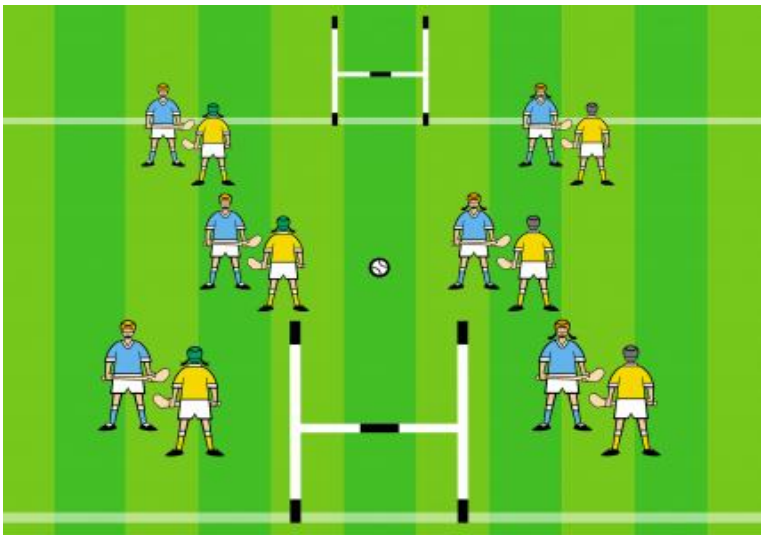
LEVEL 3

HURLING MINI-GAME (5V5)

HURLING



EQUIPMENT LIST

- Coach
- Cones
- Goalposts
- Player
- Sliotar
- Stopwatch
- Whistle

This Small-sided Game Activity is designed to develop an understanding of the use of space in mini-games and develop an understanding of the tactics and strategies for use in modified game situations.

Organisation

- Mark out a playing area 20m x 40m
- Place two markers at either end to form goals
- Divide the players into equal teams; 5v5

Task

- The objective of the game is to score goals against the other team

Rules

- Ground Strike
- Catch and strike
- Lift and strike from hand
- Lift and strike
- No solo run
- No kicking of the ball allowed

Notes