

Session #1

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? As a fun addition see if players can count in Irish or in another language...)

- 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 games of this...up to 5 minutes each...so 10 minutes in total)

Mark out a large square with a line of cones in the middle. 1 team on 1 side, and the other team on the other. Both teams have a sliotar each.

Object of game is to hit sliotars into the other teams half.

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. If you play 2 games of this, ideally each team should win once...if possible.

Roll Lift (10 minutes)

Demonstrate the skill first. Exaggerate the roll. Focus on the positioning of the feet. Get down good and low...hurley almost parallel to the ground....position of the hands....

Zig Zag Roll Lift. 2 lines opposite each other. 4 cones between them laid out in a zig zag fashion. There's a sliotar at the 1st and 3rd cones. Player 1 roll lifts at cone 1 and drops at cone 2, then roll lifts at cone 3 and drops at cone 4. Then the 1st player in the 2nd line does the same. Repeat.

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 hand passes completed while the other team run around the circle. Then switch the teams around. The team that completes the most passes wins.

Frontal Block (5 minutes)

One handed block. Players stand in a circle and, like a fencer, step forward and block together in the centre. Get players to “hold” then hurleys are in the centre...note the position of their thumbs (power, strength and control come from the thumb....it needs to be parallel to the shaft).

Once they get a feel for that, get them to stand back a couple of steps....then block into the centre of the circle...watch the footwork.

Players line up. Coach goes to hit an imaginary/real sliotar from the hand. Players have to perform a frontal block on the coach. (Kids, and adults, love the sound of ash clashing with ash 😊)

Dribbling and Possession (10 minutes)

Mark out a square. Players all have a sliotar each. Object of the game is to move around the square and keep the coach from dispossessing you.

