

Session #5

U8 & U9

Total time: ~60 minutes

Warm Up (5 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)

Strike From Hand (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 from their hands. Look for players correctly lifting the sliotar.

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 lifting. We want to see them bending knees and using their full body. Also, watch for the full swing and a good follow through. Watch for players grip and that they don't change grip between lifting and striking This is a good exercise to get kids moving and laughing, as well as getting in some ball work.

Jab Lift & Tackle (10 minutes)

Break players up into 2 lines. Coach stands beside the top of the line. Throw the sliotar out. As you thrown, the first player races after it. A second later the second player runs after the first player. The first player tries to jab lifts and turn to hand pass sliotar back to coach. The second player tries to stop them lifting the sliotar.

Repeat.

Once everyone has 2 goes, have a race between the 2 lines.

Jab and Roll Lift (10 minutes)

Mark out 4 cones in the shape of a diamond. Sliotar placed at one of the middle cones.

Get players to line up.

Players, one at a time, run out and jab lift the sliotar, run around the end cone and drop the sliotar on the other middle cone. The next player roll lifts the sliotar, runs around the end cone

and drops the sliotar at the other middle cone. This goes on until all players have practised both lifts.

Hand Pass (5 to 10 minutes)

Beat the Circle. Players split into 2 teams. Team 1 stands in the circle, reasonably spread out (Perhaps put out a number of cones the players have to stand beside). 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 (proper!!) hand passes completed while the other team run around the circle. Then switch the teams around. The team that completes the most passes wins.

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 from 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...

Homework

Roll lift sliotar into your hand.

Count how many you can do in 1 minute. 0-15 is Bronze, 16-30 is Silver and 31 + is Gold.

