



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Fifth and Sixth Classes

Lesson: 16 Hurling

Venue

School Yard/Hall/Playing Field

Equipment

Hurling helmets, hurleys, cones, sliotars or tennis balls

Lesson
16
Hurling

Strand Unit: Sending, receiving and travelling

Curriculum Objectives:

- Children practice skills previously experienced
- Children to further develop and extend carrying and striking skills
- Children to further develop and extend ball handling skills
 - Jab lifting a ball with a hurley
 - Striking a ball from the hand, at a target and through a goal

Strand unit: Creating and playing games

Curriculum Objectives:

- Children to create and develop games with a partner or small group
 - Small-sided, conditioned hurling games (e.g. 5v5, 11v11)

Strand Unit: Understanding and appreciation of games

Curriculum Objective:

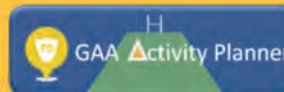
- Children to discuss and improve control in movement skills relevant to games
- Children to develop an understanding of the use of space in mini-games
- Children to develop an understanding of the tactics and strategies for use in mini-games
- Children to adapt rules for use in mini-games and keep scores of games
- Children to avail of opportunities in the community to participate in games

Linkage:

- Gymnastics - Strand Unit: Movement (Balance)
- Athletics - Strand Units: Running and Jumping



Build your own Lesson Plans
Go to learning.gaa.ie/planner/primary



References

Primary School Curriculum:
Physical Education (1999)
Physical Education Teacher
Guidelines (1999)

Primary Schools' Sports Initiative
<http://www.pfds.ie/pcsparchive/pe/pspi/clickme.html>

Fun Do GAA Learning Resource Pack (2007)





Strand: Games

Class Level: Fifth and Sixth Classes

Organisation

- Divide the class into pairs
- One ball per pair



Organisation

- Divide the class into equal teams
- Mark out four grids 5m x 5m, with a distance of 5m between each grid
- Each team is assigned two grids
- Place the same number of balls in each of the near grids



Activity 1 - Jab Lift

- One child in each pair jab lifts the ball repeatedly for one minute
- The second child in each pair counts successful attempts by their partner
- After one minute the children switch roles

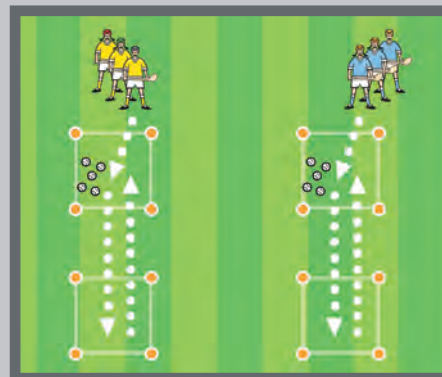


Teaching Points

- Stride towards the ball
- Eyes on the ball
- Adopt lifting position, with hurley flat (parallel with ground)
- Toe of the hurley points away from the body
- Slide the toe of the hurley under the ball to lift it from the ground
- Release the 'non-writing' hand from the hurley to catch the ball

Activity 2 - Grid Swap

- The first child in each team jab lifts each ball in turn and transfers it to the other grid
- Each child, in turn, transfers the balls in the opposite direction
- The team who completes the activity in the quickest time wins



Teaching Points

- Use two grids and assign one to each team
- Each team in turn must transfer the balls to the other team's grid

Children discuss:

- Position of head, hand and feet while performing the jab lift

Strand: Games

Organisation

- Divide the class into pairs, one ball per pair
- Mark out a distance 15-20m wide
- Mark a goal midway between each pair



Organisation

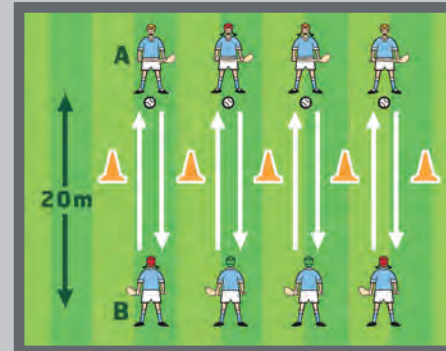
- Mark out grid 40m long by 20m wide
- Place a number of cones across the middle of the grid
- Divide the class into teams of three to five players, one or two balls per team



Class Level: Fifth and Sixth Classes

Activity 3 - Striking in Pairs: Accuracy

- The children strike the ball from the hand through the goal to their partner



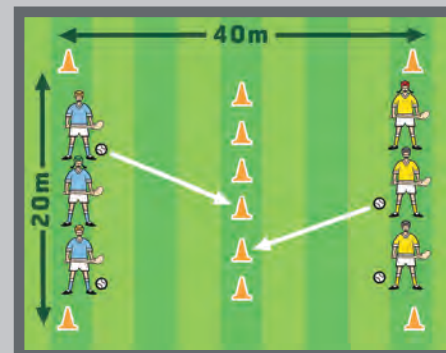
Teaching Points

- The children should look at the ball when striking
- Swing to make a C-shape through the ball with the hurley, hitting the ball at a height between the knee and hip
- Decrease the width of the goals as skill level improves

- Q** What happens if you lift your head when striking the ball?
R You lose track of the ball

Activity 4 - Hit the Cones

- The children in possession attempt to strike the ball from the hand aiming to hit the cones in the middle of the grid
- For each successful strike, award one point



Teaching Points

- Q** What is more important here, accuracy or power?

Strand: Games

Class Level: Fifth and Sixth Classes

Organisation

- Mark out a playing area 20m x 40m
- Place two markers at either end to form goals
- Divide the players into equal teams; 5v5



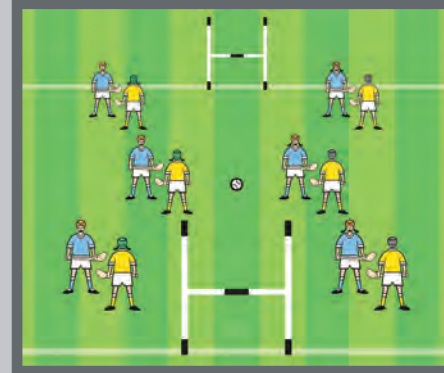
Organisation

- Mark out a playing area 90m x 40-50m
- Place two markers at either end to form goals
- Divide the players into equal teams up to 11v11



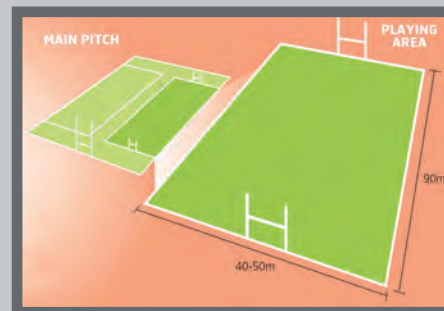
Activity 5 - Hurling Mini Game (5v5)

- The objective of the game is to score goals against the other team
- **Rules**
 - Ground Strike
 - Catch and strike
 - Lift and strike from hand
 - Lift and strike
 - No solo run
 - No kicking of the ball allowed



Development - Hurling Game (11v11)

- The objective of the game is to score goals and points against the other team
- **Rules**
 - Ground Strike
 - Lift and strike
 - Lift and strike from hand
 - Soloing the ball allowed



Teaching Points

- Q Will tackling be allowed?
- Q What does “mark a player” mean?
- Q What should the penalty be for anyone who pushes or drags an opponent?

Teaching Points

- Q How can we avoid bunching together?

