

Session includes:

- Warm-up (10-12 mins)
- Game (5 mins)
- Part (8 mins) basic, intermediate, advanced drill
- Game (5 mins)
- Repeat

Coach 2/3 skills in session

Games small sided games with FUN element and technical development

Skill

Break a skill down using the key areas below;

Head: where should the head be?

Hands: what is your hands doing? Catching hand? Hurley hand?

Feet: what position should your feet be?

Hurl: what are you doing with your hurl?

Fun Games

Target: striking the ball at a target to knock down/ strike through

Non-invasion: passing the ball within an area

Court: using grid lines to move the ball across the court with boundaries

Field: playing in open field with no boundaries

Games

Space: do we need to make it bigger/smaller to make activity harder/easier?

Time: time on the ball? Time in each zone?

Equipment: challenge players to use different equipment! Tennis balls/ handballs/footballs

People: even v uneven

Passing Stages:

Stage 1: Passer and receiver both static

Stage 2: Passer passes the ball to static receiver, and moves into new space after the pass

Stage 3: Passer moves with the ball and passes to a static receiver

Stage 4: Passer passes to a moving receiver

Stage 5: Both players moving

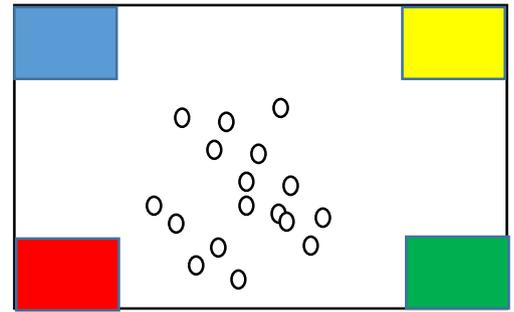
What to coach u10's

Ulster Camogie

Jab/Roll Lift

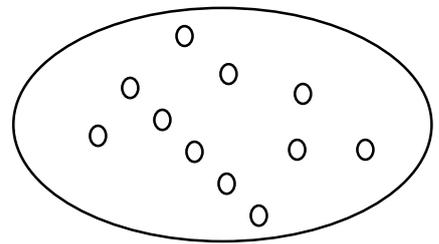
Rob the nest

- 4 teams, in each of the corners
- on signal, teams run and pick up the ball and bring back to nest
- team with most sliotars win
- add in steal from other teams
- Attacking/defensive principles



Rob Roy

- players run around grid, on signal go and lift ball
- take balls away
- Players out if no ball

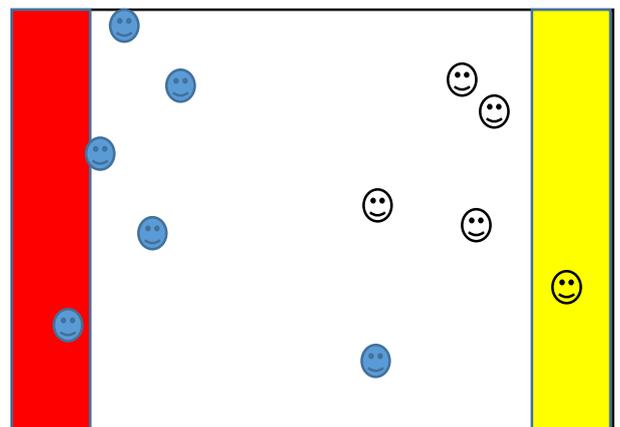


Rivers and bridges

- In pairs, one player is bridge, other ball rolls ball through the bridge and jab/roll lifts
- How many can you do in 20secs?

Pick up and drop

- 5 players per team
- 1 team pick up ball and bring it back to their zone
- 30sec game- how many balls in each zone



Catching

Through the gate

- in pairs hand pass the ball through the gate and move to new goal
- First teams 5 passes wins
- First team pass through 5 gates win
- add defenders



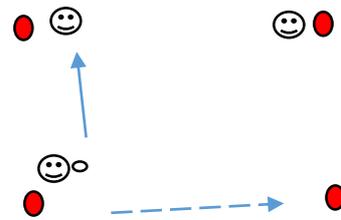
Over the Bridge

- In pairs, hand pass the ball over the bridge
- take a step back each successful pass
- 1 w 1, 1 v 1



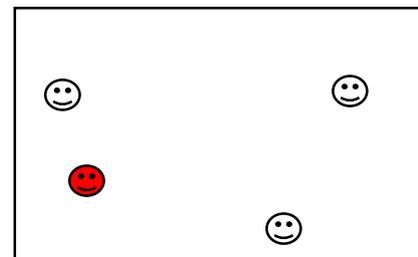
Fill the empty corner

- in 3's, pass the ball and move to empty cone
- pass must be along side of square
- add defender



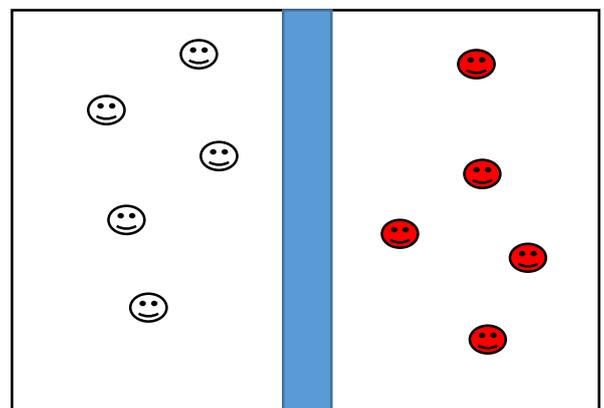
Team Ball Pass

- In 4's passing and moving around square
- make 10 passes
- 3 v1



Over the River

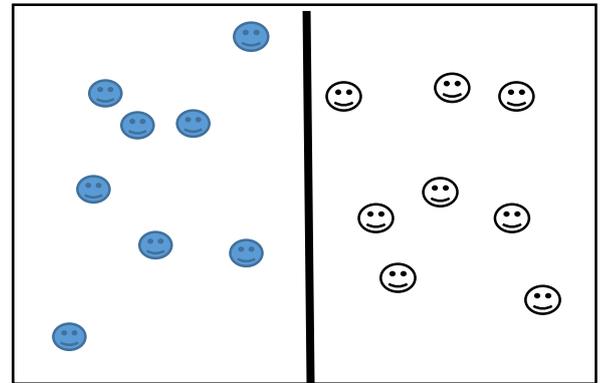
- in 2 teams
- aim to throw ball over river into opposition court
- if ball hits the ground, point is awarded
- team scores 10 points win
- add more ball
- eliminator



Striking (ground or air)

Clear the zone

- in 2 teams, ball each
- on signal, players strike ball to opposition court
- on whistle, count how many balls each side
- team with least number of sliotars wins

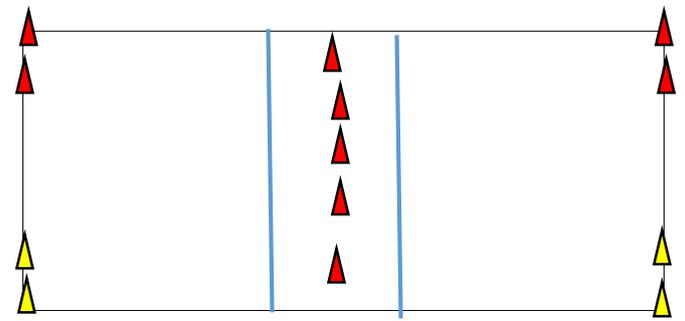


Tennis

- 1/2 ball, keeps moving
- when ball stops, point to other side

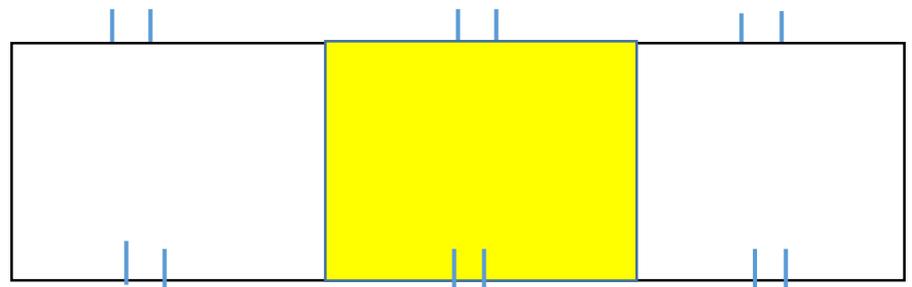
Skittle Knockdown

- in 2 teams, cones in middle zone
- team has to knockdown most cones
- add in swiss ball
- add goals to back



Road to croker

- 3pitches, 2v2
- 2mins game
- when win, move up to next pitch
- if you lose, you move down a pitch



1 v 1 ice hockey

- 1 player in goals
- other player has ball and gets 1 strike to score goal
- goalie can move towards player with ball



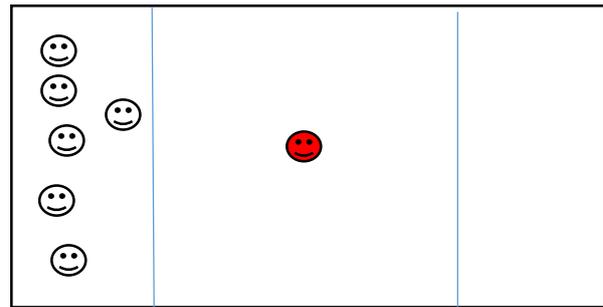
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Soloing

Pass the Dragon

- 6-8 players, dragon in middle zone
- dragon tries to dispossess player
- when dispossess, become a dragon

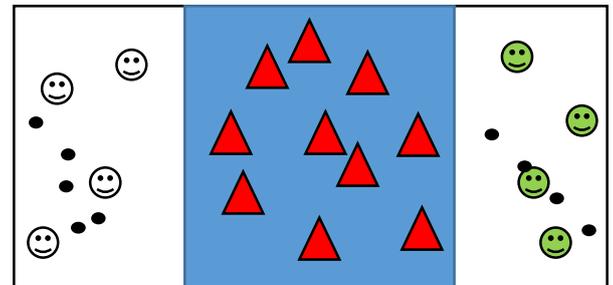


Solo relay

- in groups of 4
- solo ball out 20m
- first team back is winner

Steal and Solo

- 2teams, balls in each side
- players steal ball and solo through zone back to their side
- 1 point awarded for each point
- Team with most balls wins



Hooking and Blocking

- in game 3v3, add condition, if your team completes a hook/block they get 5 points
- goals only count as 1 point
- first team till 20 wins