

Wexford GAA Coaching and Games



Hurling Coaching Booklet For Clubs and Schools

Hurling 365

Putting Wexford First

Guidelines for Club School Link

- Children /parents should be reminded the day before a session to bring gear in for session
- Club coaching rota should be managed by relevant teacher and club coaching officer to ensure that coaches are present
- The coaching rota is the responsibility of the club coaching officer to ensure that adequate number of club coaches are present at each session
- First Aid should be available
- Any injuries or disciplinary issues should be noted and followed up on
- The School/ Club should ensure that the correct and adequate gear is available for each session
- There should be at least 1 sliotar between two children and where possible 1 sliotar per child.
- All players must wear helmets- no exceptions
- Each session should focus on skills and enjoyment
- Sessions should be planned beforehand. The teacher and club coaching officer and club coaches should design a coaching plan to be implemented to ensure quality coaching sessions
- Sessions should start and finish on time so as to avoid disruptions to school timetables

Coaching Hints

Teaching a New Skill

I.D.E.A Principal

- **Introduce** (Introduce and briefly explain the importance of the skill)
- **Demonstrate** (Show the skill or use a player to demo it)
- **Execute** (Ensure players have the proper technique)
- **Attend** (Assist players in developing the skill further)

Equipment

Hurls

Sliotars

Helmets

Cones

Bibs

Tyres

Whistle

First Aid

Stopwatch

Organisational Hints

Use whistle to gain attention

Gather in semi circle

Separate giddy players

Face away from distractions

Gather all equipment

Speak with breeze (outdoors)

Give instructions clearly

Keep all players involved

Set guidelines and rules from the start

SKILL CORRECTION / FEEDBACK

If a player is unable to do the skill, it's important to give constructive and positive feedback as well as understanding where they went wrong.

- Start off with positive feedback
- Provide your constructive criticism
- Finish on a positive note

KEY NOTES:

- Fun
 - Enjoyable
 - Always be organised
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Session 1

Warm Up (15 mins)

CUPS AND SAUCERS

Place enough small flexi cones on the floor so that there is at least one for each child. Half of them need to be placed on the floor in the normal way, and half upside down. This creates the cups and saucers. Divide the group in two, depending on whether they are a cup or saucer and they have to turn the flexi cones over for their team. The team with the most cones turned over within a set time, e.g. 30 seconds, wins.

Drills (15mins)

THE DRIBBLE


- Dribble around Centre Cone
- This is a basic drill to practice the dribble technique.
- Mark out a distance approximately 10m using cones.
- Place a further cone half way between the outer cones.
- Divide the players into groups, one sliotar per group.
- Each player must dribble the sliotar out and around the far cone and back and also

- dribble completely around the centre cone both on the way out and on the way back
- To increase the challenge the drill may be run as a relay race.

ROLL LIFT

- This is a basic drill to practice the Roll Lift technique.
- Divide the group into pairs, one ball per pair.
- Ensure each pair has adequate space to perform the technique in a stationary position.
- One player in each pair roll lifts the ball repeatedly for one minute.
- Ensure each lift is performed correctly. Catch the ball properly each time.
- The second player in each pair counts successful attempts by their partner.
- After 1 minute the players switch roles.
- Encourage players to beat their own record on repeat attempts.

ROLL LIFT AND MOVE

- This is a basic drill to practice the Roll Lift technique.
 - Mark out a square or circle using cones.
 - Position 1 player and one ball at each cone.
 - Players roll lift the ball at each cone a set number of times before moving on to the next cone.
 - To vary the drill, the players must carry the ball to the next cone after completing the roll lift.
 - They then move onto the next cone and repeat the drill.
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Match (20 mins)

Ground Hurling (5mins)

Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf

Session 2

Warm Up (15 mins)

TRAFFIC LIGHTS

Make player pretend they are a car. Mark out a desired area make sure they have plenty of space. Coach Shouts out signals to players e.g....

Red: Stop

Yellow: Hop on spot

Speed bump: Hop

Green: Run Traffic Jam: line up behind one player

Motorway: Sprint Reverse: Backwards

Roundabout: Spin Around

Drills (15mins)

HANDPASS

- After 1 minute the players switch roles.
- Mark out a square 5 x 5.
- Position one player at each cone.
- Players hand pass the sliotar to one another around the cones.


- To increase the difficulty of the drill increase the size of the square, or challenge the players to see how many times the sliotar can be hand passed around the square in 1 minute without hitting the ground.

JAB LIFT

- After 1 minute the players switch roles.
- This is a basic drill to practice the Jab Lift technique.
- Divide the players into pairs.
- Mark out a distance of 2 meters for each pair using cones.
- Place a ball midway between the cones.
- Beginning behind one cone, each player in turn jab lifts the ball and jogs around the second cone before replacing the ball for the next player.

Fun Game

JAB LIFT MUSICAL CHAIRS

- This is a fun game to develop the Jab Lift technique.
 - Mark out a grid 13m x 13m.
 - 10 players work inside the grid.
 - Each player begins with a ball.
 - The balls are placed on the ground and the players jog slowly around the grid.
 - On the whistle, the players quickly move to the nearest ball to jab lift it into their hand.
 - One ball is taken away and the game continues.
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- On the next whistle, the player who fails to roll lift a ball into their possession must leave the game.
- Continue to take away one ball after each round until one player remains.

Match (20 mins)

Ground Hurling (5mins)

Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf

Session 3

Warm Up (15 mins)

STUCK IN THE MUD

Pick 1 or more players to be on. Others must run around and avoid being tagged. If players are tagged they must stand still with legs wide open.

To be freed another player must crawl underneath the other players legs.

Note: Change people who are on.

Drills (15mins)

STRIKING FROM THE HAND – GOAL TO GOAL

- This is a basic drill to practice Striking From the Hand
- Divide the players into pairs, one ball per pair.
- Mark out a goal area for each player approximately 30 meters apart using cones.
- The players practice striking the ball to one another.
- There are many variations to this drill that can be used to practice any striking technique.
- The players can strike the ball for their partner to catch, they can strike low along the ground, or they can strike for goal.

- Reduce the distance and get the players to shorten their grip and strike the ball to their partner's chest, or increase the distance and get the players to hit high lobbing shots to their partner.
- When playing goal to goal, count how many shots each player scores on their partner.
- Players should practice striking from both sides.

Ground Striking

STRIKING A TYRE

- This is a basic drill to practice the ground strike technique.
- Divide the players into pairs, one pair per tyre
- Standing one to each side, each player in turn strikes the tyre
- After a set time or number of strikes the players change sides so that they strike from both dominant and non-dominant sides.
- Strike to partner
- This is a basic drill to practice the ground strike technique.
- Put your players into pairs. 1 player on the end line other on the 14 yd line. Using a First Touch ball. Get players to strike the ball to partner, one ball per pair.

Match (20 mins)

Ground Hurling (5mins)

Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf

Session 4

Warm Up (15 mins)

DAISY CHAIN TAG

Choose a Tagger.

The other players find a free space.

On the whistle the tagger attempts to tag other players.

Once tagged, hold the taggers hand and try tag other free players.

Drills (15mins)

SHOULDER TO SHOULDER GROUND CLASH

The Clash

- This is a basic drill to practice the Shoulder-to-Shoulder clash technique.
- Players pair off and stand beside their partner in two lines facing the coach.
- The coach holds a hurley on the ground between each pair as they approach at walking pace.
- Both players swing on the hurley together and return to the end of the line.
- The players change lines when repeating the drill, to make sure each player gets an opportunity to swing in both directions.

- Alternatively, a tyre may be used for the players to pull on.
- When the players become comfortable performing the drill at a walk, introduce jogging.
- Encourage the players to make shoulder-to-shoulder and hip-to-hip contact as they approach the ball.
- As the players become more proficient, the coach may introduce a football for the players to strike on.

ROLL AND CLASH

- This is an intermediate drill to practice the Shoulder-to-Shoulder Clash technique.
- Players pair off and stand beside their partner in two lines facing the coach.
- The coach has 5 sliotars which are on a rope pinned to the ground. On the whistle players move forward and perform the ground clash, pulling on each sliotar.
- Encourage the players to make shoulder-to-shoulder and hip-to-hip contact as they approach the ball.
- The players return to the end of the line
- The players change lines when repeating the drill, to make sure each player gets an opportunity to swing in both directions.

Match (20 mins)

Ground Hurling (5mins)



Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf

Session 5

Warm Up (15 mins)

Coach must assign players to cones. (5 cones, 5 Players behind each cone)

Jogging out around cone (20m out) & back.

Side to Side Shuffle & back.

Jog out forwards to cone & backwards back.

Coach may bring in the ball into the warm up then, roll / jab lift, dribble.

Drills (15mins)

The Chest Catch

THROW AND CATCH


- This is a basic drill to practice the chest Catch Technique.
- Divide the players into pairs, one ball per pair.
- Player A throws the ball head high to catch on the way down using the chest catch.
- Player B counts the number of successful chest-catches completed in 30 seconds.
- Reverse the roles and repeat the drill.

The Ground Block

BLOCKING IN PAIRS

- This is a basic drill to practice the ground block technique.
- Mark out a distance approximately 5m long using cones
- Divide the players into pairs
- The first player from each pair rolls the ball gently to the strong side or between the legs of their partner who attempts to block it.
- Continue to alternate the roles, repeating the drill for a set time.
- Using a larger sliotar like the First Touch ball to begin with will make the technique easier to perform.
- As the players become more proficient use a smaller sliotar like the Quick Touch ball to increase the challenge of the drill.

THE OVERHEAD CATCH

- This is a basic drill to practice the Overhead Catch Technique in a stationary position.
 - Divide the players into pairs 3 to 5 metres apart.
 - Player A throws the ball underarm for player B to catch overhead.
 - Player B then throws the ball for Player A to catch.
 - Encourage the players to get in the habit of raising the hurley to protect the catching hand.
 - Count how many successful catches each pair complete in 1 minute.
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RUN AND OVERHEAD CATCH

- This is a basic drill to practice the Overhead Catch technique.
- Divide the players into groups of 3.
- Mark out a distance of 6 metres using cones.
- Place a further marker 1 metre from the first cone.
- The players line up behind the first cone.
- The first player runs out to the far cone with the ball.
- Rounding the cone, they throw the ball underarm for the next player to catch overhead before returning to the back of the line.
- Each player continues the drill in turn.
- The throwing player should aim for the ball to land in the 1 metre zone marked.
- The catching player moves forward to receive the ball at the one metre marker.

Match (20 mins)

Ground Hurling (5mins)

Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf

Session 6

Warm Up (15 mins)

CUPS AND SAUCERS

Place enough small flexi cones on the floor so that there is at least one for each child. Half of them need to be placed on the floor in the normal way, and half upside down. This creates the cups and saucers. Divide the group in two, depending on whether they are a cup or saucer and they have to turn the flexi cones over for their team. The team with the most cones turned over within a set time, e.g. 30 seconds, wins.

Drills (15mins)

THE HOOK

- This is a basic drill to practice the Hook technique.
- Position the players facing forward along a line.
- Allow approximately two meters between each player.
- On the whistle, the players move from the ready position to the hook position and back to the ready position.
- The coach may count or talk the players through the stages of the technique to help them with the sequence and the timing.

- Repeat the drill several times.
- When the players become more proficient at performing the technique in a stationary position, repeat the drill, first while walking, and eventually while jogging across the field.

JOG AND HOOK

- This is an intermediate drill to practice the Hook technique
- Players pair off, with Player A an extended hurley and arms length behind their partner.
- Player A begins in the ready position while Player B adopts the lock position.
- Both players jog forward.
- On a signal, Player B strikes an imaginary ball as Player A attempts to hook them.
- Reverse the roles on the way back.
- Fun Game: Roll Lifting
- This is a grid game designed to increase the speed at which players perform the Roll Lift.
- Divide the players into two teams of 5 players each.
- Mark out two grids approximately 5m by 5m with a distance of 10m between each grid.
- Assign a grid to each team.
- Line up both teams outside their grid.
- Place 10 sliotars in one grid.
- On the whistle, the first team must race forward, roll lift a ball each and return to place

it in their own grid.

- The first team continues until all the sliotars have been moved.
- The second team then repeat the drill moving all the sliotars back to their own grid. Quickest team to complete drill, wins.

Match (20 mins)

Ground Hurling (5mins)

Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf

Session 7

Warm Up (15 mins)

STUCK IN THE MUD

Pick 1 or more players to be on. Others must run around and avoid being tagged. If players are tagged they must stand still with legs wide open.

To be freed another player must crawl underneath the other players legs.

Note: Change people who are on.

Drills (15mins)

Fun Game: Striking from the Hand

HIT THE CONES

- This is a target game to develop the Striking From the Hand technique.
- Mark out a grid 40m long by 20m wide.
- Place a number of cones across the middle of the grid.
- Divide the group into teams of 3-5 players.
- Give 1 or 2 balls to each team.
- The player in possession attempts to strike one of the cones in the middle of the grid.
- For each successful strike, award one point.

- Extra points may be awarded for knocking a cone.
- Alternatively, points may be awarded for striking the ball through gaps in the cones.

THROUGH THE GAP

- This is a basic drill to practice Striking From the Hand.
- Mark out a distance approximately 30m wide.
- Divide the players into pairs, one ball per pair.
- Mark out a goal area halfway between each pair.
- The players must strike the ball through the goal to their partner.
- Increase the difficulty of the drill by reducing the width of the goal or increasing the distance between the players.

Match (20 mins)

Ground Hurling (5mins)

Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf

Session 8

Warm Up (15 mins)

Coach must assign players to cones. (5 cones, 5 Players behind each cone)

Jogging out around cone (20m out) & back.

Side to Side Shuffle & back.

Jog out forwards to cone & backwards back.

Coach may bring in the ball into the warm up then, roll / jab lift, dribble.

Drills (15mins)

FUN GAME: POSSESSION DRIBBLE

- This is a possession game to develop the dribble technique
- Mark out a suitable grid 15 x 15m
- Each player has a ball
- The Players must dribble around the grid, attempting to keep their own ball under control.
- On the whistle coach gives commands.
- Change direction of dribble.
- Try hit somebody else's ball out of the square while keeping control of your own. Last person inside the square wins.

FUN GAME: ROLL LIFTING

- This is a grid game designed to increase the speed at which players perform the Roll Lift.
- Divide the players into two teams of 5 players each.
- Mark out two grids approximately 5m by 5m with a distance of 10m between each grid.
- Assign a grid to each team.
- Line up both teams outside their grid.
- Place 10 sliotars in one grid.
- On the whistle, the first team must race forward, roll lift a ball each and return to place it in their own grid.
- The first team continues until all the sliotars have been moved.
- The second team then repeat the drill moving all the sliotars back to their own grid.
Quickest team to complete drill, wins.

Match (20 mins)

Ground Hurling (5mins)

Goals Only (5mins)

Normal Hurling (10mins)

Warm Down (10 mins)

Mark out an area 20 x 20.

Light jogging around square, then high knees, heel flicks, side to side shuffle. Stretches, Hamstring, Quad, Groin, Calf



