

Ballinteer St Johns GAA Club Nursery

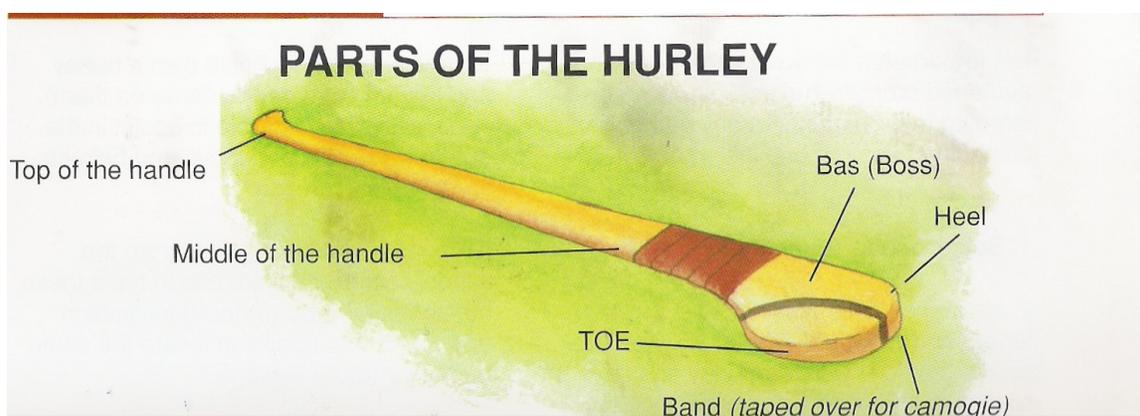
Hurling Drills for 5-8 year olds

Warm up Drills/Games

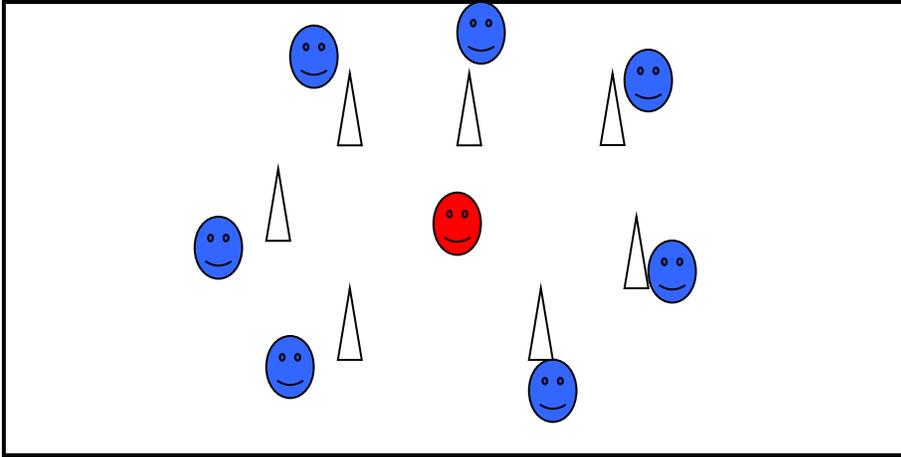
1. Relay Races (Straight line and Zig Zag). Have players run to the farthest cone in one position and back in a different position e.g. run in the ready position out to the cone and back in the lock position
2. Colour Recognition (1). Have 3-4 players in the required number of groups. Put out three coloured cones spaced 5m apart in front of each group in the same order e.g. blue, red, and yellow. Call out a sequence of colours and each member of the team has to run to the cones in that order before returning to the group.
 - (a) Players run in the ready position to each cone and back.
 - (b) Players run in the ready position and touch the cones with their catching hand, back to ready position and onto the next cone.
 - (c) Players run in the ready position and tip each cone in the lock position.
3. Flip Over- Scatter dome shaped cones around a small area. In a specified time (e.g. 1 minute) half the group must attempt to turn the cones upside down whilst the other half of the group turn the cones right side up. Children must run in the ready position and turn the cones with their catching hand only before returning to the ready position.
4. Hurl Tag- Nominate 2 or 3 “taggers”. All other children hold and run with their hurls in the ready position. Taggers do not have a hurl. When a child is tagged, they must freeze in the ready position. Children are freed when their team mate touches hurls with them in the ready position making an “X”. Alternate taggers.
5. Stuck in the mud – Nominate 2 or 3 “taggers”. All other children hold and run with their hurls in the ready position. Taggers do not have a hurl. Once a child is tagged they must freeze on the spot in the ready position and spread their feet on the ground. The children are freed when another child crawls through their legs with their strong hand on the hurl and their catching hand free. Alternate “taggers”.
6. Ready-Lock-Catch – This game is based on the idea of Ship, Sea, Shore. There are 3 lines; Ready, Lock and Catch. The children start on the “Ready” line in the ready position. If the coach calls “Lock”, all the children run to the Lock line in the Lock Position. If the coach calls “Catch”, all the children run to the catch line in the Catch position. (Use other positions e.g. lift, ground block, hook)
7. Dodge ball - Set out a square 20m x 20m approx. 2 or 3 children are given a sponge ball. They attempt to throw the ball at the other children. All other children hold and run with their hurls in the ready position. Once a child is hit with the ball they must move to the outside of the square and complete 10 jumping jacks before returning to the game. However, if a child blocks the ball with their hurl, they continue the in the game. Alternate children with the sponge ball.
8. Foxes and Chickens - Set out a square 20m x 20m approx. All players except for two dribble their ball around the square. The two players without a ball must tackle the others and flick their ball out of the square. When the players ball is put out the square they must get their ball and do 3 jumping jacks outside the square before returning to the game. Swap foxes after 2 minutes.

9. Musical Sliotars – mark out 20m X 20m
- Place sliotars in the middle of the grid
 - Players start jogging around the outside of the grid
 - On a signal from the coach players run and start dribbling with a ball, player without a ball stands out from the grid
 - Coach takes one sliotar out and starts game again
 - Last player left is the winner

10. Swap Over - Set out a square 20m x 20m approx. Each child has a ball. Players dribble inside grid. On coaches whistle players swap over balls with different player each time. Practice dribbling with one hand on hurl and catching hand behind your back.



- Introduce Ready position. **The hand that the child writes with must be placed at the top of the handle and their other hand near the bas. Get players in a semi circle, put the hurl flat on ground in front of them and tell them to pick it up by the handle with their writing hand – work from there.**
- Introduce the Lock position for striking. **The hand that the child writes with must be placed at the top of the handle and slide the other hand up beside this hand.**
- Practice moving from the hurl on the ground to Ready to Lock.
- Coach makes various wrist movements in the lock position and players copy. Players write names in air and on ground from that position. Practice air-swings.



GRIP-SIMON SAYS

Name parts of the hurley. Bas, heel, toe, top of handle, middle of handle.

- Introduce 'Ready Position'. **The hand that the child writes with must be placed at the top of the handle and their other hand near the bas.**
- Children place hurl flat on ground. They have to get the hurl into the 'Ready Position'. Practice.
- Coach plays 'Simon says' incorporating the ready position.

SWING

Set up: Two tackle bags/tyres/sliotars pinned to ground 10 m apart. Cones 3m on either side of tackle bags with kids lined up behind.

- Demonstrate the swing (Feet shoulder width apart. 'Lock' position, swing back high and far).
- Practice air-swings. First player in each line approaches the tackle bag and strikes 10 times. They continue to the other cone. The next player then 10 times.
- The players can strike the bag while walking, progress to jogging if competent.



2. GROUND STRIKE

Teaching Points:

- From ready position, feet shoulder width apart, slide lower hand into lock position, bending elbows raise hurley.

- Swing downward with wristy action, eye on the ball, striking sliotar with the bas and follow through with swing.

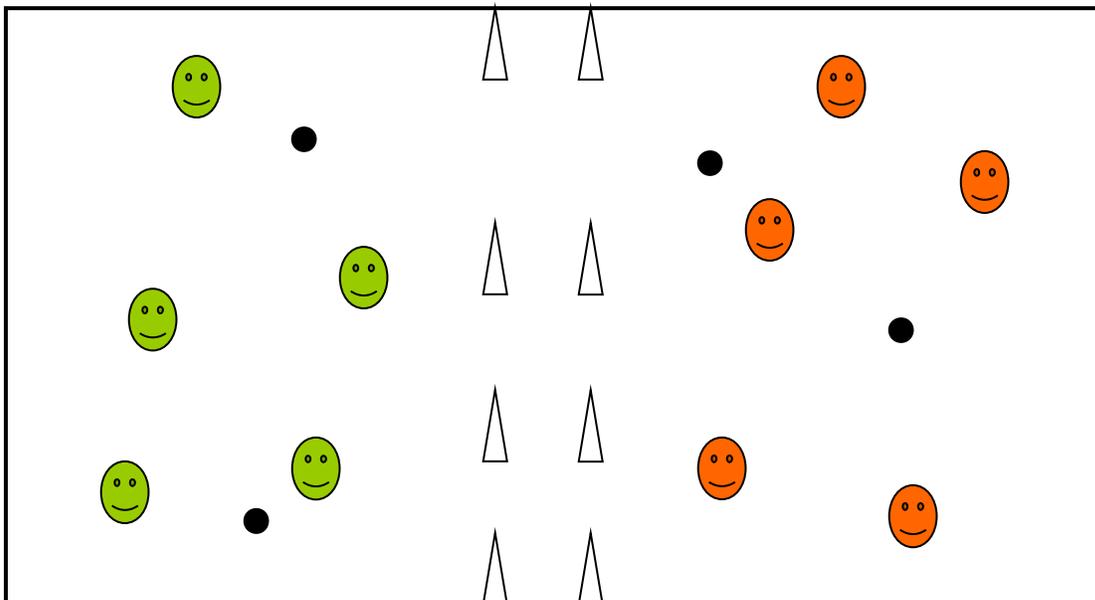
Set up: Width of hall x 10m. A sliothar and dome between 2.

- Players pair off. Each pair stands behind a dome with a ball.
- The first player ground strikes the ball forward from a stationary position on their strong side.
- They walk up to the ball and strike it again from a stationary position on their strong side.
- This continues until they reach the wall/cone and dribble back. Their partner repeats the exercise.

Hurling Tennis

Set up: 15X15m square with a dividing area in the middle. 6-8 balls.
Cones to mark the boundaries.

- Divide the group into 2 teams of 5. Put two teams facing each other in each area.
- The object of the exercise is to hit the ball into the opposing teams area. Start with 4 balls per game and move it up to 8 after a while to increase participation.
- Every 2 minutes blow the whistle for players to freeze (or stand with hurl over head) and count how many balls are in each square. The team with fewer balls in their square gets a point.



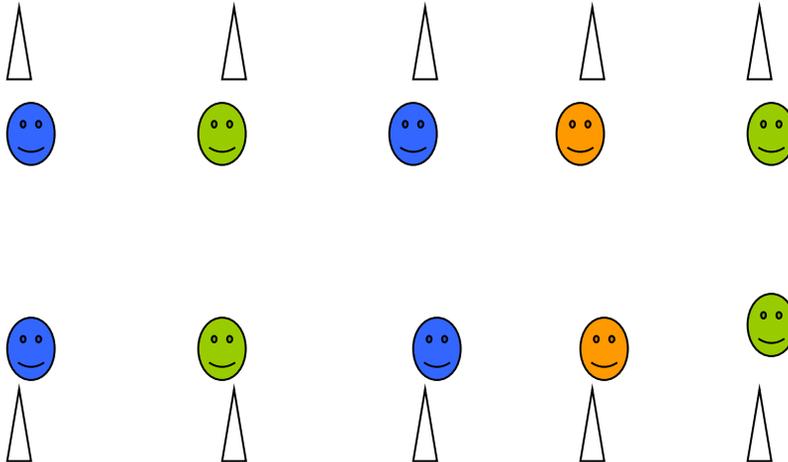
3. BLOCKING

Teaching Points:

- From Ready Position, bend knees and lower bottom hand so hurley rests on ground.
- Keep heels together and toes pointed out when blocking ball between the legs.

Set up: A ball for every 2 players. Two lines of domes 3m apart (a dome for each player)

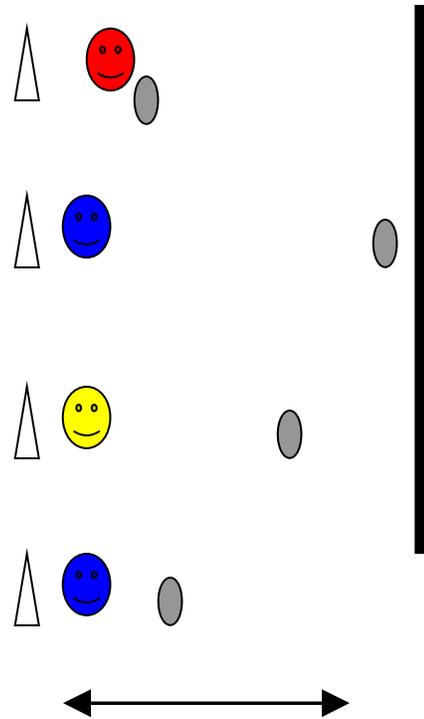
- Demonstrate the blocking position for left and right side. Players form pairs and practice rolling the ball to the right and left side from one to the other and blocking using the correct position. 3m distance between them. 20 blocks each. Change partners and repeat.
- Demonstrate the lifting position used for the block between the legs. Players form pairs and practice rolling the ball to feet from one to the other and blocking using the lift position. 3m distance between them. 20 blocks each.
- If time allows players can stand between two cones to make a goal and they can try to score on their partner over and back



BLOCKING

Set up: A ball for every 2 players. A Wall. Two lines of domes 3m apart (a dome for each player)

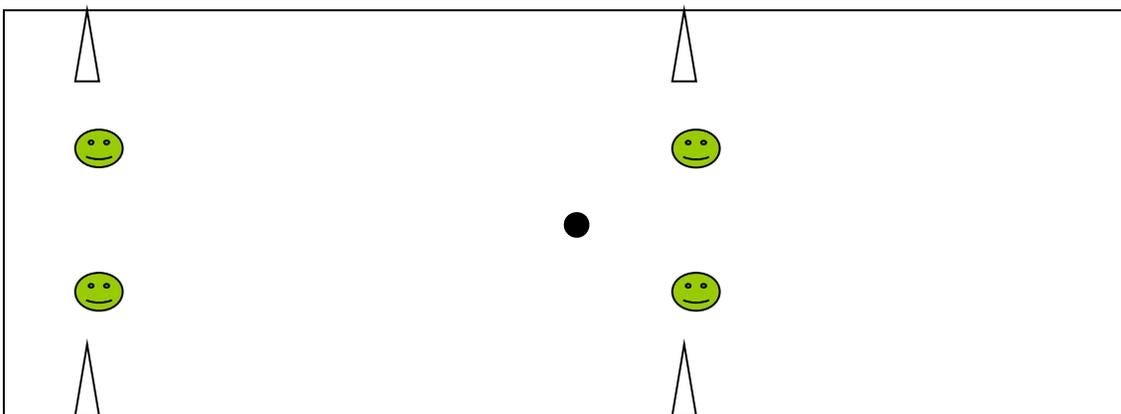
- Revise ground blocking. Demonstrate positions for blocking at ankle/knee/ hip height on strong and weak side.
- Players throw ball against the wall from 3m distance in the air so that it bounces once on the way back and attempt to block it 10 times.
- Make partners. Stand 3m apart. One student throws the ball at different levels for the other to block. How many blocks can be made in 30 s.



Games for Striking and Blocking

1. 2 v 2 Striking and Blocking Game

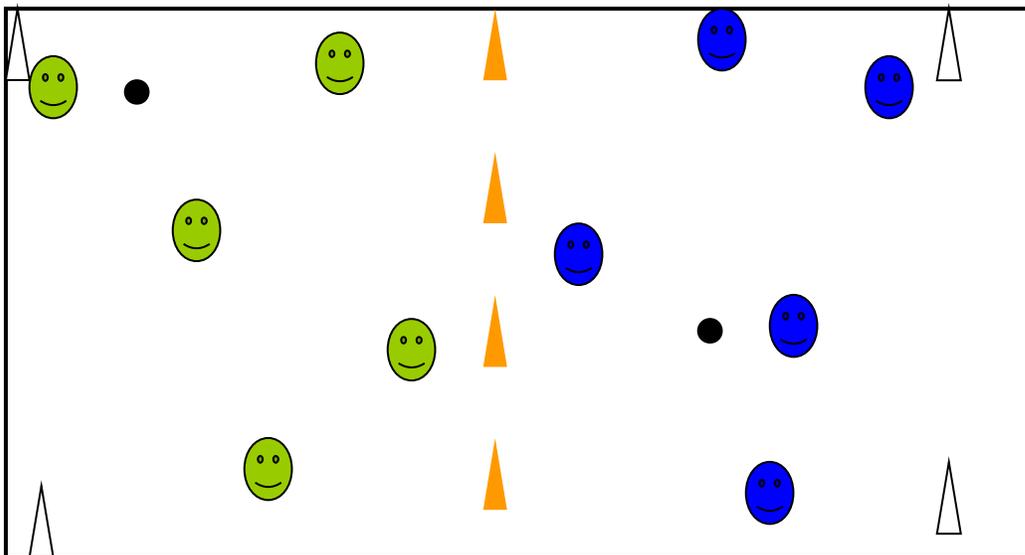
- 2 children play against two others. Each pair has their own goals and attempts to score goals against the other pair.
- Each team is awarded a point for a goal.
- Teams can only score a goal using the correct grip i.e. pencil hand on top.
- The opposing team is awarded a point if the striking team hits the ball wide.
- Players must strike the ball from their own goal line. First team to ten and swap sides. Start from zero.



STRIKING-ACCURACY

Set up: a square with a dividing line in the middle. 2 balls.
Cones to mark the boundaries.

- Divide the group into 2 teams of 5. One team on each side of the line with their own goals.
- The object of the exercise is to hit the ball using the groundstroke through the other teams goals. Start with 1 ball per game and move it up to 2 after a couple of minutes to increase participation
- Count the amount of goals scored in 4 minutes and then start again



STRIKING A MOVING BALL

Set up: a square with dividing line in the middle. 2 balls.
Cones to mark the boundaries. Same as above

- Divide the group into 2 teams of 5. Put two teams facing each other in each area
- The object of the exercise is to hit the ball using the ground strike into the other teams area. If the ball stops in the other teams rectangle 1 point is scored.
- Start with 1 ball per game and move it up to 2 or 3 after a couple of minutes to increase participation. Play up to 5 points then start again

GROUND STRIKE/BLOCK

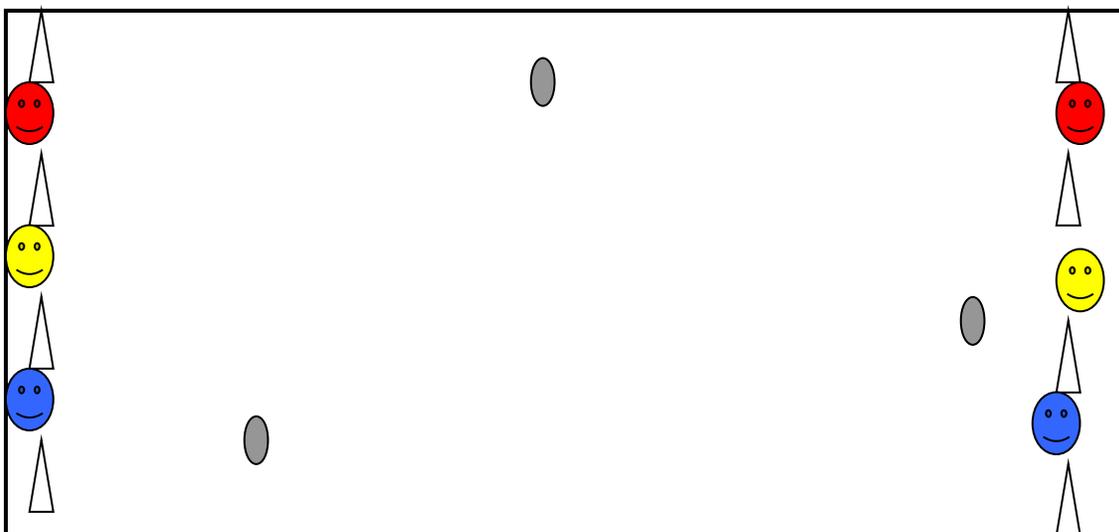
Set up: A bigger plastic ball for each player.

- Strike a bouncy ball against wall from 5m. Stop the ball when it returns and strike it again. Also can be done with a partner.
- Demonstrate how to strike on weak side and repeat for longer period.

GROUND STRIKE/BLOCKING

Set up: A ball for every 2 players. Two lines of cones 6-10m apart (a dome for each player)

- Players pair up and one player goes 10m away from the other
- They practice ground striking and blocking, hitting the ball over and back
- If time allows players can stand between two cones to make a goal and they can try to score on their partner over and back



BLOCKING

Set up: A ball for every 2 players. Two lines of domes 3m apart (a dome for each player)

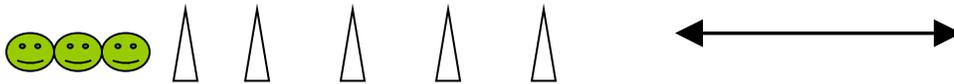
- Revise ground blocking. Demonstrate positions for blocking at ankle/knee/ hip height on strong and weak side.
- Players throw ball against the wall from 3m distance in the air so that it bounces once on the way back and attempt to block it 10 times.
- Make partners. Stand 3m apart. One student throws the ball at different levels for the other to block. How many blocks can be made in 30 s.

4. Dribbling

- Adopt the ready position. Pencil hand at the top of the hurley.
- Children bend their backs and place the heel of the hurl on the ground.
- Children move hurl from side to side moving an imaginary ball
- Dribble using ball, using both sides of hurley.

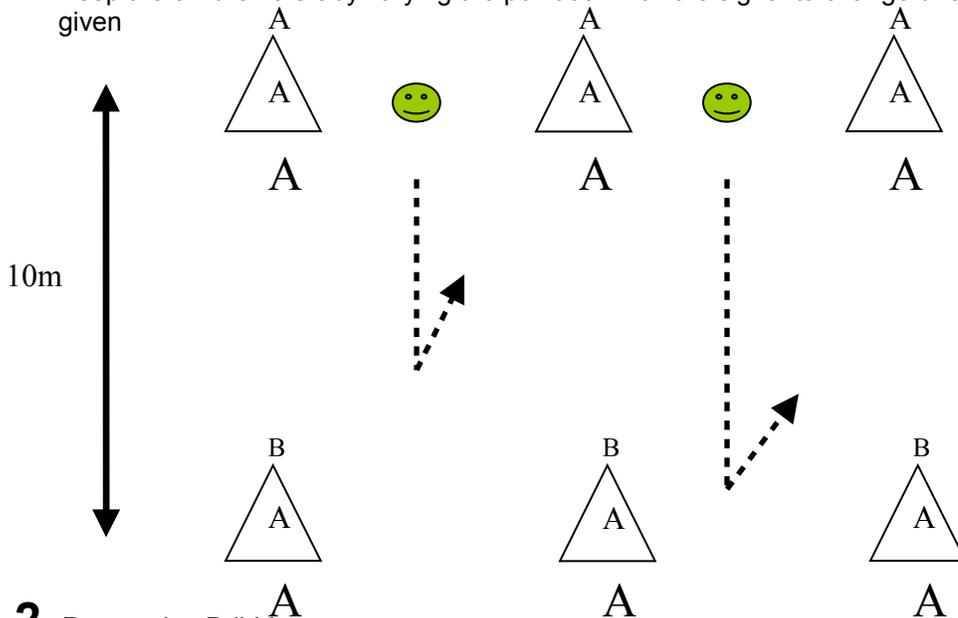
1. Dribbling through cones

- Cones are placed 2m apart. Three children at each line of cones. Children must dribble the ball between the cones and back to the start using both sides of the hurl.
- Emphasise keeping the ball under control by not having it more than hurl length away. Encourage the children not to let the ball hit any of the cones.



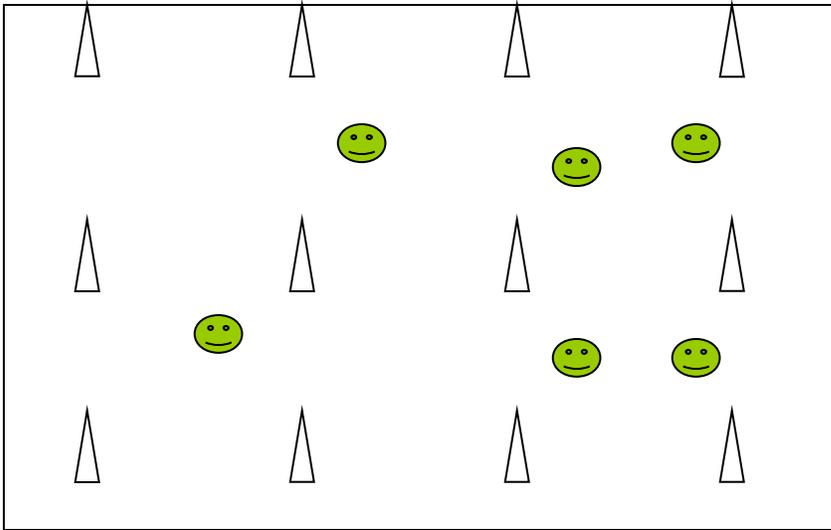
Dribbling and Change Direction

- Each child has a ball at cone "A". Children dribble the ball towards cone "B" 10m away.
- On a signal from the coach children change direction and dribble back towards cone "A". Keep the children alert by varying the point at which the signal to change direction is given



2. Possession Dribble

- Set out a large grid of cones. Each child has a ball and dribbles in any direction throughout the grid attempting not to hit any of the cones with their ball.

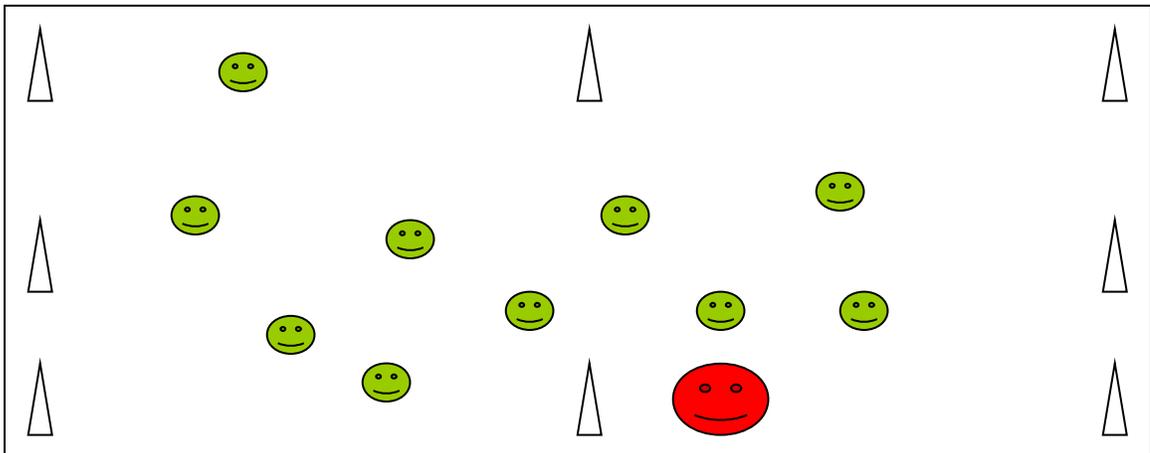


Dribble Tussle

- 2 players wait at cone
- Coach throws ball out in front of players about 10m
- On signal from coach players run out and compete for ball
- Player that dribbles the ball back past the cone is the winner

3. Maintaining Possession while Dribbling

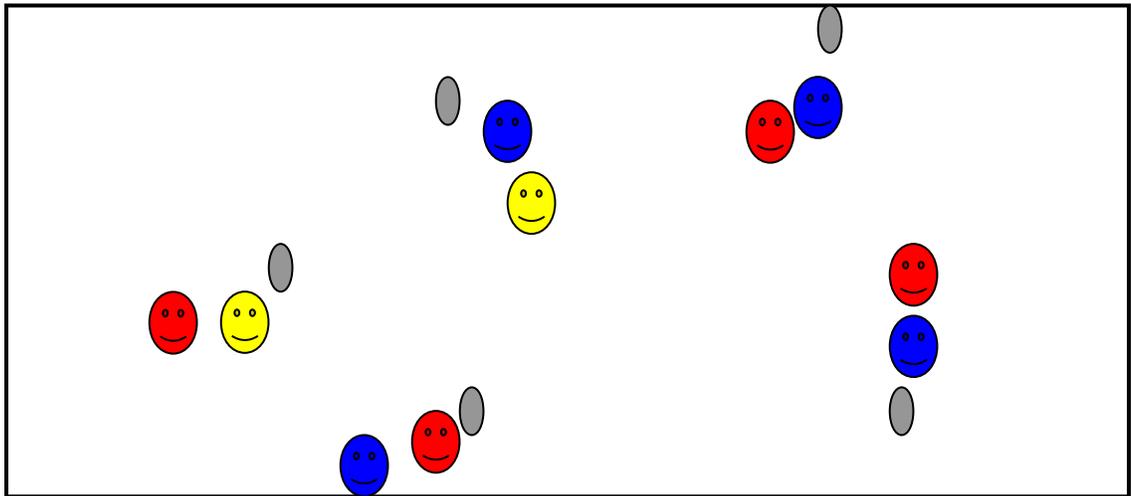
- Set out a square approximately 20m x 20m. Each player has a ball and dribbles around the square with their ball avoiding the other players.
- The coach walks around the square and tackles the players dispossessing them. The player must work to get their ball back off the coach.
- The more involved the coach is in this game, the more the players enjoy it.



DRIBBLING-FOLLOW THE LEADER

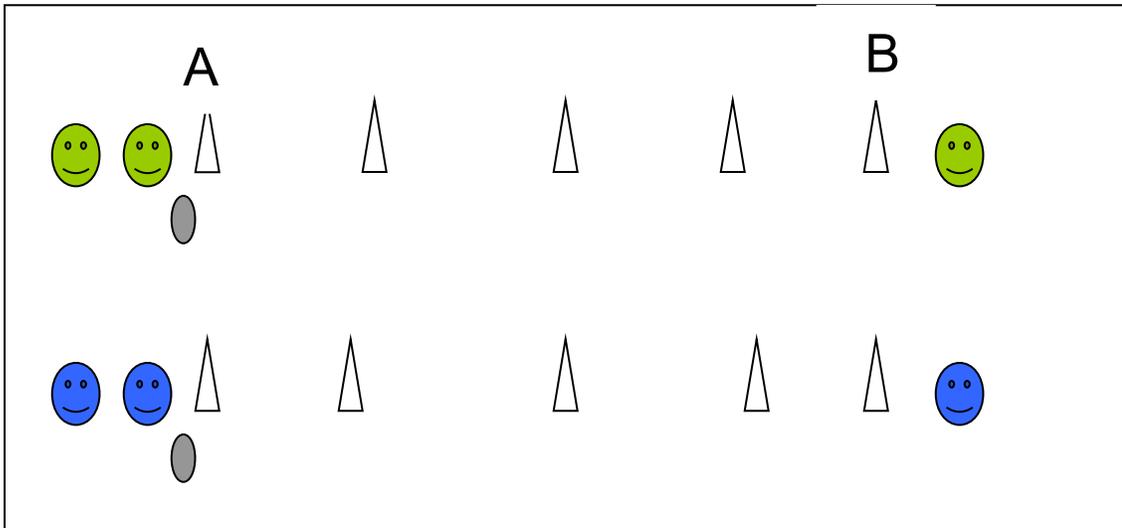
Set up: A ball for every player.

- Each player puts his or her strong hand (ask which hand they write with if not sure use right hand) only on the grip of the Hurley (the other hand in their pocket or behind their back). Then, with only their strong hand on the grip, they control the ball on the ground while moving around.
- Players find a partner. Remove unnecessary balls so there is one for each pair. One dribbles while the other follows without challenging. Swap roles on signal from coach.
- Each player takes a ball. They find a different partner. One dribbles while the other follows, both controlling the ball.



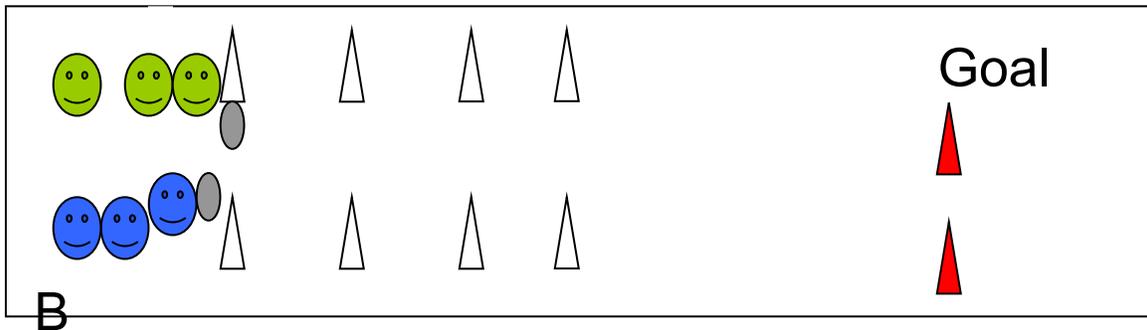
DRIBBLING

- 3 children in each groups. Two children at cone A and one children at cone B. Start with a ball at cone A.
- The first child dribbles the ball in and out between the cones until they reach cone B. At cone B they pass the ball to the other child who dribbles the ball to cone A. Repeat.
- Emphasise keeping the ball under control by not having it more than hurl length away. Encourage the children not to let the ball hit any of the cones.



DRIBBLE & STRIKE

- 2-3 lines of cones with players at A. Each player has a ball, coach can stand in goal B or just have very narrow goal.
- The first player dribbles the ball in and out between the cones, until the last one and then strikes at goal C. Retrieve ball and go to other side.
- Emphasise keeping the ball under control by not having it more than a hurl length away. Encourage the children not to let the ball hit any of the cones.
- Make sure they change sides each time and strike using right side from line B, and left side from line A.

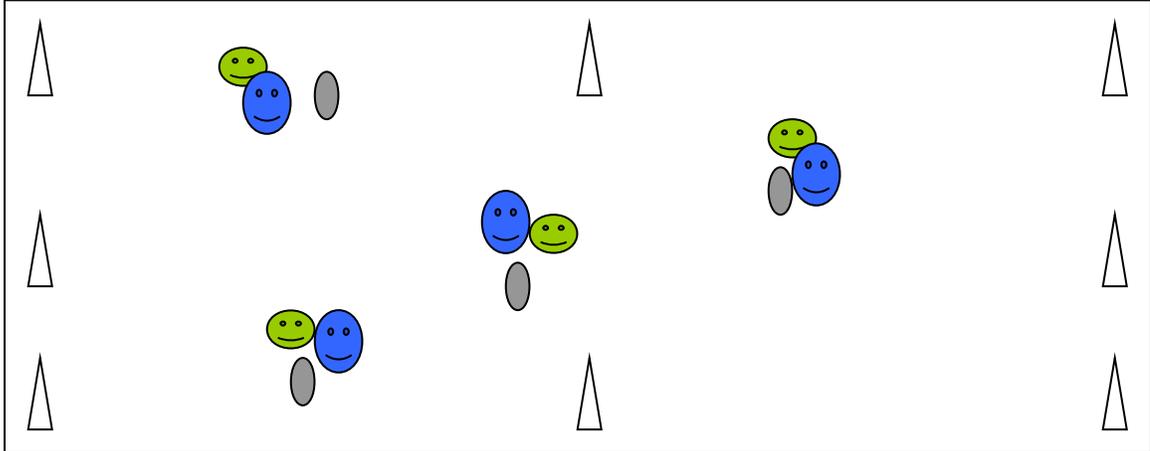


Keep the Ball Dribbling Game

Set up – A ball between every 2 players

- In a grid players pair off at a cone for each pair, numbers 1 and 2 with a ball between them
- Player number 1 jogs around the grid while player 2 dribbles the ball in the grid

- On a signal from the coach player 1 enters the grid, finds their partner and tries to knock their ball out of the grid while their partner tries to keep it in the grid.
- Last player left in the circle is the winner
- Then reverse roles – a number of times

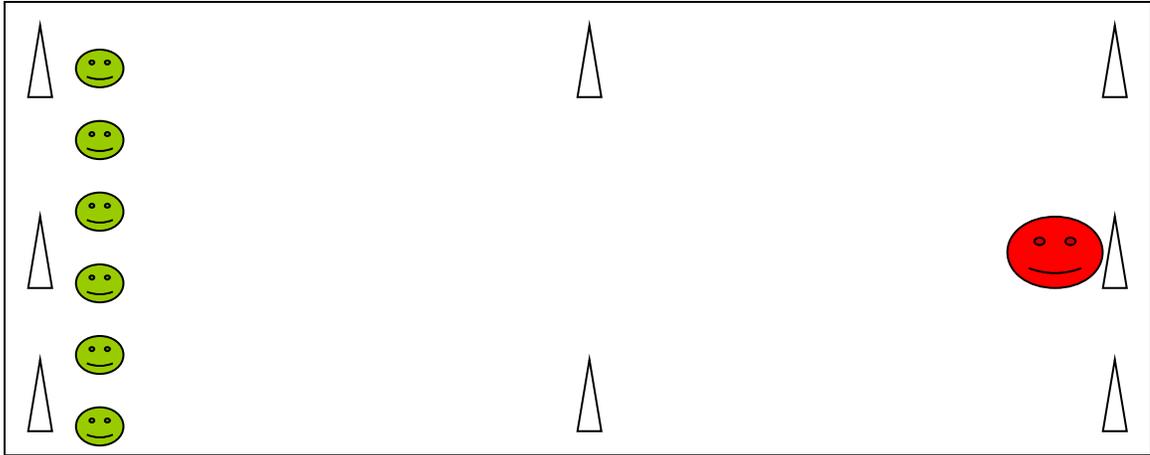


Fastest Dribbler

(Hold onto sliotars till game is explained)

Set up – One ball per player, a grid.

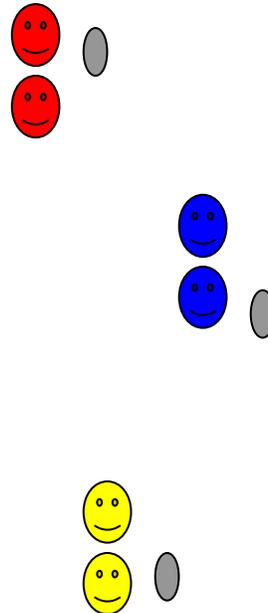
- Players stand side by side with a ball at one end of grid and coach at the other with back to players
- Coach says 'go' each player begins dribbling the ball forward
- When coach says 1, 2, 3, stop – players must trap ball and remain still.
- Coach quickly turns around and if any player or ball is still moving, that player must take 3 steps back.
- Game continues till first player reaches coach at the end of the grid.
- Start again and see who wins next time.



5. CHEST CATCH

Set up: A ball for every 2 players. If you've no wall just play with a partner.

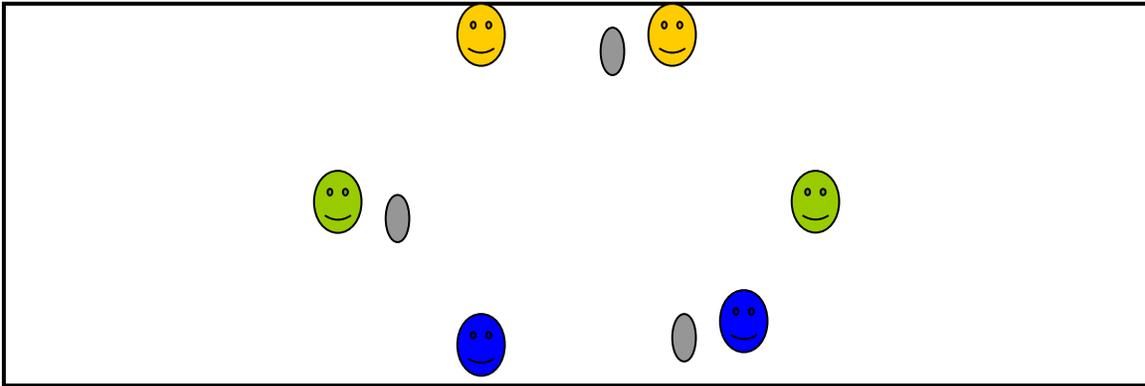
- Throw ball against wall to partner, partner has to catch. Players start throwing from 1m and move back gradually if successful.
- One player turns their back to the wall and has to turn and catch their partner's throw.
- Keep the kettle boiling - In groups of 4 line up facing the wall at 1m distance. The first player throws the ball against the wall then moves to the back of the line. The next player takes his place and catches before throwing again. Use a stopwatch and see which group can go the longest without dropping the ball.
- These exercises should be done with hurls in strong hand as a progression.



CHEST CATCH

Set up: A ball for every player.

- Players throw up and catch the ball individually. Ask how many times can they clap their hands while the ball is in the air before catching?
- Players throw the ball against a wall and catch. Again they try to clap their hands as many times as possible before catching.
- Players find a partner. They stand facing their partner 1m away. They throw the ball; if their partner catches they take a step back. If they don't catch they take a step closer.



6. Shoulder to Shoulder Ground Clash

Teaching Points:

- From Ready Position, close to opponent, shoulder to shoulder, hip to hip.
- Raise hurley into lock position, use quick, wristy action to swing for ball.

Drill

Coach stands 5m from group of players who are lined up in 2s.

Coach holds hurley out in front with heel on ground.

Players walk out on signal and ready. lock, swing – clash together on coach's hurley and return to end of line.

Progressions – jogging, sprinting. Replace coach with tyres, sliotar pinned to ground, sliotar lines, normal sliotar.

