

Session #3

U8 & U9

Total time: ~60 minutes

Warm Up (10 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)

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.

Strike From Hand (10 minutes)

Demonstrate the skill without a sliotar. Concentrate on perfecting the swing. Hitting the sliotar is just a consequence of the swing.

For the first part of this skill, just get them to hit an imaginary sliotar. Watch the form...knees bent, swing with full body, good follow through, pivot on feet...

For the second part, put them into pairs (or match them up with a coach). Coach/2nd player holds out their hurley as a target – first player practises the swing hitting the hurley.

For final part, 2 lines facing each other. Each person in a line is paired with someone in the opposite line. Puc the slotar to each other out of the hand.

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...

