

## Session #3

### U10 & U12

Total time: ~60 minutes

#### Hip Movement (Serves as a Warm Up) (5 minutes.)

This is practising how to use your hips in a challenge. Players should be grouped into pairs (of approximately equal strength, size, etc.). One of them defends the sliotar with their hips. The other tried to get to the sliotar by making room with their hips.

The idea is to get them used to using their hips in a ruck situation. This means they're less likely to take their hands off of the hurley and push. It also makes their challenge stronger. A key component of this exercise is that the knees are bent.

#### Possession Square (10 minutes.)

Mark out a square (about 2 feet by 2 feet) with cones. Split group into 4 teams, and place in lines a few feet away from the square. 2 sliotars are placed in the middle of the square. On the whistle, the first person in each line tries to win one of the sliotars and hand pass it back to the next person in the line.

#### Teamwork (15 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...??

#### Roll Lift (10 minutes)

Players stand in a line. Coach has a sliotar about a foot away from his/her feet. Players (in turn) run up to coach, roll lift and then turn to the right or left (players choice), wheeling around the coach.

The idea is to practise how to use a roll lift in a match situation. If you're in a match and there are a number of players in a ruck, you need to be able to get the sliotar into your hand, but also, you need to be able to then get out of the ruck.

#### Overhead Bat Down and Strike on the Ground (10 minutes)

Use the Pole Trainers & 2 coaches.

Get players to line up. The 1<sup>st</sup> coach stands facing the line with the pole trainer up in the air (at a height appropriate to allow the players to bat the sliotar down), the 2<sup>nd</sup> stands a metre or two further back with the pole trainer just off the ground.

Each player bats the first sliotar and then ground strikes the second one.

It's important that the second pole trainer swaps from left to right every now and then, to ensure both the weaker and stronger player sides are developed.

Heaven & Hell (10 minutes)

Shots on goal. Beat the keeper and you go to heaven. Miss and you go to hell.  
Winner is the last man/woman standing.

Homework

For next week, homework is batting a ball against a wall. Get them to see how many they can do without dropping it.

