



ACTIVITY 1



COORDINATION - TURN THE CAP

HURLING / FOOTBALL — FITNESS EXERCISE



This exercise to develop coordination skills is generally suitable for players of 4-6 years

Organisation

- Place a number of caps or domes around the playing area
- The players run around the playing area turning the caps or domes
- The exercise can be run using two teams; one team attempts to turn all the caps up while the other attempts to turn all the caps down

Key Points

- Ensure the players have enough room to move around safely
- No pushing or bumping

Equipment

- An inventory of equipment to support ABC exercises is available in the [Resources section](#)

USER NOTES



ACTIVITY 2



AGILITY - FOX AND HEN

HURLING / FOOTBALL — FITNESS EXERCISE



This exercise to develop agility skills is generally suitable for players of 4-6 years

Organisation

- One player is designated the 'fox'
- The 'fox' must chase the other players -designated 'hens' - around the playing area
- When a 'hen' is tagged they become the new 'fox'
- The 'hens' are safe when standing on the round markers

Key Points

- Ensure the players have enough room to move around safely
- No harsh grabbing, pushing or bumping

Equipment

- An inventory of equipment to support ABC exercises is available in the Resources section

USER NOTES

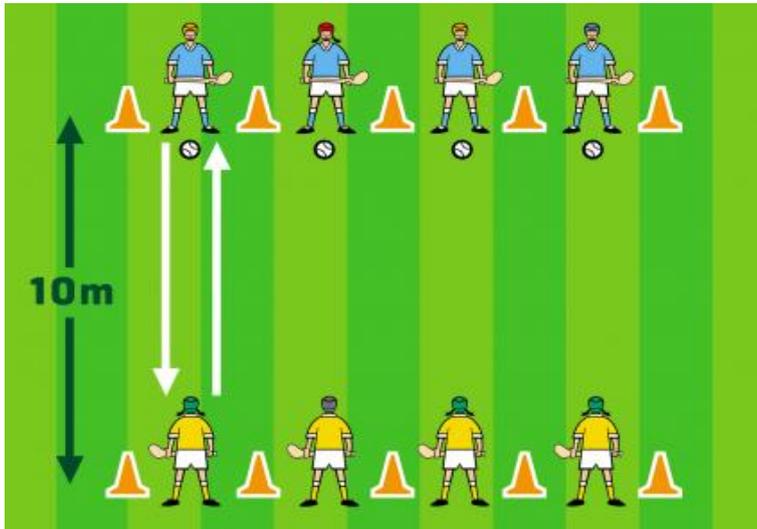


ACTIVITY 3



STRIKE ON THE GROUND - STRIKING IN PAIRS

HURLING — BASIC DRILL



This is a basic drill to practice the ground strike technique and also incorporates the ground block

Organisation

- Divide the players into pairs 10m apart; one ball per pair
- Each player in turn strikes the ball to their partner, who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides

STEP Variation

Space - To increase the challenge; Increase the distance between the players

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

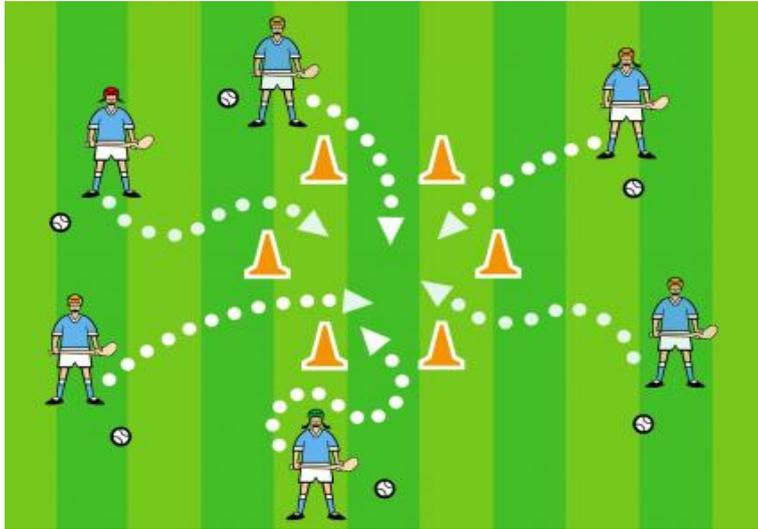
USER NOTES



ACTIVITY 4

DRIBBLE - FILL THE CIRCLE

HURLING — FUN ROUTINE



This fun game challenges the Players to perform the dribble technique while moving as fast as possible

Organisation

- Mark out a circle using cones
- Scatter several balls in different directions outside the circle
- Divide the players into teams
- Beginning in the circle, the Players run to return all balls to the circle using the dribble technique.
- The Coach times each team, and the team that takes the least time is the winner

STEP Variation

Task - Divide the Players into two teams, each with their own circle. On the whistle both teams must run and return as many of the balls as possible to their own circle. The winner is the team that returns most balls to their circle

USER NOTES

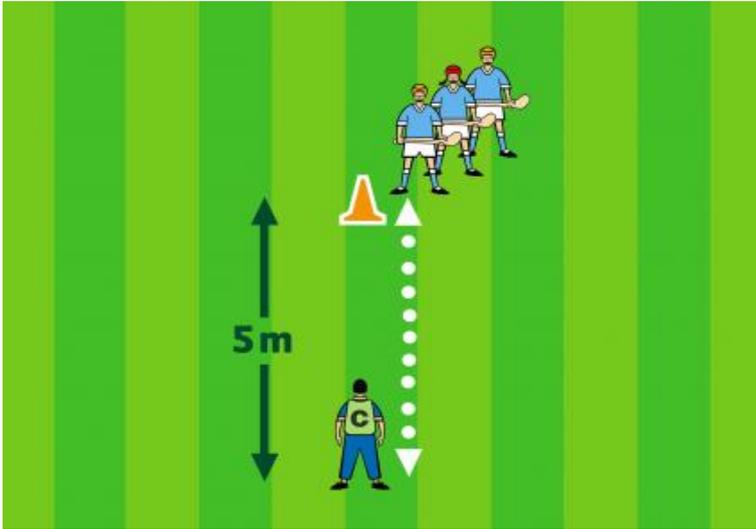


ACTIVITY 5



FRONTAL GROUND BLOCK - CONTACT BLOCK

HURLING — BASIC DRILL



This basic drill to practice the Frontal Ground Block technique aims to build the players' confidence in the contact situation

Organisation

- The players line up in single file 5m from the Coach
- The Coach uses a line or marker as an imaginary ball and swings in the direction of each player in turn, who strides forward and attempts to block the swing
- The Coach should adjust the strength of the swing to match each player's ability

STEP Variation

Equipment - As players gain confidence,

introduce a ball, for example a First Touch sliotar

USER NOTES

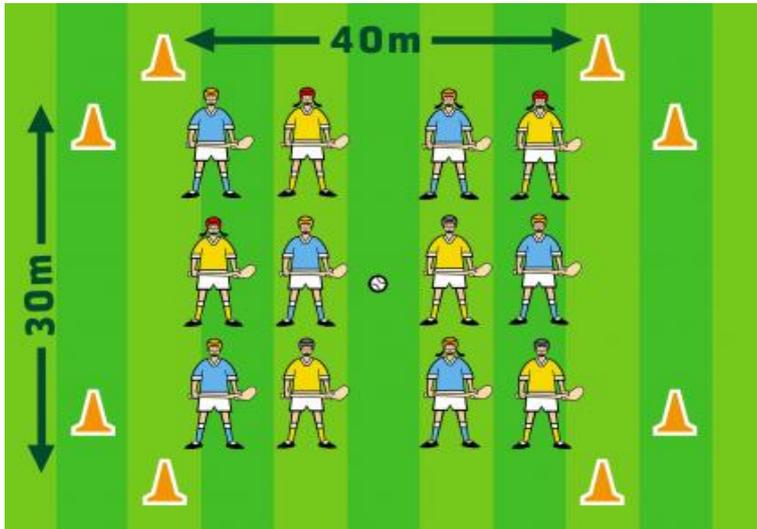


ACTIVITY 6



STRIKE ON THE GROUND - FOUR GOAL GAME

HURLING — CONDITIONED GAME



This is a modified game focussing on the ground strike which incorporates blocking and dribbling and will aid the development of decision-making and team play

Organisation

- Mark out a playing area 40m x 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used

STEP Variation

Space - Change the size of the playing area

and the width of the goals to match the ability of the players

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball

USER NOTES

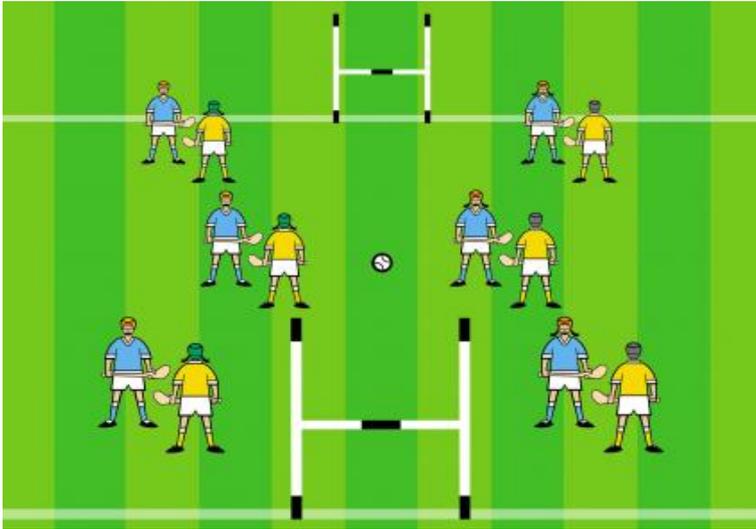


ACTIVITY 7



FRONTAL GROUND BLOCK - SKILL POINT GAME

HURLING — CONDITIONED GAME



This modified game to develop the Frontal Ground Block technique awards points to Players who perform the technique correctly during the game

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand
- Award 3 points for a goal and 2 points for each successful Frontal Ground Block

STEP Variation

Equipment - To begin with, use a larger slotar, such as the First Touch slotar, and as the players become more proficient, switch to a smaller slotar, such as the Quick Touch slotar

USER NOTES