

PARTS OF THE HURL



Top of the Handle

****The hand that the child writes is kept at the top of the handle for every skill/action in hurling****



The Bas

The Bas is the part of the hurl that is used to strike the ball



The Heel

The heel is the thick edge of the bas



The Toe

The toe is the sharp edge of the bas

THE READY POSITION



The hand the child writes with is kept at the top of the handle and their weak hand is kept close to the bas

THE LOCK POSITION



The child slides their weak hand up to the top of the handle tightly beside their writing hand. The writing hand must stay at the top of the handle!!

****The hand that the child writes is kept at the top of the handle for every skill/action in hurling****

Parts of the Hurl

- Name and point to the parts of the hurl; top of the handle, bas, heel, toe. Point to different parts of the hurl and ask children to name them.

Ready Position

- Place a hurl flat on the ground in front of each child.
- Instruct the children to put their writing or pencil hand into the air and wiggle their fingers. Their other hand is kept behind their back.
- Children must pick up the hurl from the ground with their pencil hand at the top of the handle.
- The weaker hand is placed near the bas. The toe of the hurl points upwards towards the sky. Repeat.

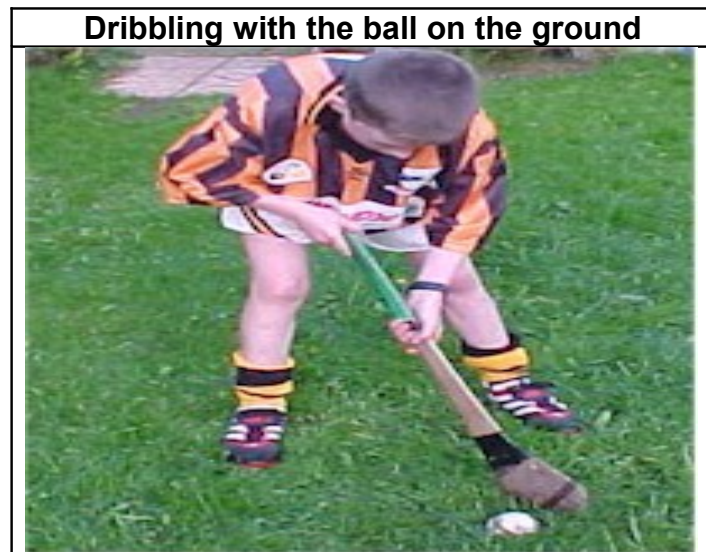
Lock Position

- Children adopt the ready position. Pencil hand at the top of the handle.
- Children **slide** their weaker hand up along the hurl beside their pencil hand.

Activities

- 1.** Go through ready and lock positions with the children. Move from the ready position to the lock position and vice versa and the children must copy the teacher's actions.
- 2.** Children write their names in the air in the lock position.
- 3.** Play "Simon says". Simon says "ready position". Simon says "lock position". Simon says "place hurl on the ground"

****The hand that the child writes is kept at the top of the handle for every skill/action in hurling****



Dribbling

- Adopt the ready position. Pencil hand at the top of the handle.
- 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

Activities

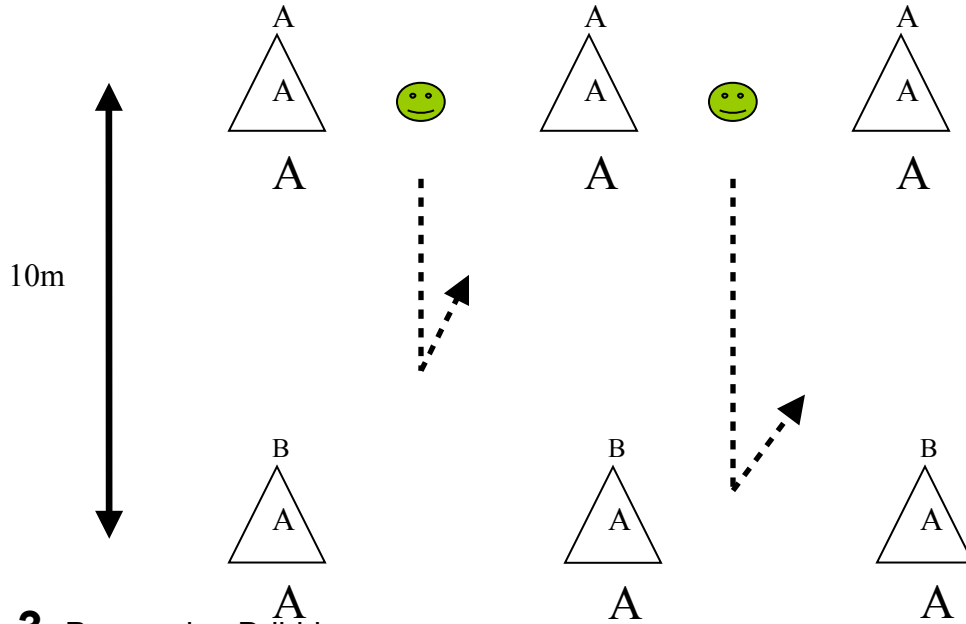
1. Dribbling through cones

- 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.



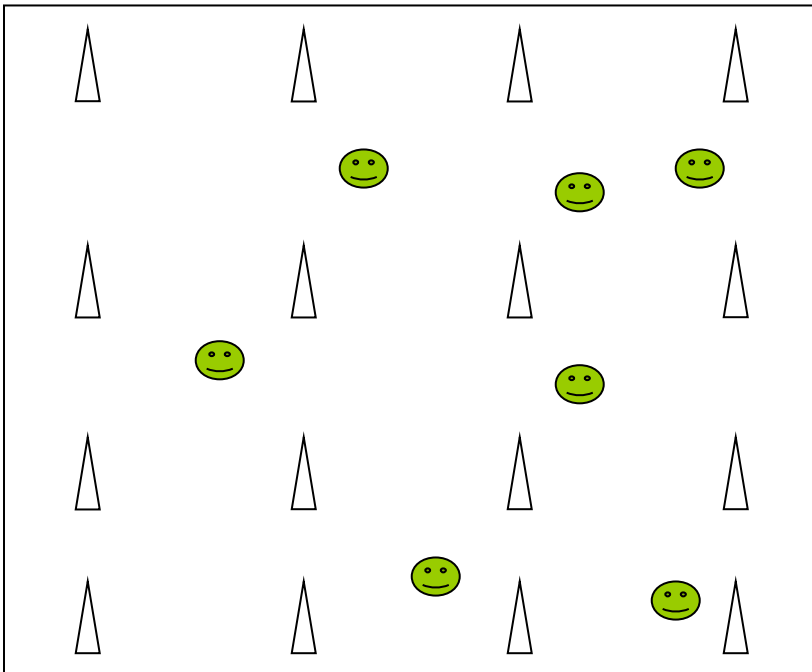
2. Dribbling and Change Direction

- 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.



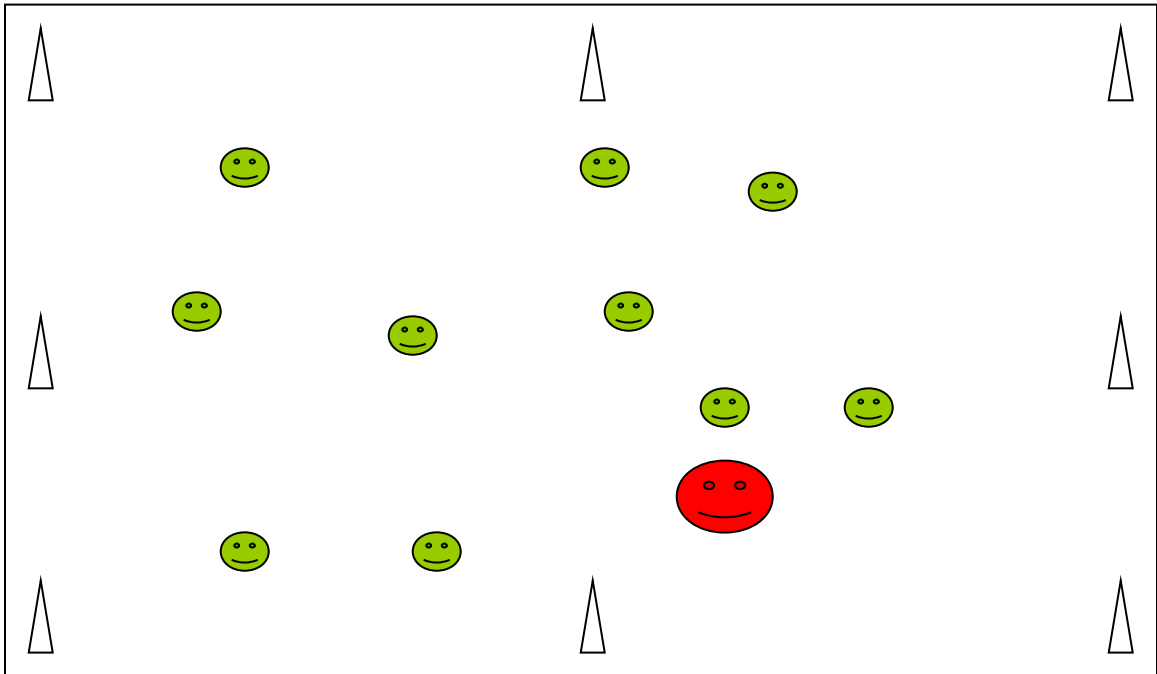
3. Possession Dribble

- 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.



4. Maintaining Possession while Dribbling

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



Striking a stationary ball



Striking a stationary ball

- Adopt the ready position.
- Slide the weaker hand into the lock position. Raise hurl overhead.
- Eyes on the ball and strike with the bas of the hurl.

Activities

1. Practice swings

- In time with the coach, the children practice ten strikes on an imaginary ball.
- Each time the children say “Ready”, “Lock” and “Strike” and then back to the ready position. Repeat.

2. Practice with ball

- Each child is given a ball and they strike their own ball in a given area in any direction.
- Each time the children say “Ready”, “Lock” and “Strike” and then back to the ready position. Repeat.

3. Striking for distance

- Set up two lines of cones 30m apart if possible.
- Children strike the ball across the area in as few strikes as possible.
- Each time the children say “Ready”, “Lock” and “Strike” and then back to the ready position. Repeat.

Blocking a ball moving on the ground



Blocking a moving ball

- Adopt the ready position.
- Bend the knees and lower the weaker hand so that the heel of the hurl rests on the ground
- Children practice moving from ready position to block position.

Activities

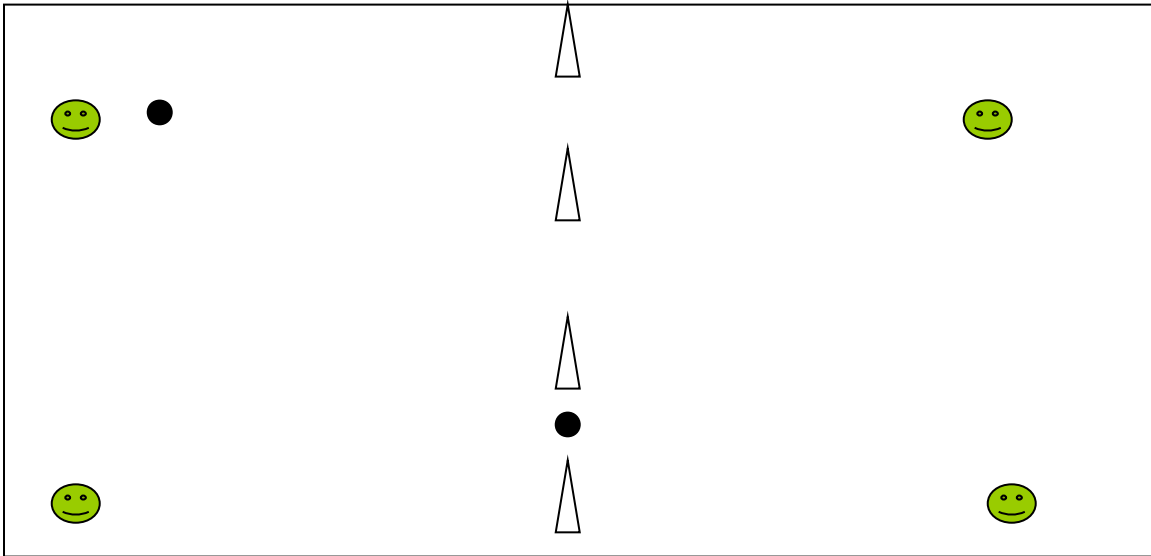
1. Roll and block

- Children work in pairs 3m apart. One child rolls the ball to their partner ten times.
- The partner attempts to block the ball. Reverse roles and repeat.

Activities for the Skills of Striking and Blocking

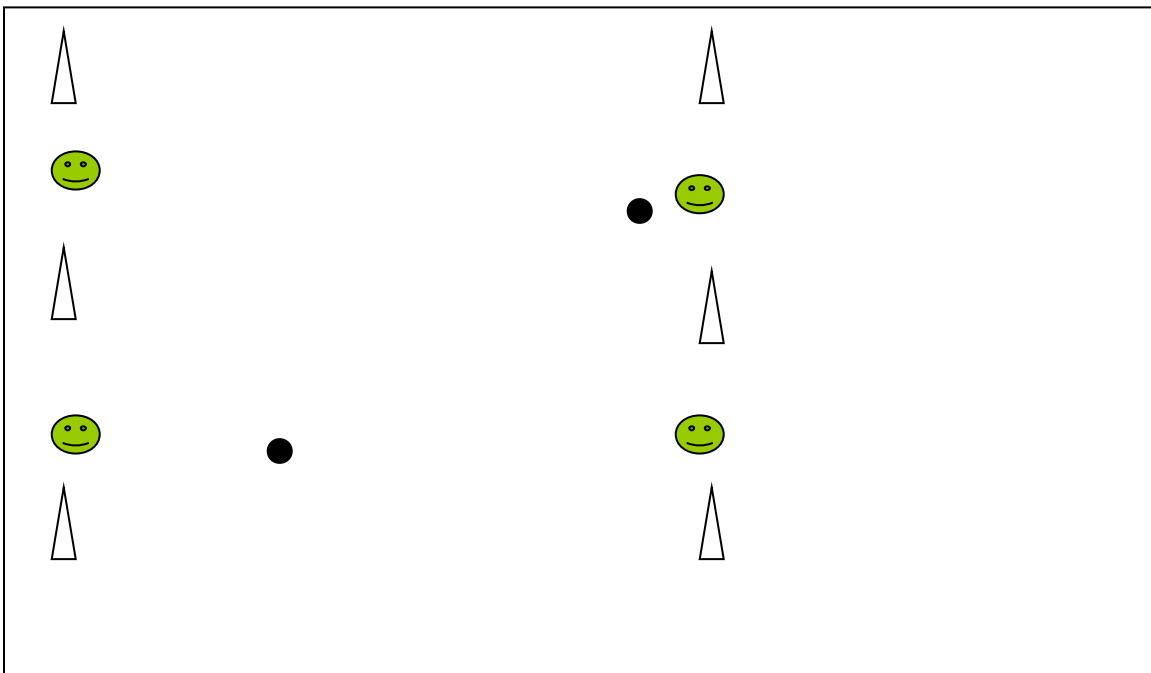
1. Strike ball through cones

- Children work in pairs. Children are 10m apart and attempt to strike the ball between the cones to each other.
- Cones are placed 3m apart and decrease distance as children improve.
- Children are awarded a point for successfully striking the ball through the cones. First to twenty and swap sides. Start from zero.



2. Striking for goals

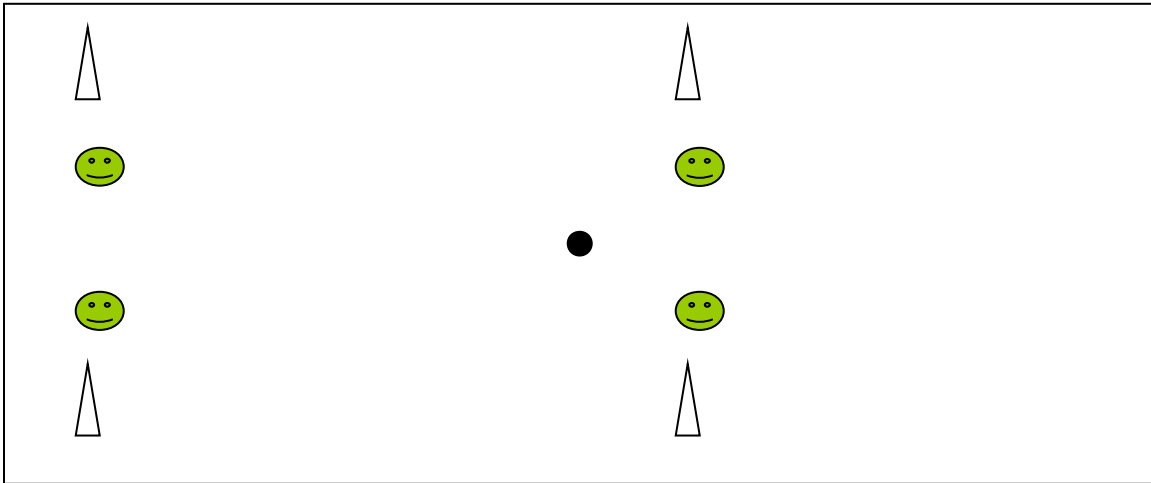
- Children work in pairs. Each child has their own goals. Goals are 4m wide.
- Children attempt to score goals on each other. First to ten goals and swap goals. Start from zero.



Games for the Skills of Striking and Blocking

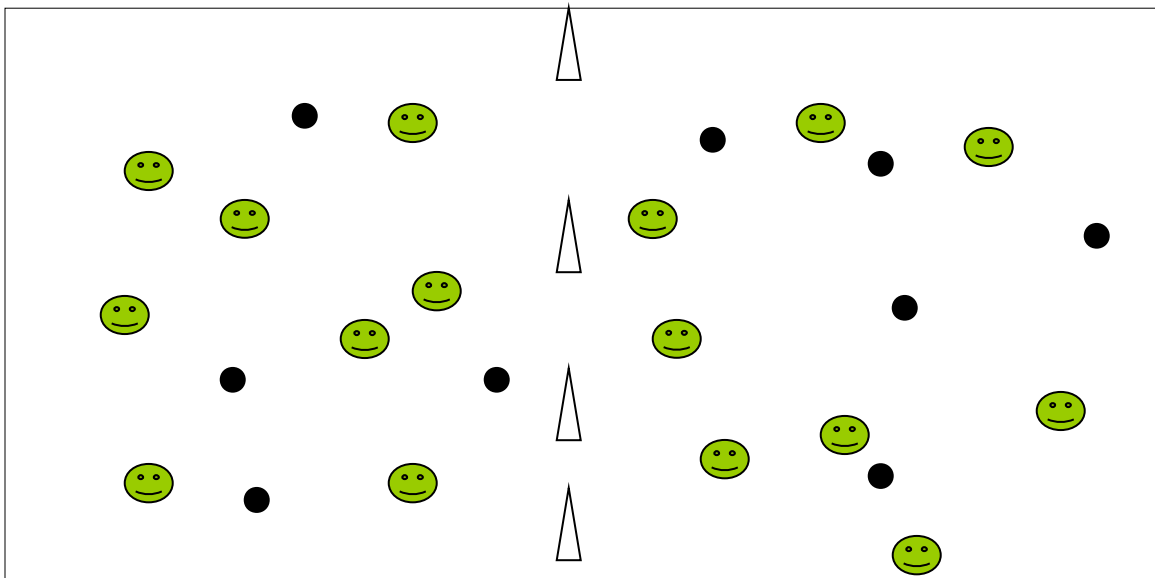
1. 2 v 2

- 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.



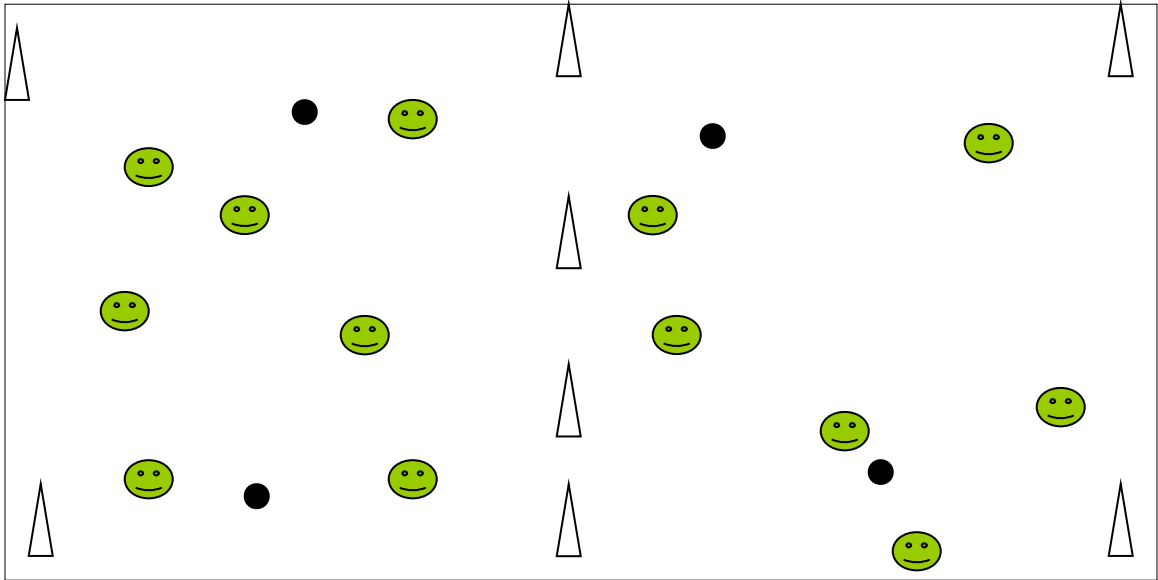
2. Minefield

- Two teams. As many balls as possible. A dividing line of cones between each team.
- Each team attempts to strike as many balls as possible into the opponents half. After one minute, the group with the least amount of balls in their area wins.



3. Hurling Volleyball

- Two teams. A dividing line between each team. Each team attempts to strike the ball through the other team's goals.
- One point is awarded for a goal. First team to ten and swap sides.
- Put in extra balls.



4. Normal Game

- Try to have two games going at once. 5 v 5. Ground hurling only.
- If there a lot of players gathering around the ball, put another ball into the game.

