursday Afternoon – Hurling – Fé 10

7. Frontal Block

- Introduce
- Demonstrate
- Execute
- Attend

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: 3pts for a goal, 1pt for a point and 1 pt for a successful block.

STEP

- Basic Drill
- Intermediate Drill
- Advanced Drill
- Fun Game
- Modified Game
- Game Play Drill
15. Overhead Catch

- Introduce
- Demonstrate
- Execute
- Attend

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

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

Overhead Catch
Practice the Technique

Overhead Catch
Throw the ball for your partner to catch
Overhead

Move and Catch
Player A throws the ball for Player B to catch while running between the cones.

Opposed Catch
Player A throws the ball for Player B to catch overhead while Player C provides shadow opposition.

Develop the Skill

Captain Ball
Hand Pass the ball for goal receiver to catch overhead to score

One on One
Coach throws the ball up for Player A to catch and shoot while Player B attempts to block.
16. Overhead Strike

- Introduce
- Demonstrate
- Execute
- Attend

Focus on the flight and pace of the ball
Move under the ball as it drops
Move to the lock position
Use a wavy action to strike the ball

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

The Overhead Strike is a skill that requires a 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
Thursday Afternoon – Hurling – Fé 12

B:

2. Blocking a Ball

- Introduce
- Demonstrate
- Execute
- Attend

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

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

Keep eyes on the ball. Block with the flat of the hurley.

Release grip to deaden the ball on impact and catch.

Extend the hurley above the head.

Thumbs point towards the bas.

Blocking a Ball Overhead

Practice the Technique

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

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

Block in Pairs
Throw the ball for partner to block overhead.

Develop the Skill

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

Aim is to Block and catch the ball once struck into your section of the court.
Appendix C:

U CAN Awards

for

Hurling
**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 slotted 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 slotted must pass the 30m line to score a point; the other must pass the 20m line 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

**CHALLENGE 2  HAND PASS**

A skills challenge to test proficiency at the Hand Pass

**ORGANISATION**
- Place two cones 1m from a wall; place a slotted at each
- The player Roll Lifts the slotted 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 player lines up at one side and the Coach stands at the other
- The Coach throws the slotted under arm as the player moves into the square to catch the slotted 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

U CAN AWARDS / 3 STAR / CHALLENGES 1, 2 & 3
**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 sliotar 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 sliotar 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 sliotar 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 sliotar.

**SCORING**
- 1 point is awarded for a successful Jab Lift and 1 point for a successful Solo, 2 points in total.
- Attempt the challenge three times giving a possible total of 6 points.
**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 slotar may not touch the ground before it crosses the line

**Scoring**
- One point is awarded for each slotar 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 slotar 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 slotars 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 slotar 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
Drink water regularly - at least 8 cups a day.

Choose any 6+ foods:
- Bread, cereals & pasta
- Vegetables
- Fruits
- Milk, cheese & yogurt
- Meat, fish, eggs & alternative
- Fats, oils & sugar

Choose any 3 foods:
- Cereals & pasta
- Vegetables
- Fruits

Choose any 2 foods:
- Meat, fish, eggs & alternative
- Fats, oils & sugar

Very small amounts:
- Fats, oils & sugar

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

Find us at  www.carrigtwohillgaa.com

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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 Padraic 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