

Session #1

U10 & U12

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)

Alternative exercises:

- While running around a large area, touch the ground with the right hand on 1, the left hand on 2, both hands on 3 and jump on 4. Vary the numbers called. Get the kids to lead it
- 1 minute of roll lifts or jab lifts. Do it 3 times, trying to beat the previous score each time

Piggy in the Middle (2 games of this...up to 5 minutes each...so 10 minutes in total)

Mark out a number of reasonably large triangles. Put 1 player on each corner of the triangle. A 4th player is in the middle on their knees.

Object of game is for the players on the cones to hit the sliotar (ground stroke only) to each other. The Piggy must try to intercept the sliotar. The players on the cones can hit the sliotar to whomever they wish. However, if the pass is wild and does not go to the intended player, the player making the bad pass becomes the Piggy. Similarly, should the sliotar be intercepted, the player making the pass becomes the Piggy.

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. We want to see them use both sides of the hurley freely and instinctively. Also remember to check that the dominant hand is on top.

Hand Pass (5 - 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.

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 throw, 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.

Solo (10 - 15 minutes in total)

Break players into 2 lines. Place a cone about 5 metres out from each line. Get players to solo out to the cone, and hand pass back to the next player.

After a few rounds, have a race between the 2 lines.

Hand Pass (10 minutes)

Mark out a square and divide players into 2 teams. Object of the game is for each team to keep the sliotar from the other using only hand passes. A point is awarded for 2 correct hand passes (without dropping) in a row.

