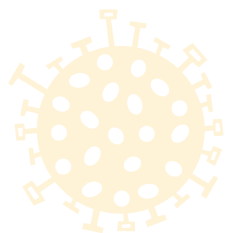




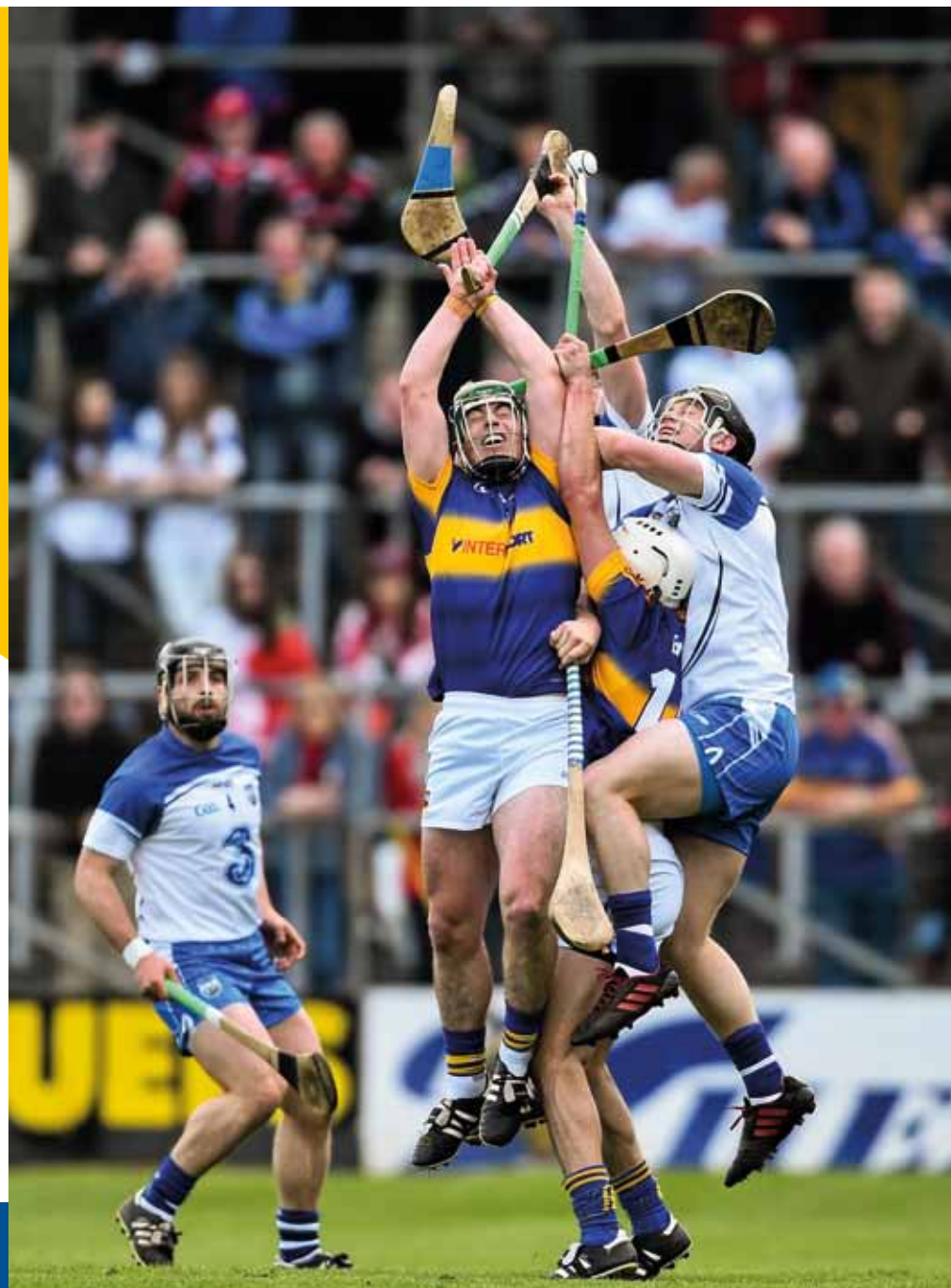
HURLING



Return to Coaching Training Sessions Guideline



www.munster.gaa.ie



A chairde,

We hope you and your families are all keeping well as we emerge from these difficult times. The following age appropriate list of activities are designed to assist the 10,300 cub coaches operating across the province as they deal with the uncertainty around returning to train and play. Originally, they were designed with 'non-contact' and social distancing in mind but can be adapted and changed by coaches to suit their present requirements.

We would like to acknowledge the work of our full time staff in not alone developing and designing this document but also for the tremendous support and leadership they have provided for our clubs and volunteer coaches during the past four difficult months.

We look forward to seeing the playing fields of Munster occupied again as we return to full activity. We would ask everyone returning to train and play to comply with the GAA's COVID-19: Guidelines on the Safe Return to Gaelic Games which can be accessed through the link below.

https://learning.gaa.ie/sites/default/files/30.6.20%20-%20Version%201.3%20-%20Covid-19%20Guidelines%20on%20Safe%20Return%20to%20Gaelic%20Games_0.pdf

Is sinne

Padraig Ó Sé, Seosamh Mac Artáin
Bainisteoirí na gCluic hí



U6 Hurling 3

U8 Hurling 11

U10 Hurling 17

U12 Hurling 29

U14 Hurling 39

U16 Hurling 51

U18 Hurling 63

Adult Hurling 69

Games Development Personnel 75

'Return to Play' – u6 Hurling

The most important part of this particular age group is introducing the game by the means of total fun and enjoyment. Everything that's being worked on should be done so in the form of fun based activities. As this age group is at the start of the ladder and the GAA's first recognised age group, a sufficient nursery programme is essential as the building blocks for an aspiring GAA player. The building blocks for any skill or skill assessment is to ensure that the player is fully equipped with the essentials which are the fundamentals of our sport and also for everyday life. Functional movement Skills are the foundations of any skill. These should be a prominent part of the u6 nursery programme. Agility/balance/coordination are your foundations, running/jumping/throwing are the start to your solid structure and basic skill development followed by catching/passing/kicking/striking. The ABC movement pack and the Have 'A Ball' initiative is perfect starting point and means of developing and testing player's ability at this age.

Session Plans

The session plans will focus on a fun based, skill development, non-contact environment with the session formatted as follows:

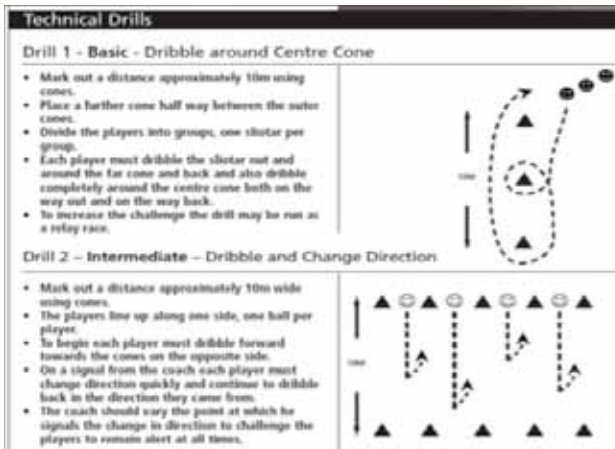
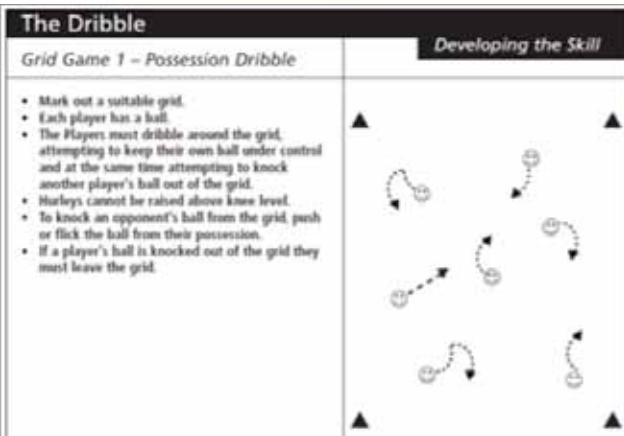
Activity	Duration
Warm Up	5mins
Fun Game/Activity	5mins
Skill Development 1	8mins
Skill Development 2	8mins
Conditioned/Fun Game	8mins
Small Sided Game	10mins
Total	45mins

Movement	Skills	Game
Animal based & Fun Games Running - March, All directions, Stopping. Jumping - Short distance, for low height, Skipping, Bunny hops. Landing - Double leg and single leg	Grip & Swing. Ready, Lock, Lifting and Hammer position. Hurley Hand & Catching Hand Ground Stike (Left and Right) Stopping a moving ball Dribble - Side Flick Bean Bag Solo Bean Bag Flick and Catch	Small Sided. Let them Play. Goals, Goals, Goals. Fun and Engagement. No Positions. Clustering (Beehive) is natural. as game goes on this will disperse. Loads of Touches, Goals, Experiences, Encouragment and success.
Agility - Chase/ Tag/ Evasion games. Balance - Single leg, stands and landing Coordination - Hand eye, hand foot, Eye foot. cups and saucers. Pick, grab and move	Throwing - Underarm & Overarm. Distance, Accuracy, Passing. Catching - 2 hand chest, 2 hand, 1 hand chest, 1 hand and Tiger Claw.	Small Sided - 2v2, 3v3, 4v4. Large Space to Smaller Space. Given time and space to perform skill in Game. The only result is a skill improvement in your players


Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Dribble

	Description of activity	Key Points (Coaching/Others)
<p>Warm Up: Multi directional movement. Running and stopping.</p> <p>Time: 5 mins</p>	<ol style="list-style-type: none"> Multi directional movement- <ul style="list-style-type: none"> Divide the group into two groups and place each group in a 20x20 square. Scatter different colour cones within the square. Every time a player runs to a cone they side step left or right and continue to another cone. Avoid all contact with other players and avoid touching the cones Progression: once a coloured cone is called players avoid that particular colour. Running and stopping- <ul style="list-style-type: none"> 'Rats and Rabbits'; players partner up and stand 2m apart with a line of cones separating each other. Mark two end zones for each team to run to approx 15m away. If rabbits are called the rats try and out run the rabbits to the end zone and stop running at the zone. 	
<p>Fun Activity: FMS- Bear crawls</p> <p>Time: 5 mins</p>	<ol style="list-style-type: none"> Bear crawl relay- <ul style="list-style-type: none"> Objective: A game to practice crawling without your knees on the ground! Split the children up in to a few teams so there is around 3 people per team. Line them up along a line, and mark another line about 10 to 20 feet away. One by one each child in line has to "bear crawl" to the line and back to their team. Bear crawling is similar to regular crawling except your knees are not allowed to touch the ground, so they can only use their hands and feet. After they bear crawl to the line and back to their team they flip a cone at the end line for the next person in line for their turn. The first team to have everyone back in line sitting quietly wins! 	

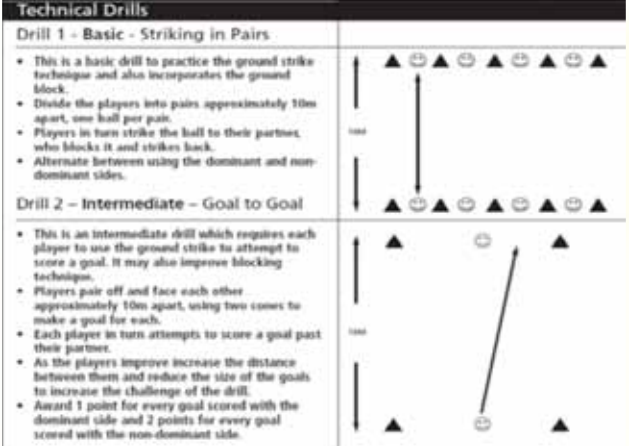
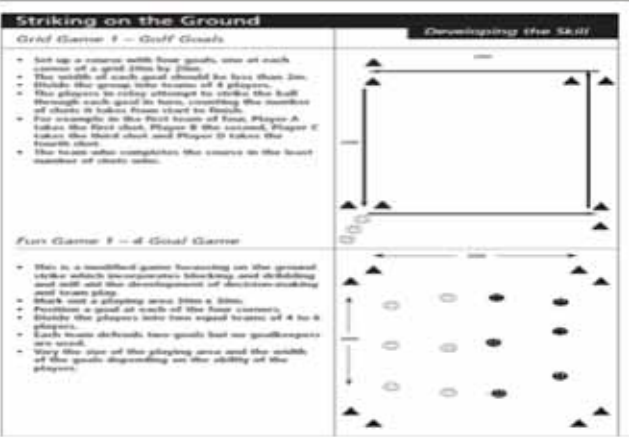
Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Dribble

	Description of activity	Key Points (Coaching/Others)
<p>Skill Development 1: Basic dribble</p> <p>Time: 8 mins</p>	 <p>Technical Drills</p> <p>Drill 1 - Basic - Dribble around Centre Cone</p> <ul style="list-style-type: none"> Mark out a distance approximately 10m using cones. Place a further cone half way between the outer cones. Divide the players into groups, one cluster per group. Each player must dribble the sliotar out and around the far cone and back and also dribble completely around the centre cone both on the way out and on the way back. To increase the challenge the drill may be run as a relay race. <p>Drill 2 - Intermediate - Dribble and Change Direction</p> <ul style="list-style-type: none"> Mark out a distance approximately 10m wide using cones. The players line up along one side, one ball per player. To begin each player must dribble forward towards the cones on the opposite side. On a signal from the coach each player must change direction quickly and continue to dribble back in the direction they came from. The coach should vary the point at which he signals the change in direction to challenge the players to remain alert at all times. 	
<p>Skill Development 2: Intermediate dribble</p> <p>Time: 8 mins</p>	 <p>The Dribble</p> <p>Grid Game 1 - Possession Dribble</p> <ul style="list-style-type: none"> Mark out a suitable grid. Each player has a ball. The Players must dribble around the grid, attempting to keep their own ball under control and at the same time attempting to knock another player's ball out of the grid. Hurleys cannot be raised above knee level. To knock an opponent's ball from the grid, push or flick the ball from their possession. If a player's ball is knocked out of the grid they must leave the grid. <p>Developing the Skill</p>	
<p>Conditioned/Fun Game</p> <p>Time: 8 mins</p>		
<p>Small Sided match</p> <p>Time: 8 mins</p>	<ul style="list-style-type: none"> Teams shall be a maximum of 3V3 - at Under-6 & 7 Covid Precaution Comply with go games rules. 	

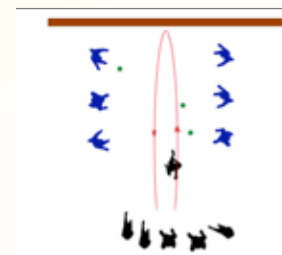
Safety Info Stationed approach - All groups do the warm up
Duration of session: 45 minutes - Striking on the ground

	Description of activity	Key Points (Coaching/Others)
<p>Warm Up:</p> <ul style="list-style-type: none"> • Single leg hops • Double leg hops • Frog jumps <p>Time: 5 mins</p>	<ul style="list-style-type: none"> • Groups of no more than three. • Single leg hops while turning at a cone and back to the group without dropping the lifted leg. • Double leg hops require the feet and ankles to be kept tightly together while hopping. • Frog leaps and stick landing. 	
<p>Fun Activity:</p> <p>FMS- Bear crawls</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> • Invite pupils to find a space in a large open playing area where they are not in contact with anyone else. On a signal, pupils move around the playing area in response to the following commands. • Red: stop • Amber: walk • Green: run • Variations • Change the instructions for each colour, e.g. amber: move on hands and feet. • Invite pupils to perform a balance when red is called. • Change the vocal commands to whistle commands e.g. short whistle for green, three short whistles for amber and one long whistle for red. 	

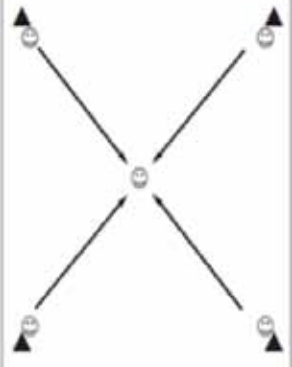
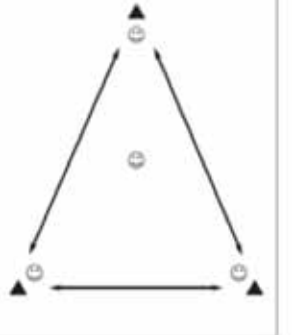
Safety Info Stationed approach - All groups do the warm up
Duration of session: 45 minutes - Striking on the ground

	Description of activity	Key Points (Coaching/Others)
<p>Skill Development 1: Basic striking in pairs</p> <p>Time: 8 mins</p>	<p>Technical Drills</p> <p>Drill 1 - Basic - Striking in Pairs</p> <ul style="list-style-type: none"> This is a basic drill to practice the ground strike technique and also incorporates the ground block. Divide the players into pairs approximately 10m apart, one ball per pair. Players in turn strike the ball to their partner, who blocks it and strikes back. Alternate between using the dominant and non-dominant sides. <p>Drill 2 - Intermediate - Goal to Goal</p> <ul style="list-style-type: none"> This is an intermediate drill which requires each player to use the ground strike to attempt to score a goal. It may also improve blocking techniques. Players pair off and face each other approximately 10m apart, using two cones to make a goal for each. Each player in turn attempts to score a goal past their partner. As the players improve increase the distance between them and reduce the size of the goals to increase the challenge of the drill. Award 1 point for every goal scored with the dominant side and 2 points for every goal scored with the non-dominant side. 	
<p>Skill Development 2: Goal-to-goal striking</p> <p>Time: 8 mins</p>	<p>Striking on the Ground</p> <p>Grid Game 1 - Golf Goals</p> <ul style="list-style-type: none"> Set up a course with four goals, one at each corner of a grid 10m by 10m. The width of each goal should be less than 2m. Divide the group into teams of 4 players. The players in relay attempt to strike the ball through each goal in turn, counting the number of shots it takes from start to finish. For example in the first team of four, Player A takes the first shot, Player B the second, Player C takes the third shot and Player D takes the fourth shot. The team who completes the course in the least number of shots wins. <p>Fun Game 1 - 4 Goal Game</p> <ul style="list-style-type: none"> This is a modified game focusing on the ground strike which incorporates blocking and dodging and will aid the development of decision-making and team play. Mark out a playing area 10m x 10m. Position a goal at each of the four corners. Divide the players into two equal teams of 4 to 6 players. Each team defends two goals but no goalkeepers are used. Vary the size of the playing area and the width of the goals depending on the ability of the players. 	
<p>Conditioned/Fun Game</p> <p>Time: 8 mins</p>		
<p>Small Sided match</p> <p>Time: 8 mins</p>	<ul style="list-style-type: none"> 1v1s, 2v2s, max 3v3 adhering to Covid Precautions 	

Safety Info Stationed approach - All groups do the warm up
Duration of session: 45 minutes - Block and control

	Description of activity	Key Points (Coaching/Others)
<p>Warm Up: Animal Movements</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Invite pupils to move freely around the playing area using the movements of a particular animal suggested by the teacher, e.g. a bunny (hopping); a seal (sliding); a snake (slithering), an emu (running); a kangaroo (jumping) or a crab (crawling). After a period of time, invite pupils to select their own animal movement and to move freely around the area. Now focus on animals running. Select a range of animals such as a cheetah, an elephant, a chicken or a hippo. Invite pupils to identify differences in the running techniques of the various animals. Investigate the elements that help the animal to run faster and similarly the elements that may slow them down. 	
<p>Fun Activity: Roller Ball</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Object of the game is for a player to attempt to run between two lines of players from a starting position to a wall or marker and back again without being hit below the knee by the small softball/s that are being rolled by the players either side of him/her. (Those rolling the balls need to be far enough away to give the runner a chance but not so far as to be ineffective). 	
<p>Development 1 & 2: strike and block</p> <p>Time: 8 mins</p>	<div data-bbox="750 957 1366 1412"> <p>Technical Drills</p> <p>Drill 1 - Basic - Goal to Goal</p> <ul style="list-style-type: none"> Mark out goals approximately 5m apart using cones. Divide the players into pairs. Each player in turn attempts to score a goal by throwing the ball along the ground and past his partner. Continue to alternate the roles, repeating the drill for a set time. Use of a larger shotar to begin with will make the technique easier to perform. As the players become more proficient use a smaller shotar to increase the challenge of the drill. <p>Drill 2 - Intermediate - Strike and Block</p> <ul style="list-style-type: none"> Mark out a distance of approximately 10m using cones. The players line up behind the first cone, one shotar per group. The first player slides out and around the cone and strikes the shotar on the ground to the next player before returning to the end of the line. Each player in turn moves forward to block the shotar and repeat the drill. To introduce a further challenge divide the players into teams and run the drill as a relay race. </div>	

Safety Info Stationed approach - All groups do the warm up
Duration of session: 45 minutes - Block and control

	Description of activity	Key Points (Coaching/Others)
<p>Skill Development 3: Goal-to-goal striking</p> <p>Time: 8 mins</p>	<p>Drill 3 - Intermediate - Directional Block</p> <ul style="list-style-type: none"> Mark out a grid 5m x 5m using cones. Positioned one player at each corner of the grid with a fifth player in the middle. The corner players in turn rolls their sliotar to the middle player who blocks and sweeps it back. Each player takes a turn in the middle. To increase the challenge of the drill assign a number to each corner player who throws the ball when their number is called by the coach. This will require the middle player to adjust their position in response before blocking the ball. 	
<p>Conditioned/Fun Game</p> <p>Time: 8 mins</p>	<p>The Ground Block</p> <p><i>Developing the Skill</i></p> <p>Fun Game - Piggy in the middle</p> <ul style="list-style-type: none"> Mark out a triangle using cones. Determine the distance between the cones according to the ability of the players. One player stands at each cone and the fourth is the 'piggy in the middle'. The players at each cone attempt to strike the ball to one another while the 'piggy in the middle' attempts to block it. The player who hits the ball which is blocked changes place and becomes the new 'pig in the middle'. 	
<p>Small Sided match</p> <p>Time: 8 mins</p>		

Note: All games were developed in compliance with adhering to social distancing. Small groups working together in large areas. Groups kept well apart from other groups. Activities are non-contact.

The session can be done in a circuit type format where the group is split and run through the session like an exercise circuit to limit numbers at each station. Each drill should be set up and spaced at more of an extreme level or exaggerated level than usual.

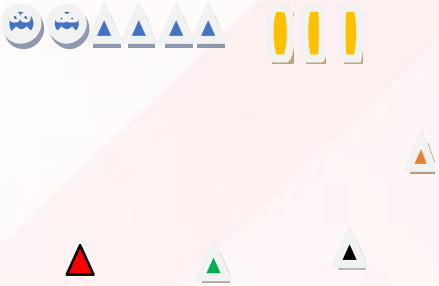


At each station a coach takes a group and follows the group throughout the session to limit contact with other coaches/parents/players.

Small sided match at the end may be done in a zoned basis to limit contact. This may be changed to another activity depending on how the group fair out with covid precautions and contact.

Circuit based/ station lay-out for covid precaution sessions. (Limit contact, reduce numbers at each activity).



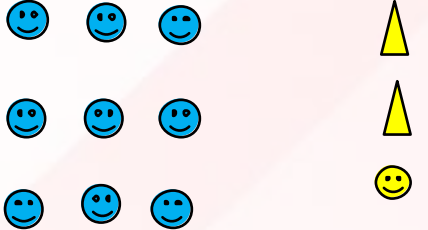
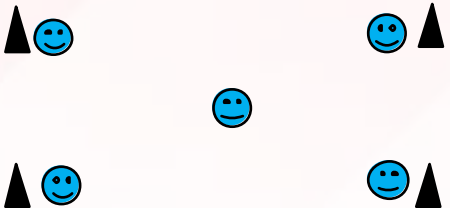
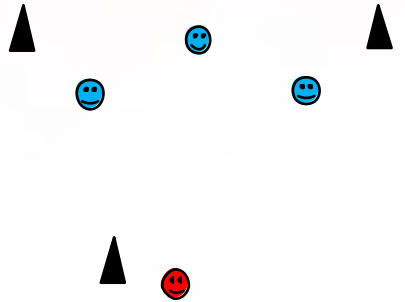
Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 5 mins	Players line up 2 meters apart. One at a time the jog through the line of cones then bunny hop over the hurdles. Go around the orange cone and jog backwards from the black cone to the green cone and then turn and sprint to the red cone. Each child does it twice		<ul style="list-style-type: none"> Encourage the players to do all of this exercise on the balls of their feet
Activity 1: Time: 10 mins	<ul style="list-style-type: none"> Ground striking. Place two goals opposite each other. Each player has to try and score a goal on his opponent. Goals should be 2 meters wide and 10 meters apart. 		<ul style="list-style-type: none"> Ensure the dominant hand is at the top of the hurley and the strike is performed with a wristy action. Make sure the elbow is out from the body and the strike should begin with the hurley at head height
Activity 2: Time: 10 mins	<ul style="list-style-type: none"> Dribble & Strike. 1st player in the line (players are 2 meters apart) dribbles out to the cone and strikes the ball back to the next player in the line who has moved to the first cone. 1st player returns to the back of the line 		<ul style="list-style-type: none"> Ensure dominant hand is at the top of the hurley with the other hand halfway down the hurley. Ball should be moved with each side of the hurley alternatively

Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 10 mins	<ul style="list-style-type: none"> Doubling on the ground ball. One of the goalies rolls the ball to the middle player who has to double on the ball without stopping it and try and score a goal. Alternate player in the middle. 		<ul style="list-style-type: none"> Ensure both hands are locked and the player should take a step towards the ball attempting to get his/her head over the ball. Encourage a wristy action and follow through
Activity 4: Time: 10 mins	<ul style="list-style-type: none"> Strike from the hand Game is set up as illustrated. To get a score the ball must be struck between the cones. 		<ul style="list-style-type: none"> Ensure the ball is only throw head high and with hands locked strike through the ball. Dominant hand remains in the top of the hurley.
Cool Down Time: 5 mins	<ul style="list-style-type: none"> Scatter cones around an area and get the children to jog around and pick up with weak hand one at a time and return to the coach. 		

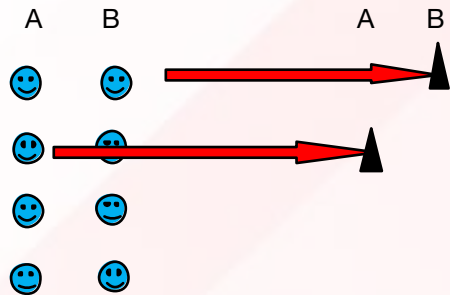

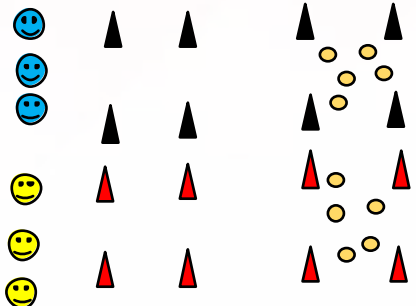
Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 5 mins	Line the children up in groups of 3 standing 2 meters apart. The coaches stand 10 meters away and hold their hurley up high for the children to run one at a time and jump and bat the coaches hurley		<ul style="list-style-type: none"> Try and get the children to jump off one foot while bringing the knee up high. Get them to use only a short draw back on the hurley.
Activity 1: Time: 10 mins	<ul style="list-style-type: none"> Block and strike. Each player at the cone has a ball and in turn strikes it to the player in the middle who blocks the ball and strikes it back to the player. Alternate the middle player 		<ul style="list-style-type: none"> Begin by getting the players to strike the ball at about half strength increasing the strength of the strike after a while
Activity 2: Time: 10 mins	<ul style="list-style-type: none"> Make a big with 3 (goalkeepers) as in the diagram. The red player has 10 shots to try and score a goal. The 3 goalkeepers are only allowed to take one step either to the left or right. Alternate the Shooter. Coach decides if the ball is struck from hand or ground 		<ul style="list-style-type: none"> Emphasise that the strike is about accuracy and not just power. Red player is not allowed to pass the cone before striking

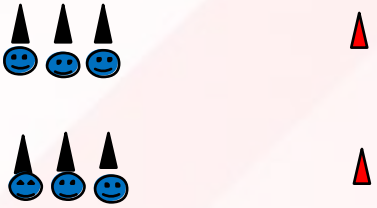
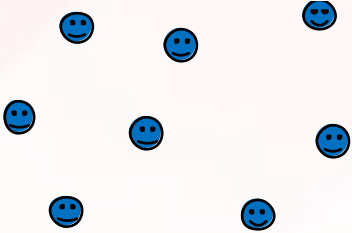
Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 10 mins	<ul style="list-style-type: none"> Set up a circle with one player inside it. The outer players take it in turn to strike a ball into the circle on the ground with the player inside the circle attempting to strike the ball back outside the circle without stopping the ball 		<ul style="list-style-type: none"> Make sure that only one ball is being struck into the circle at any given time. Switch the inner player after each of the outside players have struck the ball twice
Activity 4: Time: 10 mins	<ul style="list-style-type: none"> Line up players as in diagram. Players in line A lob the ball under hand for the player in line B to bat the ball back. The player in line A then attempts to either catch or control the ball on the hurley without it hitting the ground. He gets a score for each time he achieves that. 		<ul style="list-style-type: none"> Ensure the ball is lobbed underhand and high. The player batting the ball tries to bat the ball back to his team mate. After 10 throws get line B to throw the ball. The combined score achieved by A & B is matched against other scores achieved.
Cool Down Time: 5 mins	<ul style="list-style-type: none"> Each child is given a ball for approx. 4 minutes to practise any skill they wish. All ball are the returned to the coach on the final whistle. 		

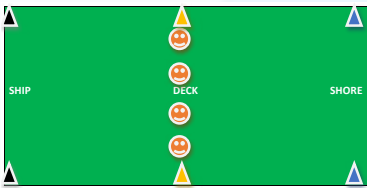
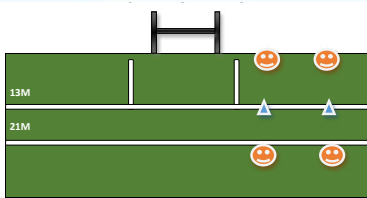
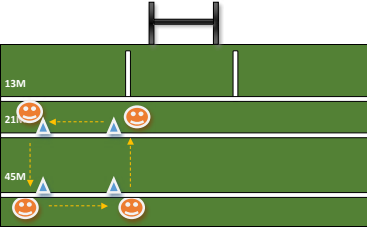
Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Sliothars

	Description of activity		Key Points (Coaching/Others)
<p>Warm Up</p> <p>Time: 5 mins</p>	<p>Players line up 2 meters apart. In two lines. On the coaches signal players in line B race to Line A opposite them in the manner that the coach shouts.</p> <p>e.g. Like a bear or crab or rabbit etc. When they reach their line they stop and then line A goes.</p>		<ul style="list-style-type: none"> Make sure that all players adhere to the movements requested by the coach. Have them go back the way they came for a second go.
<p>Activity 1:</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Players line up as in diagram. One player throws the ball, bouncing it halfway between him and his partner. The partner has to try and catch the ball with the weaker hand. He then throws back to his partner. 		<ul style="list-style-type: none"> Get the receiving player to hold his hurley out in front of him to get in the habit of protecting his hand. After a while get the receiving player to step towards the ball rather than waiting for it. Award a score for each catch
<p>Activity 2:</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Divide players into teams of equal numbers. Each player in each team must transfer all the balls from one square to the other, as in the diagram, by roll lifting the ball and carrying it. 		<ul style="list-style-type: none"> Make sure that the ball is being roll lifted. Encourage the players to catch the ball below the knee.

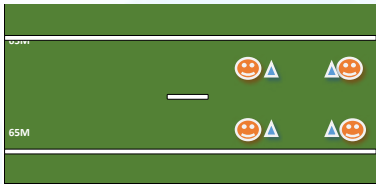
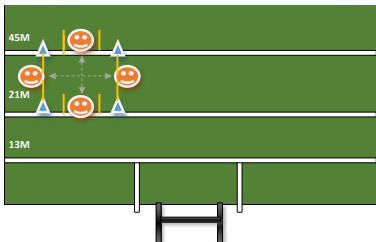
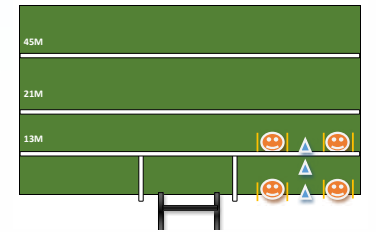
Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 10 mins	<ul style="list-style-type: none"> Player solos out to the cone and throws the beanbag / ball back to the next player in the line. Players move to the next vacant cone. 		<ul style="list-style-type: none"> Encourage one handed solo with the hurley held level at waist height and the thumb flat on the hurley pointing towards the bas of the hurley
Activity 4: Time: 10 mins	<ul style="list-style-type: none"> Each player has a ball. They throw the ball above their head and catch while still above their head. Try 10 times without dropping. Next try and get them to catch the ball whilst jumping. 		<ul style="list-style-type: none"> Ball should be caught with the fingers. Get them to relax their hand on impact and bring their hand in the same direction as the ball. Get them to bring their hurley up at the same time as the catching hand.
Cool Down Time: 5 mins	<ul style="list-style-type: none"> Get the players to go in pairs. One player performs different movements i.e star jumps, hopping, jumping, crawling, rolling etc. while his partner mirror images him. 		

Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: SHIP/SHORE/DECK</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> The ship is on the left, deck is in the middle & the shore is on the right. To start get all players on the deck performing exercises (jumping jacks/jogging on spot/knee tucks etc..). Coach calls out ship or shore. Players run as fast as they can to that position (advance exercise by introducing them jab lifting a ball as they run.) 		<ul style="list-style-type: none"> To make it harder the coach calls out ship but points to shore or visaversa. (Players must always go to where the coach says) Last person to place loses a life (3 lives each). When all 3 lives are gone they become line judges to see whos first to ship or the shore.
<p>Station 1: Striking from the hand - striking in pairs.</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into pairs; one ball per pair. Mark out a distance 15 - 20m wide. Mark a goal midway between each pair. The players strike the ball through the goal to their partner along the ground or in the air. 		<ul style="list-style-type: none"> Task - this basic drill can be progressed to players moving and striking the ball in fours. Get players in 4's striking ball into the hand and keeping it off the ground. Every 15 seconds introduce a sliotar to make the activity harder. See if they can get 4 sliotars going.
<p>Station 2: Roll Lift.</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Mark out a square 12m square using cones. Position one player and one ball at each cone. Players roll lift the ball at each cone repeatedly before moving to next cone. 		<ul style="list-style-type: none"> Task - the players carry the ball to the next cone after completing each roll lift. They then move on to the next cone and repeat. Task - put players on the clock while they attempt to move around the full grid. Task -30 second challenge – player performs 5 roll lifts at each cone before moving on to next. (Have a spare ball 2m away from 1st ball at each cone incase one player catches up with the person in front.)

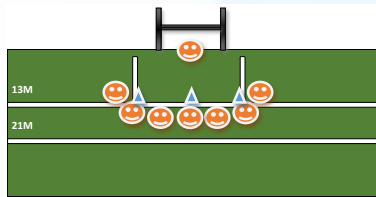
Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Station 3: HANDPASS</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into pairs around a square 4m square. One ball per pair. The players stand facing each with each player in turn hand passes the ball to their partner who catches it and hand passes it back. Get the players to be on their toes moving towards to player their handpassing to and reversing after they have it handpasses. 		<ul style="list-style-type: none"> Task - to increase the challenge; alternate between using the dominant and non-dominant hands to pass. Task – this basic drill can be progressed to players moving and handpassing the ball in fours. Get players in 4's handpassing the ball into the hand of next person on right or left of them and keeping it off the ground. Every 15 seconds introduce a sliotar to make the activity harder. See if they can get 4 sliotars going. When coach shouts change they must handpass the opposite direction.
<p>Station 4: JAB LIFT</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Mark out a square 12m square. Place 2 poles as goals/obstacles at each side of the square. Starting off allocate two balls per player. On whistle player zig zags in and out through poles along their line jab lifting the ball on the move for 30 seconds x 2. To progress this get players going around the whole square jab lifting each sliotar while going around cones and poles. 		<ul style="list-style-type: none"> Task - each player roll lifts the ball in turn; challenge each pair to perform as many jab lifts as possible in 1 minute. Task – get players taking frees by jab lifting and shooting in their partner across the other side of the square.
<p>Station 5: GOALS TO GOALS</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Mark out 2 shooting zones with a goal for each player in zones. (2 Zones, 4 goals). Start the goals 13m away from each other and get the players to practice shooting in pairs. (First to 5 wins). Rotate who they play against. 		<ul style="list-style-type: none"> Task – move the goals further away so they must strike the ball harder and more accurately. Task – get players taking frees to score or keep the ball off the ground etc.


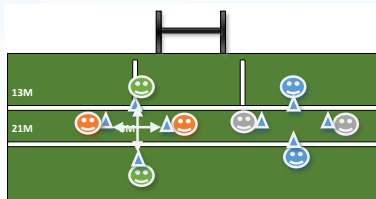
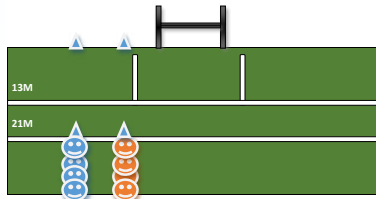
Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Rats & Rabbits</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> The coach makes two groups, one group are rats the other are rabbits. Have players back to back but keep 3 feet between the two groups . Coach calls out rats or rabbits. If coach calls out rats they must run to there cones as the rabbits try & catch 		<ul style="list-style-type: none"> Them before they get there. If coach calls out rabbits the same applies. Who ever catches there partner 3times first wins.
<p>Station 1: Overhead Catch</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into pairs; one ball per pair. Mark out a distance 10 - 20m wide. Player pops the ball in air over partners head. Partner leaves the line to run towards the ball and catch over head. They will then throw ball over their partners head. 		<ul style="list-style-type: none"> Task - this basic drill can be progressed to players moving side to side, starting catching player on his/her belly. The catching player starts with their backs to the ball and their partner tells them go to react and catch the ball.
<p>Station 2: Handpass Off The Hurley</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into pairs; one ball per pair. Mark out a distance 10 - 20m wide. Player starts with the ball soloing towards the player opposite them and handpasses the ball off the hurley. (Make sure handpass comes from the hip and follow through with the hand that strkies the ball off the hurley). 		<ul style="list-style-type: none"> Task - this basic drill can be progressed to players moving around in a gridand picking out players looking for a handpass. Task –handpass for accuracy first, then distance.

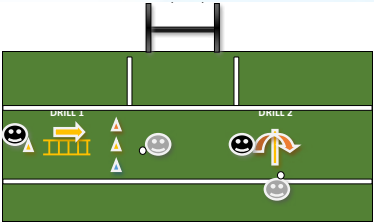
Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Station 3: Strike For Goals</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Line the players up between the 13m and 21m line 2m apart. Once the group is lined up along the 21m line give them a number between 1-7 but mix them around so the goalie doesn't know where the shot is coming from. Once coach calls a number that player shoots. Goalie reacts saves and jumps back up ready for the next shot. Swap goalie after each round. 		<ul style="list-style-type: none"> Task – get the goalie to try close down the angle Task – as the coach speed up the quickness of calling the numbers to maximise the goalies reactions and agility. Task- get the players to vary the height of the shots.
Cool Down			



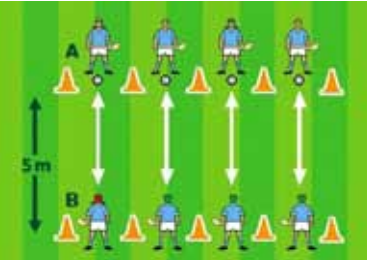
Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Dodge Ball</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> The players jog inside the box. 1/3 To the players are given a ball. (Blue smiley faces) The player with the soft ball/tennis ball must handpass / underarm throw the ball off the runner (orange smiley face) below their waist. 		<ul style="list-style-type: none"> If a player gets tagged by the ball then they must go get a ball and be on with the taggers. Keep playing until one player is left.
<p>Station 1: Catch - Progression</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into pairs; but have them paired off against another pair in a cross formation like above. One ball per pair to start. Mark out a distance 5m wide between players. Player pops the ball to partner to catch. The other pair are passing and catching their ball over and back also. Key is to keep your eye on your own ball. First pair to perform 10 catches (5 each) without dropping wins. Get pairs to play each team. 		<ul style="list-style-type: none"> Task - this basic drill can be progressed to players throwing two sliotars over and back to each other Task -timebomb!! Put 3 sliotars in group and get players passing in a circle as fast as possible. If a sliotar drops near a player he/she loses a life or is out.
<p>Station 2: Solo Relay</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into teams of 4. On the coaches whistle one player goes at a time soloing out around the cone and back. They must handpass ball to their partner in order for them to leave the start cone and go. Players can only catch the ball twice. 		<ul style="list-style-type: none"> Task -give the players no catch and get them handpassing off the hurley Task - get the players to run diagonal to opposite teams outside cone. This will bring in a distraction and also give them a chance to knock other players sliotar off the hurley.

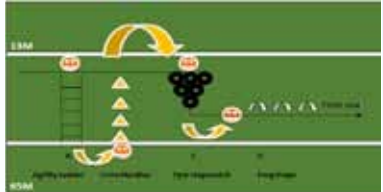

Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Station 3: Speed, Agility, Quickness (SAQ)</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> This drill is used to work the players feet for speed, agility and quick reactions. Drill one: player comes through the ladder and stays on his/her toes until the coach throws the sliotar (high or low) to red, yellow or blue cone. Player sprints to collect/catch/bat the ball at that cone. Drill two: one hurdle. Goalie hops over and back until coach throws ball either down low for the player to pick up or jump to catch or bat. 		<p>Drill one:</p> <ul style="list-style-type: none"> Task – vary how the player goes through the ladder (ie. Side stepping, hopping etc...). Task – when the player steps out of ladder and get them to turn their back to you. When you shout turn they must react and collect the ball at the cone you have left it. <p>Drill two:</p> <ul style="list-style-type: none"> Task – get the player hopping over the hurdle practicing on one foot. Task – get the player facing the opposite direction to challenge reaction time.
Cool Down			



Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Ship/Shore/Deck</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> The ship is on the left, deck is in the middle & the shore is on the right. To start get all players on the deck performing exercises (jumping jacks/jogging on spot/knee tucks etc..). Coach calls out ship or shore. Players run as fast as they can to that position (advance exercise by introducing them jab lifting a ball as they run.) 		<ul style="list-style-type: none"> To make it harder the coach calls out ship but points to shore or visaversa. (Players must always go to where the coach says) Last person to place loses a life (3 lives each). When all 3 lives are gone they become line judges to see whos first to ship or the shore.
<p>Station 1: Ground Strike And Block</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Players are in pairs, 13 metres apart, use the end line to 13 metre line here. Players begin by striking the ball to their partner for their partner to ground block and strike back. 		<ul style="list-style-type: none"> This can evolve into a competition by counting how many times a player can get the ball through the goals behind their partner.
<p>Station 2: Blocking A Ball Overhead - Block In Pairs Hurling - Basic Drill</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Mark out a distance 5m wide using cones. Divide the players into pairs; one ball per pair. Player a throws the ball underarm for player b to block overhead. Player b allows the ball to fall to the ground and strikes it back to player a. Reverse the roles after a set number of throws. 		<ul style="list-style-type: none"> Task - as the players become more proficient challenge them to block the ball to catch it in the non-dominant hand.

Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Station 3: Fun Games/ Fundamental Movement Skills Obstacle Course</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> The set up in the diagram is only for illustration purposes, an fms obstacle course can be set up with a wide variety of equipment, cones, ladders, hurdles, tyres, rope, jumpers, hula hoops etc. Being creative while ensuring safety is always best practice. The aim of fms training is to challenge the players to move in patters they are not normally exposed to in a safe manner. 		<ul style="list-style-type: none"> Incorporate the hurley and sliotar at one of the stations and ask the players perform some skills
<p>Station 4: Hand Passing</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Setting up like the diagram but adjusting for 4 players (2 facing 2). The coach goes through the coaching points, allowing the players time to get used to the hand passing motion, this gives the coach an opportunity to view the skill being performed and adjust if necessary. Once players are competent at the skill, the coach can now set challenges in the pairs, e.G. First pair to 10 without dropping the ball, if a group drops the ball they return to 0. 		
Cool Down			

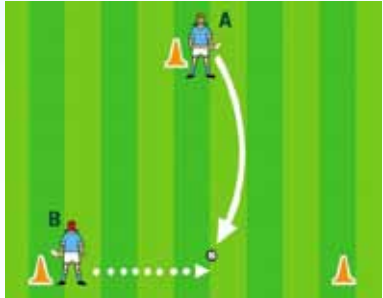

Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Striking On The Move</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> This is a drill used to get the players striking on the move and also running into space to receive a pass. Use half gaa field. Players are put into groups of 3. Players must be constantly moving looking for a pass from 1 of their 2 partners. Once they receive a pass they must take their 4 steps in the direction of the person they are passing to and strike the ball while on the move. Coach calls stretches and exercises every 3 minutes. 		<ul style="list-style-type: none"> Task – challenge players to be moving constantly. Task – challenge players to imagine breaking a tackle and then striking the ball.
<p>Station 1: Hook And Chase & Hook</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Players pair off, one ball per pair. Player a is positioned 2m behind player b; both players in the ready position. Player b throws the ball out in a random fashion, following it immediately to attempt to strike it on the ground. Player a reacts to the throw and follows to hook player b. Encourage player a to follow up the tackle and gain possession by jab-lifting the ball. Switch roles after each successful hook and lift. 		<ul style="list-style-type: none"> Equipment - as the players become more proficient, introduce a smaller ball like the quick touch hurling ball.
<p>Station 2: Overhead Striking - Opposed Strike Hurling - Batting The Ball</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into groups of four, one ball per group. Using cones, mark out distances of 10m, 5m and 10m. The players on the outer cones act as servers, throwing the ball for 2 players to contest in the centre zone. The forward player in the zone attempts to strike the ball overhead as their opponent attempts to bat it back. Serve from the alternate side. On every second go and the central players reverse roles. After a set time, rotate positions. 		<ul style="list-style-type: none"> Task - challenge the players to win 3 contests in succession; rotate the central players.



Safety info stationed approach - Duration of session: 8 + 2 minutes per station
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Station 3: Fun Games/ Fundamental Movement Skills Obstacle Course</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> The set up in the diagram is only for illustration purposes, an fms obstacle course can be set up with a wide variety of equipment, cones, ladders, hurdles, tyres, rope, jumpers, hula hoops etc. Being creative while ensuring safety is always best practice. The aim of fms training is to challenge the players to move in patterns they are not normally exposed to in a safe manner. 		<ul style="list-style-type: none"> Incorporate the hurley and sliotar at one of the stations and ask the players perform some skills
Cool Down			

Safety info stationed approach - Duration of session: 8 + 2 minutes per station - 4 stations groups of 7
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

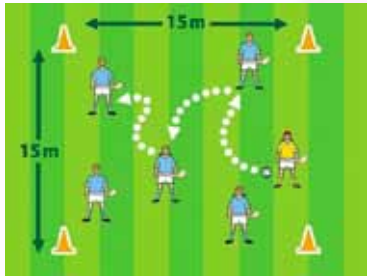
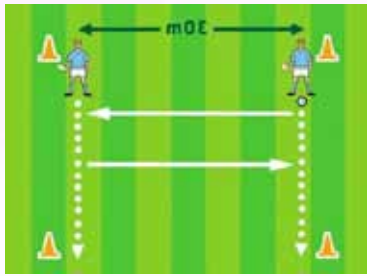

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Tag</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> This is a game used to get the players used to moving and running in different directions. The main skills used are speed, agility and reactions. Set up a grid suitable for the amount of players attending. 10-15 Players = 15 x 15 grid. 15-20 Players = 20 x 20 grid. Each player receives a bib that they must $\frac{1}{2}$ tuck at the side of their shorts near their hip. Use different colour bibs to arrange players into teams. Each player is not allowed tag anyone on the same team as them. Once a player is tagged they must stand outside the grid. When the whistle blows set the clock for 30 seconds. Once the 30 seconds has finished count which team has the most members left. For the last round play every person for themselves so they can now tag anyone. (No teams). 		<ul style="list-style-type: none"> Task – challenge players to have their head on a swivel and be aware of what's around them. Task – challenge players to use their agility and move their feet to sidestep anyone trying to tag them. Task – when a person tries to tag you stand up and work the feet as you would when defending and standing a player up.
<p>Station 1: Overhead Catch And Move</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Mark out a triangle using cones approximately 5m apart. Divide the players into pairs; one ball per pair. The players are positioned at two corners of the triangle. Player a throws the ball for player b to catch as they move to the free cone. The ball should be thrown approximately half way between the two cones Player b then throws the ball for player a to catch and so on. For the group of 3, the same applies. A to b to c and repeat 		<ul style="list-style-type: none"> Players can challenge themselves to how many individual catches they get in a given time and try to beat their score.
<p>Station 2: ZIG ZAG SOLO</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Setting up like the diagram, players must zig zag solo through the course. Once a players have had multiple attempts in a controlled manner, the coach can then start to let the second player begin once the first player has passed the first cone. 		<ul style="list-style-type: none"> This could also be progressed with having a player shadow the person soloing once they have moved 10 metres from the start point. At the end of the solo, ask players strike from the hand back to the next person.

Safety info stationed approach - Duration of session: 8 + 2 minutes per station - 4 stations groups of 7
Each coach to use this warm up at their station (Keep players 2m apart during all activities)

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Station 3: Ground Flick - Roll & Flick.</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Divide the players into pairs; one ball per pair. Player a, the tackler, begins slightly behind player b. The coach throws the ball forward for both players to run to strike the ball, with player a attempting to flick the ball ahead of player b. Both players try to gain clean possession before returning to the end of line. Reverse the roles after each round. The players should practice coming from the opponent's left and right side. 		<ul style="list-style-type: none"> Task - to increase the challenge; the coach throws the ball in a random direction for the players to follow.
<p>Station 4: Dribble, Lift, Solo And Strike</p> <p>Time: 8 Minutes + 2 to go to next station.</p>	<ul style="list-style-type: none"> Setting up as per diagram, the aim here is to incorporate multiple skills. The player begins at the first cone by dribbling to the second cone where they rise, they must then solo and finally strike. This is an opportunity for coaches to see the progress of players at various skills which have been coached up to this point. 		<ul style="list-style-type: none"> Increase the distances between cones Increase the speed by using your whistle to allow the next person begin before the first person has finished
Cool Down			


Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Dizzy Solo</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a grid 15m X 15m One player with a ball solos around attempting to tag the other players The player must solo the ball as they travel between the players; Hand pass the ball to tag each player 		<ul style="list-style-type: none"> If the player is hit by the ball they are the new tagger. If the player being tagged catches the ball then they are not on and the original tagger is still on.
<p>Activity 1: Striking from the Hand</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into pairs; one ball per pair Mark out a distance 30m wide using cones The players strike the ball back and forth across the distance as they moving up the field When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side 		<p>STEP Variation</p> <p>Space: Increase or decrease depending on ability.</p> <p>Task: variety of striking, high, low, left, right, to hand.</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: add a player in the middle to try cut out the pass.</p>
<p>Activity 2: Control a moving ball.</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into pairs 20m apart Place a marker 5m from one of the outer cones On the whistle, Player A strikes the ball low; Player B runs forward to control it at 5m mark Player B continues forward, striking the ball back to Player A before jogging backwards to the outer cone On next whistle, repeat the drill Reverse the roles after a set number of repetitions 		<p>STEP Variation</p> <p>Space: Increase or decrease depending on ability.</p> <p>Task: variety of striking, high, low, left, right, to hand.</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: 1 vs 1.</p>

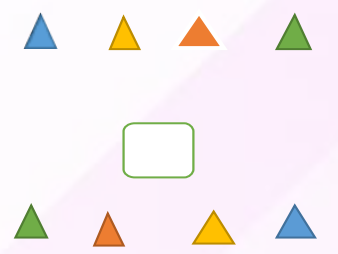
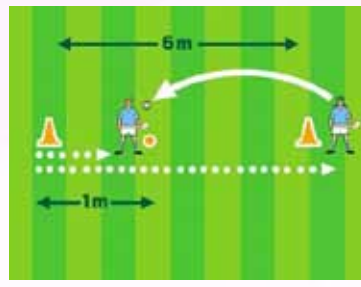
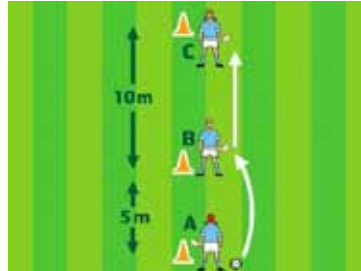
Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

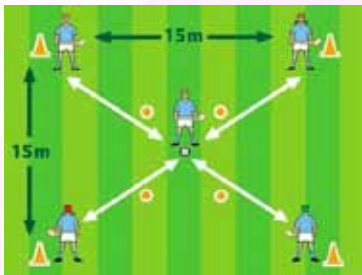
	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Place two cones on the 20m line, one 20m to each side of goal Place two more cones 1m apart, between the outer cones and the goal The players line up behind one of the outer cones; one ball per player Each player solos through the inner cones and strikes for a point on the 13m line The players should run directly for goal once they pass through the inner cones Repeat the drill from either side recording how many times players score 		<p>STEP Variation</p> <p>Space: To increase the challenge; Increasing the distance/ angle a from which the players shoot</p> <p>Task: Use a goalkeeper, and challenge players to shoot for goal</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: 1 vs 1.</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Stretching all major muscle groups and light jog across the field. 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24




	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Fundamental Movements</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Divide the players into 4 groups and have them laid out in as in the picture. Coach calls out a colour. Players of that colour must run through the centre and go to a different cone but the same colour. 		<ul style="list-style-type: none"> You can progress by calling two colours etc. You can also change the movement as you go ie. Hopping, skipping, bunny hopping.
<p>Activity 1: Overhead Catch</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Mark out a distance of 6m using cones; place a further marker 1m from the first cone The player runs out to round the far cone before throwing the ball underarm for the next player to catch overhead The ball should land at the 1m marker; the catching player moves forward to receive the ball at the 1m marker 		<p>STEP Variation</p> <p>Space: Increase or decrease depending on ability.</p> <p>Task: Start off with under hand throw. To increase difficulty expand the space and strike the ball into the air as they turn.</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: n/a</p>
<p>Activity 2: Blocking the Ball overhead</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Mark out a distance of 10m and 5m using cones Divide the players into groups of 4; one ball per group, one player at each cone, 2 players at the cone with the ball. Player A throws the ball underarm for Player B at the 5m marker Player B blocks the ball overhead allowing it to drop to the ground, then strikes the ball to Player C The players rotate and the drill continues 		<p>STEP Variation</p> <p>Space: Increase or decrease depending on ability.</p> <p>Task: Start with under hand throw progress to striking.</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: Groups of 3/4</p>

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins
Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into groups of five Mark out a grid 15m by 15m; in the middle mark another grid 2m by 2m Position one player at each corner of the larger grid, with a fifth player in the middle The middle player throws the ball for each of the outer players to bat in turn A score is awarded for each bat caught by the middle player The middle player rotates after every four throws Count the total number of catches after all of the players have completed the game 		<p>STEP Variation</p> <p>Space: To increase the challenge; Increasing the distance/ angle a from which the players shoot</p> <p>Task: Use a goalkeeper, and challenge players to shoot for goal</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: 1 vs 1.</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Stretching all major muscle groups and light jog across the field. 		

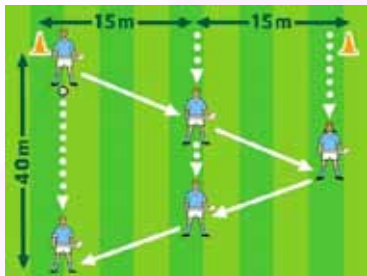
Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Jab and Roll Lift</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Place all the sliotars in the square Players line up behind the cones the 4 corners. On the whistle players one by one run into the square bring back a ball 		<ul style="list-style-type: none"> First go – Roll Lift Second go – Jab Lift Keep going until all the balls are gone. Team with the most sliotars are the winners.
<p>Activity 1: Handpassing</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into groups of three; each group forming a triangle Two players act as feeders, with one ball each; the third player is the central player The central player must take and return a pass from each player in turn for a set period of time Reverse the roles, giving each player the chance to be the central player 		<p>STEP Variation</p> <p>Space: Increase or decrease depending on ability.</p> <p>Task: To increase the challenge; the feeders pass the ball as the central player returns the previous pass.</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: 2 vs 1</p>
<p>Activity 2: Striking on the Run</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into pairs, one ball per pair Place 3 cones 20m apart to form a triangle First, each player strikes the ball on the run while moving along a length of the triangle; their partner remains in a stationary position Second, each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle Third, each player strikes the ball on the run to their partner who is also moving Change the direction of the movement to strike off the alternate side 		<p>STEP Variation</p> <p>Space: Increase or decrease depending on ability.</p> <p>Task: To adjust the task, player that is stationary strikes the ball to player on the move.</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: 1 vs1 . Player to try stop the pass can also be added.</p>

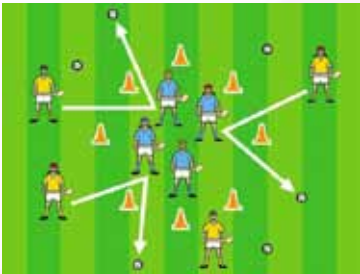

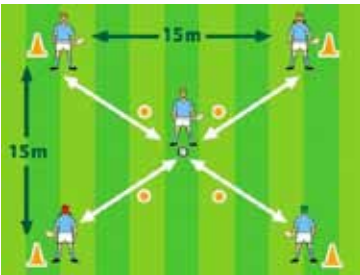
Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

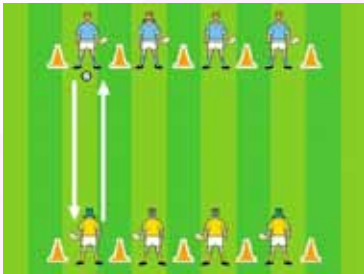
	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 15 mins	<ul style="list-style-type: none"> Mark out a distance of 40m using cones In groups of three, the players spread out along one line approximately 15m apart The first player begins by striking the sliotar ahead of the central player The central player, without stopping the ball, strikes it on towards the third, who strikes it back to the central player again, and so on The three players move forward in this fashion until they reach the 40m line Reform and repeat the drill in the opposite direction 		<p>STEP Variation</p> <p>Space: Increase or decrease depending on ability.</p> <p>Task: when striking aim for in front of the player.</p> <p>Equipment: Quick/Size 3 sliotar.</p> <p>Personnel: 1 vs1 . Player to try stop the pass can also be added.</p>
Cool Down Time: 5 mins	<ul style="list-style-type: none"> Stretching all major muscle groups and light jog across the field. 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24




	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Doubling Back - Clear The Circle</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a circle using cones Divide the players into two teams Position one team outside the circle and the other inside The outside players must strike the balls low into the circle Players inside must try to keep the circle clear by doubling on each ball as it arrives Reverse the roles of the teams after a set time 		<p>Player -</p> <p>Reduce the number of players within the circle to increase the difficulty of the game</p>
<p>Activity 1: Strike From The Hand - Hit The Cones</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Mark out grid 40m long by 20m wide Place a number of cones across the middle of grid Divide the players into groups of three to five players; one or two balls per team The players in possession attempt to strike the cones in the middle of the grid For each successful strike, award one point 		<p>Space:</p> <p>STEP Variation To reduce the challenge: reduce the distance</p>
<p>Activity 2: Batting A Ball Overhead - Target Bat</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into groups of five Mark out a grid 15m by 15m; in the middle mark another grid 2m by 2m Position one player at each corner of the larger grid, with a fifth player in the middle The middle player throws the ball for each of the outer players to bat in turn A score is awarded for each bat caught by the middle player The middle player rotates after every four throws Count the total number of catches after all of the players have completed the game 		<p>Task:</p> <p>STEP Variation To increase the challenge; the middle player throws to each corner randomly</p>

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins
Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

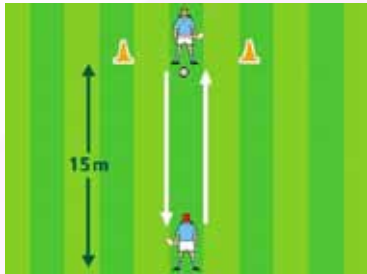
	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3 Doubling Back - Over The Line</p> <p>Time: 15 mins</p>	<p>This is a fun game designed to improve the ability of the players to double back on the ball</p> <ul style="list-style-type: none"> The game can be played one against one or in teams of 2, 3 or 4 Mark out a grid using cones; the two end lines act as goal lines The size of the grid depends on the number and ability of the players Teams strike on every second shot A score is made by striking the ball over the end line in the opponent's side of the grid 		<p>STEP Variation</p> <p>Equipment: To increase the challenge; Increase the number of sliotars; If a sliotar stops in either half of the grid, that team loses a point</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Stretching all major muscle groups and light jog across the field. 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

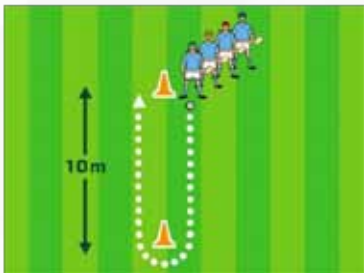

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: Stopping A Ground Ball - Piggy In The Middle</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a triangle using cones; determine the size of the triangle to suit the ability of the players One player is positioned at each cone with the fourth as the 'piggy in the middle'. The players at the cone throw the ball to one another while the 'piggy in the middle' attempts to block it Any player whose throw is blocked becomes the new 'piggy in the middle' 		<p>Task: As the players develop, increase the distance between them and allow them to strike the sliotar</p> <p>Equipment: A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult</p>
<p>Activity 1: Batting A Ball Overhead - Batting Volleyball</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Mark out a court using cones Place a net or dividing line to mark the court into 2 sections Divide the players into 2 equal teams The objective of the game is to bat the ball overhead into the opponents section of the court. The ball may be controlled, passed among players of the same team (without catching the ball) and set up for a bat but may only be played across to the opponents section using the bat. Points are scored when the ball is batted into the opposing section of the court and touches the ground. If the opposition control the strike before it hits the ground play continues. 		<p>Task: As players progress, limit the number of touches that each team can have before the ball is batted back across the net</p>
<p>Activity 2: Solo Run - Solo & Pass</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into groups of six; one ball per group Mark out a triangle with cones 10m apart Two players line up at each corner Each player solos to the next cone, hand passing the ball to the next player from 2 to 3m Repeat the drill in the opposite direction; pass the ball using the right hand when moving in an anti-clockwise direction and vice versa 		<p>To increase the challenge; the receiving player should move along their line to provide a moving target for the passer</p>

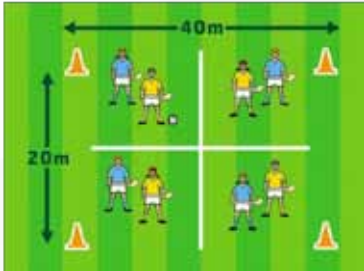
Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins
Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3 Doubling Back - Goal Strike</p> <p>Time: 15 mins</p>	<ul style="list-style-type: none"> Divide the players into pairs; one ball per pair Mark out a goal 3m wide; one player of each pair acts as a goalkeeper The second player stands 15m away The goalkeeper strikes the ball low for their partner to double back on to try to score a goal If player stops the ball or takes more than one touch, a score is not counted Count the number of goals scored in a set time Reverse roles and repeat 		<p>To increase the challenge; Increase the distance between the players or reduce the width of the goal</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Stretching all major muscle groups and light jog across the field. 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins
Group of 24 – 3 small groups of 8 - Duration of session: 50 minutes - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up Time: 15 mins	GAA Warm up 15 http://learning.gaa.ie/GAA15		
Activity 1: SAQ (Speed Agility Quickness) Speed work with the ball Time: 10 mins	<ul style="list-style-type: none"> Divide the players into groups of fours; one ball per group Mark out a distance of 10m using cones The players line up behind the first cone Each player solos out and around the far cone On the return, they hand pass to the next player in line who repeats the drill 		
Activity 2: Batting The Ball Time: 10 mins	<ul style="list-style-type: none"> Divide the players into pairs Mark a centre line between the players using cones Player A throws the ball overhead and bats to B, who bats the ball back to A The players continue batting, counting the number of successful bats in succession 		


Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins
Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3</p> <p>Strike from hand – keep ball</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a grid approximately 40m X 20m using cones Divide the grid into 4 sections Divide the players into two teams of four, one player per section The players attempt to retain possession by striking the ball from section to section The opposing team attempt to block the strike attempts If the strike is successful, that team must be allowed to retain possession Continue the game for a set period of time 		
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Objective of the cool down is to lower the heart rates of the players and gentle stretch the muscles to relieve any soreness Static stretches are used Muscle to be stretched include the following: <ul style="list-style-type: none"> - Calves - Quads - Hamstrings - Groin - Lower Back - Upper Body 		


Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins
Group of 24 – 3 small groups of 8 - Duration of session: 50 minutes - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up Time: 15 mins	GAA Warm up 15 http://learning.gaa.ie/GAA15		
Activity 1: Beat The Circle Fun Game Time: 10 mins	<ul style="list-style-type: none"> Divide the players into two teams Team A forms a circle with a distance of 3m between each player Team B lines up behind a cone outside the circle In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another Team A count the successful Chest Catches completed before the last player in Team B finishes their run Reverse the roles; the team with the most Chest Catches wins 		
Activity 2: Strike From The Hand Working On Accuracy Time: 10 mins	<ul style="list-style-type: none"> Divide the players into pairs; one ball per pair Mark out a distance 15 – 20m wide Mark a goal midway between each pair The players strike the ball through the goal to their partner 		<p>Space:</p> <p>STEP Variation To increase the challenge; Increase the distance between the players or reduce the width of the goal</p>

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins
Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24

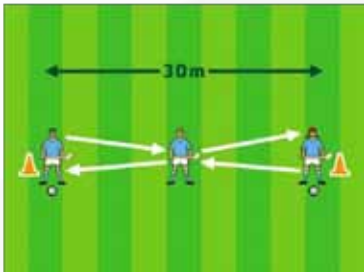

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3</p> <p>This modified game to develop Striking from the Hand awards points to Players who perform the technique correctly during the game</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Using cones, mark out a playing area of appropriate size for the number and ability of the Players Divide the Players into equal teams The Players may strike the ball from the hand, and from the ground, and use the hand pass Award 3 points for striking a point from the hand and 2 points for a goal 		<p>Task</p> <p>STEP Variation To ensure plenty of striking, do not permit solo running</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Objective of the cool down is to lower the heart rates of the players and gentle stretch the muscles to relieve any soreness Static stretches are used Muscle to be stretched include the following: <ul style="list-style-type: none"> - Calves - Quads - Hamstrings - Groin - Lower Back - Upper Body 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins
Group of 24 – 3 small groups of 8 - Duration of session: 55 minutes - No of players: 24

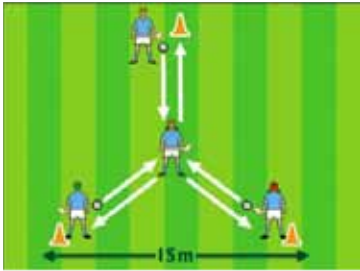
	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up Time: 15 mins	GAA Warm up 15 http://learning.gaa.ie/GAA15		
Activity 1: SAQ (Speed Agility Quickness) Time: 5 mins	<ul style="list-style-type: none"> • Divide players into groups of four • Layout a ladder in front of each group two yards from the start cone • Players do the following routines one after another <ul style="list-style-type: none"> - Two feet in each rung, run through the ladder - Two feet in each rung, hop through the ladder - One foot in each rung, run through the ladder (left and right) - One on leg hop through the ladder 		
Activity 2: Hand Pass Game This is a fun game to practice the Hand Pass technique Time: 10 mins	<ul style="list-style-type: none"> • Mark out a square or circle using cones • Divide the players into two teams; one ball per team • Position one player from each team at each cone • One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction • The first team to have the sliotar back to the starting player wins • If the sliotar hits the ground, it must be returned to the starting player to begin again 		To increase the challenge; increase the size of the square

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins

Group of 24 – 3 small groups of 8 - Duration of session: 55 minutes - No of players: 24

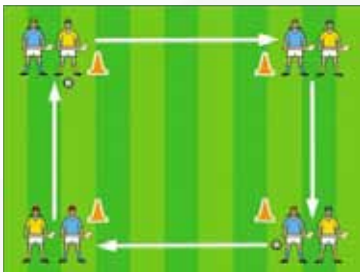

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: Control Moving Ball</p> <p>This is an intermediate drill to practice controlling a moving ball into the hand</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Divide the players into groups of three Mark out a distance of 30m using cones Position one player at each end with a ball and the third player in the middle In turn, the outer players strike the ball for the middle player to control and return Count how many balls the middle player controls and returns in a set time Change the middle player and continue the drill 		<p>STEP Variation</p> <p>Task: The players strike the ball at varying heights and speeds for the middle player to control</p> <p>Space: To increase the challenge; increase the distance between the players</p>
<p>Activity 4 Four Goal Game</p> <p>This is a modified game focussing on the ground strike which incorporates blocking and dribbling and will aid the development of decision-making and team play</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a playing area 40m x 30m Position a goal at each of the four corners Divide the players into two equal teams of four to six players Each team defends two goals but no goalkeepers are used 		<p>STEP Variation</p> <p>Space: Change the size of the playing area and the width of the goals to match the ability of the players</p> <p>Equipment: As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Objective of the cool down is to lower the heart rates of the players and gentle stretch the muscles to relieve any soreness Static stretches are used Muscle to be stretched include the following: Calves, Quads, Hamstrings, Groin, Lower Back, Upper Body 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins
Group of 24 – 3 small groups of 8 - Duration of session: 55 minutes - No of players: 24

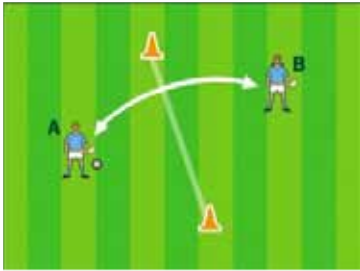
	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up Time: 15 mins	GAA 15 Warm Up. All details of which can be found on www.learning.gaa.ie		
Activity 1: SAQ (Speed Agility Quickness) Time: 5 mins	<ul style="list-style-type: none"> Divide players into groups of four Layout a ladder in front of each group two yards from the start cone Players do the following routines one after another <ul style="list-style-type: none"> Two feet in each rung, run through the ladder Two feet in each rung, hop through the ladder One foot in each rung, run through the ladder (left and right) One on leg hop through the ladder 		
Activity 2: Strike from the Hand (to feet) Time: 10 mins	<ul style="list-style-type: none"> Divide the players into groups of four Mark out a triangle with cones 15m apart Position one player at each corner, with a fourth player in the middle In turn, the outer players strike the ball low for the middle player to control and return After a set time, change the player in the middle 		<p>Task: The players strike the ball at hip height for their partner to control</p> <p>Space: To increase the challenge; increase the distance between the players</p>

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 15 mins

Group of 24 – 3 small groups of 8 - Duration of session: 1 hour - No of players: 24



	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: Handpass</p> <p>This is an intermediate drill to practice controlling a moving ball into the hand</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a square or circle using cones Divide the players into two teams; one ball per team Position one player from each team at each cone One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction The first team to have the sliotar back to the starting player wins If the sliotar hits the ground, it must be returned to the starting player to begin again 		<p>To increase the challenge; increase the size of the square</p>
<p>Activity 4 Over the River</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Setup two squares measuring 30m x 30m 4 players in one square and four players in another square Players strike ball over and back head high trying to land the ball inside their opponents square If the ball hits the ground inside the opponents square that team wins a point 		
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Objective of the cool down is to lower the heart rates of the players and gentle stretch the muscles to relieve any soreness Static stretches are used Muscle to be stretched include the following: Calves, Quads, Hamstrings, Groin, Lower Back, Upper Body 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins
Group of 24 – 3 small groups of 8 - Duration of session: 55 minutes - No of players: 24

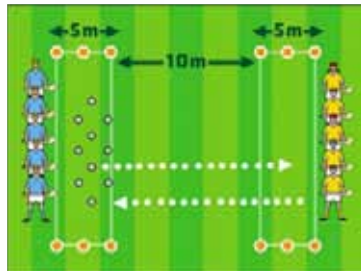
	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up Time: 15 mins	GAA 15 Warm Up. All details of which can be found on www.learning.gaa.ie		
Activity 1: SAQ (Speed Agility Quickness) Time: 5 mins	<ul style="list-style-type: none"> • Divide players into groups of four • Layout a ladder in front of each group two yards from the start cone • Players do the following routines one after another <ul style="list-style-type: none"> - Two feet in each rung, run through the ladder - Two feet in each rung, hop through the ladder - One foot in each rung, run through the ladder (left and right) - One on leg hop through the ladder 		
Activity 2: Batting a High Ball Time: 10 mins	<ul style="list-style-type: none"> • Divide the players into pairs • Mark a centre line between the players using cones • Player A throws the ball overhead and bats to B, who bats the ball back to A • The players continue batting, counting the number of successful bats in succession 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins


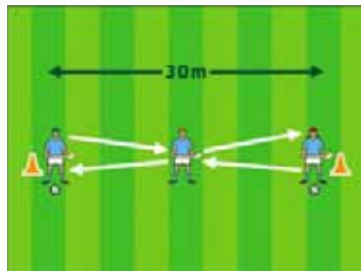
Group of 24 – 3 small groups of 8 - Duration of session: 55 minutes - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: Overhead Strike</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a court using cones Mark out a centre zone to divide the court into two sides Divide the players into 2 equal teams The objective of the game is to strike the ball into the opponents section of the court The ball may be controlled and passed among players of the same team to set up a strike Catching the ball is not permitted Points are scored when the ball touches the ground in the opponent section of the court 		<p>Space:</p> <p>As the players become more proficient, increase the distance to goal</p>
<p>Activity 4 Batting Volleyball</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Mark out a court using cones Place a net or dividing line to mark the court into 2 sections Divide the players into 2 equal teams The objective of the game is to bat the ball overhead into the opponents section of the court. The ball may be controlled, passed among players of the same team (without catching the ball) and set up for a bat but may only be played across to the opponents section using the bat. Points are scored when the ball is batted into the opposing section of the court and touches the ground. If the opposition control the strike before it hits the ground play continues. 		<p>Task:</p> <p>As players progress, limit the number of touches that each team can have before the ball is batted back across the net</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Objective of the cool down is to lower the heart rates of the players and gentle stretch the muscles to relieve any soreness Static stretches are used Muscle to be stretched include the following: Calves, Quads, Hamstrings, Groin, Lower Back, Upper Body 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins
Group of 24 – 3 small groups of 8 - Duration of session: 55 minutes - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up Time: 15 mins	GAA 15 Warm Up. All details of which can be found on www.learning.gaa.ie		
Activity 1: SAQ (Speed Agility Quickness) Time: 5 mins	<ul style="list-style-type: none"> Divide players into groups of four Layout 6 poles in front of each group two yards from the start cone, two yards apart Players do the following routines one after another <ul style="list-style-type: none"> Zig zag side to side through the cones Run to each pole quick feet around each one Start side on the poles in and out between each one Plant and push through each pole, land and hold for one second on each leg then push off 		
Activity 2: Roll Lift Time: 10 mins	<ul style="list-style-type: none"> Divide the players into two teams of five players each Mark out two grids 5m by 5m with 10m between each grid; assign a grid to each team Place ten sliotars in one grid On the whistle the first team run forward, roll lift a ball each, and return it to their own grid, continuing until all the sliotars have been moved The second team repeat the drill, moving all the sliotars back to their grid The team which completes the drill in the quickest time wins 		

Safety Info Stationed approach - All groups do the warm up - 3 Hurling Skill Based Stations, Rotating ever 10 mins
Group of 24 – 3 small groups of 8 - Duration of session: 55 minutes - No of players: 24

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: Striking Chest High</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Divide the players into pairs, one ball per pair Place 3 cones 20m apart to form a triangle First, each player strikes the ball on the run while moving along a length of the triangle; their partner remains in a stationary position Second, each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle Third, each player strikes the ball on the run to their partner who is also moving Change the direction of the movement to strike off the alternate side 		<p>Task: Vary the type of strike the player must use, e.g. high, low, to hand or to bounce</p>
<p>Activity 4 First Touch</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Divide the players into groups of three Mark out a distance of 30m using cones Position one player at each end with a ball and the third player in the middle In turn, the outer players strike the ball for the middle player to control and return Count how many balls the middle player controls and returns in a set time Change the middle player and continue the drill 		<p>Task: The players strike the ball at varying heights and speeds for the middle player to control</p> <p>Space: To increase the challenge; increase the distance between the players</p>
<p>Cool Down</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> Objective of the cool down is to lower the heart rates of the players and gentle stretch the muscles to relieve any soreness Static stretches are used Muscle to be stretched include the following: Calves, Quads, Hamstrings, Groin, Lower Back, Upper Body 		

Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30

	Description of activity		Key Points (Coaching/Others)
Warm Up Time:	High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)		<ul style="list-style-type: none"> • Repeat twice • 30secs on 10 secs off • Keep all movements dynamic
Activity 1: Time:	<ul style="list-style-type: none"> • Players in pairs • Coach make square 10metres • each pair to a square facing each other • players strike ball to opposite side • low, to hand, no hands 		<ul style="list-style-type: none"> • Change up skill • Put them on time • When to hand no unnecessary touches with stick • Repeat drill but this time make players move to opposite cones every time they strike the ball
Activity 2: Time:	<ul style="list-style-type: none"> • Players in pairs • Coach make square 10metres • each pair to a square facing each other • one player standing with ball • opposite player on the move all the time 		<ul style="list-style-type: none"> • Change up tasks skills • Time element • Both players on move make harder

Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Striking drill Time:	<ul style="list-style-type: none"> • Players width of field • One players has balls at his side three to four balls • Runs to ball takes four steps looks up and strikes it to players hand goes back for next ball and repeats 		<ul style="list-style-type: none"> • Add balls • Use same ball harder on players
Activity 4: Time:	<ul style="list-style-type: none"> • Groups of three • Work the man in the middle • Ball either side • One in the middle • Two players either side of pitch • Strike to middle man he strikes back • Repeat process 		<ul style="list-style-type: none"> • Man in middle has ball also • Time element • Man in middle can turn and strike to opposite side
Cool Down Time:	<ul style="list-style-type: none"> • Back into original squares • Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms • Keep 2metres apart during cool down at all times 		

Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30

	Description of activity		Key Points (Coaching/Others)
<p>Warm Up</p> <p>Time: 15 mins</p>	<p>High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)</p>		<ul style="list-style-type: none"> • Repeat twice • 30secs on 10 secs off • Keep all movements dynamic
<p>Activity 1: The minute challenge.</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> • Stand 3 metres from the wall. Strike the ball off the wall as many times as possible in 60 seconds, and then control on the way back. Do it first on your left side and then repeat on right. • Progress can be made by alternating every second strike between the left and the right side. 		<ul style="list-style-type: none"> • How will I benefit? - The aim of this drill is to speed up a player's striking, to improve their striking on both sides and to work on their touch and control of the ball. • Footwork is very important here.
<p>Activity 2: Three strike challenge.</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> • Stand 20 metres back from the wall. Run forward and strike to wall. Catch the ball on its return, and then strike it towards wall as quickly as possible again, all the while running towards wall. Then do third strike and catch before you run out of space. 		<ul style="list-style-type: none"> • How will I benefit? Ball control on the run will be improved, as will a player's awareness. A player will learn to get rid of the ball quicker.

Safety Info Stationed approach - All groups do the warm up
Duration of session: 60 minutes - No of players: 30

	Description of activity	Key Points (Coaching/Others)
Activity 3: One strike, one touch. Time: 10 mins	<ul style="list-style-type: none"> Stand ten metres back from the wall. Strike the ball, and from the moment it's struck, attack the ball at pace, with your aim being to get as close as possible to the wall by the time you have the ball under your control. Your aim should be to have it in your hand just before you touch the wall. 	<ul style="list-style-type: none"> How will I benefit? You will learn to attack the ball, and your ability to control it while going forward will be improved. It's all about the forward momentum and bringing the ball with you without having to stop or slow down.
Activity 4 Two walls, two lads Time: 10 mins	<ul style="list-style-type: none"> Set up two cones three yards apart, equal distance from both walls that are opposite each other. One of the lads starts the drill off by striking towards one wall - He must ensure that the ball rebounds back within the three yard space set out by the cones. His partner attacks the ball from behind him and aims to control it, before turning to strike off the other wall, where the same principals apply. 	<ul style="list-style-type: none"> How will I benefit? Striking accurately and getting the ball under control quickly. Awareness will be improved also because you have to communicate well with your partner.
Cool Down Time: 5 mins	<ul style="list-style-type: none"> Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms Keep 2metres apart during cool down at all times 	

Additional fun drill at end of session before cool down if needed:

Two player freestyle Time: 10 mins	<ul style="list-style-type: none"> You're not allowed to put your hands on the ball in this game. Stand as far back from the wall as you want. Both players begin the game with three lives. The game begins when one of the partners strikes the ball off the wall. The ball is only allowed to bounce twice when it comes back to you, before you strike it back again. i.e once off the ground, once off the hurl and then strike. OR twice off the hurl and then strike. If you let the ball bounce more than three times before striking, you lose a life. If your strike misses the wall, or hits the ground before hitting the wall, you lose a life. 	<ul style="list-style-type: none"> How will I benefit? Movement, touch, striking, control.
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Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30

	Description of activity	Key Points (Coaching/Others)
Warm Up Time: 15 mins	High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)	<ul style="list-style-type: none"> • Repeat twice • 30secs on 10 secs off • Keep all movements dynamic
TIBATA HURLING AND FUNDAMENTS SESSION Its dependant on coach what times you want to put on session Options: 30 secs on 10secs off (1 set), Do 4 sets one minute break in-between sets Change of activates is also an option		
Activity 1	<ul style="list-style-type: none"> • Individual solo shuttle run • Out 5 metre back • Out 10 metre back • And so on 	<ul style="list-style-type: none"> • Ball stays on Hurley while turning • Get head up to scan area while moving • Moving as full pace all the time
Activity 2	<ul style="list-style-type: none"> • Air squats • Hurley over the head 	<ul style="list-style-type: none"> • Getting hips down to 90 degrees • Hurley over head makes it harder • Keep back straight don't let chest come forward on way down • High tempo
Activity 3	<ul style="list-style-type: none"> • Roll the ball away and jab lift the moving ball 	<ul style="list-style-type: none"> • Get ball into hand first time • Get down over the ball as low as you can • Catch at lowest point • Roll ball at good pace away from you • Rise ball as its going away from you



Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30



	Description of activity	Key Points (Coaching/Others)
Activity 4	<ul style="list-style-type: none"> Press ups 	<ul style="list-style-type: none"> Shoulders , hips and ankles in line Strong core through out Chest to ground Keep at good tempo so you're doing the activity through the allocated time
Activity 5	<ul style="list-style-type: none"> Strike ball in pairs Or strike ball at wall 	<ul style="list-style-type: none"> Test your speed of striking There is an allocated time period try beat your score each time High tempo Ball the hand
Activity 6	<ul style="list-style-type: none"> Mountain climbers 	<ul style="list-style-type: none"> Knees to chest Strong core High tempo Add in jump to make harder (burpee)
Activity 7	<ul style="list-style-type: none"> Shooting at goal 	<ul style="list-style-type: none"> Plenty of balls Always on the run Off the Hurley to make harder Both sides
Activity 8	<ul style="list-style-type: none"> Sit ups 	<ul style="list-style-type: none"> Change to way of doing them if need Russian twists Bicycles Plank V ups
Cool Down	<ul style="list-style-type: none"> Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms Keep 2metres apart during cool down at all times 	

Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30



	Description of activity		Key Points (Coaching/Others)
Warm Up Time:	High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)		<ul style="list-style-type: none"> • Repeat twice • 30secs on 10 secs off • Keep all movements dynamic
Activity 1: Time:	<ul style="list-style-type: none"> • 2v1 • 4 Zones 		<ul style="list-style-type: none"> • Focus on lines of sight • Fast movement of ball • Non contact • Emphasis on cutting out passes
Activity 2: Time:	<ul style="list-style-type: none"> • 3v2 Zonal Game 		<ul style="list-style-type: none"> • 3 vs 2 in each zone • Ball to hand • No Contact • Cut out passes • Lines of sight

Safety Info Stationed approach - All groups do the warm up
Duration of session: 60 minutes - No of players: 30

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time:	<ul style="list-style-type: none"> Grid Swap 		<ul style="list-style-type: none"> Move ball from zone to zone Move as quick as possible No Contact Cut out passes
Activity 4: Time:	<ul style="list-style-type: none"> Zonal Game 		<ul style="list-style-type: none"> Emphasis on playing ball No Contact Move ball to hand Cut out passes No Tackling
Cool Down Time:	<ul style="list-style-type: none"> Back into original squares Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms Keep 2metres apart during cool down at all times 		



Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30

	Description of activity		Key Points (Coaching/Others)
Warm Up Time:	High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)		<ul style="list-style-type: none"> • Repeat twice • 30secs on 10 secs off • Keep all movements dynamic
Activity 1: Time:	<ul style="list-style-type: none"> • 2v1 • 4 Zones 		<ul style="list-style-type: none"> • Focus on lines of sight • Fast movement of ball • Non contact • Emphasis on cutting out passes
Activity 2: Time:	<ul style="list-style-type: none"> • 2v2 Zonal Game 		<ul style="list-style-type: none"> • 2 vs 2 in each zone • Players may move 1 zone forward and 1 zone back • No contact • Emphasis on lines of running • Support play



Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30



	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time:	<ul style="list-style-type: none"> 5v3 		<ul style="list-style-type: none"> 5v3 overload Large square Emphasis on ball to hand Players in opposition focus on cutting out passes No contact
Activity 4: Time:	<ul style="list-style-type: none"> Zonal Game 		<ul style="list-style-type: none"> 2v2 players in large zones 1v1 in smaller zones No contact Move ball through zones up the field Focus on lines of sight and support play Cut out passes no contact
Cool Down Time:	<ul style="list-style-type: none"> Back into original squares Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms Keep 2metres apart during cool down at all times 		

Safety Info Stationed approach - All groups do the warm up


Duration of session: 60 minutes - No of players: 30

	Description of activity		Key Points (Coaching/Others)
Warm Up Time:	High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)		<ul style="list-style-type: none"> • Repeat twice • 30secs on 10 secs off • Keep all movements dynamic
Activity 1: Time:	<ul style="list-style-type: none"> • Striking Relay race 		<ul style="list-style-type: none"> • Teams of four, width of the pitch. • Move the ball back and forward across the pitch. • Low, one bounce, to hand.
Activity 2: Time:	<ul style="list-style-type: none"> • 5v2 		<ul style="list-style-type: none"> • 5 players vs 2 • Focus on clear lines of sight • No Contact • Emphasis on cutting out passes

Safety Info Stationed approach - All groups do the warm up
Duration of session: 60 minutes - No of players: 30

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time:	<ul style="list-style-type: none"> 4v2 vs 4v2 		<ul style="list-style-type: none"> 4v2 vs 4v2 Focus on clear lines of sight No Contact Emphasis on cutting out passes Transition ball across mid-line whenever possible
Activity 4: Time:	<ul style="list-style-type: none"> 2v1 4 Zones 		<ul style="list-style-type: none"> Focus on lines of sight Fast movement of ball Non contact Emphasis on cutting out passes
Cool Down Time:	<ul style="list-style-type: none"> Back into original squares Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms Keep 2metres apart during cool down at all times 		

Safety Info Stationed approach - All groups do the warm up
Duration of session: 70 minutes

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 15mins	<ul style="list-style-type: none"> All Players inside the 60m to end line area. Moving around the area in different directions. 		<ul style="list-style-type: none"> Striking (short 20-long 50 yards) Hand pass Catching Dynamic stretching Mobility
Activity 1: 1st touch and striking Time: 10mins	<ul style="list-style-type: none"> In Pairs 10m/20m/30m/40m apart Both players have a ball 		<ul style="list-style-type: none"> Both players striking ball to each other at same time AS FAST AS THEY CAN Little time on ball Change from ground to hands and distances
Activity 2: 1st Touch and Fitness/agility work Time: 20mins	<ul style="list-style-type: none"> Divide players into pairs Make a diamond shape with 4 cones on the corners and cone in the middle of diamond. 5-10 yards to each cone. 	<p>Player 1 (40m away)</p> 	<ul style="list-style-type: none"> Player 1 is 40m away striking the ball to player 2 who is doing short fast running in different directions Player 2 is working for 5-10 balls in the diamond. Then change. Player 2 to run in multi directions (10-20 second recovery between each ball) <ul style="list-style-type: none"> - Middle to right and back to middle then attack ball. - Repeat above opposite direction - Middle to back cone shuffling backwards then attack ball - V Shape – Run from back cone out to left, then back top start and out to right cone. - Etc etc

Safety Info Stationed approach - All groups do the warm up
Duration of session: 70 minutes

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: 1st touch & Shooting Time: 10mins	<ul style="list-style-type: none"> • Divide players pairs • 3 balls 		<ul style="list-style-type: none"> • Player 1 on end line with 3 balls, player 2 on 60m line. • Player 1 strikes all 3 balls to Player 2 who must run from 60m line to end line while controlling all 3 balls and striking over the bar on the run. • Rotate positions.
Activity 4: Ball work in pairs Time: 5mins	<ul style="list-style-type: none"> • 1 ball • 1st Touch/Catching • Move to ball • Strike ball on move going forwards and backwards 		<ul style="list-style-type: none"> • Ensure players are moving and not standing still • Keep changing distances 10m, 20m 40m etc
Cool Down Time: 10 mins	<ul style="list-style-type: none"> • Physical exercises & Static stretching • 10 Squats, 10 Press Ups, 10 Lunges, Plank 30 secs, Repeat x 3 		

Safety Info Stationed approach - All groups do the warm up
Duration of session: 55 minutes

	Description of activity		Key Points (Coaching/Others)
<p>Warm Up</p> <p>Time: 15mins</p>	<ul style="list-style-type: none"> All Players inside the 60m to end line area. In Pairs 1 ball Moving around the area in different directions. 		<ul style="list-style-type: none"> Striking (short 20-long 50 yards) Hand pass Catching Dynamic stretching Mobility
<p>Activity 1: Ball work in pairs</p> <p>Time: 10mins</p>	<ul style="list-style-type: none"> 1 ball 1st Touch/Catching Move to ball Strike ball on move going forwards and backwards 		<ul style="list-style-type: none"> Ensure players are moving and not standing still Keep changing distances 10m, 20m 40m etc
<p>Activity 2: Shuttle Runs with ball</p> <p>Time: 10mins</p>	<ul style="list-style-type: none"> Pairs 1 ball Speed work Catching 1st Touch Striking 	<p>A 10m B</p> <p>A 15m C</p> <p>A 20m D</p> <p>A 25m E</p>	<ul style="list-style-type: none"> Player (1) A Strikes Ball to player (2) at B after each run. Player (2) controls and returns ball at B after each run. <ol style="list-style-type: none"> B to C to B (10m run) B to D to B (20m run) B to E to B (30m run)

Safety Info Stationed approach - All groups do the warm up
Duration of session: 55 minutes

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 10mins			
Activity 4: Shooting & Catching Time: 5mins	<ul style="list-style-type: none"> Pairs & 1 ball 	<ul style="list-style-type: none"> Portable goals in the middle of a 20m circle 	<ul style="list-style-type: none"> Players go opposite sides of goals Strike for a point outside 20m zone Player on opposite side try and catch ball at highest point. Players to constantly move around and strike off opposite sides and angles
Cool Down Time: 10 mins	<ul style="list-style-type: none"> Physical exercises & Static stretching 10 Squats, 10 Press Ups, 10 Lunges, Plank 30 secs, Repeat x 3 		

Safety Info Stationed approach - All groups do the warm up
Duration of session: 55 minutes


	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 15mins	<ul style="list-style-type: none"> All Players inside the 60m to end line area. Moving around the area in different directions. 		<ul style="list-style-type: none"> Striking (short 20-long 50 yards) Hand pass Catching Dynamic stretching Mobility
Activity 1: Time: 10mins	<ul style="list-style-type: none"> In Groups of 4 Catching Striking 1st touch 	A 20m B - 5m - C 20m E	<ul style="list-style-type: none"> A & E have a ball each A & E both strike ball to B & C at same time. B & C Strike ball back and then turn and receive ball from opposite side Keep rotating and players in middle always moving to the ball Work for 30 secs/1 min at pace
Activity 2: Ball work in pairs Time: 10mins	<ul style="list-style-type: none"> 1 ball 1st Touch/ Catching. Move to ball Strike ball on move going forwards and backwards 		<ul style="list-style-type: none"> Ensure players are moving and not standing still Keep changing distances 10m, 20m 40m etc

Safety Info Stationed approach - All groups do the warm up
Duration of session: 55 minutes

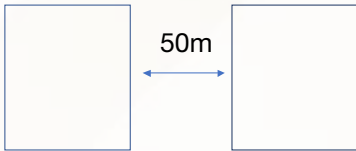

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: Fitness with the Ball</p> <p>Time: 10mins</p>	<ul style="list-style-type: none"> Groups of 4 2 balls 1st touch Sprints with a turn 	<p>40m</p>	<ul style="list-style-type: none"> 3 cones laid out to form a V shape. The V shape is 10m long on sides. 1 player at a cone at either side and player opposite them 40 m away with a ball. After they receive the ball from player on the outside they run around the cone at the back of V and come out the opposite side to receive ball from the other player. Both players work at same time. Change players after 40sec/30sec/20sec/
<p>Activity 4: Shooting Drills</p> <p>Time: 5mins</p>	<ul style="list-style-type: none"> Groups of 3 3 balls in each group 	<ul style="list-style-type: none"> Goals 20-40m 60m 	<ul style="list-style-type: none"> Player at 60m has 3 balls, pass the ball to player in the scoring zone who is making runs, player has 5 secs on the ball to get shot away on the run. Player in shooting ball must try and score out of 3 balls, no breaks, as soon as one ball is gone next one arrives The 3rd player is behind goal getting the 3 balls. Players rotate after each go. Whichever player gets least scores must do 5 burpees after each round
<p>Cool Down</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Physical exercises & Static stretching 10 Squats, 10 Press Ups, 10 Lunges, Plank 30 secs, Repeat x 3 		



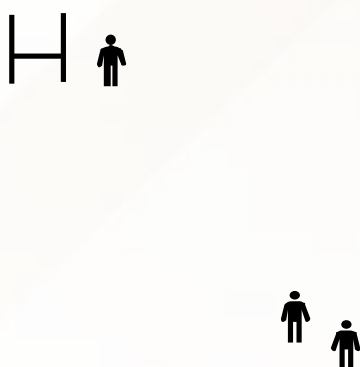
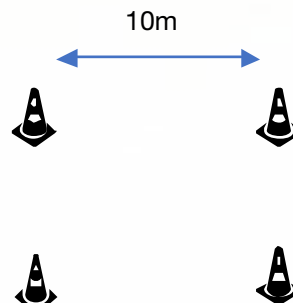
Safety Info Stationed approach - All groups do the warm up
Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 10mins	<ul style="list-style-type: none"> Groups of 4/5, set up as across, with one player in goal, one on 45m line and 2 on 65m line. Player in goal area stays there until activity is changed 		<ul style="list-style-type: none"> Coach to integrate ball work such as low striking, hand passing, high catch, ball to hand, jab lift and long striking in between physical activities and multi directional movement.
Activity 1: (Skill Focus: Scoring, Gaining Possession and Striking) Time: 12mins	<ul style="list-style-type: none"> In Groups of 4 Catching Striking 1st touch 		<ol style="list-style-type: none"> 1. Player in goal strikes ball to player on 65m line, who catches, gives a one two to the player on 45m line and strikes ball over bar. Player that strikes over bar moves to 45m line and player at 45m line goes to 65m line. 2. Player in goal strikes ball to player on 65m line, who bats the ball down, player on 45m line collects the breaking ball before passing the ball back to the batter down who strikes ball over bar. The 2 players outside swap positions for next ball. 3. Player in goal strikes low hard ball to player on 45m line, who must control the ball before passing it off his shoulder to player from 65m line who is making the run and strikes over the bar. 4. Player in goal strikes ball to player on 65m line, who catches it and tries to strike the ball over the bar. But, as soon as the ball passes the player on the 45m line, he must run to 65m line and try to block down the striker.

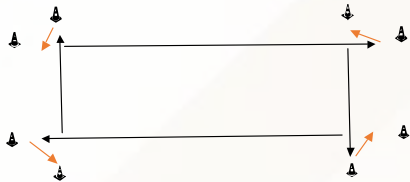
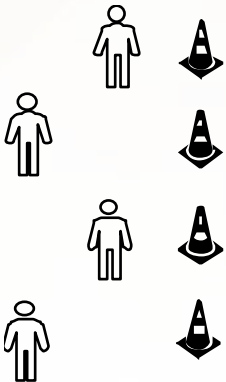
Safety Info Stationed approach - All groups do the warm up
Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 2: (Skill Focus: Fun Game of multiple skills) Time: 12mins	<ul style="list-style-type: none"> Piggy in the Middle. 2 vs 1 must pass the ball by various methods and keep the ball off the piggy. Each game lasts 90 seconds with 30 second break before next activity. 		<ol style="list-style-type: none"> Hand pass only Bounce strike e.g. player strikes ball, so it bounces off the ground before going to partner Shovel Pass e.g. where player gives Brick Flick/Shovel Pass to pass ball to partner Strike to hand only Ground Hurling only.
Activity 3: (Skill Focus: Striking and gaining Possession) Time: 12mins	<ul style="list-style-type: none"> No Mans Land: Player pairs up with an opponent in opposite square. 		<ul style="list-style-type: none"> Objective is to hit the ball into the opponents' square. If the ball touches the ground, striker gets a point. If it is caught or controlled to stay off the ground, receiver gets a point. After 2 minutes, switch opponents.
Activity 4: (Skill Focus: Scoring, Striking, Controlling a Ball) Time: 12mins	<ul style="list-style-type: none"> Goal to Goal. 		<ul style="list-style-type: none"> Players pair up with an opponent and set up a goal each facing an opponent approx. 25m apart. Whichever player has the most amount of goals scored after 2 minutes is the winner. Swap opponents after each 2 minutes, where a winner plays a winner and a loser plays a loser. Play 5 games in total.
Cool Down			

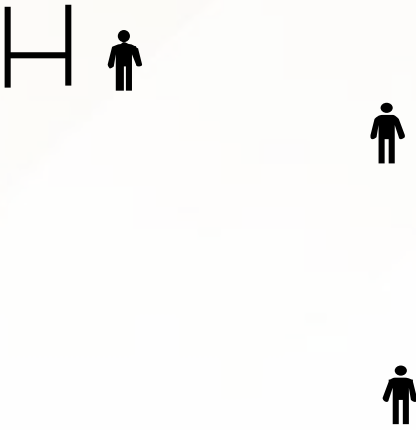
Safety Info Stationed approach - All groups do the warm up
Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 10mins	<ul style="list-style-type: none"> Gaelic 15 warm up but moving all over the pitch 		<ul style="list-style-type: none"> Coach to integrate ball work such as low striking, hand passing, high catch, ball to hand, jab lift and long striking in between physical activities and multi directional movement.
Activity 1: (Skill Focus: Scoring, Long Striking and Gaining Possession) Time: 12mins	<ul style="list-style-type: none"> Groups of 4/5 set up as across, with one player in goal (to strike balls out) and other players in a group. 		<ol style="list-style-type: none"> 1. Player in goals strikes hard ball out to player outside, who controls/catches ball and strikes over the bar. As soon as he strikes over the bar, he turns and receives a low ball from a player on the outside and again strikes over the bar. 2. Repeat for all players for 2 minutes, then swap player inside in goal and players on outside move to a different starting point in the area.
Activity 2: (Skill Focus: Hand passing, ball control, catching, striking) Time: 12mins	<ul style="list-style-type: none"> 3 vs 1 activity 		<ul style="list-style-type: none"> Set up as in diagram. Player in middle stays in middle for 1 minute. Players on outside can only stay in line with cones. Players on outside have 1 ball and must try to keep possession. Players may only pass to the cone on their right- or left-hand side, may not pass ball through the middle. Player must be at the cone to receive the ball. Hand pass only for first set, change to bounce pass for second set. Each player does 1 minute in the middle for each set.

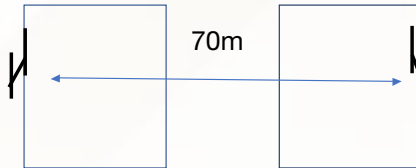
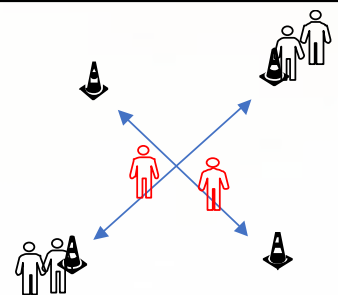
Safety Info Stationed approach - All groups do the warm up
Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: (Skill Focus: Stamina, Long Striking, Short Striking, Hand passing & Gaining Possession)</p> <p>Time: 12mins</p>	<ul style="list-style-type: none"> Ball moves in Clockwise direction around the area. Players who receive a strike pass, must give a hand pass. Players who receive a strike pass, must give a hand pass. Ball starts at station with 2 players and players follow the ball to where they passed it 		<ul style="list-style-type: none"> Objective is to hit the ball into the opponents' square. If the ball touches the ground, striker gets a point. If it is caught or controlled to stay off the ground, receiver gets a point. After 2 minutes, switch opponents.
<p>Activity 4: (Skill Focus: Fun game working on team work and first touch)</p> <p>Time: 12mins</p>	<ul style="list-style-type: none"> Hurling Volleyball 		<ul style="list-style-type: none"> Team has 3 touches on their side before passing ball back over the cones to team on the other side. Teams must always keep the ball off the ground. If it touches the ground, that team loses a point. First to 10 wins, then swap sides and repeat. Keep starting a new game each time a team gets to 10. Team with most wins is the champion.
Cool Down			

Safety Info Stationed approach - All groups do the warm up
Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 10mins	<ul style="list-style-type: none"> Gaelic 15 warm up but moving all over the pitch. 		<ul style="list-style-type: none"> Coach to integrate ball work such as low striking, hand passing, high catch, ball to hand, jab lift and long striking in between physical activities and multi directional movement.
Activity 1: (Skill Focus: Striking, Ball Control and Scoring) Time: 12mins	<ul style="list-style-type: none"> Groups of 4/5, set up as across, with one player in goal, 1/2 on 65m line and 2 on 13m line. Player stays in same section until end of each 3-minute activity, where they all rotate to a new position. 		<ol style="list-style-type: none"> 1. Player in goal strikes high ball to player at 65m line, who then strikes low ball to opposite corner forward position who puts the ball over the bar, under token pressure from opponent who is shadowing for a block/hook. 2. Player in goals strikes ball to hand of player on 65m line, who strikes a high ball into opposite corner forward, player catches ball under token pressure and puts ball over bar. 3. Player in goals strikes hard ball to player on 65m line, who then hits high ball into corner forward position. One player inside bats the ball down, the other player picks up the break and shoots for a point. 4. Player in goal strikes ball to player on 65m line, who then passes down the line to player on 13m line on his side of pitch, player from 65m continues run to receive pass back before putting ball over the bar. (Players outside swap roles in this activity)

Safety Info Stationed approach - All groups do the warm up
Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 2: (Skill Focus: Fun Game and First Touch) Time: 12mins	<ul style="list-style-type: none"> 3 vs 1 possession game 		<ul style="list-style-type: none"> Players are only allowed a total of 2 touches e.g. control the ball and pass the ball. If player in middle gains possession, he then swaps place with the person he dispossessed or whose fault it was that he gained the dispossession
Activity 3: (Skill Focus: Striking and First Touch) Time: 12mins	<ul style="list-style-type: none"> Goals win games 	 <p>A diagram showing a rectangular field with a width of 70m. At each end of the field, there is a goalpost represented by two vertical lines. A double-headed arrow indicates the 70m width.</p>	<ul style="list-style-type: none"> Players must try to outscore their opponents by trying to score a goal in the opposition goals. Players must take shots from inside their own confined area. First team to 10 goals scored wins. Swap sides and repeat game for the 12 minute period.
Activity 4: (Skill Focus: Stamina, Striking, Passing and Gaining Possession) Time: 12mins	<ul style="list-style-type: none"> White players pass the ball diagonally to other white players, and yellows pass to yellows. The Coach in the middle tries to intercept the passing. After player strikes the ball, they sprint to the other side. 1 minute on, 30 seconds off. 	 <p>A diagram showing a passing drill. Four cones are placed at the corners of a square. Two players (represented by stick figures) are positioned diagonally across from each other. Blue arrows indicate the path of the ball being passed between the players. A coach figure is positioned in the center of the square, ready to intercept.</p>	<ul style="list-style-type: none"> Coach can alter the type of passing allowed e.g. low strike, high pass, shovel pass, hand pass etc
Cool Down			

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