

UNDER 8 HURLING/CAMOGIE 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					
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	<u>DRIBBLE</u>	<u>SHOULDER CLASH</u>	<u>CHEST CATCH</u>	<u>FRONTAL GROUND BLOCK</u>	SKILL AWARD CHALLENGES HURLING/CAMOGIE	
11.25 - 11.30	WATER BREAK					
11.30 - 12.00	<u>DRIBBLE - PLAY THE GAME</u>	<u>SHOULDER CLASH - PLAY THE GAME</u>	<u>CHEST CATCH - PLAY THE GAME</u>	<u>FRONTAL GROUND BLOCK - PLAY THE GAME</u>	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	<u>STOPPING A GROUND BALL</u>	<u>HOOK</u>	<u>STRIKING ON THE GROUND</u>	<u>STOPPING A GROUND BALL</u>	FUN BLITZ	
1.15 - 1.20	WATER BREAK					
1.20 - 1.50	<u>STOPPING A GROUND BALL - PLAY THE GAME</u>	<u>HOOK - PLAY THE GAME</u>	<u>STRIKING ON THE GROUND - PLAY THE GAME</u>	<u>STOPPING A GROUND BALL - PLAY THE GAME</u>		
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					