

UNDER 10 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 - learning.gaa.ie/culcamps</i>				
10.00-10.15	Assembly /Group Organisation / Roll Call				
10.15-10.30	WARM-UP AND FUN GAMES				
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: <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>ROLL LIFT</u></div>	Hurling/Camogie Coaching Class - Session 2 Part 1 <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>HANDPASS</u></div>	Hurling/Camogie Coaching Class - Session 3 Part 1 <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>GROUND STRIKE</u></div>	Hurling/Camogie Coaching Class - Session 4 Part 1 <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>FRONTAL BLOCK</u></div>	SKILL AWARD CHALLENGES HURLING/ CAMOGIE
11.25 - 11.30	WATER BREAK				
11.30 - 12.00	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>ROLL LIFT - PLAY THE GAME</u></div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>HANDPASS - PLAY THE GAME</u></div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>GROUND STRIKE - PLAY THE GAME</u></div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>FRONTAL BLOCK - PLAY THE GAME</u></div>	SKILL AWARD CHALLENGES HURLING/ CAMOGIE
12.00-12.30	LUNCH / LÓN + CLEAN-UP				
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 : <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>STRIKING FROM THE HAND</u></div>	Hurling/Camogie Coaching Class - Session 2 Part 2 <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>SHOULDER CLASH</u></div>	Hurling/Camogie Coaching Class - Session 3 Part 2 <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>JAB LIFT</u></div>	Hurling/Camogie Coaching Class - Session 4 Part 2 <div style="border: 1px solid black; padding: 5px; text-align: center;"><u>OVERHEAD CATCH</u></div>	FUN BLITZ
1.15 -1.20	WATER BREAK				
1.20 - 1.50	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>STRIKING FROM THE HAND - PLAY THE GAME</u></div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>SHOULDER CLASH - PLAY THE GAME</u></div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>JAB LIFT - PLAY THE GAME</u></div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><u>OVERHEAD CATCH - PLAY THE GAME</u></div>	
1.50 - 2.20	Modified Hurling/Camogie Games	Modified ROUNDERS Games	Modified Hurling / Camogie Games	Modified ROUNDERS Games	COOL DOWN
2.20 - 2.30	Clean-up / Assembly				
2.30 - 2.45	Coaches' Evaluation				