

Session #6

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)

Reflexes – Leg Work (5 to 10 minutes in total)

Put players into pairs. Get them into stand facing each other, hurleys in ready position, knees bent. Players keep on their toes. Player 1 moves in different directions, player 2 has to mimic them. Swap over when finished.

The purpose of this exercise is to get the kids used to using their leg muscles and reacting to the movements of the opposition player. This is a good exercise to get kids moving and laughing. It's a good warm up exercise too.

Frontal Block (5 to 10 minutes)

Put players into pairs. Player 1 pretends to strike a sliotar from the hand. Player 2 (in their own time), attempts to block them. Player 2 does NOT need to block every swing. Player 1 should vary their swing from left side to right side occasionally. Player 2 needs to react to this. The object is to block the hurley, not the sliotar. Good leg movement is needed to allow maximum reach.

Now that the kids are striking more from the hand, they need to be able to block down these strikes too.

Teamwork (10 minutes)

3 players line up together with 1 sliotar. The coach stands between them and the goal. The players have to move the sliotar to the goal while the coach tries to stop them. The players can solo, dribble, hand pass, strike from the hand, etc... The object of the game is to get them working together to get the sliotar past an opposition player, as they would in a game.

This drill teaches teamwork, but also teaches decision making under pressure.....do I hand pass, solo, dribble...??

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. It's also fun, as they love hitting the coach!!

Mini Game (10 to 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 from 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...

Homework

Roll lift sliotar into your hand.

Count how many you can do in 1 minute. 0-15 is Bronze, 16-25 is Silver and 26 + is Gold.

