

Session #5

U6

Total time: ~50 minutes

Movement Work (Serves as a Warm Up) (15 - 20 minutes.)

With U6s, it's important to remember that they get bored very easily. You have to have a lot of energy as a coach if you want to keep them engaged. It also helps to move reasonably quickly from one challenge to the next. You can always come back to something again. If you have some extra coaches, it could be a good idea to set up a number of stations with a different drill at each one. Give the kids 5-10 minutes on each before moving to the next station.

Try to have interaction and humour also. Kids that age love being asked questions (Who knows how to.....?).

Lay out lines of 5 evenly spaced cones, with a 6th cone a bit further out. Have enough lines so that there are only 3 or 4 children per line.

- Start with a couple of sprints around the 6th cone and back to the end of the line
 - After a couple of these, introduce a side to side movement between each of the first 5 cones and then back to the end of the line (The emphasis is on footwork and pushing off of the hip. It's not a race. Get them using quick footwork)
 - Next, get them to bunny hop over each of the cones then run to the back of the line
 - 3 Hops forward, 1 back, 3 hops forward then run to the back of the line (It's amazing how many will find the back hop difficult!)
 - All players in a line. On the whistle run forward, then (on the whistle) sideways to the left, then (on the whistle) sideways to the right, then (on the whistle) backwards
 - o This practices reaction times (to the whistle), as well as lateral and backward movement
 - Walk the dog
 - o Each player holds the hurley in their hurley hand. Place the heel of the hurley on the ground. As if walking a dog, guide the hurley around each of the cones and back to the start. It's important the feet go around the cones too.
- This exercise builds up strength and flexibility in the wrists

Ground Stroke (2 or 3 games of this...up to 15 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.

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 swings. We want to see them bending knees and using their full body. Also, watch for the full swing and a good follow through. This is a good exercise to get kids moving and laughing, as well as getting in some ball work.

Ground Block (5 minutes)

Demonstrate the skill first. Focus on the positioning of the feet....position of the hands....angle of the hurley to the ground (explain why! (to protect your hand and body))

Each player takes it in turn to block the coach.

Go in pairs, using a sliotar rope. One hits the sliotar, one blocks.

Roll Lift – Part 2 (5 - 10 minutes)

Lifting the sliotar is an advanced skill, so for the tots, this needs to be broken down into parts

The second part of the roll lift is rolling the sliotar up onto the bas. Give each child a sliotar. Get them to put the bas of the hurley well past the sliotar and then roll it back onto the bas.

Once they've started to master this, get them to see how many they can do in a minute, or how many they can lift into a tyre.

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.

Main emphasis here is to make sure each child gets a puck of the sliotar and has fun. Encourage good swings on the sliotar.

Homework

For next week, homework is 15 minutes of hitting the sliotar preferably with mammy/daddy/older brother or sister, but if not, then up against a wall. Tell them that next week, we'll be seeing who has the most improved swing.

