



Camogie Association Workshop

INDOOR DRILLS GALORE

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1. WARM UP

1.1 Stuck in the mud

Nominate 2 or 3 "taggers". Everyone else runs about with their hurls in the ready position. Taggers do not have a hurl. Once someone is tagged they must freeze on the spot in the ready position and spread their feet on the ground. They are freed when another player crawls through their legs with their strong hand on the hurl and their catching hand free.

1.2 Cone to Cone

Make circle using cones of different colours. Players jog around cones with hurls in ready position. Coach calls out colour and players have to run to that cone.

Variation: Players jog with hurl in "hammer" position



Ready Position



Hammer Position

1.3 Reaction Ball

6 players, 6 cones arranged in a circle, 6 reaction balls, one on each cone.

At start, players run to a cone, pick up the reaction ball and bounce it. They then catch or retrieve the ball and place it at an empty cone (can't be the same cone they picked it up from). Continue until coach says stop.



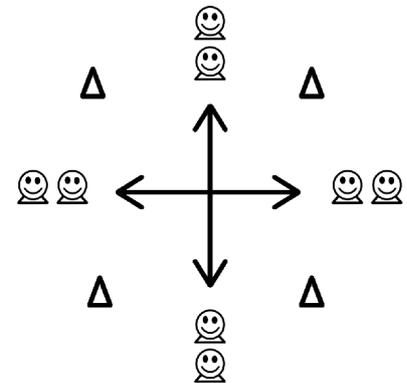
1.4 Solo / Hand Pass Square

20m X 20m square. 2 balls

Player solos across square and hand passes to receiving player and continue.

Both groups going at same time so two players crossing in the middle.

Heads up and space awareness to avoid collisions.



2. TEST / COMPARE LEFT AND RIGHT SIDES

3 cones, 10 to 20m apart.

Player starts at A, dribbles to B, strikes to C and follows ball on to back of C line.

Player at C receives ball, dribbles to B, strikes to A and continues to back of A line.

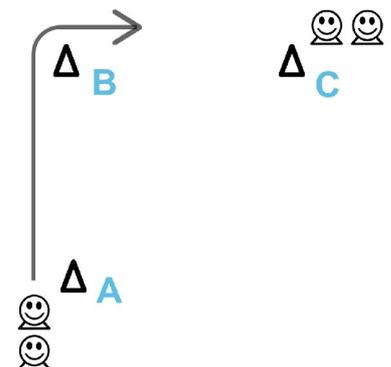
Variation 1: Players run and hand pass

Variation 2: Players solo and strike from hand.

Players starting at A **MUST** strike on their left and handpass with their left hand.

Players starting at C **MUST** strike on their right and handpass with their right hand.

This drill helps the coach and players to evaluate/compare strong and weak sides.



3. DRIBBLE

3.1 Cone to Cone

Numbers of cones approximately equal to number of players.

Spread cones about area. Place ball at each cone.

At start, players find a ball and dribble it to a cone which has no ball. They then find another ball and dribble to another empty cone. Continue until coach says stop.

Maintain intensity, dribble at full speed. Players need heads up and good awareness to avoid collisions and to find an empty cone.

3.2 Fox and Chicken

Mark out 20m x 20m square

10 players approx (chickens), each with a ball. 3 players as foxes.

Chickens have to dribble their ball around the area without stopping and keep possession.

Foxes have to chase chickens, win ball and hit it out of square.

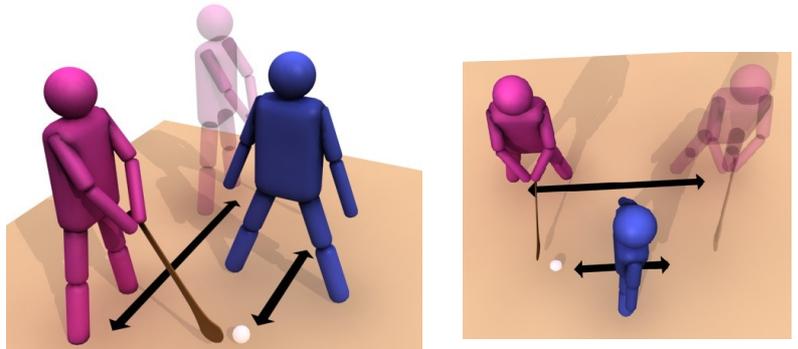
3.3 Bridge

Players in pairs.

One player stands still with legs apart.

Other player stands to the side and, while shuttling sideways, plays the ball back and forth through the other player's legs as often as possible for 1 min.

Work at speed for 1 minute and then switch players.



4. TACKLE

4.1 "Trap" (Hook)

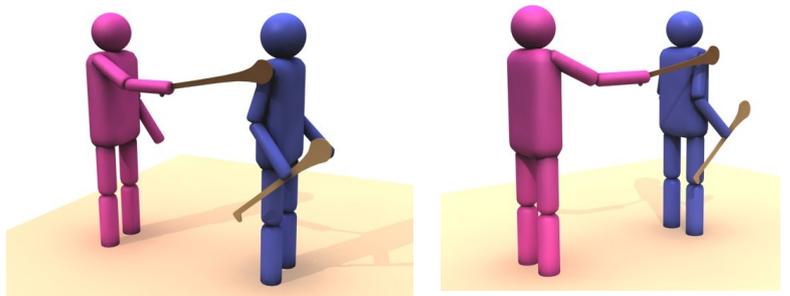
Technique: Place hurl at shoulder of player striking and leave it there. Flick upwards not necessary.

Players in pairs.

Lead player walks across hall, hooking player follows with hurl against shoulder of lead player.

Repeat at jog.

Repeat with lead player swinging on imaginary ball.



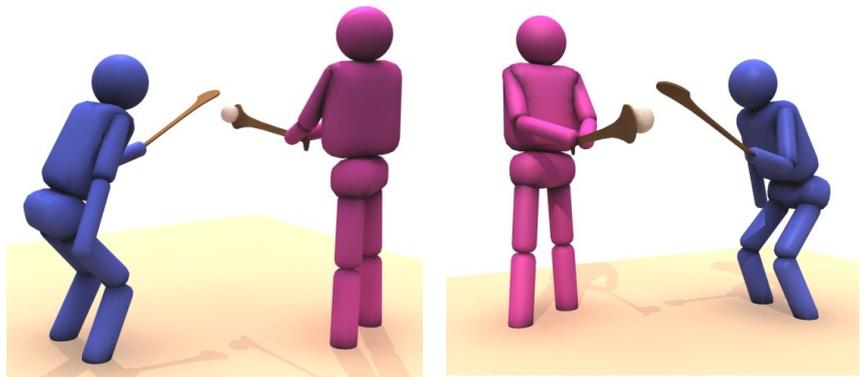
4.2 "Cover" (Block)

Technique: Block holding the hurl with one hand. Cover the ball, NOT the hurl

Players in pairs, facing each other.

Striking player takes step to the left and swings, returns to center, steps to right and swings, returns to center. Repeat.

Blocking player moves to cover striker and blocks each swing by covering an imaginary ball at the boss of the hurl.



4.3 Body (Arms)

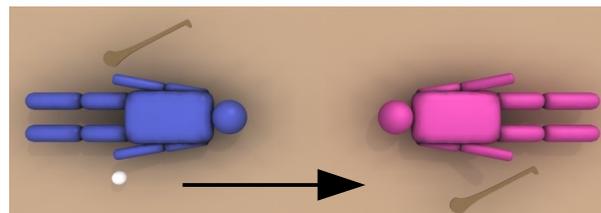
Technique: Use your hurl and free arm to engage and spread the arms of the attacking player, preventing them striking or hand passing the ball away. Do not hold the attacking player.



Players in pairs.

Both lie down, attacker has ball beside them.

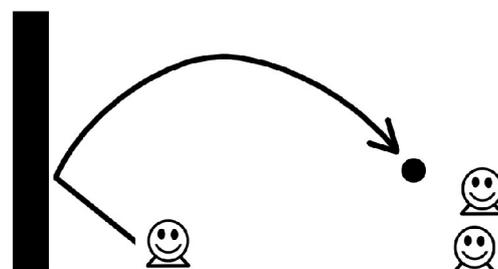
On whistle, players jump to their feet, attacker rises the ball and attempts to run by the defender. Defender blocks with body and spreads attacker's arms.



4.4 Overhead

Technique: Defender should position themselves on the catching side of the attacker i.e. attacker catches with left hand, defender should be positioned on their left shoulder to block the catching arm.

Players in groups of 3. First player runs to wall and throws ball upwards so that it rebounds back and over their head. Other 2 players compete to make the catch.



4.5 Tackle Games

Run conditioned games to promote the tackle.

No hand passing, no kicking.

5. STRIKING

5.1 Ground - Dribble and Strike

Use full hall.

Number of balls approximately equal to number of players. Spread balls round hall. Players run around and strike balls in random directions.

Variations:

- Players run to nearest ball, dribble/tap the ball into space 3 times, strike in any direction, find next ball and repeat.
- Players run to nearest ball, dribble/tap the ball into space 2 times, strike in any direction, find next ball and repeat.
- Players run to nearest ball, dribble/tap the ball into space once, strike in any direction, find next ball and repeat.

5.2 Ground - Mayhem

Use full hall.

Number of balls approximately equal to number of players. Spread balls round space.

Players run around and strike balls in random directions. Try to keep all balls moving.

Variations:

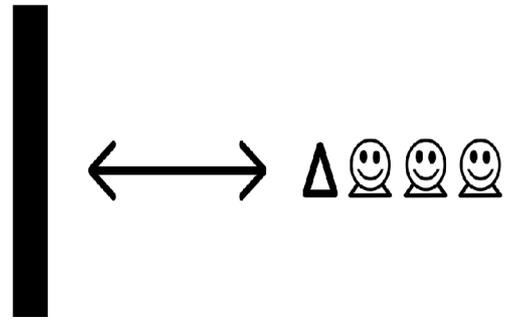
- Strike against roll of ball (opposite direction)
- Strike with roll of ball (double, same direction)

5.3 From Hand - Wall

Strike from hand against wall.

Variations:

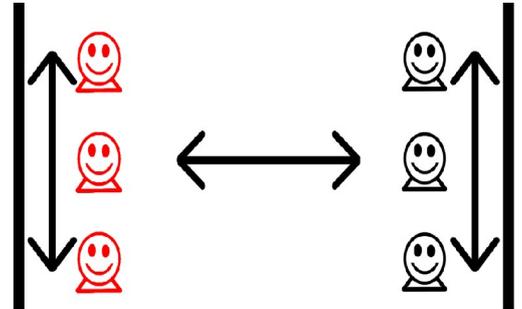
- First player stikes ball against wall, collects the rebound, runs back towards the cone and hand passes to the next player.
- First player stikes ball against wall, second player collects the rebound, runs to the cone and hand passes to the next player.



5.3 From Hand - Find Your Partner

Players in pairs lined along opposite sides of hall.

Players strike to their partner on the far side. After player strikes they run along wall to different position and call for the return pass. Striking player has to look up and find their partner.



6. GAMES

6.1 No Ball Stops

Play full hall.

Team in each half of hall.

Teams strike ball into the other teams half.

If ball stops, point to the team in the opposite half of the hall.

Variation: introduce second ball.

6.2 Middle Goals

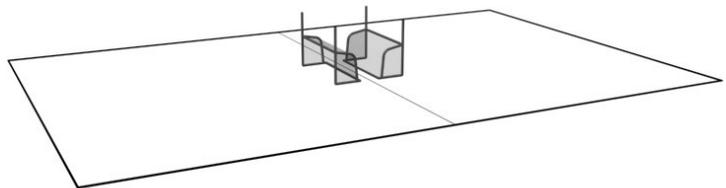
2 Teams.

Goals in the middle of the hall.

Players can play anywhere.

Normal rules.

Promotes passing and tactics.



6.3 Hand Pass Rugby

2 Teams in full hall. End walls are the "goal".

Hand pass only, no striking.

Player with ball may only take 3/4 steps and then has to hand pass.

Score obtained by touching opposite team's wall with ball in hand.

Can play game with or without hurl in hand.

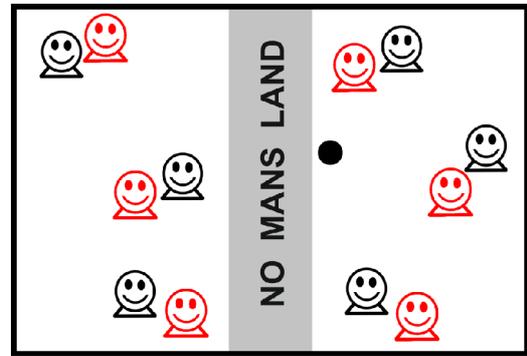
6.4 No Mans / Ultimate Game

Use full hall with no mans land space in centre.

2 teams, equal number of players in each half of hall e.g. 3 v. 3 in one end, 3 v. 3 in other.

Score obtained by clean pass to team mate on opposite side of hall.

Can be conditioned e.g. develop hook/block by having no hand pass / kicking.



6.5 4 Goal Match

2 Teams

Use full hall.

Have 4 small goals, width of hurl approx, one in each corner. Each team has 2 diagonally opposed goals to defend and can score into either of the other teams goals

6.6 3 Team Rotation

Where space is limited have 3 teams rotating on and off.

When playing team concedes score, resting team rotates in.

Done at full pace.

Promotes concentration, team rotating in needs to be alert and focused.

7. COMBI DRILLS

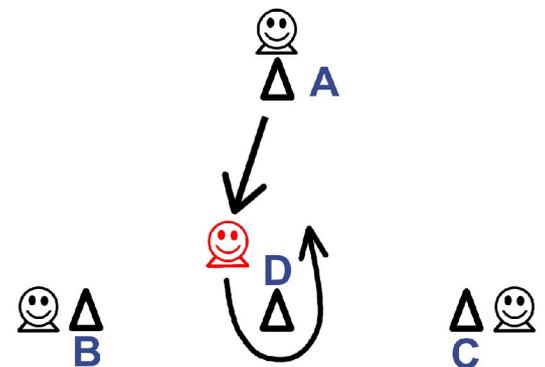
7.1 T piece

4 Players, 3 at outside cones with a ball each, 4th player working in middle from cone D.

A strikes from hand, B hand passes and C throws up ball to be batted back.

D receives ball, struck from hand, from A, rounds cone D and strikes ball back to A. D moves towards B, receives hand pass from B, rounds cone D and hand passes back to B. D moves towards C and overhead bats back a ball thrown by C, rounds the cone and moves towards A.

D works for 1 minute then players rotate positions.

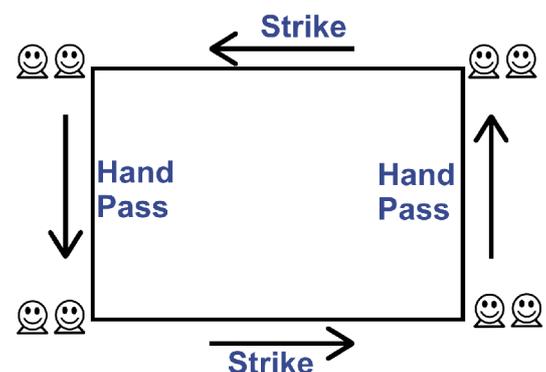


7.2 Hand Pass and Strike Rectangle

Players at corners of rectangle. 20m approx on long side for striking. 10M approx on short size for hand pass.

Players strike or handpass ball and follow it on to next corner

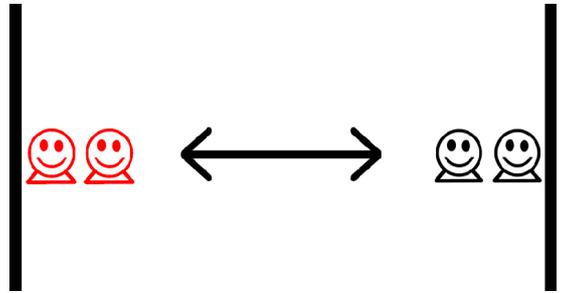
Start off with 1 ball and add more depending on numbers of players and ability.



7.3 Touch Ball

One or two players at each wall opposite each other.

Player strikes to partner on far side. Receiving player collects ball (catch or roll/jab lift), sprints to wall, touches ball off wall and strikes back.

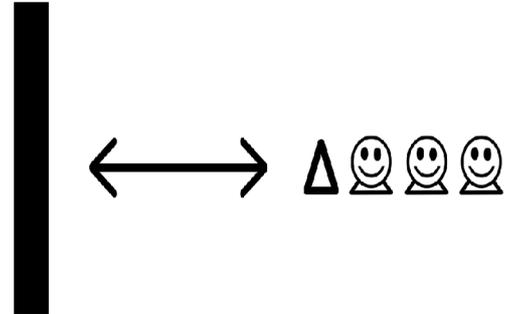


7.4 Wall Drill

First player: collect/rise ball and high throw against wall.

Second player in: high bat against wall.

Third player in: collect ball and strike low.



8. ROLL LIFT / JAB LIFT

To make lifting drills easier on a hard indoor floor use some offcuts of deep pile carpet.