

Session #4

U8 & U9

Total time: ~60 minutes

Warm Up (5 minutes. Get each player to count out 10 seconds per exercise. Perhaps get the players to suggest other exercises?)

- Jumping Jacks
- Squats
- Cross arms (left and right)
- Rotate arms forward
- Rotate arms backward
- Touch toes
- Run on the spot
- Get into pairs. Each player bends knees and gets into ready position. One player leads, moving left, right, forwards and backwards. The other player tries to copy move, as if marking in a game (this aids footwork)

Strike From Hand (2 or 3 games of this...up to 10 minutes in total)

Golf Hurling: Mark out a reasonably large square with a “goal” at each corner.

The idea is for each player to go around the course by hitting the sliotar through each of the goals from their hands. Look for players correctly lifting the sliotar.

In the first game each player goes individually.

In the second (and third) game, break them into evenly matched pairs and have them race each other.

Watch players lifting. We want to see them bending knees and using their full body. Also, watch for the full swing and a good follow through. Watch for players grip and that they don't change grip between lifting and striking This is a good exercise to get kids moving and laughing, as well as getting in some ball work.

Jab Lift & Hand Pass (10 minutes)

Break players up into 2 lines. Coach stands beside the top of the line. Throw the sliotar out. As you thrown, the first player races after it, jab lifts, turns and hand passes sliotar back to coach. Repeat.

Once everyone has 2 goes, have a race between the 2 lines.

Shoulder and Strike from the Hand (10 minutes)

Get players to line up. One coach stands in goals. The other kneels between players and goal.

Players throw out the sliotar, run after it, jab lift, hit the coach a shoulder and then strike from hand over the bar or into the goal. This one is usually good fun, with the coach in the middle ending up battered 😊

This gets the kids used to lifting the sliotar, immediately taking a physical challenge and then striking from the hand.

Hand Pass (5 to 10 minutes)

Beat the Circle. Players split into 2 teams. Team 1 stands in the circle, reasonably spread out. Other team stands outside the circle. On the whistle the team inside the circle try to complete as many hand passes as possible, while the other team run 1 at a time around the circle. Count the number of (proper!!) hand passes completed while the other team run around the circle. Then switch the teams around. The team that completes the most passes wins.

Mini Game (15 minutes)

Mark out a "pitch". Try to keep the game to between 5 and 7 a side. If there are more players than this, then make 2 games out of it. Various rules can apply, depending on what you're trying to teach.

Variations include:

- To practise the jab/roll lift, if a player successfully executes one, they get a free puc
- To practise pucking from the hand, if they score from the hand it counts as 2 scores (for this age group, a point should count as 2 points and a goal as 1 point....therefore if pucked form the hand a point is now 4 points and a goal 2 points)
- To practise hooking or blocking, if one is executed successfully, they get a free
- Etc...

