

Session #2

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.

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 Strike (15 to 20 minutes)

Use 2 sliotar ropes. Have 1 line of kids. Get them to walk alongside one of the ropes, striking off their left side, and walk back along the other rope striking off their right side.

It's crucial to instil the correct striking motion from the start. Ensure the child bends their knees (if the hurley is too big this won't be possible). At the start of the swing, the hurley should be across the front of the forehead, pointing in the direction the sliotar will be hit and parallel to the ground. The elbow of the arm furthest from the sliotar should be head height. Making a large C shape, the hurley should be whipped around using shoulders and wrists with a good follow through

Here's a video that may help: <https://www.youtube.com/watch?v=F1DkHK0lopU>

To help perfect the swing, it's also useful to use pole trainers (I.e. Sliotars on a stick).

Jab Lift (10 minutes)

Using the tyres, get the kids to try to scoop/jab lift the sliotars into the centre of the tyre.

After doing this for a while, you could split them up into 3 teams and have a race between them.

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 sings 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.

