

**UNDER 10 COMBINED HURLING/ CAMOGIE, FOOTBALL CAMP**

Time / Am	Monday / Dé Luain	Tuesday/ Dé Máirt	Wednesday/ Dé Céadaoin	Thursday/Déardaoin	Friday/Dé hAoine
9.30-10.00	Supervisors and coaches preparation <i>PLEASE SEE CAMP OVERVIEW VIDEO - <a href="http://learning.gaa.ie/culcamps">learning.gaa.ie/culcamps</a></i>				
10.00-10.15	Assembly /Group Organisation / Roll Call				
10.15-10.30	<b>WARM-UP AND FUN GAMES</b>				
10.30 -10.45	Secondary theme	Secondary theme	Secondary theme	Secondary theme	Secondary Theme
11.45 - 11.25	Hurling/Camogie Coaching Class - Session 1 Part 1: <b>ROLL LIFT</b>	Football Coaching Class - Session 2 Part 1 <b>BLOCK DOWN</b>	Hurling/Camogie Coaching Class - Session 3 Part 1 <b>GROUND STRIKE</b>	Football Coaching Class - Session 2 Part 1 <b>HOOK KICK</b>	SKILL AWARD CHALLENGES FOOTBALL
11.25 - 11.30	<b>WATER BREAK</b>				
11.30 - 12.00	Hurling/Camogie Coaching Class - Session 1 Part 2 : <b>STRIKING FROM THE HAND</b>	Football Coaching Class - Session 2 Part 2 <b>SOLO</b>	Hurling/Camogie Coaching Class - Session 3 Part 2 <b>JAB LIFT</b>	Football Coaching Class - Session 2 Part 2 <b>CROUCH LIFT</b>	SKILL AWARD CHALLENGES HURLING/ CAMOGIE
12.00-12.30	<b>LUNCH / LÓN + CLEAN-UP</b>				
12.30 - 12.45	Secondary theme	Secondary theme	Secondary theme	Secondary theme	Secondary Theme
12.45 - 1.15	Football Coaching Class - Session 1 Part 1 <b>REACH CATCH</b>	Hurling/Camogie Coaching Class - Session 2 Part 1 <b>HANDPASS</b>	Football Coaching Class - Session 3 Part 1 <b>FIST PASS</b>	Hurling/Camogie Coaching Class - Session 4 Part 1 <b>FRONTAL BLOCK</b>	<b>FUN BLITZ</b>
1.15 -1.20					
1.20 - 1.50	Football Coaching Class - Session 1 Part 2 <b>CHECKING</b>	Hurling/Camogie Coaching Class - Session 2 Part 2 <b>SHOULDER CLASH</b>	Football Coaching Class - Session 3 Part 2 <b>SIDE TO SIDE CHARGE</b>	Hurling/Camogie Coaching Class - Session 4 Part 2 <b>OVERHEAD CATCH</b>	
1.50 - 2.20	Modified Football Games	Modified <b>ROUNDERS</b> Games	Modified Football Games	Modified <b>ROUNDERS</b> Games	COOL DOWN
2.20 - 2.30	Clean-up / Assembly				
2.30 - 2.45	Coaches' Evaluation				