



CLG Cumann Báire Setanta
Dúshlán na Cásca
U.8's – U.10's
"Easter Challenge"



MY HURLING/CAMOGIE SKILLS BOOKLET

U.8's-U.10's

"Future All Star" Name: _____



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FÁILTE - WELCOME!

Can you complete the Challenge? Yes, You Can!

What does this booklet entail?

- This booklet will help you with practicing your skills **AT HOME** and tracking your progress away from training with your Team

What is involved?

- Practice Hurling/Camogie Skills 5 days a week over 4 weeks for 10 minutes a day

What do you need?

- A ball, any kind or size will do! A wall or a partner (Parent, Guardian, brother or sister) 10 minutes of your time per day!

Role of the parent/guardian?

- Encourage & Support Assist (if possible) and tick box, plus sign off on practice

What you get when you complete all your tasks?

- All players who take part and return their signed form will get coaches feedback & so much confidence with their skills improving within Gaelic Games.



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YOUR PRACTICE CHART – WEEK 1 & 2

Can you complete the Challenge? Yes, You Can!

NOTE:

Hopping

Jumping

Skiping

Catching

Hand Pass

Your Target:

Left Foot x 20

Right Foot x20

Your Target:

On the Spot 20 Sec

Over Obstacles x 20

Your Target:

Off Left side x 20

Off Right-side x 20

Your Target:

Underhand x 20

Overhand x 20

Your Target:

Left Hand x 20

Right Hand x 20

Week 1

Monday

☐

Tuesday

☐

Wednesday

☐

Thursday

☐

Friday

☐

Parent/Guardian
Signature

Week 2

Monday

☐

Tuesday

☐

Wednesday

☐

Thursday

☐

Friday

☐

Parent/Guardian
Signature



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YOUR PRACTICE CHART – WEEK 3 & 4

Can you complete the Challenge? Yes, You Can!

NOTE:	Roll Lift	Jab Lift	Ground Dribble	Ground Strike	Striking from the Hand
	Your Target: Two Hands x 20 One Hand x 20	Your Target: Two Hands x 20 One Hand x 20	Your Target: Two Hands x 20 One Hand x 20	Your Target: Left Side x 20 Right Side x 20	Your Target: Left Side 20 Right Side 20

Week 3

Parent/Guardian
Signature

Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
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_____	_____	_____	_____	_____
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Week 4

Parent/Guardian
Signature

Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
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What's Needed at Home for the Challenge?

Can you complete the Challenge? Yes, You Can!

Week 1 & 2:

- Hopping:** Just plenty of space.
- Jumping:** Plenty of space. For obstacles use anything that our Future All Star can jump over.
- Skiping:** Plenty of space. Any item that can be used as a starting point.
- Catching:** Plenty of space. Hurl, Sliotar or Tennis Ball.
- Hand Pass:** Plenty of space. Hurl and Sliotar or Tennis Ball, partner or a wall.



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What's Needed at Home for the Challenge?

Can you complete the Challenge? Yes, You Can!

Week 3 & 4:

Roll Lift:	Just plenty of space. Starting and Finishing points.
Jab Lift:	Plenty of space. Four obstacles to use as diagonal markers.
Ground Dribble:	Plenty of space. Cones or obstacles, Hurl and Sliotar or Tennis Ball.
Ground Strike:	Plenty of space. Hurl and Sliotar or Tennis Ball.
Strike from Hand:	Plenty of space. Hurl and Sliotar or Tennis Ball, partner or a wall.



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Components of Hopping

1. Non-hopping leg swings forward in pendular fashion to produce force
2. Foot of non-hopping leg remains behind hopping leg (does not cross in front of)
3. Arms flex and swing forward to produce force
4. Hops four consecutive times on the preferred foot before stopping

Note: Can be repeated on other foot





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Components of Jumping

1. Prior to take off both knees are flexed and arms are extended behind the back
2. Arms extend forcefully forward and upward reaching above the head
3. Both feet come off the floor together and land together
4. Both arms are forced downward during landing
5. Try jumping off either left or right foot





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Components of Skipping

1. A step forward followed by a hop on the same foot
2. Arms are flexed and move in opposition to legs to produce force
3. Completes four continuous rhythmical alternating skips





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Components of Catching

1. Child's hands are positioned in front of the body with the elbows flexed
2. Arms extend reaching for the ball as it arrives
3. Ball is caught by hands only





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HAND PASS

The Hand Pass is used to pass the sliotar over shorter distances by striking it with the palm and fingers of the hand.



Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.

KEY TEACHING POINTS

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



Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.



Swing back the non-dominant arm; strike the sliotar in the direction of the receiver. Point of impact is where fingers meet palm of the hand.



Follow through to pass the sliotar to the receiver.

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





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ROLL LIFT



The Roll Lift is used to raise the sliotar from the ground into the hand. Generally used when the player is stationary. Can also be used to raise the sliotar to strike without taking the sliotar into the hand.



Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.

KEY TEACHING POINTS



Toe of the Hurley should be pointed away from the body. Thumbs point towards the ball.



Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.



Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

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

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle



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JAB LIFT

The Jab Lift is used to raise the sliotar from the ground into the hand. Normally used when the player is on the run. Can also be used to raise the sliotar to strike without taking into the hand.



Adopt the Lifting Position. Eyes on the sliotar.

KEY TEACHING POINTS



Toe of the Hurley pointing away from the body on the dominant side. Thumbs pointing towards bas.



Slide the Hurley under the sliotar to lift it.

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



Release the non-dominant hand into a cupped position to catch the sliotar.

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





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DRIBBLE

Dribbling is a Hurling technique used to move the sliotar along the ground in order to avoid opponents or to place the ball in a better position for striking. It may be performed with one hand on the Hurley but using two hands will provide more control.



Bend the hips and knees, place the heel of the Hurley on the ground.

KEY TEACHING POINTS



Non-dominant hand, placed down the handle of the Hurley.



Use alternate sides of the bas on every second stroke

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

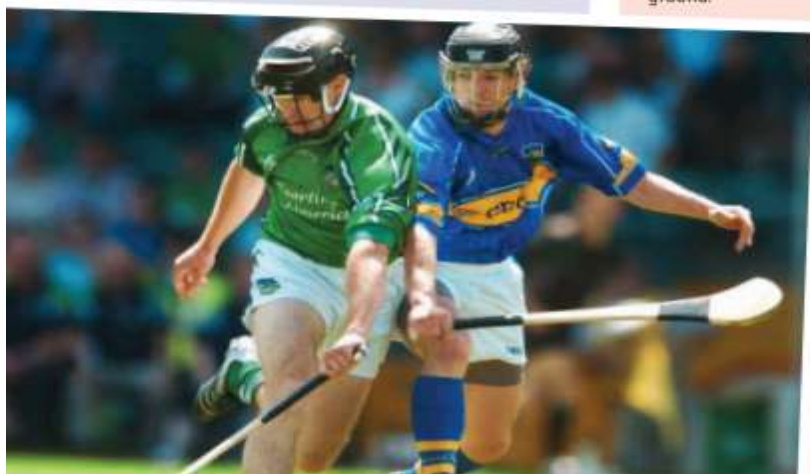
- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback



Progress to one hand.

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





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GROUND STRIKE

Striking the ball on the ground is one of the most important techniques in Hurling. It is important that players are encouraged to strike from the dominant and non-dominant side from an early age.



KEY TEACHING POINTS



Adopt the Ready Position. Feet shoulder width apart.



Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.



Swing the Hurley down. Strike the sliotar flat on with the bas.

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



Keep the head down. Follow through in the direction of the 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



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STRIKING FROM THE HAND



Striking from the Hand is the most common method of passing the sliotar or shooting for a score in Hurling. It is important that players are taught to strike from the dominant and non-dominant side from an early age.



KEY TEACHING POINTS



Toss the sliotar from the cupped hand to shoulder height. Keep eyes on the sliotar.



Slide the non-dominant hand into the Lock Position, bending the elbows to raise the Hurley.



Step forward with the lead foot and swing the Hurley downward. Strike the sliotar at knee height.



Transfer the body weight to the non-dominant leg as the swing is completed.

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

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



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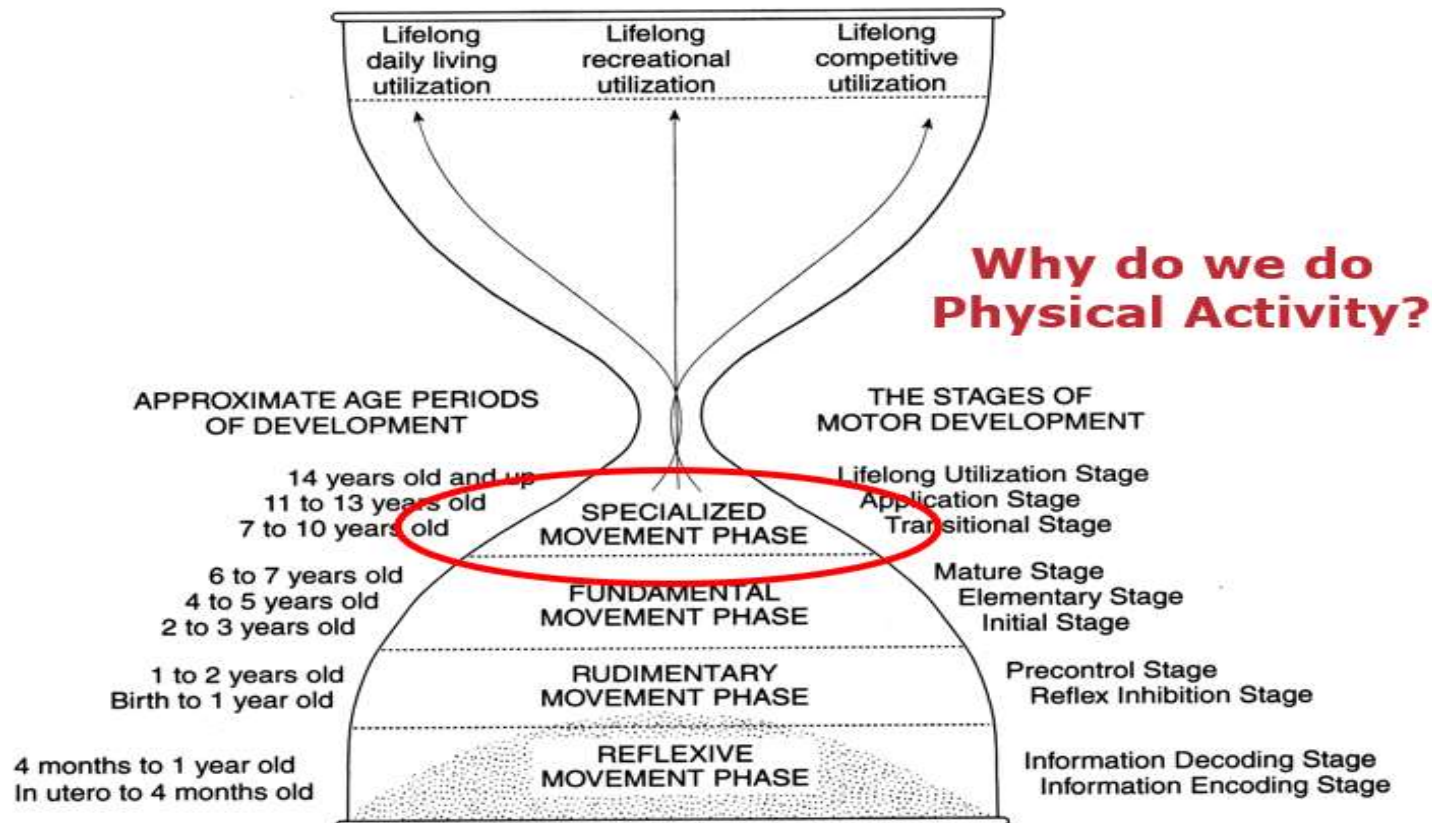
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Phases of Skill Development from Infancy





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Specialised Movement Phase

Transition Stage 7-10 Yrs

Lead up activities/games and mini sports

More ready for team play towards end of the stage

For a global development:

Wide range of sports & activities recommended

Hampered if lack fundamental skills!!





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Fundamental Movement Skills.

