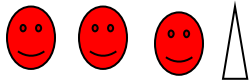


# SWING

Set up: Two tyres 10 m apart. Cones 3m on either side of rugby bags with kids lined up behind.

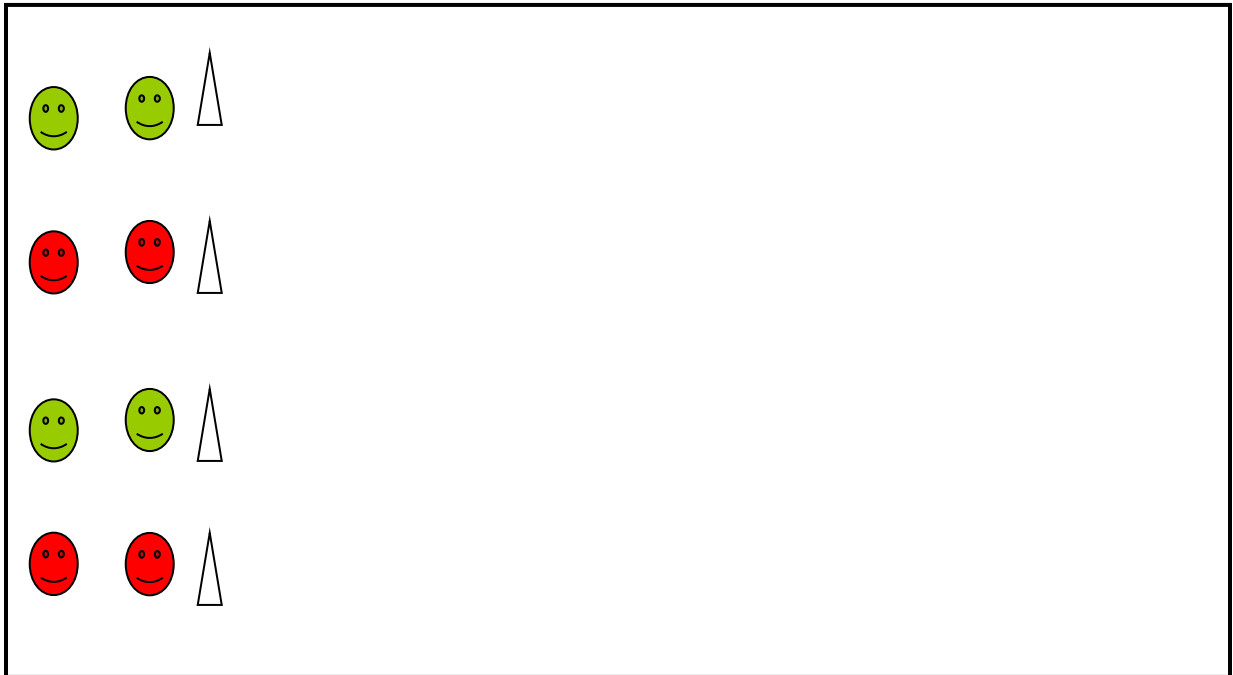
- Demonstrate the swing (Feet shoulder width apart. 'Lock' position, swing back high and far).
- Practice air-swings. First kid in each line approaches the tyre and strikes 10 times. They continue to the other cone. The next kid then 10 times.
- The kids can strike the bag while walking, progress to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



# GROUND STRIKE

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

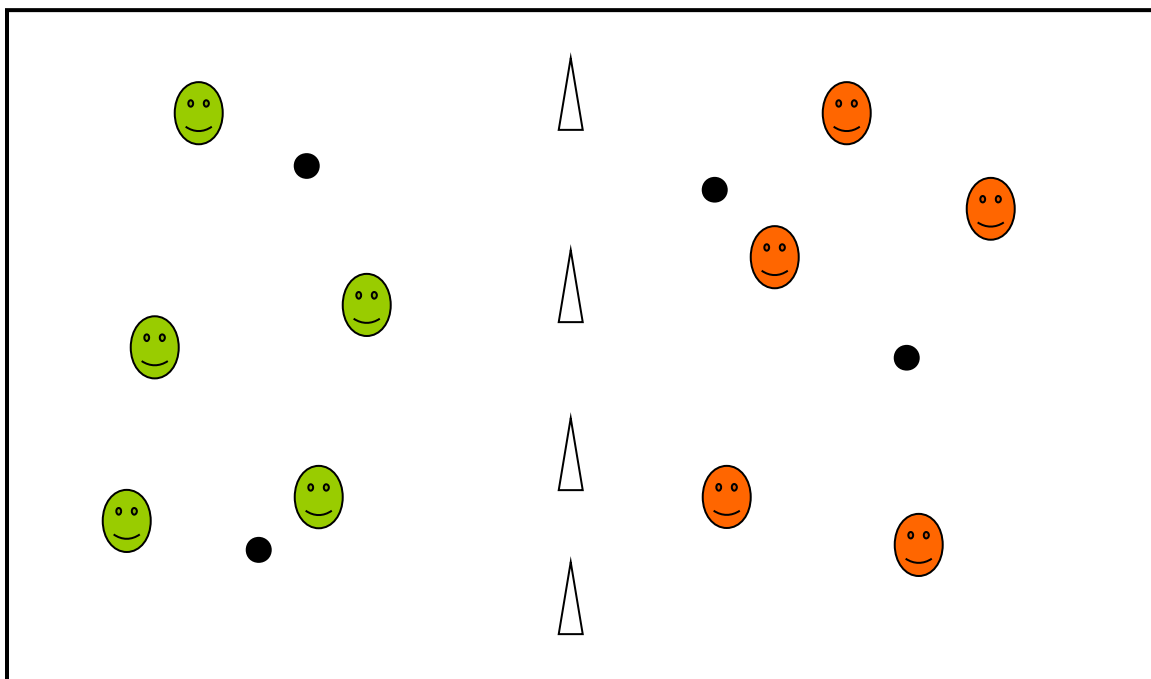
- Players pair off. Each pair stands behind a dome with a ball.
- The first player ground strikes the ball forward from a stationary position on their strong side.
- They walk up to the ball and strike it again from a stationary position on their strong side.
- This continues until they reach the wall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



# MINEFIELD

Set up: 1/4 gym with a dividing line in the middle. 8 balls.  
Cones to mark the boundaries.

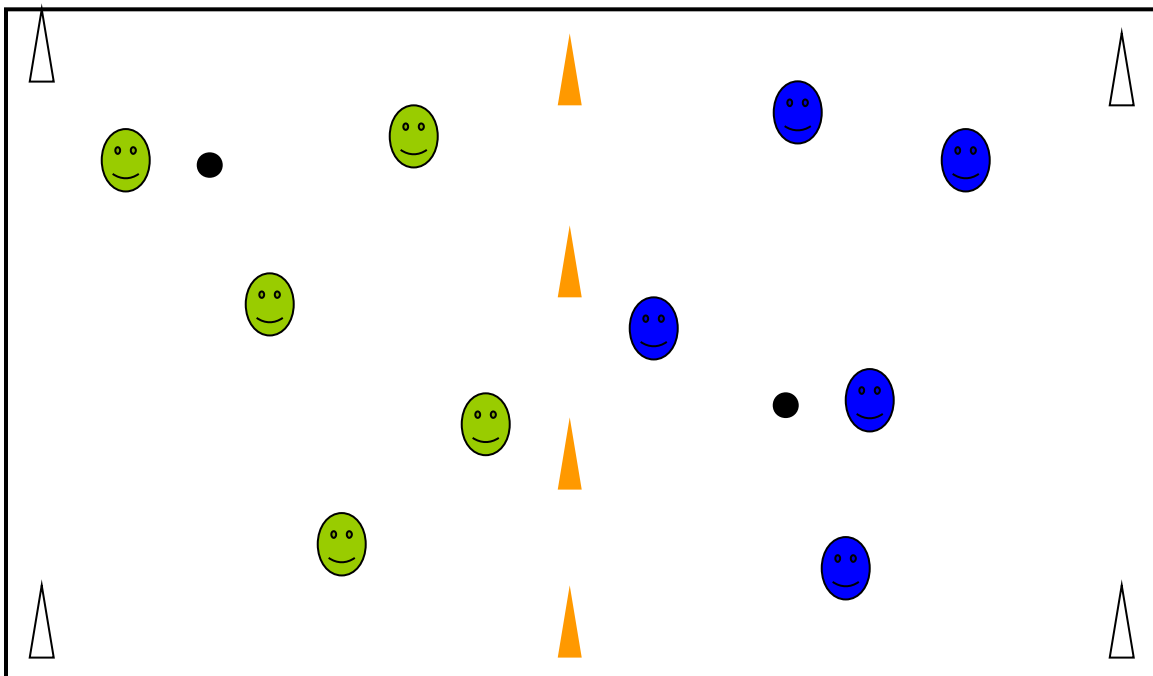
- Divide the group into 2 teams of 5. Put two teams facing each other in each area.
- The object of the exercise is to hit the ball into the opposing teams area. Start with 4 balls per game and move it up to 8 after a while to increase participation.
- Every 2 minutes blow the whistle for students to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



# STRIKING-ACCURACY

Set up: 1/4 gym with a dividing line in the middle. 2 balls.  
Cones to mark the boundaries.

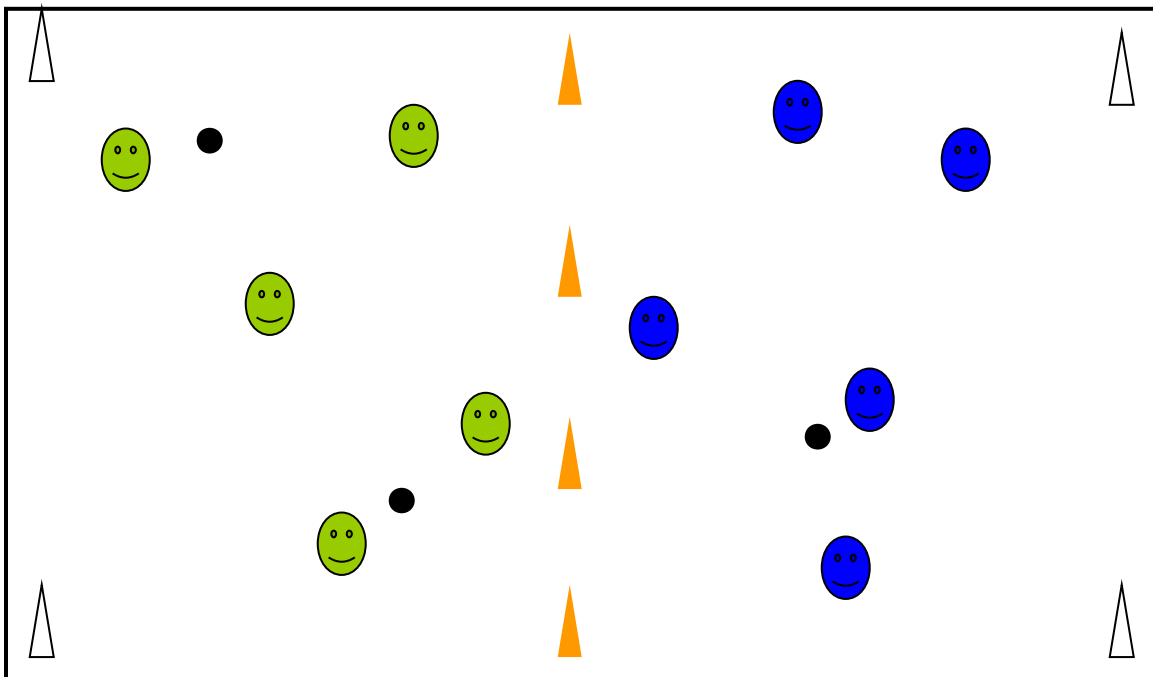
- Divide the group into 2 teams of 5. One team on each side of the line with their own goals.\
- The object of the exercise is to hit the ball using the groundstroke through the other teams goals. Start with 1 ball per game and move it up to 2 after a couple of minutes to increase participation
- Count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



# STRIKING A MOVING BALL

Set up: 1/2 gym with a dividing line in the middle. 2 balls.  
Cones to mark the boundaries.

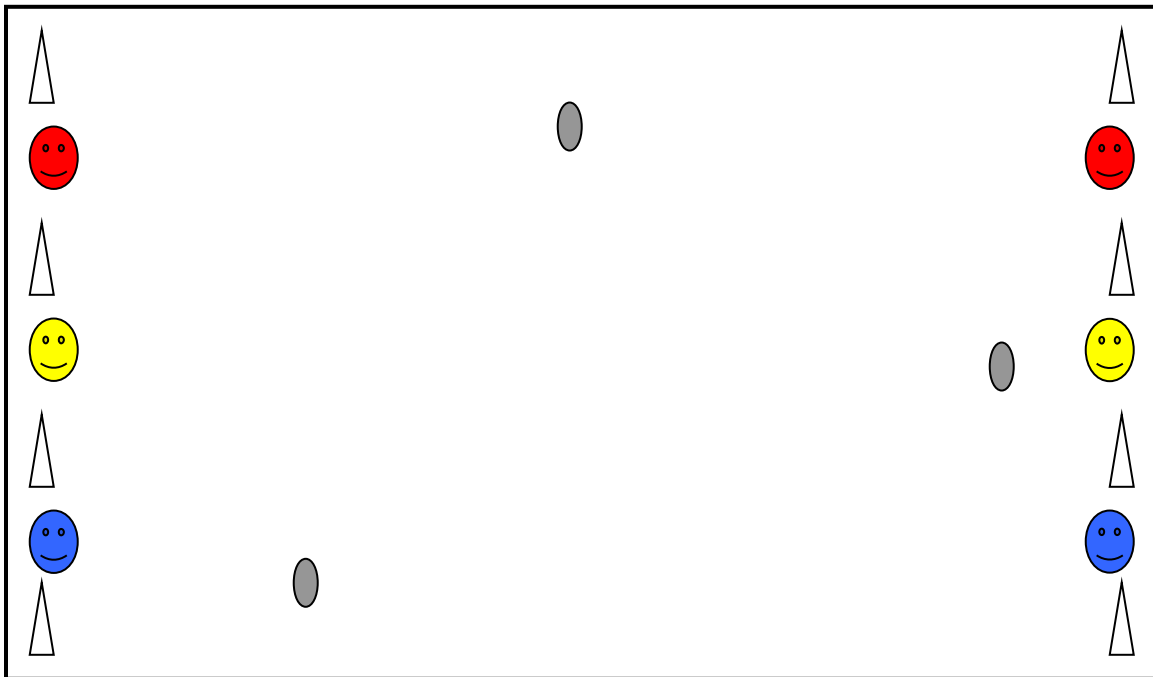
- Divide the group into 2 teams of 5. Put two teams facing each other in each area
- The object of the exercise is to hit the ball using the groundstroke into the other teams area. If the ball stops in the other teams rectangle 1 point is scored.
- Start with 1 ball per game and move it up to 2 or 3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



# GROUND STROKE/BLOCKING

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

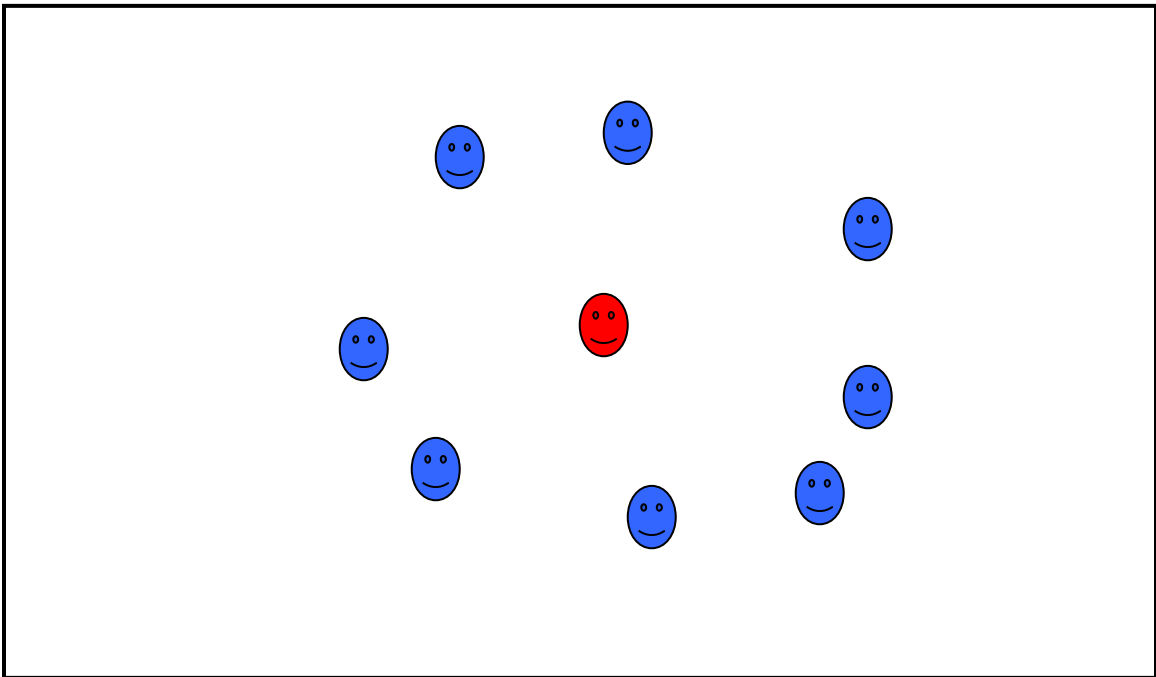
- Players pair up and one player goes 10m away from the other
- They practice ground striking and blocking, hitting the ball over and back
- If time allows players can stand between two cones to make a goal and they can try to score on their partner over and back



# GRIP-SIMON SAYS

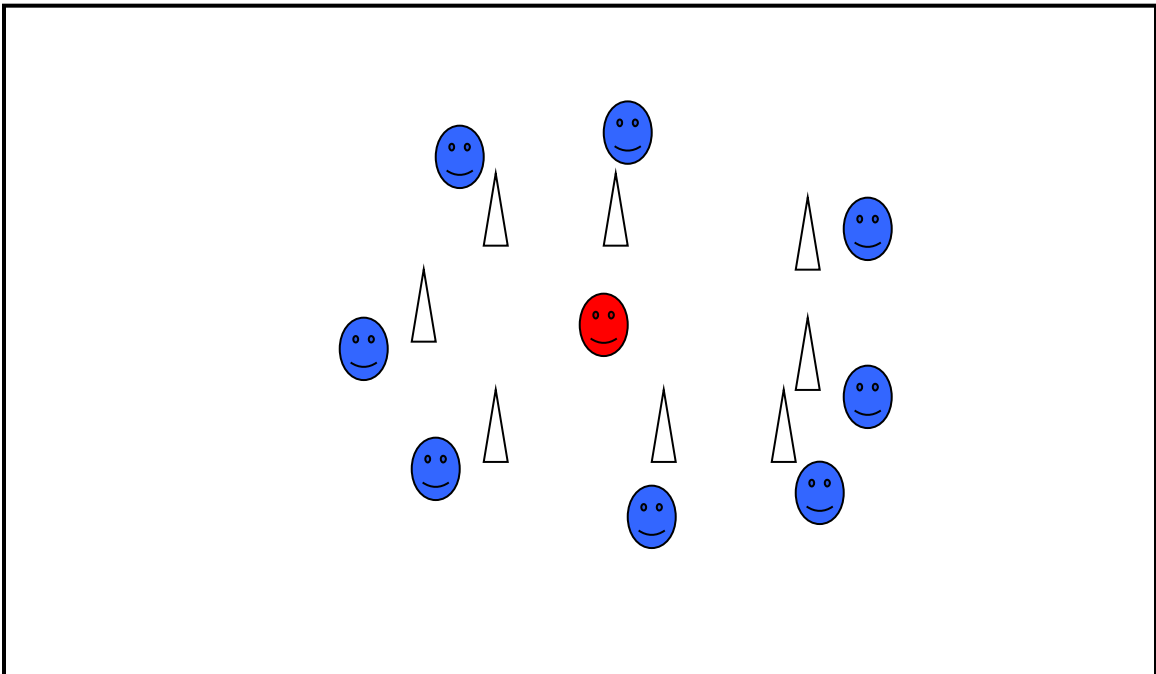
Name parts of the hurley. Bas, heel, toe, top of handle, middle of handle.

- 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.



# GRIP

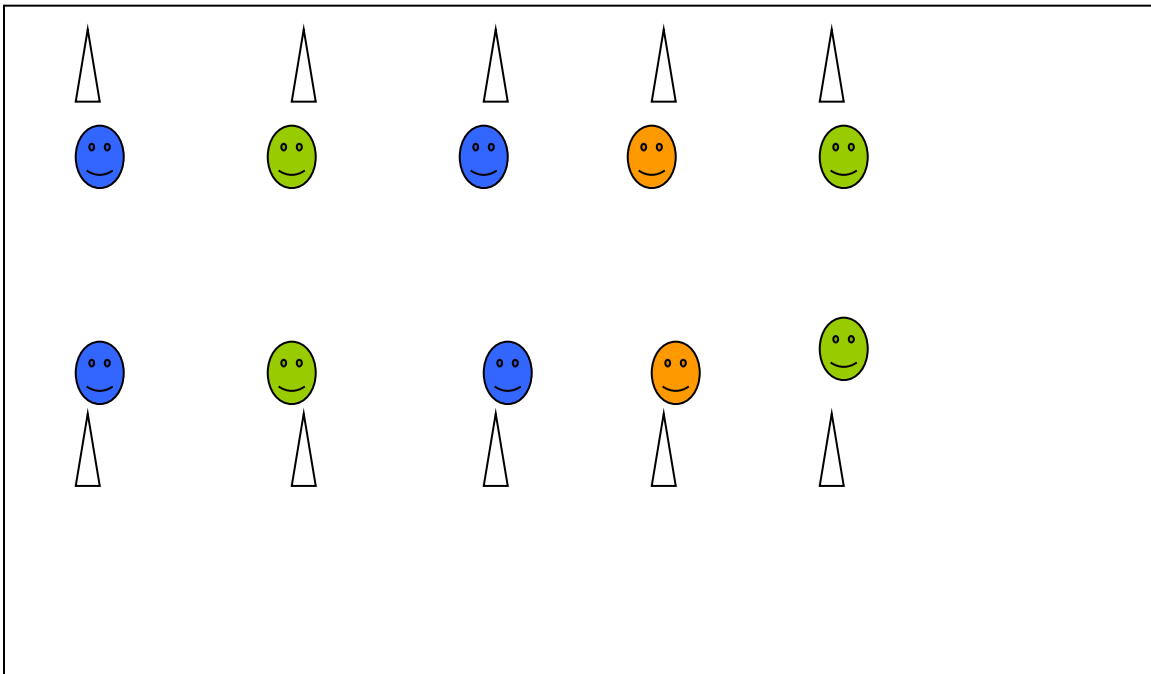
- Introduce Ready position. **The hand that the child writes with must be placed at the top of the handle and their other hand near the bas.**
- Introduce the Lock position for striking. **The hand that the child writes with must be placed at the top of the handle and slide the other hand up beside this hand.**
- Practice moving from the hurl on the ground to Ready to Lock.
- Coach makes various wrist movements in the lock position and kids copy. Kids write names in air and on ground from that position. Practice air-swings.
- Kids walk around practicing air-swings. Kids can practice knocking over cones.



# BLOCKING

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

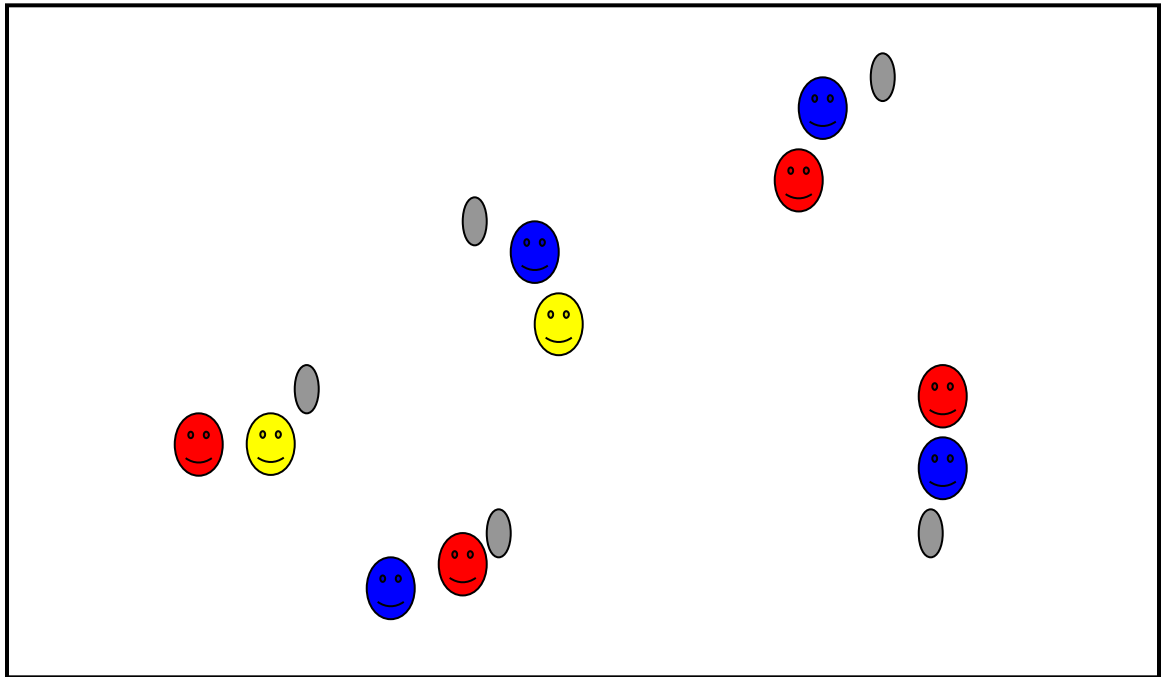
- Demonstrate the blocking position for left and right side. Students form pairs and practice rolling the ball to the right and left side from one to the other and blocking using the correct position. 3m distance between them. 20 blocks each. Change partners and repeat.
- Demonstrate the lifting position used for the block between the legs. Students 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



# DRIBBLING-FOLLOW THE LEADER

Set up:  $\frac{1}{4}$  Hall. A ball for every player.

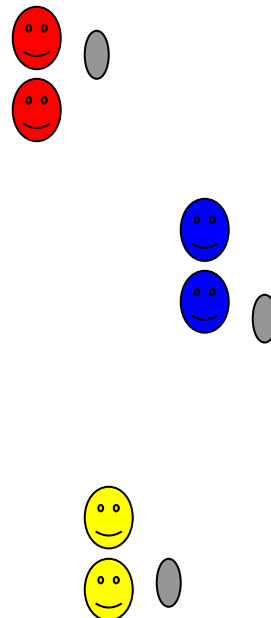
- Each player puts his or her strong hand (ask which hand they write with if not sure use right hand) only on the grip of the Hurley (the other hand in their pocket or behind their back). Then, with only their strong hand on the grip, they control the ball on the ground while moving around.
- Players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



# CHEST CATCH

Set up: 1/8 of hall. A ball for every 2 players.

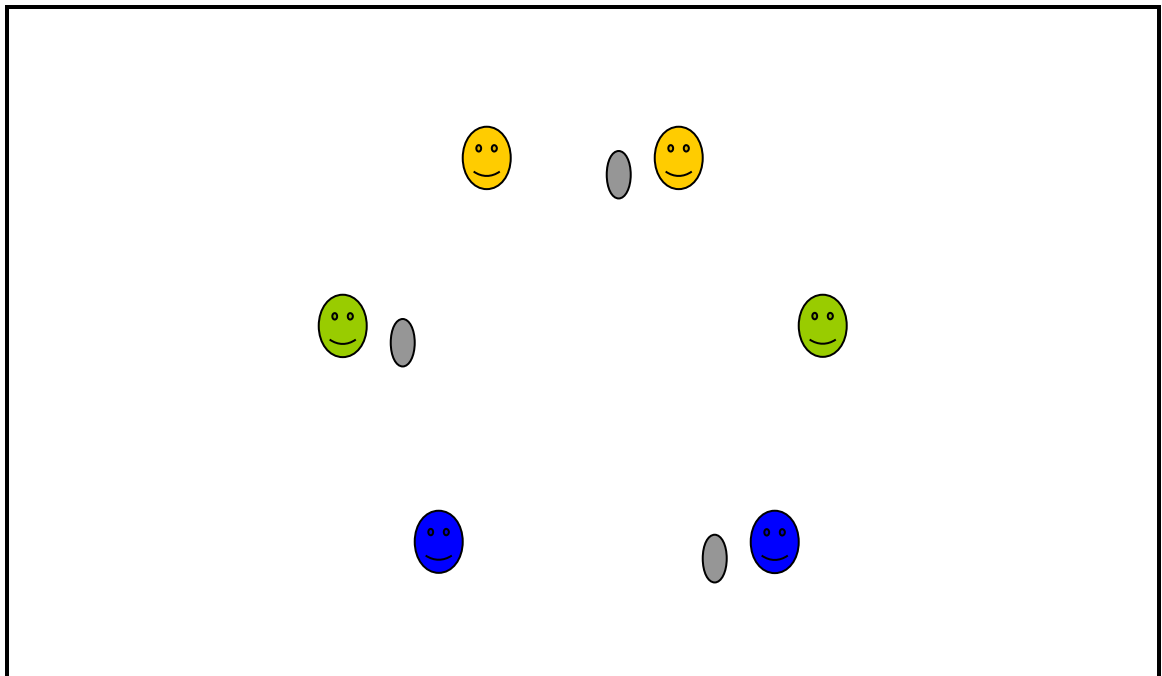
- Throw ball against wall to partner, partner has to catch. Players start throwing from 1m and move back gradually if successful.
- One player turns their back to the wall and has to turn and catch their partner's throw.
- Keep the kettle boiling - In groups of 4 line up facing the wall at 1m distance. 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

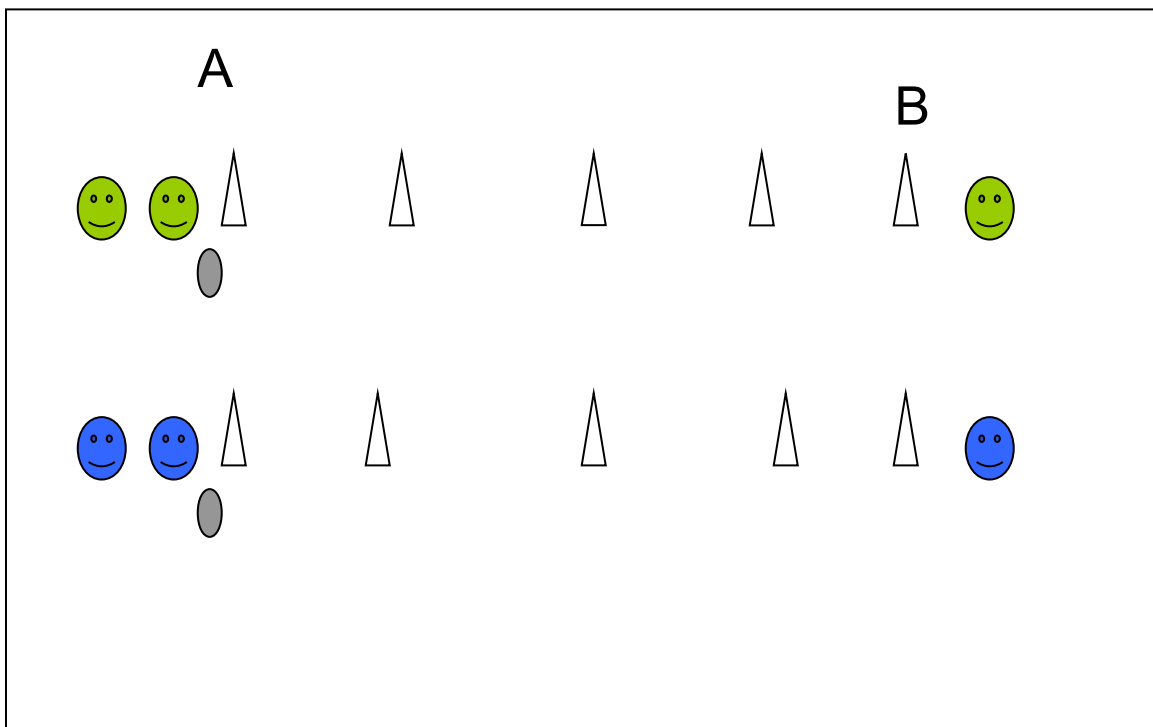
Set up: 1/8 of hall. A ball for every player.

- 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.



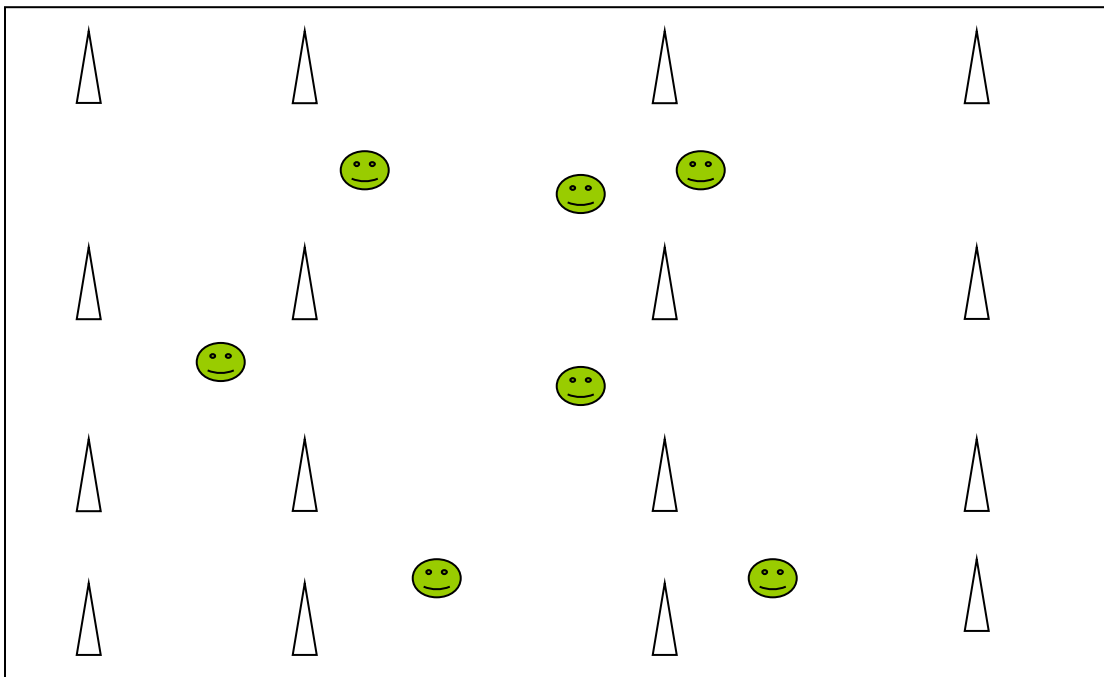
# DRIBBLING

- 3 children in each group. Two children at cone A and one child 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 a hand length away. Encourage the children not to let the ball hit any of the cones.



# DRIBBLING

- 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.



# DRIBBLING

- Set out a square. 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.

