under 13 combined hurling/ camogie, football camp

Time / Am	Monday / Dé Luain	Tuesday/ Dé Máirt	Wednesday/ Dé Céadaoin	Thursday/Déardaoin	
9.30-10.00	Supervisors and coaches preparation PLEASE SEE CAMP OVERVIEW VIDEO - learning.gaa.ie/culcamps				
10.00-10.15	Assembly /Group Organisation / Roll Call/ Camp Rules				
10.15-10.30	WARM-UP AND FUN GAMES				
10.30 - 10.45	Secondary theme	Secondary theme	Secondary theme	Secondary theme	
10.45 - 11.25	Hurling/Camogie Coaching Class – Session 1 Part 1:	Football Coaching Class - Session 2 Part 1	Hurling/Camogie Coaching Class - Session 3 Part 1	Football Coaching Class – Ses 1	
	OVERHEAD BLOCK	PUNT KICK	SOLO RUN	HIGH CATCH	
11.25 - 11.30	WATER BREAK				
11.30 - 12.00	Hurling/Camogie Coaching Class - Session 1 Part 2	Football Coaching Class - Session 2	Hurling/Camogie Coaching Class -	Football Coaching Class - Ses	
		Part 2	Session 3 Part 2	2	
	CONTROLLING A	THE ROLL		NEAR HAND TA	
	MOVING BALL		DOUBLING BACK		
12.00-12.30	LUNCH / LÓN + CLEAN-UP				
12.00 12.00	Secondary theme	Secondary theme	Secondary theme	Secondary theme	
12.30 - 12.45					
12.45 - 1.15	Football Coaching Class – Session 1 Part 1	Hurling/Camogie Coaching Class - Session 2 Part	Football Coaching Class – Session 3 Part 1	Hurling/Camogie Coaching Class - Se	
		BATTING A BALL			
	CROUCH LIFT	OVERHEAD	SIDE STEP	OVERHEAD STRI	
1.15 - 1.20	WATER BREAK				
1.20 - 1.50	Football	Hurling/Camogie Coaching Class - Session 2 Part		Hurling/Camogie Coaching Class - S	
	Coaching Class – Session 1 Part 2	2	Coaching Class – Session 3 Part 2	2	
		GROUND FLICK	CHECKING	OVERHEAD BLO	
	<u>FIST PASS</u>				
1.50 - 2.20	Modified Football Games	Modified ROUNDERS Games	Modified Football Games	Modified ROUNDERS Gar	
2.20 - 2.30	Clean-up / Assembly				
2 30 - 2 45	Coaches' Evaluation				

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