

UNDER 13 COMBINED HURLING/ CAMOGIE, FOOTBALL CAMP

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/ Camp Rules				
10.15-10.30	WARM-UP AND FUN GAMES				
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: OVERHEAD BLOCK	Football Coaching Class - Session 2 Part 1 PUNT KICK	Hurling/Camogie Coaching Class - Session 3 Part 1 SOLO RUN	Football Coaching Class - Session 2 Part 1 HIGH CATCH	SKILL AWARD CHALLENGES FOOTBALL
11.25 - 11.30	WATER BREAK				
11.30 - 12.00	Hurling/Camogie Coaching Class - Session 1 Part 2: CONTROLLING A MOVING BALL	Football Coaching Class - Session 2 Part 2 THE ROLL	Hurling/Camogie Coaching Class - Session 3 Part 2 DOUBLING BACK	Football Coaching Class - Session 2 Part 2 NEAR HAND TACKLE	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	Football Coaching Class - Session 1 Part 1 CROUCH LIFT	Hurling/Camogie Coaching Class - Session 2 Part 1 BATTING A BALL OVERHEAD	Football Coaching Class - Session 3 Part 1 SIDE STEP	Hurling/Camogie Coaching Class - Session 4 Part 1 OVERHEAD STRIKING	FUN BLITZ
1.15 - 1.20	WATER BREAK				
1.20 - 1.50	Football Coaching Class - Session 1 Part 2 FIST PASS	Hurling/Camogie Coaching Class - Session 2 Part 2 GROUND FLICK	Football Coaching Class - Session 3 Part 2 CHECKING	Hurling/Camogie Coaching Class - Session 4 Part 2 OVERHEAD BLOCK	
1.50 - 2.20	Modified Football Games	Modified ROUNDERS Games	Modified Football Games	Modified ROUNDERS Games	COOL DOWN
2.20 - 2.30	Clean-up / Assembly				
2.30 - 2.45	Coaches' Evaluation				