

**UNDER 13 HURLING/ CAMOGIE**

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/ Camp Rules				
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
10.45 - 11.25	Hurling/Camogie Coaching Class - Session 1 Part 1: <b>OVERHEAD BLOCK</b>	Hurling/Camogie Coaching Class - Session 2 Part 1 <b>BATTING A BALL OVERHEAD</b>	Hurling/Camogie Coaching Class - Session 3 Part 1 <b>SOLO RUN</b>	Hurling/Camogie Coaching Class - Session 4 Part 1 <b>OVERHEAD STRIKING</b>	SKILL AWARD CHALLENGES
11.25 - 11.30	<b>WATER BREAK</b>				
11.30 - 12.00	<b>OVERHEAD BLOCK - PLAY THE GAME</b>	<b>BATTING A BALL OVERHEAD - PLAY THE GAME</b>	<b>SOLO RUN - PLAY THE GAME</b>	<b>OVERHEAD STRIKING - PLAY THE GAME</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	Hurling/Camogie Coaching Class - Session 1 Part 2 : <b>CONTROLLING A MOVING BALL</b>	Hurling/Camogie Coaching Class - Session 2 Part 2 <b>GROUND FLICK</b>	Hurling/Camogie Coaching Class - Session 3 Part 2 <b>DOUBLING BACK</b>	Hurling/Camogie Coaching Class - Session 4 Part 2 <b>OVERHEAD BLOCK</b>	<b>FUN BLITZ</b>
1.15 - 1.20	<b>WATER BREAK</b>				
1.20 - 1.50	<b>CONTROLLING A MOVING BALL - PLAY THE GAME</b>	<b>GROUND FLICK - PLAY THE GAME</b>	<b>DOUBLING BACK - PLAY THE GAME</b>	<b>OVERHEAD BLOCK - PLAY THE GAME</b>	
1.50 - 2.20	Modified Hurling / Camogie Games	Modified <b>ROUNDERS</b> Games	Modified Hurling / Camogie Games	Modified <b>ROUNDERS</b> Games	COOL DOWN
2.20 - 2.30	Clean-up / Assembly				
2.30 - 2.45	Coaches' Evaluation				