

## Session #2

### 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

Jab Lift & Sprint (10 minutes)

Mark out 3 cones in a line ~ 5 metres between each cone (do the same for however many lines you want to break your players into). A number of sliotars (spaced out a little) are on the ground by the 2<sup>nd</sup> cone. Standing on the first cone, sprint at 90-100%, jab lift the sliotar and continue the sprint to the 3<sup>rd</sup> cone. Come back to the line, dropping the sliotar by the middle cone for the next player.

The big difference in hurling between the top players and teams and the 2<sup>nd</sup> tier players and teams is the speed at which they perform the skills. Players need to be able, and in the habit of, performing skills at speed. This drill focusses on lifting the ball at speed, but then continuing at speed once it's in the players possession...just as you would in a match.

Intensity is key in this drill. Players must perform it at the limit of their ability.

Roll Lift and Spin (10 minutes)

Same set up as the jab lift above.

This time when the player gets to the ball, they must roll lift. When performing the roll lift, the player needs to get down low (their catching hand should nearly skim the grass), at the same time getting their body between them and the cone (or coach, if a coach is standing on the cone), and spinning around the cone (or coach). Again, this is done at speed.

The purpose of this drill is to get them used to 1, protecting the sliotar when roll lifting, and 2, knowing how to quickly get around an opposing player once in possession of the ball. Key to watch out for in this one is that the player gets down low when collecting the ball. This allows them to protect the ball more easily and to spin around the opposition without being blocked. Watch that they spin away from the opposition and not into them.

### Flick Into Space (10 minutes)

Similar set up to the previous 2 drills, except there are 4 cones. The new cone should be placed between the 2<sup>nd</sup> and 3<sup>rd</sup> cones, about 0.5m after the 2<sup>nd</sup> cone. Sliotar is still on the 2<sup>nd</sup> cone. Players sprint to the 3<sup>rd</sup> cone then double back to the 2<sup>nd</sup> cone. As they reach the 2<sup>nd</sup> cone, they flick the sliotar between their legs into space and then sprint, jab lift and sprint to the 4<sup>th</sup> cone. The flick of the sliotar does not have to be between the legs, but it must be into space. Ideally, a coach is running alongside acting as an opposition player.

Watch that the player starts to turn almost before flicking the sliotar. This gives them an advantage over the opposition, as they know where the ball is going and can react first. This is key, as the purpose of the drill is to get players used to creating space for themselves.

### Hand Pass (10 minutes)

Place 4 cones in a line, ~ 5 metres between each. Place players in lines on the 1<sup>st</sup> and 4<sup>th</sup> cones facing each other. Player on cone 1 (with the sliotar) runs to the 2<sup>nd</sup> cone. At the same time player on cone 4 (without sliotar) sprints to cone 3. As they get to cone 3, they peel off to the right or the left and call for the sliotar. Only once they call does the player on cone 2 release the hand pass to them.

Once the hand pass is given, the player who started on cone 1 runs to the end of cone 4. At the same time the next player on cone 1 sprints to cone 2, and peels away calling for the sliotar. The player on cone 3 releases the hand pass and goes to the end of cone 1.

The purpose of this one is to get lots of movement. Static hand passing drills are fine when the kids are learning how to perform a hand pass, but they're not the reality of a match. Gaelic games are about creating space. The key component of this drill is the player peeling off and shouting for the ball.

### Heaven & Hell (10 to 15 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.

This is a nice warm down after an intense session. The kids love it too.



Baile an Mhuilinn

C.L.G.