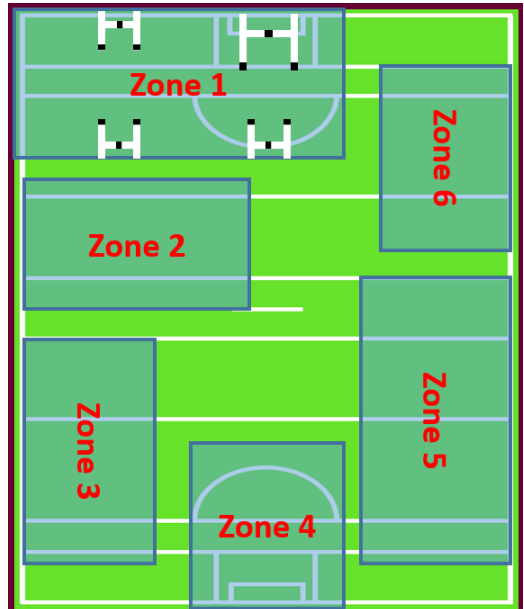


Ulster GAA Summer Camp



Hurling & Camogie

6 rotations x 10–12mins



Zone 1 – ‘Big’ Matches:

- Run off as a Provincial Competition – Ulster, Leinster, Connacht, Munster Teams or National League and All Ireland Semi’s and Finals.
- Need 2, 4 or 6 teams, teams should be between 6-9 players, No more due to not getting enough touches.
- Use Side-Lines, Frees & Penalties

Zone 2 – Skill zone – Passing

Complete 1 skill/game or Test for 5mins

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)

Test - Passing

- Pass ball to player’s over 20m
- Left & Right side

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

Test - Catching

- In groups of 4. Set up as 1v1. Throw ball up between two players to make a high catch, must be caught above head

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

Test – Handpass

- Hand Pass ball to player’s over 10m
- Left & Right side

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

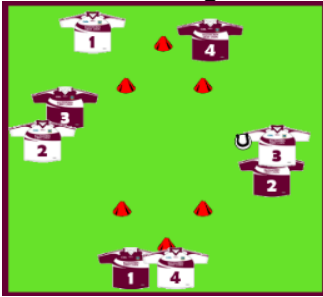
Test – Lifting, Solo, Evasion

- P3 – P4
Start 1v1 on end line; lift ball on 13m

- P5 – P7
Start 1v1 on end line; lift ball on 13m run to 21m line, turn & beat defender over 13m line

Play This Game for 5mins

Triangle Goals



- 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

Zone 3 – Quick Rounder's

- 3-4 players per batting team. All other players are fielders.
- Each player get 3 strikes to hit the ball. You get 1pt for every base you pass. If you get home run, your get another go. After all teams have batted, team with most points wins.
- If a batter throws the bat before they run, there team loses all goes and next team is up.

Zone 4 – Skills Competition

Age	Mon	Tue	Wed	Thu
P3	Goal Shooting From, 10m, 13m, 20m 1pt – Hit ball from hand 2pt – Put ball in net 3pt – Put ball in net without hitting ground	Goal Shooting From, 10m, 13m, 20m 1pt – Hit ball from hand 2pt – Put ball in net 3pt – Put ball in net without hitting ground	Point Shooting From, 10m, 13m, 20m 1pt - Hit ball into net 2pt – Put ball over bar 3pt – Put ball over bar and hit catch net	Point Shooting From, 10m, 13m, 20m 1pt - Hit ball into net 2pt – Put ball over bar 3pt – Put ball over bar and hit catch net
P4 – P5	Point Shooting Road to Glory	Goal Shooting Road to Glory	Free Taking Frees from 20, 30, 40m If miss, must start back on 20m	Goal Shooting Road to Glory
P6 – P7	Point Shooting Road to Glory Right Side Only (5min) Left Side Only (5min)	Goal Shooting Road to Glory	Free Taking Frees from 20, 30, 40m If miss, must start back on 20m	Side-lines 13m, 20m, 30m, 40m 1pt Hit ball along ground into net 2pt Chip ball into net 3pt chip ball over bar

Road to Glory

- Shooting from 13, 21, 25, 30m
- For Goals - Ball must hit net without hitting ground first.
- If you score you move to next level. If you miss you stay on same level.

Zone 5 – Road to Croker

- Set up as many mini pitches to accommodate all.
- Teams should be minimum 3 and maximum 5 players
- Each game lasts 2-3mins, 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

Zone 6 – Skill Zone - Tackling

Complete 1 skill/game or Test for 5mins

Hooking

LOOK OUT FOR THESE COMMON ERRORS

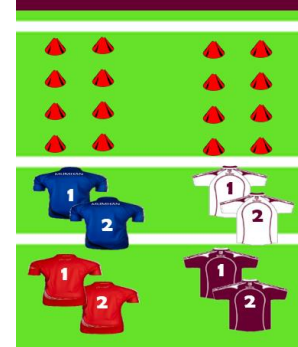
- Attempting the hook from the front
- Not striding into the tackle and extending the arm
- Not following up on the sliotar after completing the hook

Games

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

Test - Hooking

- Cone Run



- Players pair off
- #1 runs through slalom and can strike above any 4 cones without stopping.
- #2 has to tackle from behind #1 by hooking them.

Frontal Ground Block

Games

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

Test – Ground Block

- 15/20m grid 3v1
- 30sec to get as many blocks as possible

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

Test - Air Block

- 15/20m grid 3v1
- 30sec to get as many blocks as possible

Or

- Players pair off with #1 standing with ball beside catch net, they pass ball to #2 who has to strike ball into catch net, #1 after passing must try and block #2.
- If successful #2 moves back further

Play This Game for 5mins

Tower Ball



- 4 players
- 1 player is defender
- aim attackers to knockdown cone and defender has to prevent it
 - No player allowed in the centre square