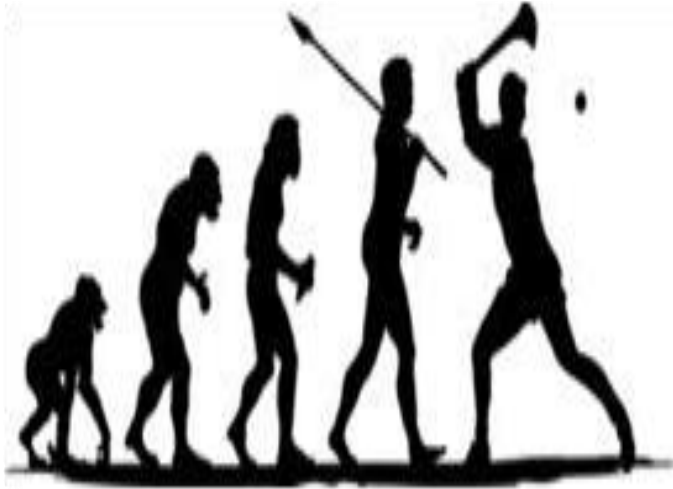


Foundation Hurling Coaching Practical



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“As to the method’s, there are many, But Principles are few,
He who grasps principles can successfully select his own methods.
He who tries methods, ignoring principle’s, is sure to have trouble”

Ralph Waldo Emerson (1803-1882)



To Coach this Skill
use the **IDEA** method

- I** **NTRODUCE** the skill
- D** **EMONSTRATE** the technique
- E** **XECUTE** the activity
- A** **TTEND** and provide feedback

The **STEP** method is a simple way to vary an exercise, drill, activity or game.

S pace

vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

T ask

alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E quipment

alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge

P layers

increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

Gaining Possession

Involves gaining possession and control of the sliotar.

Thus, skills such as catching, and lifting are included along with skills involved in getting control of the sliotar using the hurley.

- Stopping a Ground Ball
- Controlling a Moving Ball
- Blocking a Ball overhead
- Chest Catch
- Overhead Catch
- Jab Lift
- Roll Lift

Maintaining Possession

Once the sliotar is under the control of the player, there are a number of skills which help the player in possession to maintain possession.

These skills encompass ground skills, handling skills and evasion skills.

- The Dribble
- The Solo

Contesting Possession

Involves many of the skills used to tackle an opponent in possession, or to contest for possession when neither player is in possession of the sliotar.

- Frontal Block
- Hook
- Should Clash
- Frontal Ground Block
- Ground Flick
- Batting a Ball Overhead

Releasing Possession

Involves striking the sliotar, with either the hand or the hurley.

Many of these skills can be performed with a stationary sliotar or a moving sliotar, while the player is stationary or while the player is moving.

- Ground Strike
- Ground Strike on the Run
- Doubling Back
- Strike from the hand
- Hand Pass
- Overhead Strike

Select Skills

The following are special skills usually associated with specific roles or set plays in the game of Hurling

- Free Puck
- Penalty Puck
- Puck Out
- Shot Stopping
- Side-line Cut
- Low Catch
- Grip & Swing

Suggested Progression for introducing the sport specific skills of Hurling

(NB: Players should be introduced to the Grip, Ready Position, Lock Position and Lifting Position before progressing to the individual skills.)

| | Under 8 | Under 10 | Under 12 |
|---|----------------------------|--------------------------|---------------------------|
| 1 | Dribble | Ground Strike on the Run | Overhead Block |
| 2 | Stopping a Ground Ball | Roll Lift | Solo Run |
| 3 | Strike on the Ground | Overhead Catch | Controlling a Moving Ball |
| 4 | Shoulder-to-Shoulder Clash | Jab Lift | Doubling Back |
| 5 | Frontal Ground Block | Strike from the Hand | Batting a Ball Overhead |
| 6 | Hook | Frontal Air Block | Ground Flick |
| 7 | Chest Catch | Hand Pass | Overhead Strike |



Skills of Hurling

When to learn them

| | Hurley Hand | | Lock Position | | | Lift Position | | |
|-----|-------------------------------|----------------|--------------------------|-----------------------------------|--------------------------------|-------------------|------------------|------------------|
| U8 | Hurley Hand/ Catching Hand | Throw & Catch | Ground Dribble | Ground Strike L&R | Ground Clash L&R | Stop & Strike L&R | Ground Block | Ground Hook |
| U10 | Overhead Catch | Hand passing | Double on Ground L&R | Airborne Striking Standing L&R | Airborne Striking Running L&R | 1&2 Jab Lift | 1&2 Roll Lift | Free Taking |
| | Bounce Catch | | | | | Frontal Block | Airborne Hooking | Batting Overhead |
| U12 | Chest Catch | Ground Snig | Short Stick Shooting L&R | Opposed Striking Side-line Cut | Doubling in the Air | Batting High Shot | | Batting Low Shot |
| U14 | Air Snig | Overhead Flick | Feint & Strike | | Striking over the shoulder L&R | | | |

Tutor Lead Basics

Grip & Swing

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the non-dominant hand on top
- Holding the Hurley with the toe facing inwards
- Not locking the hands

Dribble

LOOK OUT FOR THESE COMMON ERRORS

- Locking the Hands
- The bas of the Hurley striking over the top of the sliotar
- Pushing the sliotar too far in front

Assistance Coach Practical's

Groups of 3

Per Skill: 1 Coach – 2 Players

If more participants required:
*2 groups go together,
but also 2 Coaches*

Ground Strike

LOOK OUT FOR THESE COMMON ERRORS

- Feet too close together
- Not standing close enough to the sliotar
- Lifting the head to follow the sliotar

Games

- Striking of Tyre
- Through the Goals
- 4 Corner Game (protect your corner)

Hooking

LOOK OUT FOR THESE COMMON ERRORS

- Attempting the hook from the front
- Not striding into the tackle and extending the arm
- Not following up on the sliotar after completing the hook

Games

- Cone Strike
- Slalom Run
- 1 vs 1 Dribble & shoot for goal

Frontal Ground Block

Look out for these common errors

- Not stepping into the Tackle
- Stepping in with opposite hand and foot
- Not extending the dominant arm and leaning forward

Games

- Cone Strike
- Slalom Run
- 1 vs 1 Goalie Penalty run

Overhead Catch

LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Grabbing at the sliotar
- Failing to protect the catching hand

Games

- Partner Catch
- 1v1 High Catch
- Captains Ball (chair/Bench Ball)
use cone for hurl

Handpass

LOOK OUT FOR THESE COMMON ERRORS

- Tossing the sliotar too high
- Swinging the non-dominant hand back too far
- Striking the sliotar with the palm of the hand

Jab & Roll Lift

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle
- Catching the sliotar in the dominant hand

Games

- Steal the treasure
- Lifting Grid – Musical Chairs
- 1v1 Lifting facing with ball each,
then 1v1 against opponent

Strike from the Hand

LOOK OUT FOR THESE COMMON ERRORS

- Missing the ball completely
- Placing the non-dominant hand above the dominant hand on the Hurley
- Tossing the sliotar too high or too far in front

Games

- Through the goals/ Target shot
- Road to Glory

Frontal Block

LOOK OUT FOR THESE COMMON ERRORS

- Not stepping into the tackle
- Waiting for the opponents Hurley to strike the blocking Hurley
- Dropping the Hurley below the striking Hurley

Games

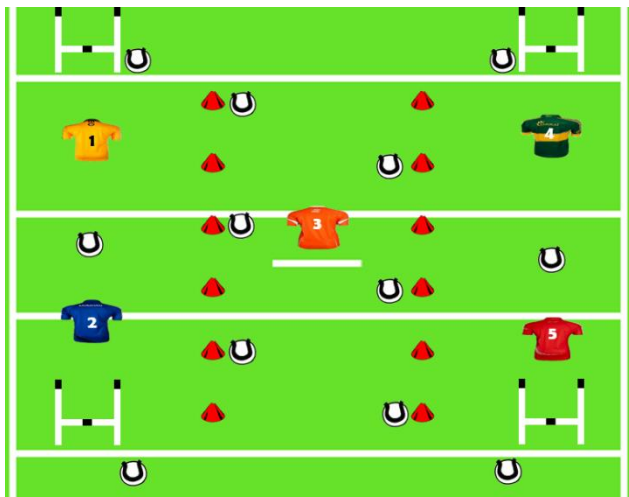
- Block the coach
- Catch net target blocking drill
- Tower Ball
- Push the button

Testing

1. **Goal Shooting**
Road to Glory 13, 21, 25, 30m
2. **Pt Shooting**
Road to Glory 21, 30, 40m, 45m
3. **Free Taking**
Frees from 21, 35, 45m
If miss, must start back on 21m
4. **Passing**
21 – 45m
Pass ball to player's hand. Left & Right
5. **Side-lines**
20m, 30m, 40m
1pt Hit ball along ground 20m
2pt Chip ball 10m
3pt chip ball 20m
6. **Catching**
1v1 high catch, must be caught above head
7. **Lifting – Solo – Evasion**
21m to end line
Start 1v1 on end line; lift ball on 13m run to 21m line, turn & beat defender over 13m line
8. **Hooking**
Cone Run 4 Doubles, any 3 hooks.
9. **Ground Block**
15/20m grid 3v1 – 30sec to get as many blocks as possible
10. **Air Block**
15/20m grid 3v1 – 30sec to get as many blocks as possible

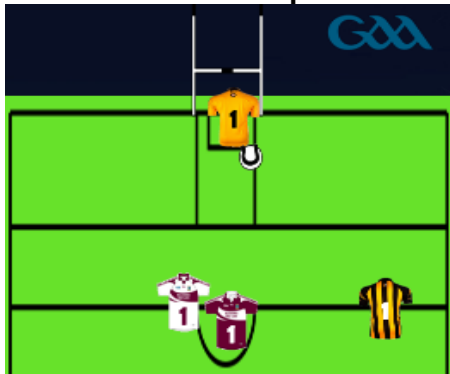
Dealing with Numbers

- Split into 3 or 5 teams
- With a Coach/Helper managing a team
- Rotate every 10mins
- Only Coach 1 group
- Coach to Game Ratio 1:4



Games

World Cup



- Sometimes call all in one
- Goalie plays the ball out between all.
- If its 1v1, the winner stays on. If it's more as here 3 playing in, If you score your through to the next round, last one through goes into nets, or the Goal scorer goes into nets.
- You can shoot:
 - into goals or over the bar
 - Hurling - on ground/ from hand
 - Indoors - backboard goals
- 4 players
- 1 player is defender
- aim attackers to knockdown cone and defender has to prevent it
 - No player allowed in the centre square

Tower Ball

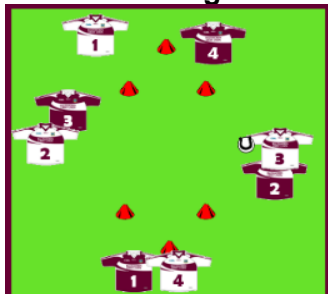


- Set up as many mini pitches to accommodate your squad
- Each game lasts 3mins, you do not require goalkeepers as the goals are very small
- How it works
 - Every game is a final
 - After each game the winners move closer to Croke Park
 - if you lose you move further away but are still in a final
- Each team defends a triangular goal and attempt to score in their opponent's goal.
- Goals may be scored into the triangle from any side
- The ball never goes out of play.
- After a team scores a goal they are allowed to score again, if the defending team doesn't react quick enough

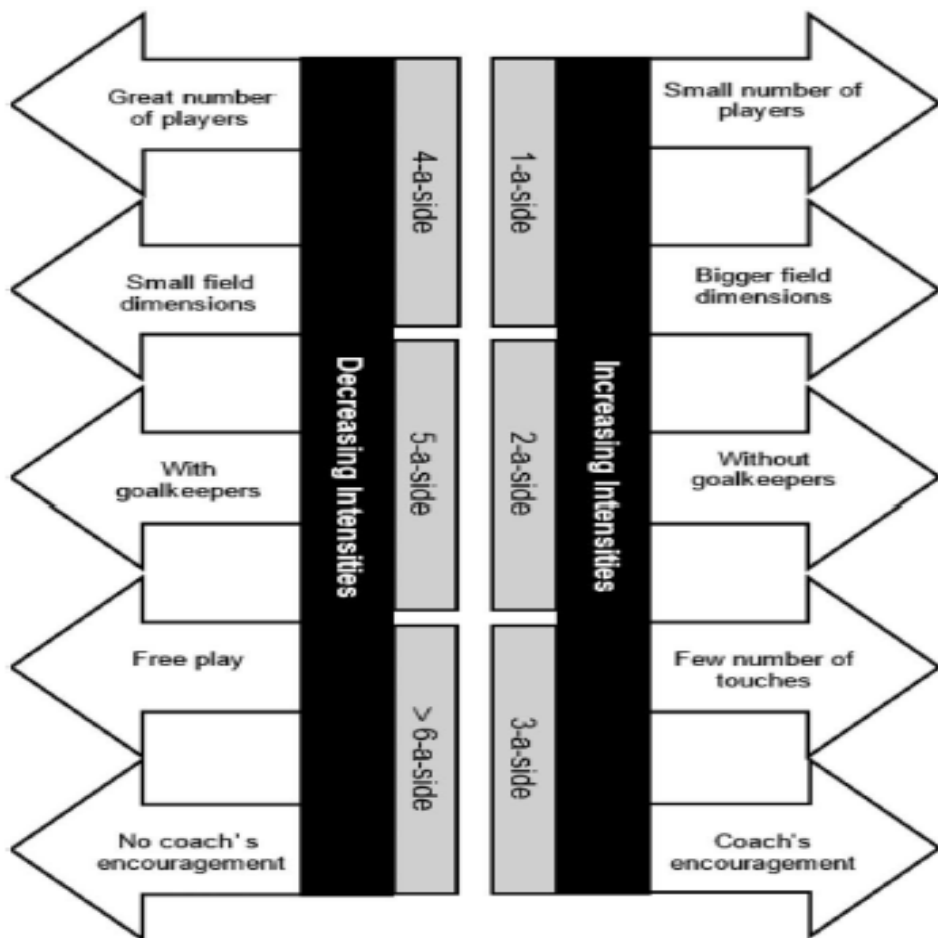
Road to Croke



Triangle Goals



Adapting Games Tips



For more information Games & Activities go to: www.learning.gaa.ie

