

Where will the
gaa superstars
of the future be this summer?

ACTIVITY GUIDELINES BOOKLET
HURLING



The Official GAA Summer Camp
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Activity Guidelines Booklet



Hurling

Teachtaireacht an Uachtaráin

Is chúis mór áthas dom an deis seo a fháil cupla focail a scríobh ar fhoilsiú an lámhleabhar seo.

This is the first year of this initiative and we are very excited about its potential. Summer camps were first organised on an ad hoc basis in the 1980's and have proved most popular in the intervening years among children throughout Ireland. The huge growth in numbers attending GAA run camps established a need for their organisation on a national basis, thus enabling the promotion of the camps in a more streamlined manner and ensuring that quality of standards and principles of best practice will be observed nationwide.

The VHI GAA Cul Camps have huge potential to increase participation in our games all over Ireland and we are delighted that Vhi Healthcare have joined with us in our endeavours to provide what we feel will become a hugely popular summer activity for children. I think that their involvement will add an extra dimension to the underlying Camp philosophy given their health and safety focus.

While GAA run summer camps have operated successfully for many years, I am confident that through this fresh initiative we will be able to combine our resources to ensure a first class product nationwide and provide for our children a most enjoyable, healthy and memorable summer experience.

Le gach dea-ghuí,

**Nioclás O Braonáin,
UACHTARÁN CLG**



Introduction

Cúl Camps are a participation and skill development initiative associated with the Fun Do phase of the Pathway to Elite Performance (PEP).

The Fun Do Phase of the Pathway emphasises the development of the skills of the game in a positive playing environment and providing children with the opportunity to derive maximum enjoyment from their involvement in Gaelic Games. Opportunities for participation that are appropriate to the needs and abilities of children are central in the battle to provide alternatives to the passive and sedentary lifestyles which are increasingly taking root in modern society.

It is important that all coaches of children buy into this child-centred approach. By doing so, they will enable all young participants to experience the sense of achievement and fair play which are critical to this first stage of development. This, in turn, will enable and encourage young players to progress through the other stages as set out in the Pathway to Elite Performance.

This booklet has been designed to help Cúl Camp Coaches deliver an exciting and varied programme of activities for boys and girls in accordance with Best Practice in a fun environment for all participants.

For more information on the Pathway to Elite Performance visit <http://gamesdevelopment.gaa.ie/>

Philosophy

The greater the sense of achievement experienced by players, the more they Enjoy their involvement and the greater the Effort they will make to Excel

Cúl Camp Mission Statement

The GAA is committed to implementing a Cúl Camp programme of skill development activities in a positive playing environment, to providing children with the opportunity to derive maximum enjoyment from their involvement in Gaelic Games with a view to maximising participation and optimising playing standards and to ensuring that players' needs are catered for in a balanced and holistic way.



Contents

Planning Your Cúl Camp

1. Format of the Cúl Camp	5
2. Structure of the Day	6
3. Using This Resource	7
4. The OTú Coaching Model and the Skill Development Model	8
5. Equipment and Organisational Guidelines	10

Activities

• Stage 1 Activities - 7/8 year olds	11
• Stage 2 Activities - 9/10 year olds	27
• Stage 3 Activities - 11/13 year olds	43

Additional Guidelines

• Warming Up	58
• Using Ladders and Hurdles	61
• Guidelines for Relays	63
• Skill Challenges	64
• Modified Games	66
• Handball	68
• Rounders	69
• Introducing Secondary Themes	70
• On a Rainy Day	70
• Staying Cool at Camp	72



Planning your Cúl Camp

1. Format of the Cúl Camp

Cúl Camps should be structured as follows:

- 4 Skill Development Days
- 1 Fun Blitz Day

Skill Development days have **Primary Themes** and **Secondary Themes**.

Primary Themes are complementary skills. The following are the recommended combinations for each day:

- Day 1 - Catching and Striking Skills
- Day 2 – Movement and Passing Skills
- Day 3 – Tackling and Evasion Skills
- Day 4 – Attacking and Defending Skills

Secondary Themes focus on those Principles, Values, and Behaviours that are central to making participation in Gaelic Games the most positive experience it can be. The following are the recommended topics for each day:

- Day 1 – The GAA – History, Place, Identity
- Day 2 - Playing Gaelic Games
- Day 3 – Food and Nutrition
- Day 4 – Knowledge of the Playing Rules

The Fun Blitz Day includes Fun Games, Skill Challenges and a Blitz and incorporates a Secondary Theme on the topic of Sportsmanship and Respect.



2. Structure of the Day

The Cúl Camp begins at 10a.m. and finishes at 2.30p.m.

Skill Development Day Structure

9.30a.m.	–	Coordinator and Coaches Preparation
10.00a.m.	-	<i>Assembly, Group Organisation, etc.</i>
10.15a.m.	-	Warm-Up
10.30a.m.	-	Fun Game (based on Primary Theme)
10.45a.m.	-	<i>Secondary Theme Task</i>
11.00a.m.	-	Coaching Classes (Drills and Fun Games)
11.45a.m.	-	Modified Game
12.00p.m.	-	<i>Lón</i>
12.30p.m.	-	<i>Secondary Theme Task</i>
12.45p.m.	-	Coaching Classes (Drills and Fun Games)
1.30p.m.	-	Modified Games
2.15p.m.	-	Cool Down
2.20p.m.	-	<i>Clean Up and Assembly</i>

Fun Blitz Day Structure

9.30a.m.	–	Coordinator and Coaches' Preparation
10.00a.m.	-	<i>Assembly, Group Organisation, etc.</i>
10.15a.m.	-	Dynamic Warm-Up
10.30a.m.	-	Fun Game
10.45a.m.	-	<i>Secondary Theme Task</i>
11.00a.m.	-	U-Can Skill Award Challenges
11.45a.m.	-	Modified Game
12.00p.m.	-	<i>Lón</i>
12.30p.m.	-	<i>Secondary Theme Task</i>
12.45p.m.	-	Fun Blitz
2.15p.m.	-	Cool Down
2.20p.m.	-	<i>Clean Up and Assembly</i>



3. Using this Resource

This booklet has been designed to help Cúl Camp Coaches deliver an exciting and varied programme of activities for boys and girls, in accordance with Best Practice, and in a fun environment for all participants.

However, it is not enough for the coach just to know the game they are coaching. Children develop rapidly between the ages of 7 and 13 and as such it is very important that the varying abilities of the players at each stage of their development are taken into account. As such the activities that follow in this booklet have been divided into three stages as follows:

- Stage 1 - Activities for 7/8 year olds
- Stage 2 - Activities for 9/10 year olds
- Stage 3 - Activities for 11/13 year olds

This booklet does not attempt to prescribe or schedule specific activities for each day of the Cúl Camp. As a Cúl Camp coach select appropriate activities for your group in accordance with the Cúl Camp format and the Structure for each day . How rigidly you adhere to the activities provided in each Stage will be determined by your particular group.

However, when organising activities for children there are definite criteria that should be adhered to.

The activity must:

- Be Fun
- Be appropriate to the players development, i.e. provide opportunity for success while presenting an appropriate degree of challenge
- Be supported by encouragement and positive feedback

The coach should also endeavour to identify the specific needs of each player to help them provide individual coaching inputs and support each child throughout the Cúl Camp.

The over-riding concern of the coaches must be that the Camps are a safe and enjoyable experience for all involved.



4. The OTú Coaching Model and the Skill Development Model

The OTú Coaching Model is based on the principle that players will achieve their full potential when they have successfully combined and developed the three T's and the three P's.

T1 – Technical Proficiency:

The ability to perform the underlying techniques of the game

T2 – Tactical Prowess:

The ability to weigh up match situations and decide on the best option to take and when to take it

T3 – Team Play:

The ability to anticipate the movements of teammates and synchronise with them during set play and general play

P1 – Physical Fitness:

The ability to perform the basic techniques, engage in the physical contests and respond to the stimuli experienced during the game with the least possible expenditure of energy

P2 - Performance Analysis:

The ability to identify playing strengths and areas where improvements are required and to accept why changes in training, tactics, team lineout, etc. may be required.

P3 - Psychological Focus:

The ability to maintain attention on the here and now and switch attention as the need arises.

These elements of performance are most effectively developed into a cohesive unit in an environment structured by Coaching and Communication Inputs that emphasis an integrated approach to coaching and support positive feedback and reinforcement.

The **Skill Development Model** outlined here identifies six types of activity to guide the coach through a specific progression by which a player will develop Technical Proficiency, Tactical Prowess and Team Play. It is intended as a reference guide and will aid in understanding the manner in which the activities are categorised and named in the activity sections later on.

Skill Development Model	
ACTIVITY TYPE	MAIN FOCUS OF DEVELOPMENT
ABCs/Have-a-Ball	Fundamental Movement Skills/ Basic Motor Skills
Technical Drills	Technical Proficiency
Ball & Wall Activities	Technical Proficiency
Fun Games	Technical Proficiency/ Tactical Prowess/Team Play
Game Play Drills	Tactical Prowess
Games	Team Play



ABCs/Have-a-Ball Activities

These are activities designed to develop Fundamental Movement Skills (Locomotor, manipulative and stability skills including the ABCs and RJTs of athleticism - Agility, Balance, Coordination and Running, Jumping, Throwing) and Basic Motor Skills (Catching, Passing, Kicking and Striking).

Technical Drills

These are activities designed to develop Technical Proficiency by challenging players to perform techniques correctly, consistently and at increasing speeds and under increasing pressure within specific movement patterns

Ball & Wall Activities

These are activities designed to develop Technical Proficiency by maximising the amount of Ball Contacts in a Training period by striking/kicking the ball off a wall.

Fun Games

These are activities designed to develop Technical Proficiency while exposing players to limited decision making and team play skills. They also develop an increased awareness of body position and space.

Game Play Drills

These are activities designed to develop Tactical Prowess by requiring players to make decisions about what techniques to use and how and when to use them. They are not limited by patterns and are often set up in a grid or channel, simulating match situations.

Games

These are those activities that require players to operate as a team in a game governed by a modified version of the rules or the full rules of Hurling.



5. Equipment and Organisational Guidelines

It is important that for every ten players that there is at least one coach.

Each coach will require the following basic equipment (per 10 players)

- 10 cones
- 5 balls (First Touch, Quick Touch, Smart Touch)
- A whistle
- Bibs

To aid organisation use some general rules as follows:

- All activities must stop on the coach's whistle
- Delegate responsibility to the players to gather the equipment after each activity
- Set up a base for your group of players where they must return before each new activity



Stage 1 Activities for 7/8 year olds





The Chest Catch

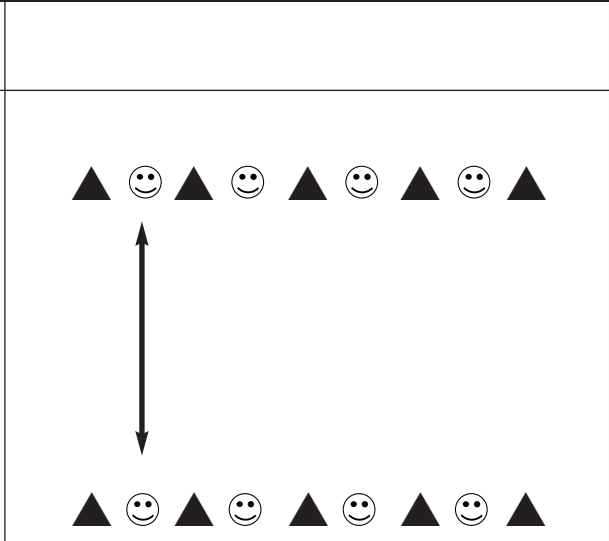
- Key Points**
- Adopt the ready position.
 - Hold the hurley in the dominant hand, using a shortened grip if necessary.
 - Release the non-dominant hand from the hurley and hold it in a cupped position.
 - As the ball approaches, move to receive it between the chest and cupped hand.
 - Relax the chest on impact to cushion the ball into a secure position.
 - Hold the hurley in front of and across the body for protection.



Technical Drills

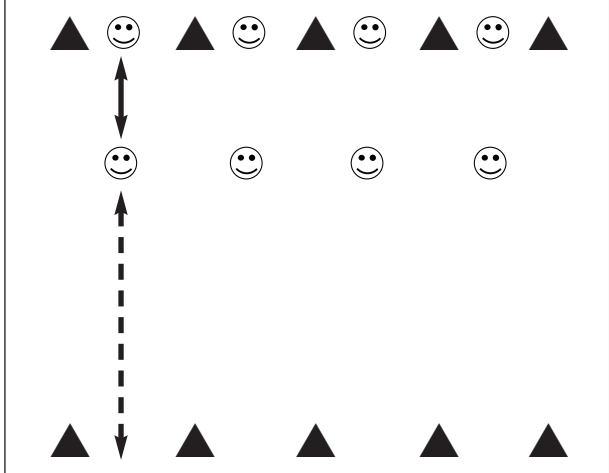
Drill 1 - Basic - Throw and Catch

- Divide the players into pairs, one ball per pair.
- Each pair face each other approximately 3m apart.
- Each player in turn throws the ball underarm for their partner to chest catch.
- As the players improve, increase the distance between them, or challenge them to see how many times they can make a successful catch in a set time.



Drill 2 – Intermediate – Move and Catch

- This drill requires the players to perform the catch while moving both backwards and forwards.
- Divide the players into pairs, one ball per pair.
- Each pair faces each other approximately 3m apart.
- The players throw the ball to each other to perform the chest catch as they run across the field, one player running forward and the other running backwards.
- On the return, the roles are reversed.



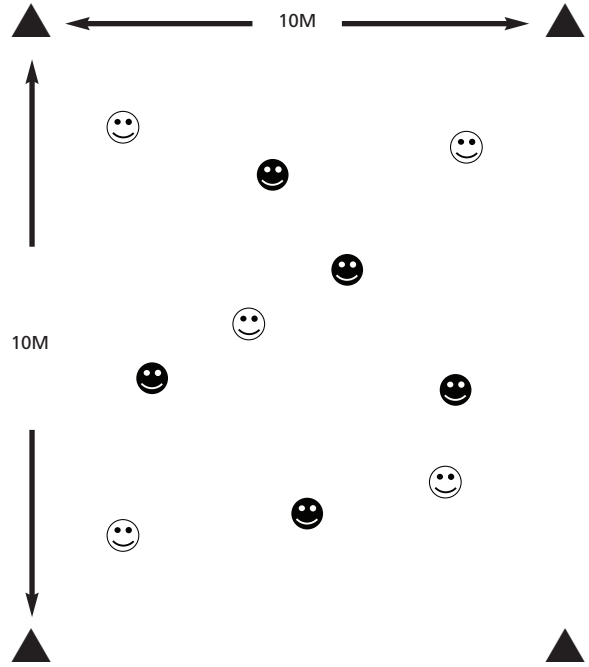


The Chest Catch

Developing the Skill

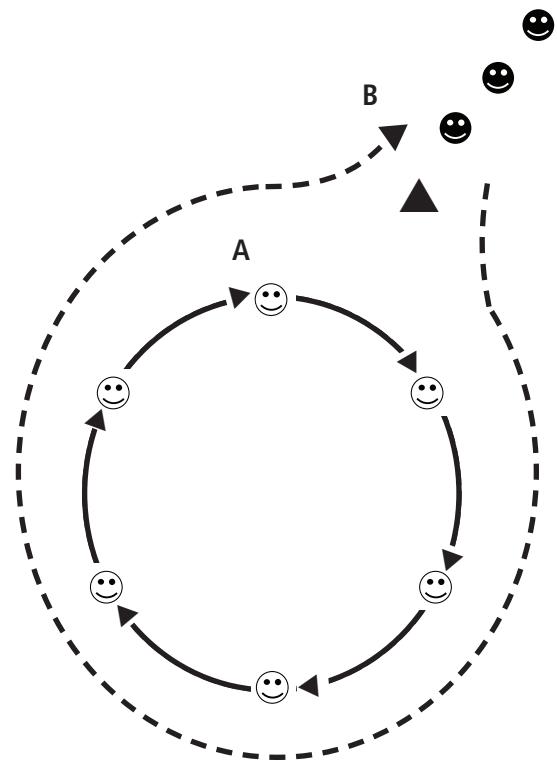
Grid Game – Keep Ball

- Mark out a grid 10m x 10m.
- Divide the players into two equal teams of between 3 and 5 players.
- Players on each team attempt to throw the ball to a team mate to chest catch.
- The opposing players may attempt to intercept the ball by catching or by blocking it with their hurley.
- Possession is also lost by letting the ball fall to the ground or by stepping outside the grid.
- If a team successfully completes four chest catches in succession, they are awarded one point and the opposing team takes possession.



Fun Game – Beat the Circle

- Divide the group into teams of 6 to 8 players.
- Team A forms a circle with a distance of 3m between each player.
- Team B lines up in single file behind a cone outside the circle.
- The first player in Team B runs around the outside of the circle, while the players in the circle throw the ball from one to another in a clockwise direction.
- When the first player completes the circle, he tags the second player who repeats the exercise.
- The players in the circle count the number of successful chest catches completed before the last player in Team B completes their run.
- Both teams then swap positions. The team with the most chest catches is the winner.



The Dribble

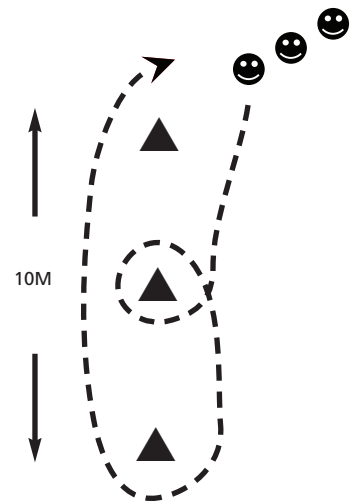
- Key Points**
- Adopt the Ready Position.
 - Bend the back and place the heel of the hurley on the ground.
 - The non-dominant hand, placed down the handle of the hurley, is used to guide the bas of the hurley through the sliotar.
 - On every second stroke use the alternate side of the bas.



Technical Drills

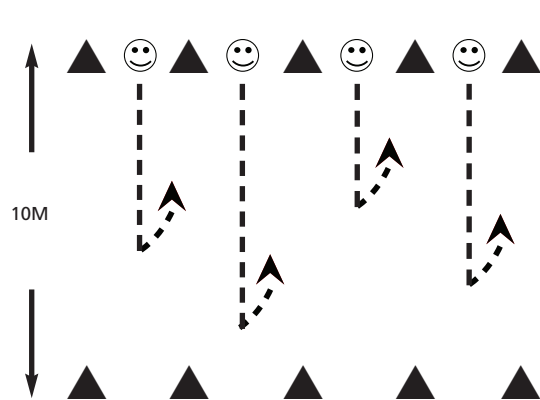
Drill 1 - Basic - Dribble around Centre Cone

- 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.



Drill 2 – Intermediate – Dribble and Change Direction

- Mark out a distance approximately 10m wide using cones.
- The players line up along one side, one ball per player.
- To begin each player must dribble forward towards the cones on the opposite side.
- On a signal from the coach each player must change direction quickly and continue to dribble back in the direction they came from.
- The coach should vary the point at which he signals the change in direction to challenge the players to remain alert at all times.



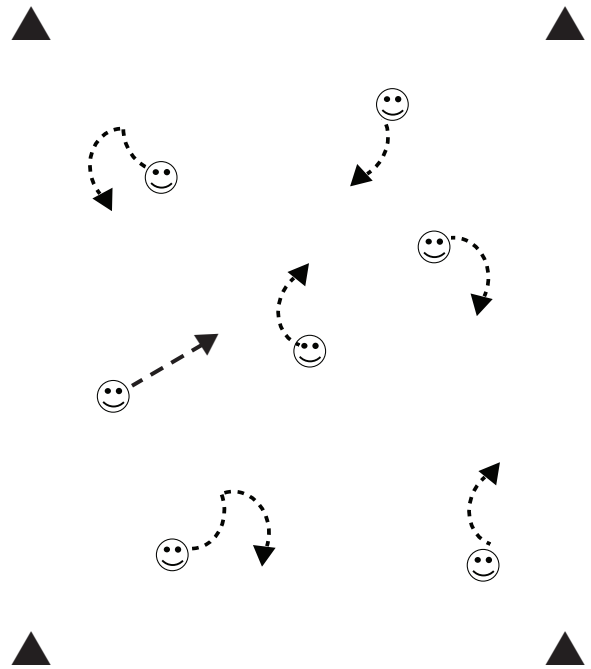


The Dribble

Developing the Skill

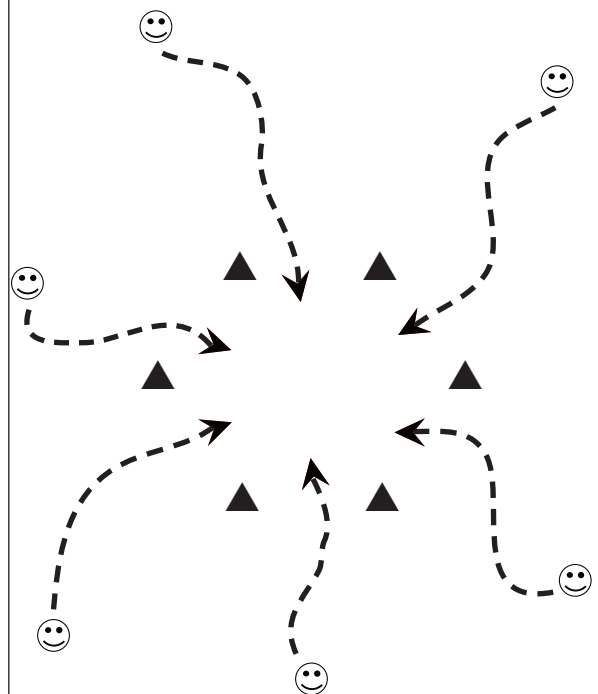
Grid Game 1 – Possession Dribble

- Mark out a suitable grid.
- Each player has a ball.
- The Players must dribble around the grid, attempting to keep their own ball under control and at the same time attempting to knock another player's ball out of the grid.
- Hurleys cannot be raised above knee level.
- To knock an opponent's ball from the grid, push or flick the ball from their possession.
- If a player's ball is knocked out of the grid they must leave the grid.



Fun Game – Gather and Dribble

- Mark out a circle using cones.
- A number of balls are scattered in different directions outside the circle.
- Beginning inside the circle, the players run to return all the balls into the circle using the dribble technique.
- To increase the challenge the players may be divided into teams who take turns returning all the balls to the circle.
- The coach times each team
- The team that takes the least time is the winner.





The Frontal Ground Block

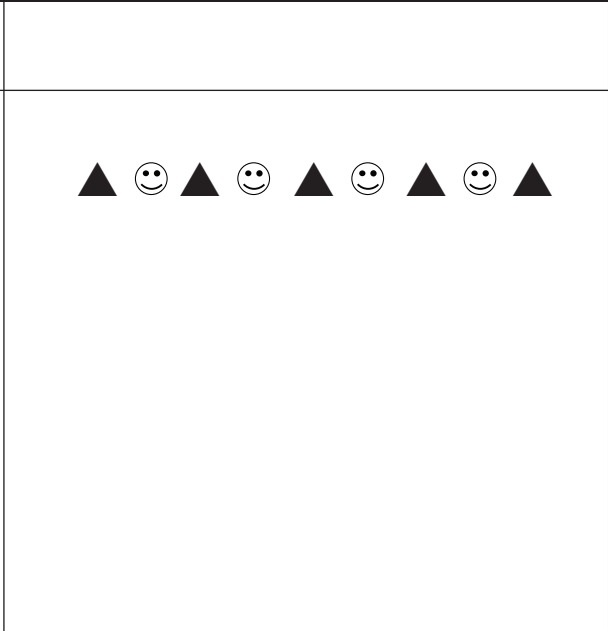
- Key Points*
- Adopt the ready position.
 - Step into the tackle with the dominant foot.
 - Release the non-dominant hand from the hurley.
 - Extend the dominant arm to place the hurley in front of or behind the ball.
 - The hurley should be perpendicular to the ground, with the bas flat to the oncoming strike.
 - Note the position of the thumb.
 - The dominant foot may be placed behind the hurley to stabilise it.



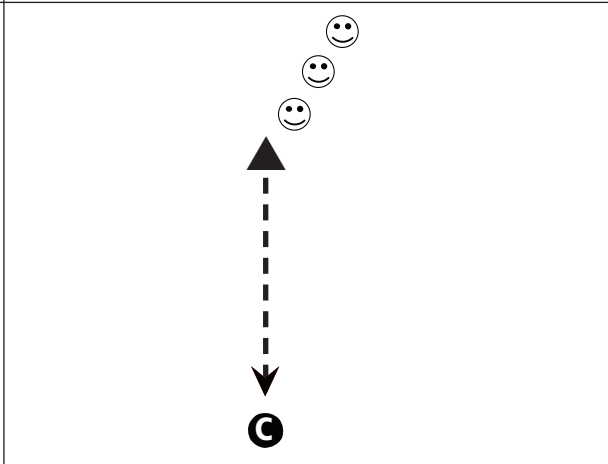
Technical Drills

Drill 1 - Basic - Imaginary Block

- Position the players along a line allowing approximately two meters between each player.
- On the whistle, the players move from the ready position to the Frontal Ground Block 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.



- ### Drill 2 – Basic – Contact Block
- Players line up in single file behind one cone.
 - The coach stands 5 meters away directly in front of the first player in the line.
 - The coach uses a line or marker as an imaginary ball and swings in the direction of the player, who strides forward and attempts to block the coach's swing.
 - The coach should adjust the strength of their swing to suit each player's confidence and ability.
 - When the players become confident at blocking the coach's hurley, introduce a ball, preferably a big ball like the First Touch hurling ball.



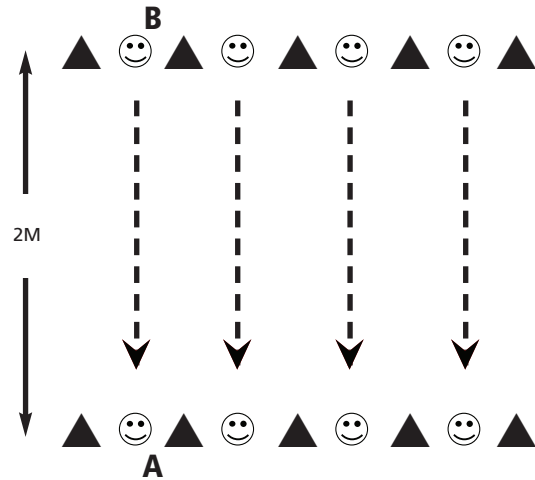


The Frontal Ground Block

Technical Drills *continued*

Drill 3 – Intermediate – Contact Block II

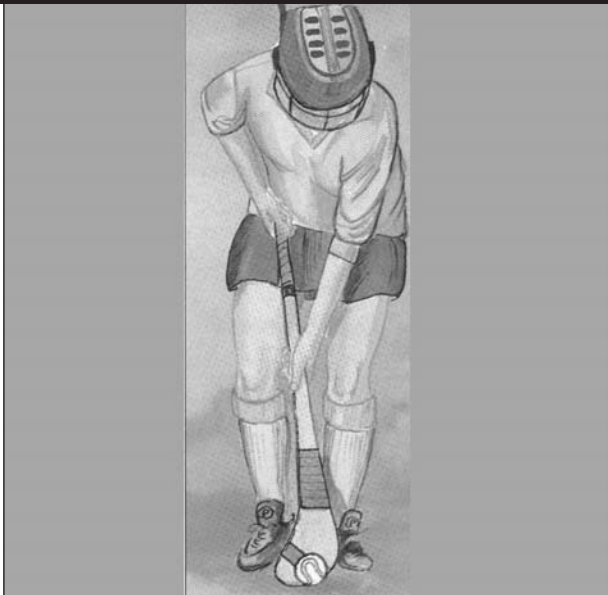
- Players pair off, with Player A approximately 2m in front of the other and facing to one side.
- Both players begin in the ready position.
- On a signal, Player A strikes an imaginary ball in the direction of Player B, who at the same time steps in to perform the Frontal Ground Block.
- As the players become more proficient, increase the distance between striker and blocker gradually to challenge their timing.
- Finally, introduce a ball, preferably the First Touch hurling ball.



The Ground Block

Key Points

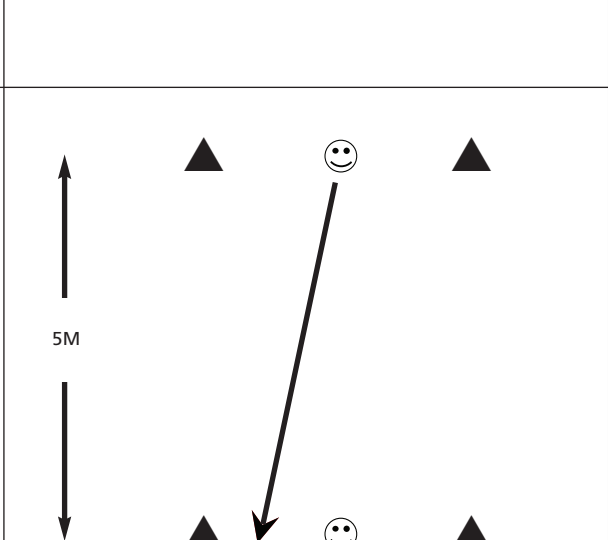
- Adopt the Ready Position.
- Bend the knees and lower the non-dominant hand so that the heel of the hurley rests on the ground.
- This is the blocking position on the strong side.
- To block the ball between the legs move from the Ready Position to the Lifting Position but remain upright and bending the knees lower the bas of the hurley to the ground.
- Make sure that the heels are together with the toes pointing outwards when blocking the ball between the legs.



Technical Drills

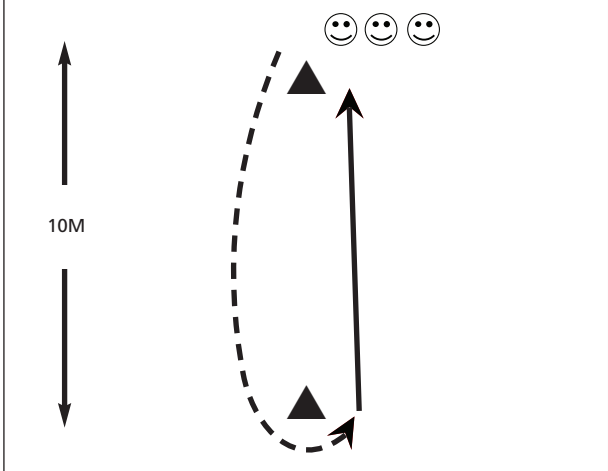
Drill 1 - Basic - Goal to Goal

- Mark out goals approximately 5m apart using cones.
- Divide the players into pairs.
- Each player in turn attempts to score a goal by throwing the ball along the ground and past his partner.
- Continue to alternate the roles, repeating the drill for a set time.
- Use of a larger sliotar to begin with will make the technique easier to perform.
- As the players become more proficient use a smaller sliotar to increase the challenge of the drill.



Drill 2 – Intermediate – Strike and Block

- Mark out a distance of approximately 10m using cones.
- The players line up behind the first cone, one sliotar per group.
- The first player dribbles out and around the cone and strikes the sliotar on the ground to the next player before returning to the end of the line.
- Each player in turn moves forward to block the sliotar and repeat the drill.
- To introduce a further challenge divide the players into teams and run the drill as a relay race.



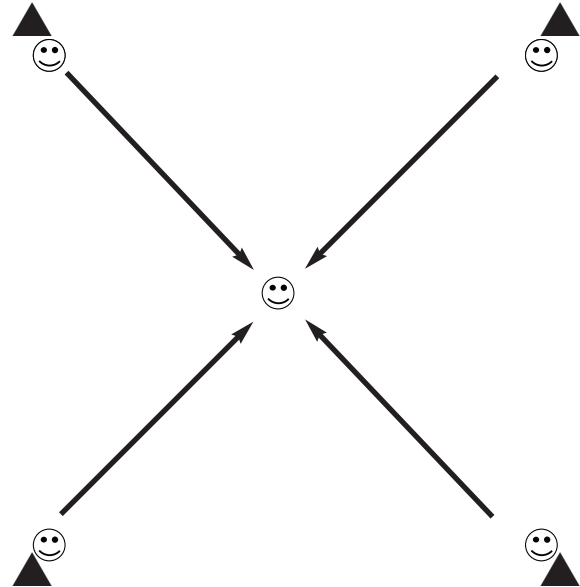


The Ground Block

Technical Drills *continued*

Drill 3 – Intermediate – Directional Block

- Mark out a grid 5m x 5m using cones.
- Positioned one player at each corner of the grid with a fifth player in the middle.
- The corner players in turn rolls their sliotar to the middle player who blocks and sweeps it back.
- Each player takes a turn in the middle.
- To increase the challenge of the drill assign a number to each corner player who throws the ball when their number is called by the coach.
- This will require the middle player to adjust their position in response before blocking the ball.

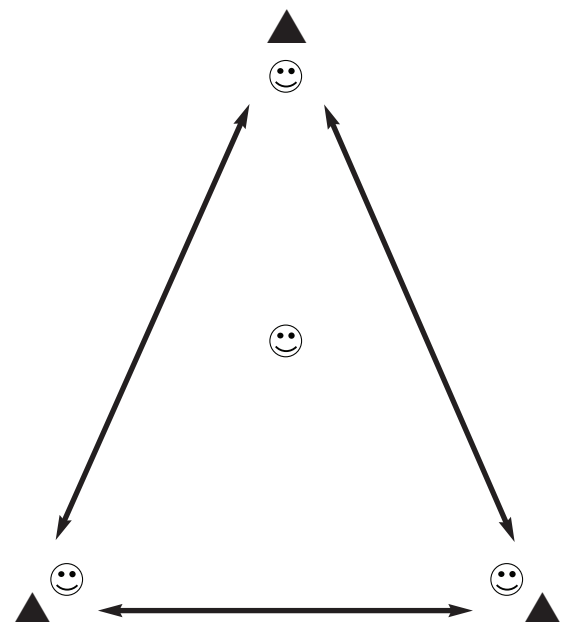


The Ground Block

Developing the Skill

Fun Game – Piggy in the middle

- Mark out a triangle using cones.
- Determine the distance between the cones according to the ability of the players.
- One player stands at each cone and the fourth is the 'piggy in the middle'.
- The players at each cone attempt to strike the ball to one another while the 'piggy in the middle' attempts to block it.
- The player who hits the ball which is blocked changes place and becomes the new 'pig in the middle'.





Shoulder to Shoulder Clash

Key Points

- Adopt the ready position.
- Get in close to the opponent, making shoulder to shoulder and hip to hip contact.
- Keep eyes on the ball.
- Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley.
- Use a two handed, quick, wristy action to swing for the ball.
- Keep at least one foot on the ground.

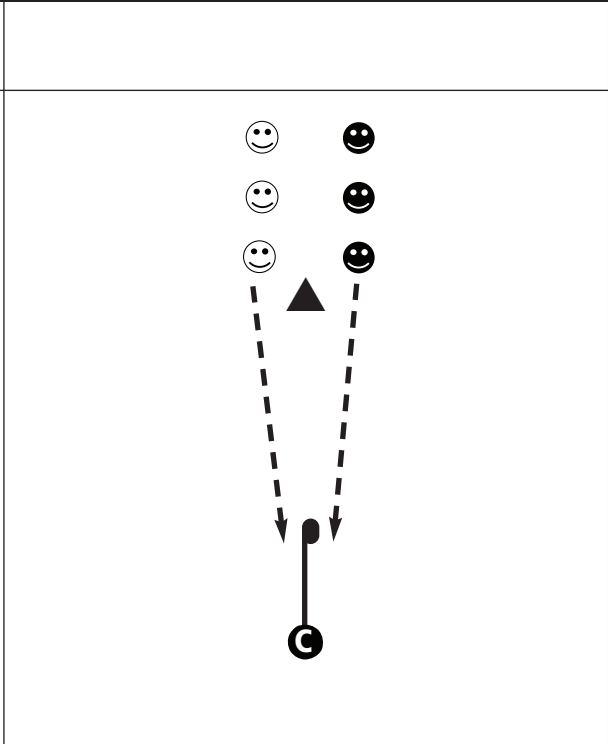


Technical Drills

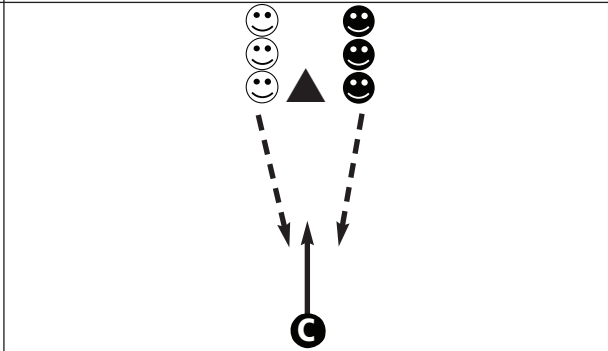
Drill 1 - Basic - Touch and Catch

- 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.
- As the players become more proficient, the coach may introduce a football or First Touch hurling ball for the players to strike on.

Drill 2 – Intermediate – Roll and Clash



- Players pair off and stand beside their partner in two lines facing the coach.
- The coach rolls a First Touch ball towards each pair in turn, who move forward and perform the ground clash.
- As the players become more proficient, use a smaller ball, for example the Quick Touch ball, or increase the pace of the roll.





Shoulder to Shoulder Clash

Technical Drills *continued*

Drill 3 – Intermediate – Jog and Clash

- Players pair off and stand beside their partner in two lines.
- Place three stationary First Touch balls at intervals of 5m from the players.
- Each pair in turn jogs forward to clash on each ball in sequence.
- The players retrieve the sliotar for the coach and return to the end of the line.
- The first player to win three pulls in succession is the winner.
- To increase the difficulty of the drill, use a smaller ball, for example, the Quick Touch ball.



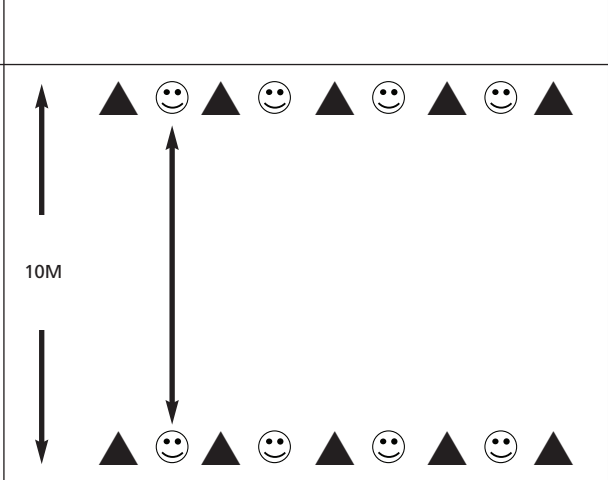
Striking on the Ground

- Key Points**
- Adopt the ready position.
 - The feet should be shoulder width apart with the ball in line with the forward foot.
 - Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley.
 - Bend the knees slightly and with eyes on the ball, swing the hurley downward with a wristy action.
 - Strike the ball 'flat on' with the bas of the hurley.
 - The body weight is transferred from the dominant leg to the non-dominant leg as the swing is completed.
 - Keep the head down and follow through to at least shoulder height with the swing.

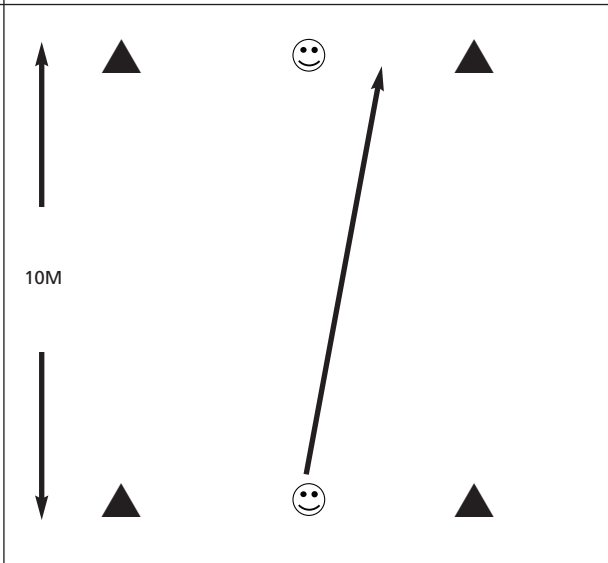


Technical Drills

- Drill 1 - Basic - Striking in Pairs**
- This is a basic drill to practice the ground strike technique and also incorporates the ground block.
 - Divide the players into pairs approximately 10m apart, one ball per pair.
 - Players in turn strike the ball to their partner, who blocks it and strikes back.
 - Alternate between using the dominant and non-dominant sides.



- Drill 2 – Intermediate – Goal to Goal**
- This is an intermediate drill which requires each player to use the ground strike to attempt to score a goal. It may also improve blocking technique.
 - Players pair off and face each other approximately 10m apart, using two cones to make a goal for each.
 - Each player in turn attempts to score a goal past their partner.
 - As the players improve increase the distance between them and reduce the size of the goals to increase the challenge of the drill.
 - Award 1 point for every goal scored with the dominant side and 2 points for every goal scored with the non-dominant side.



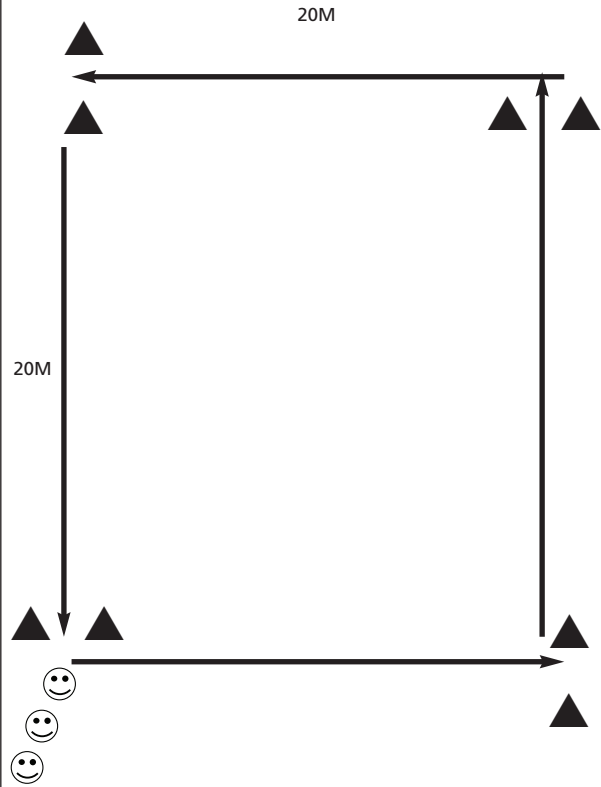


Striking on the Ground

Developing the Skill

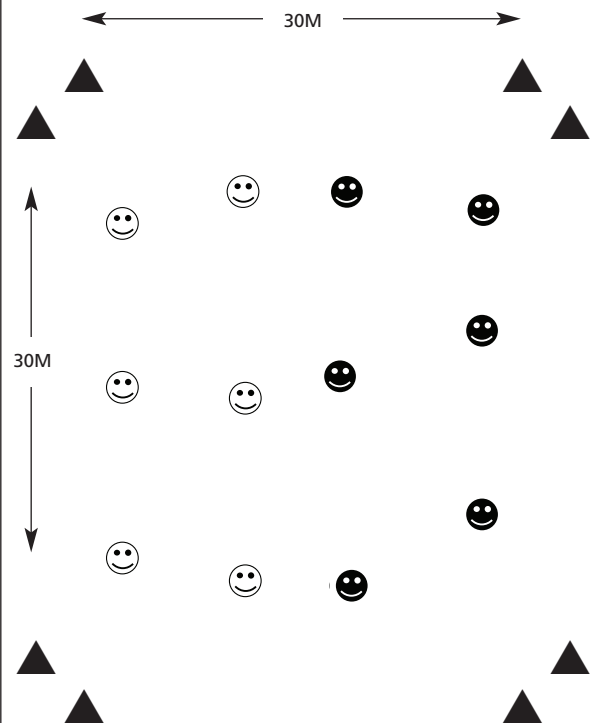
Grid Game 1 – Golf Goals

- Set up a course with four goals, one at each corner of a grid 20m by 20m.
- The width of each goal should be less than 2m.
- Divide the group into teams of 4 players.
- The players in relay attempt to strike the ball through each goal in turn, counting the number of shots it takes from start to finish.
- For example in the first team of four, Player A takes the first shot, Player B the second, Player C takes the third shot and Player D takes the fourth shot.
- The team who completes the course in the least number of shots wins.



Fun Game 1 – 4 Goal Game

- This is a modified game focussing on the ground strike which incorporates blocking and dribbling and will aid the development of decision-making and team play.
- Mark out a playing area 30m x 30m.
- Position a goal at each of the four corners.
- Divide the players into two equal teams of 4 to 6 players.
- Each team defends two goals but no goalkeepers are used.
- Vary the size of the playing area and the width of the goals depending on the ability of the players.





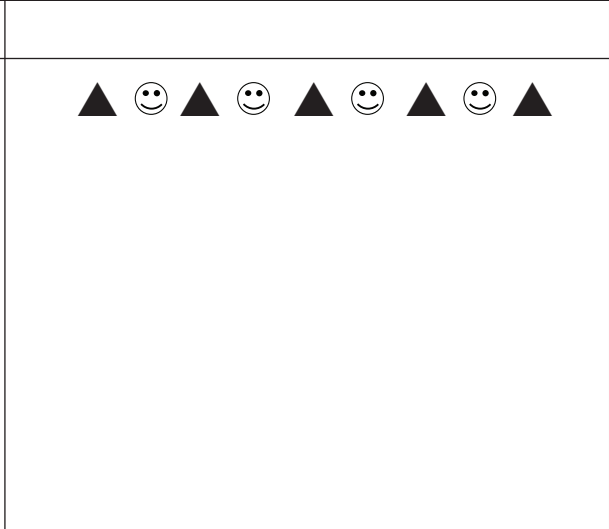
Hook Tackle

- Key Points*
- Adopt the ready position.
 - Take a position a hurley length plus an extended arms length behind the opponent, with the dominant side directly behind the side the opponent is going to strike from.
 - Hold the hurley in the dominant hand and extend the arm while striding forward with the dominant foot to increase reach.
 - Extend the hurley into the path of the opponent's swing using a one handed grip.
 - The hurley may be held with the toe facing upwards or flat with the toe to the side.
 - Flick the wrist as the opponent's hurley is deflected.
 - Move in quickly to gain possession or prepare to hook a second time.

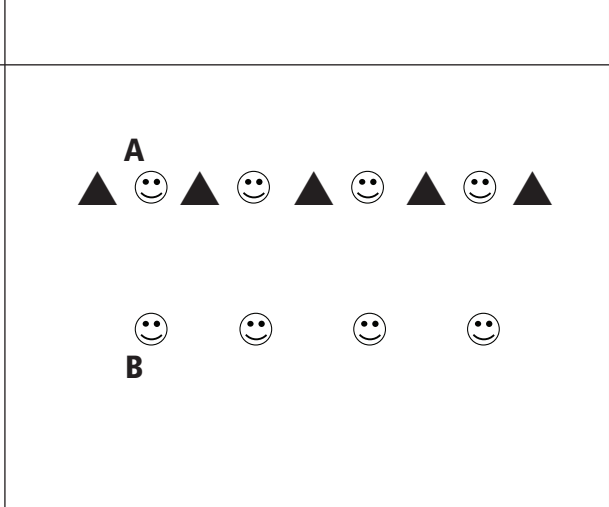


Technical Drills

- Drill 1 - Basic - Imaginary Hook**
- 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.



- Drill 2 - Basic - Imaginary Hook 2**
- 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.
 - Player A strides into the hook position on the whistle.
 - 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 a number of times before changing roles.
 - As the players become more proficient, the





Hook Tackle

Technical Drills *continued*

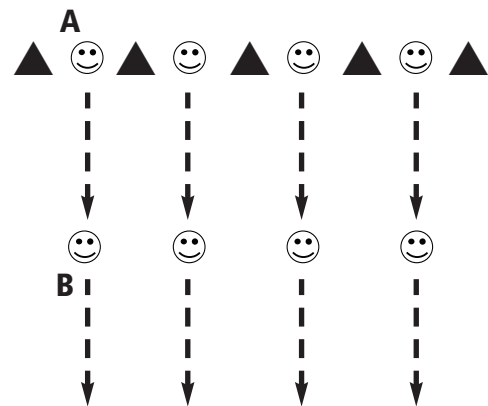
Drill 2 - Basic - Imaginary Hook 2 continued

player in front strikes an imaginary ball while the player behind attempts the hook tackle.

- Eventually, introduce a ball like the First Touch hurling ball.

Drill 3 - Intermediate - Jog and Hook

- 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.
- For safety, ensure that all players are swinging in the same direction.



Drill 4 - Intermediate - Chase and Hook

- Divide the players into pairs, one ball per pair.
- Player A is positioned approximately 2 meters behind Player B.
- Both Players begin in the ready position.
- Player B throws the ball out in front, runs and attempts to strike it on the ground, while Player A attempts to hook.
- Encourage Player A to follow up the tackle and gain possession by jab-lifting the ball.
- Switch roles after each successful hook and lift.





Stage 2 Activities for 9/10 year olds





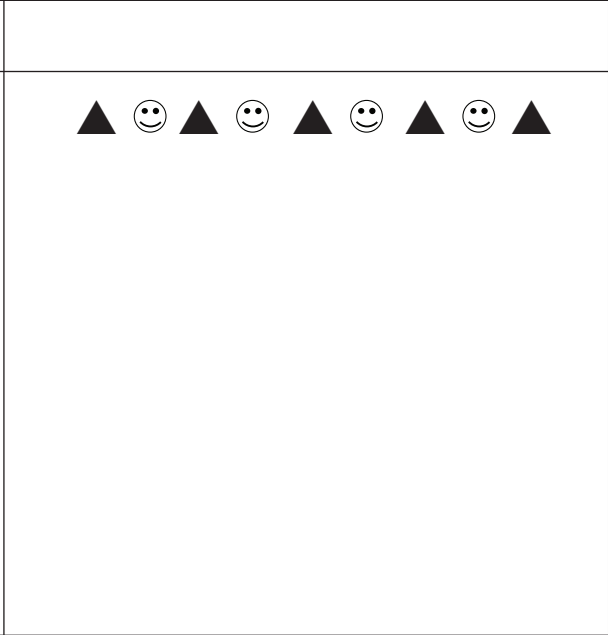
Frontal Block

- Key Points*
- Adopt the ready position.
 - The player should be positioned a hurley plus an arms length in front of the striking player.
 - As the opponent throws the ball from the hand to strike, step into the tackle with the dominant foot as if genuflecting.
 - Reach forward holding the hurley up with both hands, sliding the non-dominant hand back towards the dominant hand.
 - Both thumbs should be facing towards the bas of the hurley.
 - The bas of the hurley should extend above the head.
 - As the opponent is about to strike the ball, block down firmly on both the ball and their hurley.

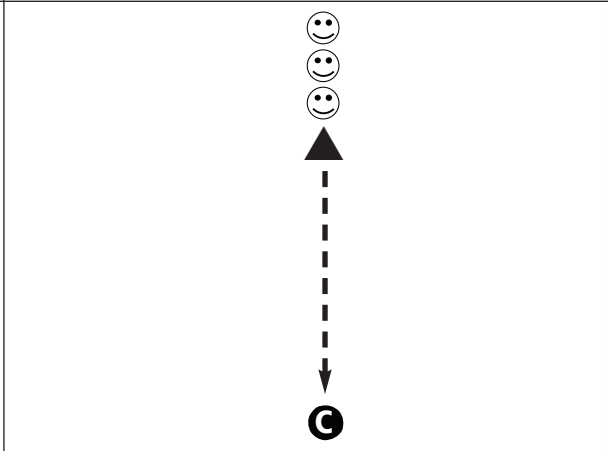


Technical Drills

- Drill 1 - Basic - The Frontal Block**
- Position the players along a line allowing approximately two meters between each player.
 - On the whistle, the players move from the ready position to the Frontal Block 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.
- Drill 2 - Basic - Contact Block 1**



- Players line up in single file behind one cone.
- The coach stands approximately 2 meters away directly in front of the first player in the line.
- Players in turn advance to perform a block down on the coach striking an imaginary ball.
- The coach should adjust the strength of their swing to suit each player's confidence and ability.
- When the players become confident at blocking the coach's hurley, introduce a ball, preferably a big ball like the First Touch hurling ball.





Frontal Block

Technical Drills *continued*

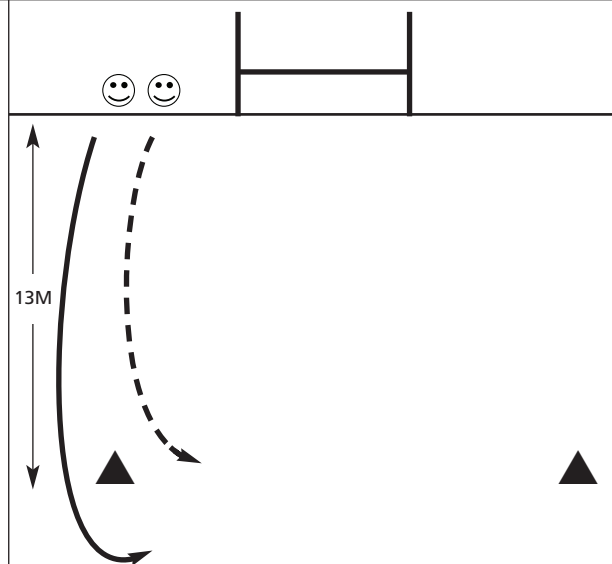
Drill 3 - Basic - Directional Block

- This is a basic drill to practice the Frontal Block technique.
- Divide the Players into groups of three.
- Place three cones in a line approximately 2 meters apart, one player at each cone.
- Player A and Player B in turn strike an imaginary ball from their hand.
- The centre player moves to block Player A and Player B in turn.
- The coach may count or talk the players through the stages of the technique to help them with the sequence and the timing.
- Change the centre player after a set time.



Drill 4 - Intermediate - Contact Block

- Place a cone approximately 13m from the end line either side of the goal area.
- The players line up in pairs on the endline on one side of the goals.
- Player A in each pair runs forward with the ball to the cone followed by Player B.
- Player A turns around the cone to strike the ball on the inside for a point.
- Player B attempts to block.
- If the ball goes over the bar or if there is a successful block, a point is awarded.
- The players then line up on the endline on the other side of the goal area and repeat the drill.
- Reverse the roles of the players after every second go.





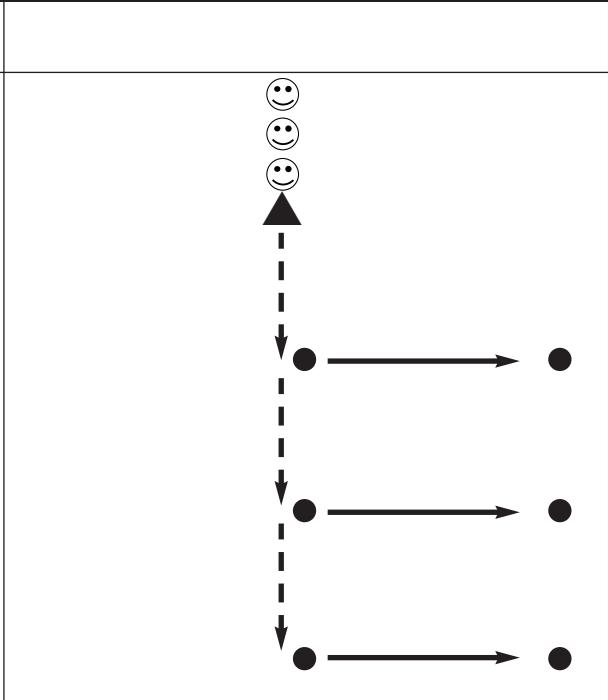
Ground Strike on the Run

- Key Points*
- Adopt the ready position.
 - Stride into the ball.
 - Swivel the shoulders and hips to place the forward foot in line with the ball.
 - The shoulders should be in line with the target.
 - Head down, strike through the ball with a quick, wristy action.
 - Transfer body weight with momentum and bring the trailing foot behind the lead foot for balance.
 - Swivel the shoulders and hips back to the original position to continue run.

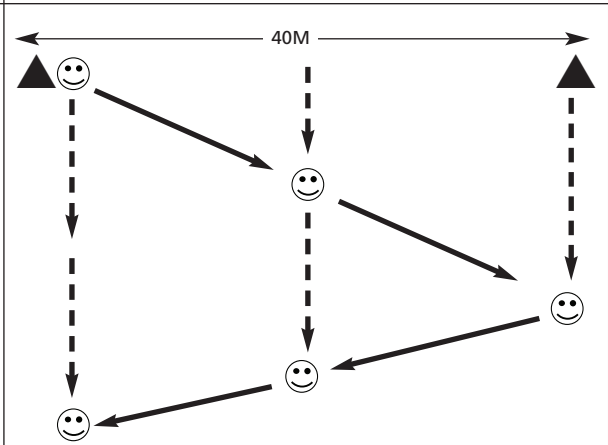


Technical Drills

- Drill 1 - Basic - Ground Striking**
- Mark out a distance of approximately 20m using cones.
 - Place three balls along the distance, one every 5 metres.
 - Divide the players into groups of three.
 - One group of three line up behind the first cone.
 - Each player in turn runs forward to strike each ball on the run.
 - The other group of three take up position to retrieve the balls, returning them to the original position for the next player.
 - Each player strikes to the opposite side towards the retrievers.
 - After each player in a group has had a turn at striking, alternate the groups.



- Drill 2 – Intermediate – 3 Player Strike**
- Mark out a distance of approximately 40m using cones.
 - In groups of three, the players spread out along one line with approximately 15m between each player.
 - The first player begins by striking the sliotar ahead of the central player.
 - The central player, without stopping the ball, must strike it on ahead of the third player, who strikes it back ahead of the central player again.
 - The three players continue to move forward in this fashion until they reach the 40m line.



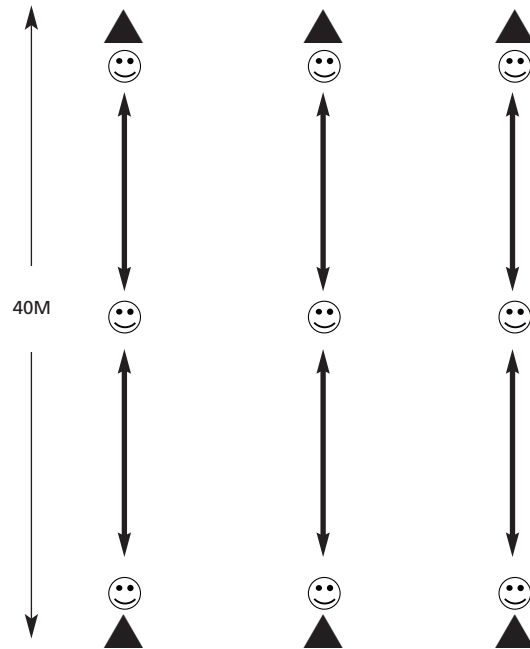


Ground Strike on the Run

Technical Drills *continued*

Drill 3 – Intermediate – 3 Player Relay Strike

- This intermediate drill to practice the Ground Strike on the Run technique requires the central player to pull on a moving ball.
- Mark out a distance of approximately 40m using cones.
- In teams of three, the players spread out evenly over the distance.
- The first player begins by striking the sliotar towards the central player.
- The central player, without stopping the ball, must strike it on towards the third player.
- The third player strikes it back to the central player again and so the drill continues.
- To reduce the difficulty of the drill, allow the end players to stop the ball before striking it to the central player.

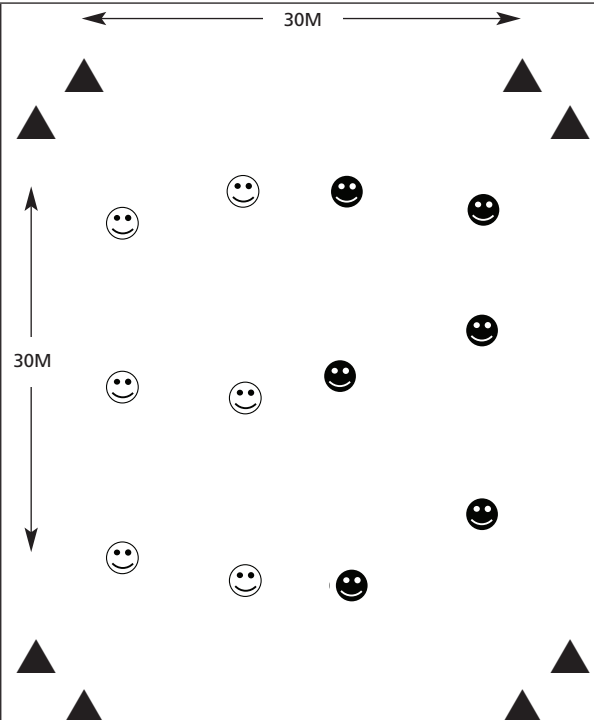


Ground Strike on the Run

Developing the Skill

Fun Game 1 – 4 Goal Game

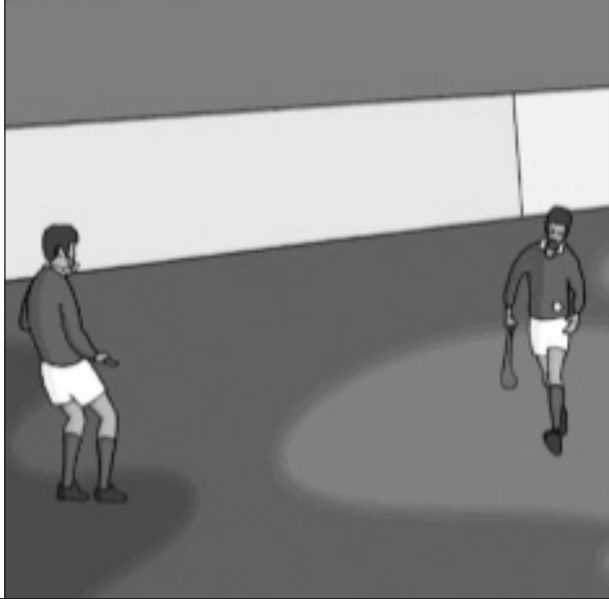
- This is a modified game focusing on the Ground Strike on the Run. It also incorporates blocking and dribbling and will aid the development of decision-making and team play.
- Mark out a playing area 30m x 30m.
- Position a goal at each of the four corners.
- Divide the players into two equal teams of 4 to 6 players.
- Each team defends two goals but no goalkeepers are used.
- Vary the size of the playing area and the width of the goals depending on the ability of the players.





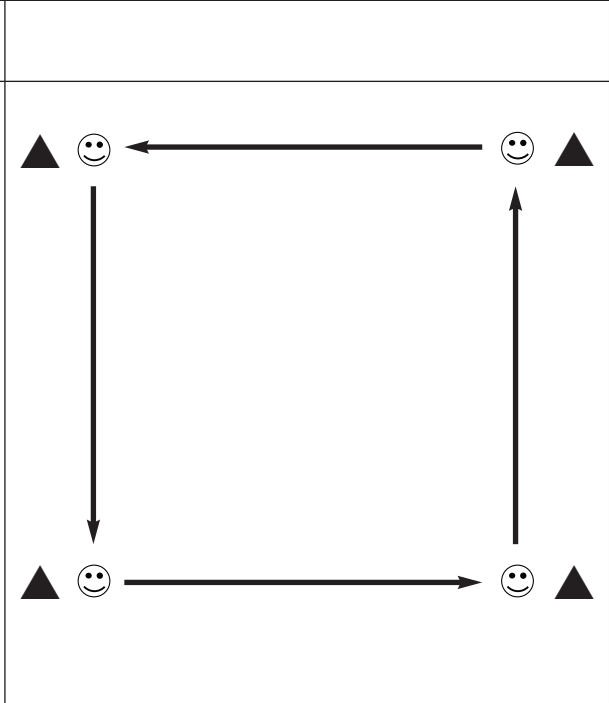
The Hand Pass

- Key Points*
- Hold the hurley in the dominant hand with the ball in the non-dominant hand.
 - Toss the ball from the non-dominant hand to below shoulder height, stepping towards the receiver with the dominant foot.
 - Swing back and extend the non-dominant arm
 - Keep eyes on the ball.
 - Strike through the ball in the direction of the receiver
 - The point of impact is where the fingers meet the palm of the hand.
 - Follow through to pass the ball at head height of the receiving player.
 - Hold the hurley up and across the body throughout the pass for protection.

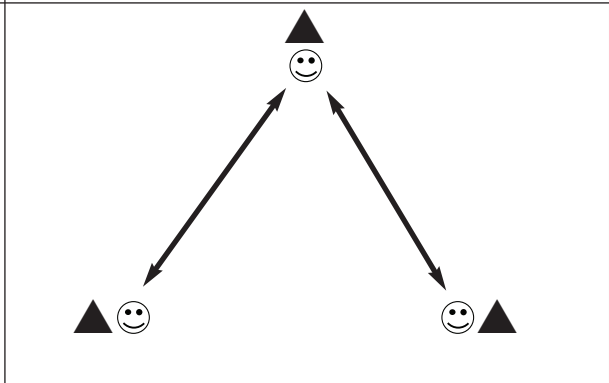


Technical Drills

- Drill 1 - Basic - Around the Square**
- Mark out a square or circle using cones.
 - 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.
 - To vary the drill, position a second player at each cone.
 - Divide the players into two teams.
 - One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction.
- Drill 2 – Basic – Pressure Pass**



- This is a basic drill to practice the Hand Pass technique that requires the players to catch and pass in different directions.
- Divide the players into groups of three, with each group in a triangle formation.
- Two players act as feeders, with one ball each.
- The third player acts as the 'central' player.
- The 'central' player must take and return a pass from each player in turn for a set period of time, for example, 30 seconds.



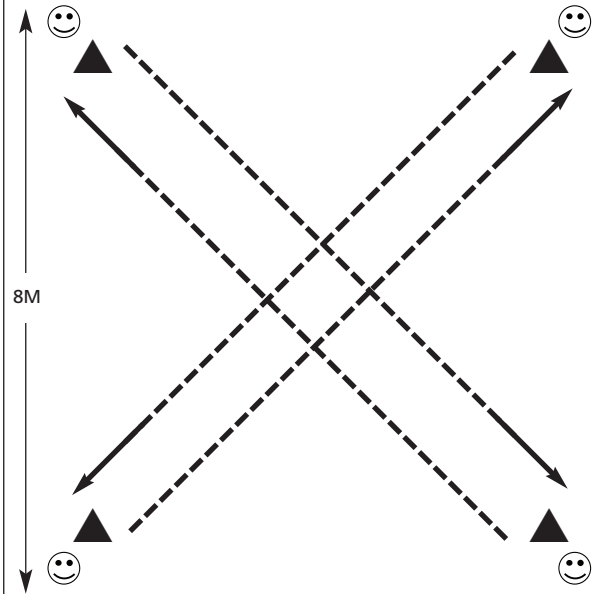


The Hand Pass

Technical Drills *continued*

Drill 3 – Intermediate – Cross Running Hand Pass

- This intermediate drill to practice the Hand Pass technique requires the players to receive and hand pass the ball while running across each other's paths.
- Divide the players into groups of four.
- Mark out a grid approximately 8m by 8m using cones.
- Four players line up at each cone.
- The front player in each group runs and hand passes to the front player at the opposite corner before continuing to the end of the opposite line.

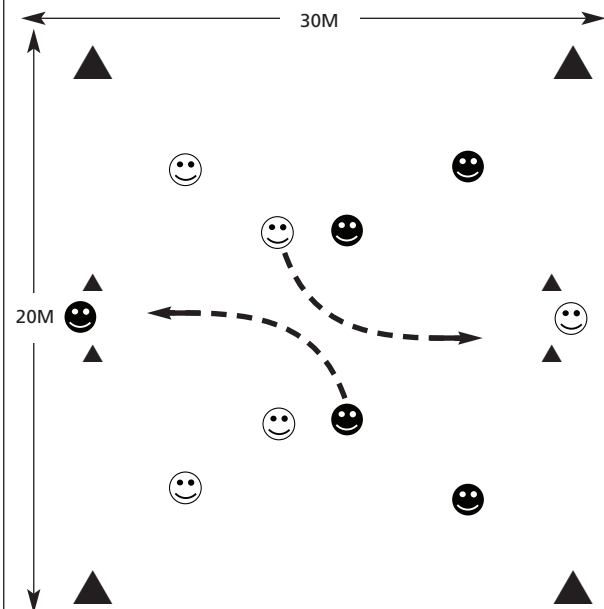


The Hand Pass

Developing the Skill

Fun Game 1 – Hand Pass Captain Ball

- This is a modified game designed to improve the players' ability to perform the hand pass in a team situation.
- Set up a playing area of approximately 30m x 20m.
- Mark a goal area at each end using cones.
- Divide the group into two teams of five players each.
- One player from each team acts as the goal receiver.
- The aim of the game is to retain possession using the hand pass and score by hand passing the ball to the goal receiver.
- After each score, the goal receiver returns the ball to the opposing team.
- The players are only allowed to hand pass the ball and solo.



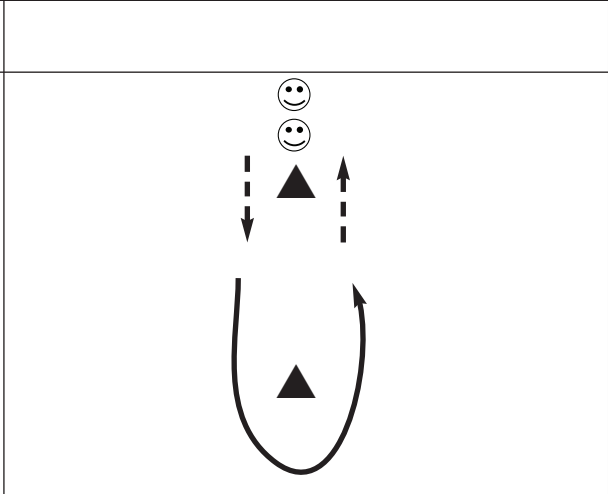
The Jab Lift

- Key Points*
- Stride towards the ball so that the non-dominant foot is set down alongside the ball.
 - Adopt the lifting position, bending the knees and back to bring the head over the ball,
 - Keep eyes on the ball.
 - The 'toe' of the hurley should be pointed away from the body.
 - Note that both thumbs should be pointing towards the bas of the hurley.
 - Ensure the hurley is almost parallel to the ground before performing the lift.
 - Slide the toe of the hurley under the ball to lift it from the ground.
 - As the ball lifts, release the non-dominant hand from the hurley into a cupped position allowing the ball to 'fall' into it.

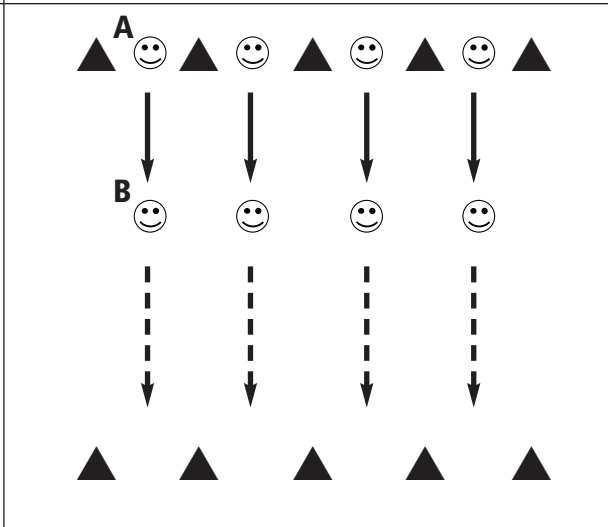


Technical Drills

- Drill 1 - Basic - Jab Lift**
- 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.
 - Repeat the drill for a set amount of time.
- Drill 2 – Basic – Jab and Pass**



- This is a basic drill to practice the Jab Lift technique, which also incorporates the hand pass.
- Divide the players into pairs, one ball per pair.
- Each pair faces each other approximately 2m apart.
- Player A jogs forward to jab lift the ball before hand passing to Player B.
- Player B, jogging backwards, places the ball back on the ground for Player A to repeat the exercise.
- The players continue in this manner for a set distance.
- On the return, the roles are reversed.



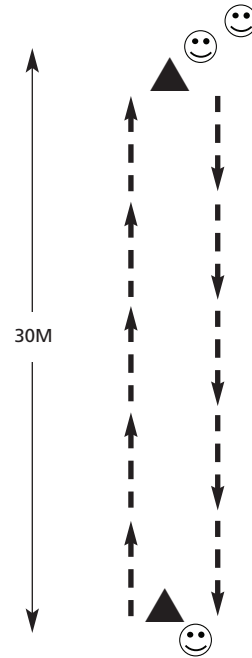


The Jab Lift

Technical Drills *continued*

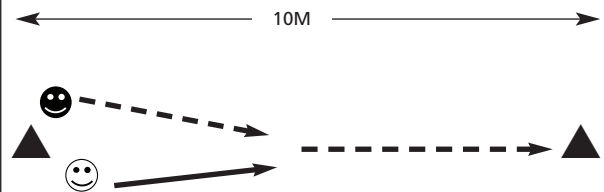
Drill 3 – Intermediate – Jab lift a moving Ball

- This is an intermediate drill to practice the jab lift technique that requires the players to jab lift the ball as it moves away from them.
- Mark out a distance of approximately 30m using cones.
- Divide the players into groups of three players.
- Two players line up behind one cone with the ball, while the third lines up behind the other cone.
- The first player throws the ball out in front of them to follow and jab lift before it stops rolling.
- The player continues to throw and jab lift the ball until they reach the far cone and pass the ball to the next player.
- Repeat the drill over and back a set number of times.



Drill 4 – Intermediate – Jab lift with Opponent

- This intermediate drill to practice the Jab Lift technique introduces an opponent.
- Mark out a distance of approximately 10m using cones.
- Place a ball midway between the cones.
- Divide the players into pairs, each pair lined up behind a cone.
- On the whistle, Player A runs forward to jab lift the ball.
- Player B runs alongside or just behind Player A to provide shadow opposition.
- Player B must not attempt to tackle Player A.
- To increase the difficulty of the drill, allow Player B to tackle for the ball.



The Overhead Catch

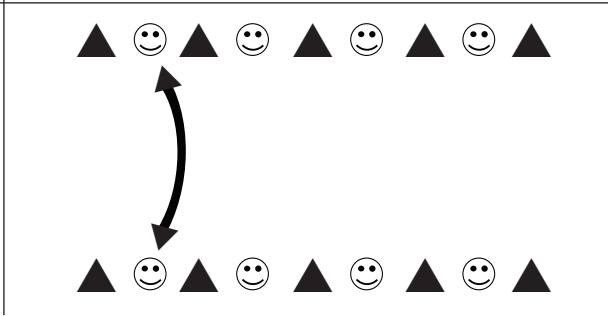
- Key Points*
- Adopt the ready position.
 - Release the non-dominant hand from the hurley and extend it above the head.
 - The open, cupped hand faces the oncoming ball.
 - Raise the hurley above the head to protect the catching hand.
 - Move towards the ball to receive it at the highest point, jumping if necessary.
 - Relax the hand on impact, catching the ball with the fingers of the cupped hand.
 - In a game situation, the hurley is held behind the catching hand when the opponent is to the rear, and in front of the catching hand when the opponent is to the front.



Technical Drills

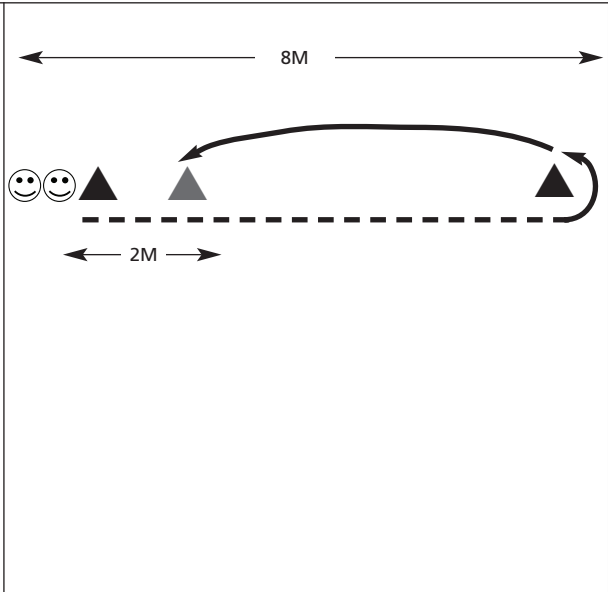
Drill 1 - Basic - Overhead Catch

- Divide the players into pairs 3 - 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 30 seconds.



Drill 2 – Intermediate – Run and Overhead Catch

- This is a basic drill to practice the Overhead Catch technique.
- Divide the players into groups of three.
- Mark out a distance of 8 metres using cones.
- Place a further marker 2 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 2 metre zone marked.
- The catching player moves forward to receive the ball at the two metre marker.



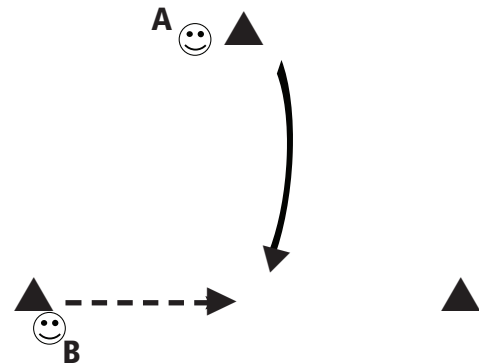


The Low Catch

Technical Drills *continued*

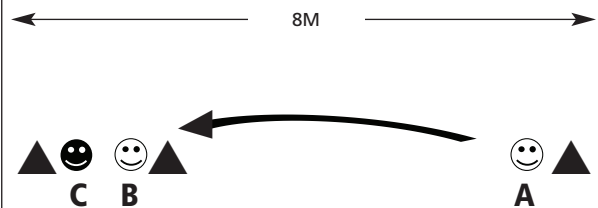
Drill 3 – Intermediate – Move and Catch

- Mark out a triangle using cones approximately 5 metres apart.
- Divide the players into pairs, one ball per pair.
- Position the players at two corners of the triangle.
- Player A, on the first cone, throws the ball for Player B to catch as they move to the free cone.
- The ball should be thrown approximately half way between the two cones.
- Player B then throws the ball for Player A to catch.



Drill 4 – Intermediate – Opposed Catch

- Divide the players into groups of three.
- Mark out a distance of 8 metres using cones.
- Place a further marker 2 metre from the first cone.
- One player is positioned at each point.
- Player A, positioned at the far cone acts as a feeder, throwing the ball underarm for Player B to catch at the 2 metre marker.
- Player C moves in behind Player B to provide shadow opposition.
- To increase the difficulty of the drill, allow the opposing player to compete for the ball.



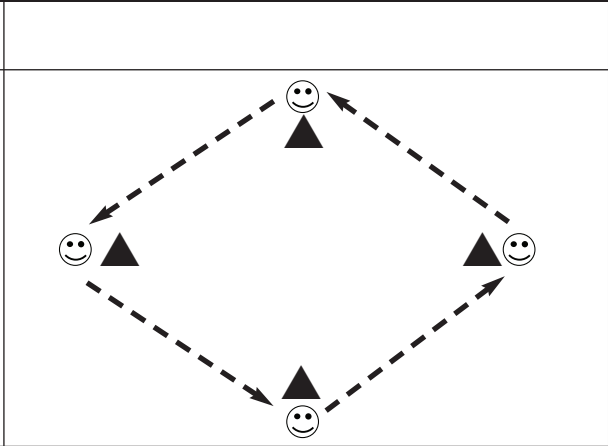
The Roll Lift

- Key Points**
- Adopt the ready position.
 - Place the non-dominant foot alongside the ball, bending the knees and back to bring the head over the ball.
 - The 'toe' of the hurley should be pointed away from the body.
 - Note that both thumbs should be pointing towards the base of the hurley.
 - Ensure the hurley is almost parallel to the ground before performing the lift.
 - Place the hurley firmly on the ball.
 - Roll the ball towards the body and slide the 'toe' of the hurley under the ball to lift it.
 - As the ball lifts release the non-dominant hand from the hurley into a cupped position allowing the ball to 'fall' into it.

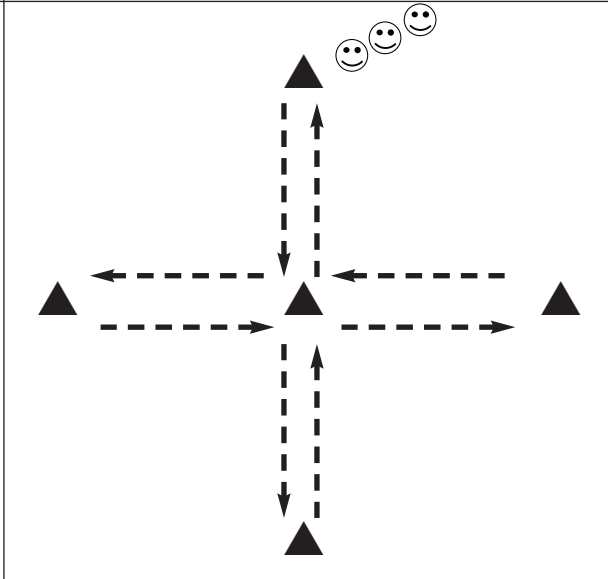


Technical Drills

- Drill 1 - Basic - Roll Lift and Move**
- Mark out a square or circle using cones.
 - Position one 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.
- Drill 2 – Intermediate – Agility Roll Lift**



- Place five cones in a cross formation with approximately 3 metres between each outer cone and the centre cone.
- The players form a line behind one of the outer cones.
- Place a ball at each of the other cones.
- The player at the beginning of the line jogs to the centre cone, roll lifting and replacing the ball at the cone.
- They then turn and jog to the cone on the left and perform a roll lift there, before returning to the centre cone again.
- They continue to each outer cone in a clockwise motion, returning to the centre cone each time.
- On returning to the first cone they tag the next player who repeats the drill.



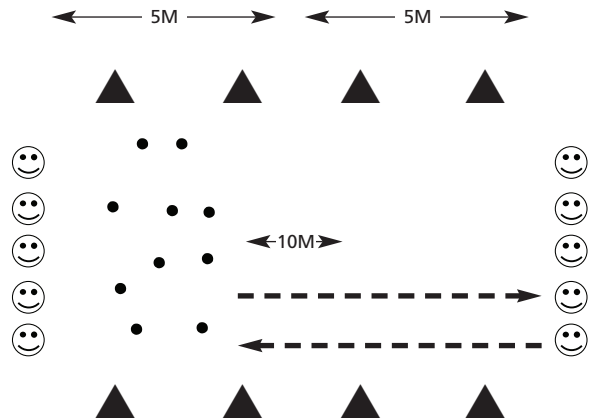


The Roll Lift

Grid Game 1 – Grid Swap

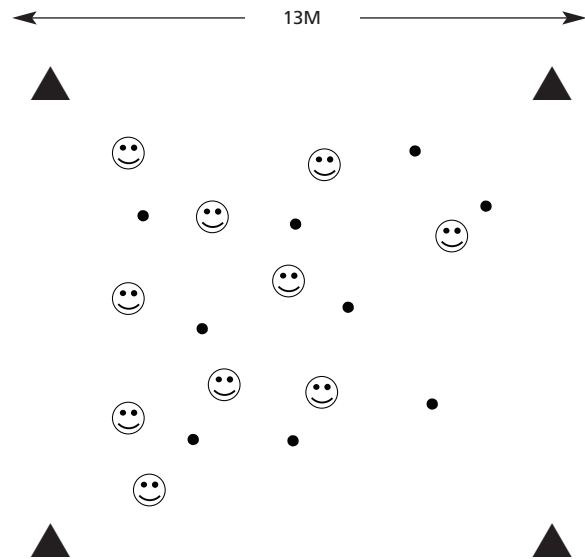
- Divide the players into two teams of five players each.
- Mark out two grids approximately 5m by 5m with a distance of 10m between each grid.
- Assign a grid to each team.
- Line up both teams outside their grid.
- Place ten sliotars in one grid.
- On the whistle, the first team must race forward, roll lift a ball each and return to place it in their own grid, continuing until all the sliotars have been moved.
- The second team then repeat the drill moving all the sliotars back to their own grid.

Developing the Skill



Fun Game – Roll Lift Musical Chairs

- This is a fun game to develop the Roll Lift technique.
- Mark out a grid 13m x 13m.
- Ten 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 roll lift it into their hand.
- One ball is taken away and the game continues.
- 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.





Striking from the Hand

Key Points

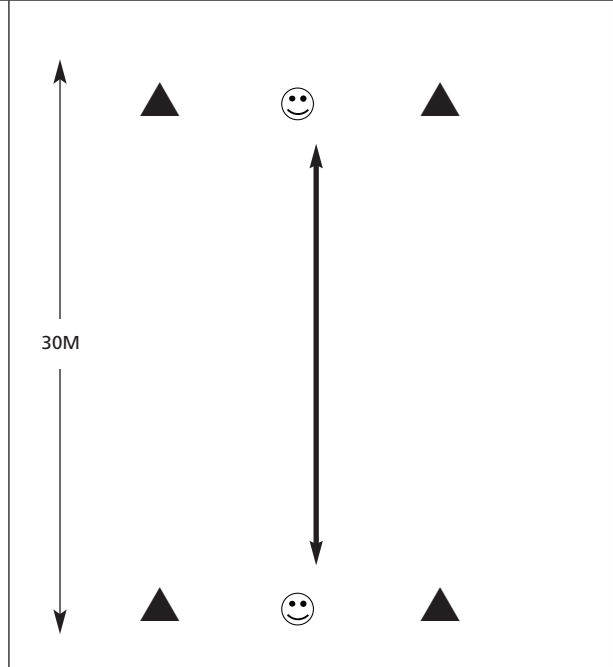
- Adopt the ready position.
- The shoulders and feet should be in line with the target.
- Toss the ball from the cupped hand to shoulder height.
- Keep eyes on the ball.
- Slide the non-dominant hand into the Lock Position, bending the elbows to raise the hurley.
- Step forward with the lead foot and with eyes on the ball, swing the hurley downward with a wristy action.
- Strike the ball between knee and hip level.
- Transfer the body weight from the dominant leg to the non-dominant leg as the swing is completed.
- The hurley follows through in the direction that the ball is travelling.



Technical Drills

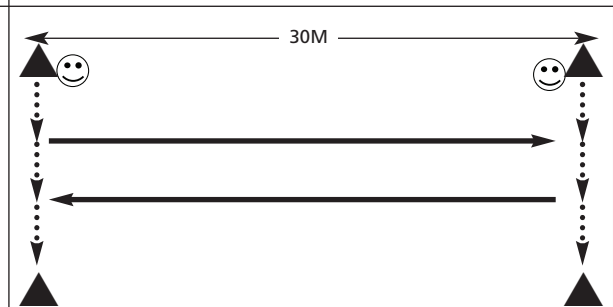
Drill 1 - Basic - Striking from the Hand - Goal to Goal

- 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.
- Players should practice striking from both the dominant and non-dominant side.



Drill 2 – Intermediate – On the Run

- Mark out a distance of approximately 30m wide using cones.
- In pairs, the players strike the ball over and back across the distance as they move up the field.
- When all the pairs have reached the far end of the drill, they turn and repeat the drill in the opposite direction so that they strike the ball from the other hand.



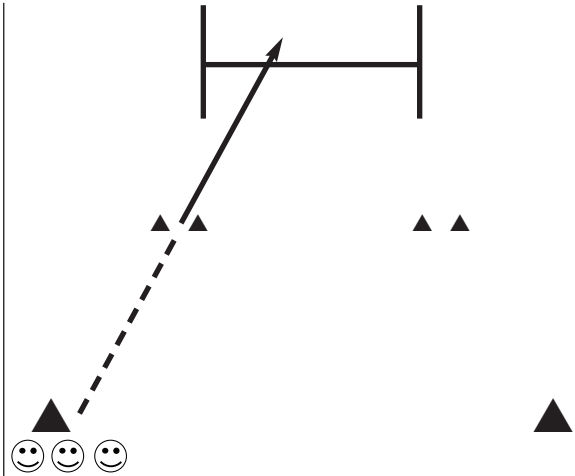


Striking from the Hand

Technical Drills *continued*

Drill 3 – Intermediate – Strike for a Score

- Place a cone on the 20m line approximately 20m to each side of the goal.
- Place two more cones approximately 1m apart at an angle between each of the outer cones and the goal.
- The players line up behind one of the outer cones, one ball per player.
- Each player in turn solos with the ball to pass through the inner cones before striking for a point on the 13m line.
- The players continue around the back of the goal to line up behind the outer cone on the far side and repeat the drill.

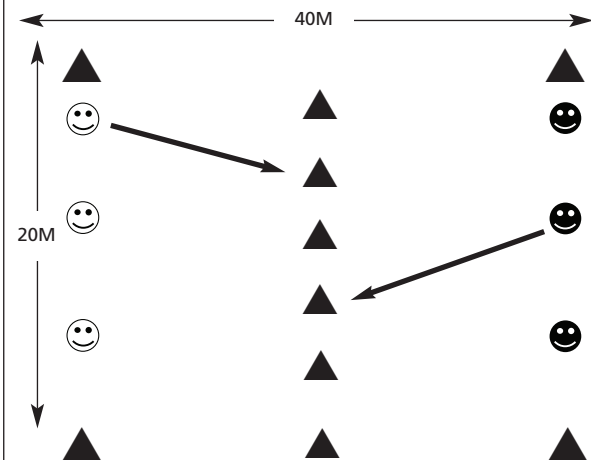


Striking from the Hand

Developing the Skill

Grid Game 1 – Hit the Cones

- Mark out a grid 40m long x 20m wide.
- Place a number of cones across the middle of the grid.
- Divide the group into teams of 3-5 players.
- Give one or two 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.





Stage 3 Activities for 11/13 year olds





Batting a Ball Overhead

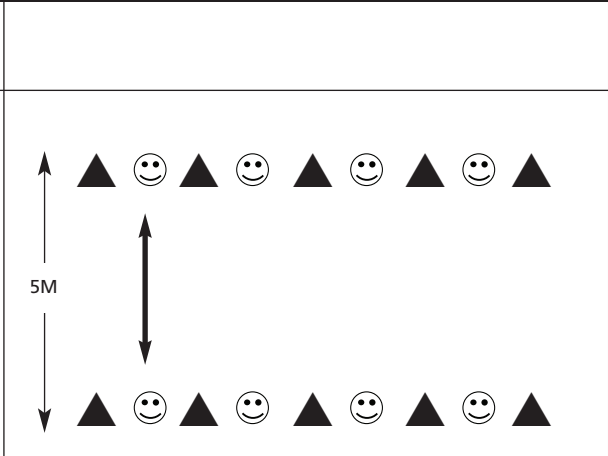
- Key Points**
- Adopt the ready position.
 - Extend the hurley above the head sliding the non-dominant hand down the handle of the hurley to meet the stronger hand at the top of the handle.
 - Both thumbs should be facing towards the bas of the hurley.
 - The toe of the hurley should be pointed to the dominant side.
 - Keep eyes on ball at all times.
 - Tilt the hurley back as the ball approaches.
 - If necessary, jump to meet the ball at the safest highest point.
 - With a wristy action, swing the hurley forward to bat the ball with the bas of the hurley.



Technical Drills

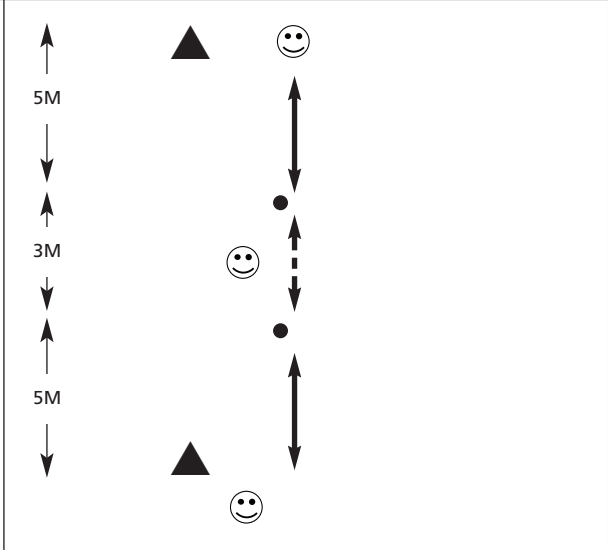
Drill 1 - Basic - Bat to Partner

- Mark out a distance approximately 5 meters wide using cones.
- Divide the players into pairs, one ball per pair.
- Player A throws the ball underarm for Player B to bat overhead.
- Player A catches the batted ball from Player B.
- Reverse the roles after a set number of throws.



Drill 2 – Intermediate – Directional Batting

- This intermediate drill to practice overhead batting requires the player to turn and bat the ball coming from two different directions in a row.
- Divide the players into groups of three.
- Mark out distances of 5m, 3m and 5m using cones.
- The players at either end in turn serve a ball for the middle player to attack and bat.
- Continue the drill for a set time before changing the player in the middle.



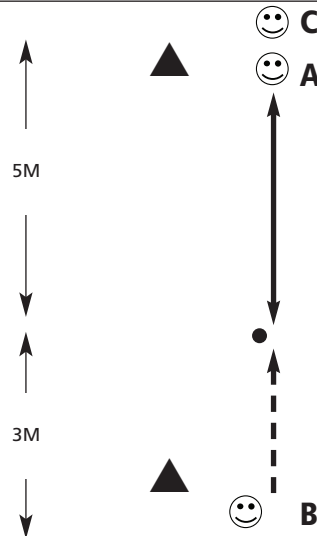


Batting a Ball Overhead

Technical Drills *continued*

Drill 3 – Intermediate – Bat and Follow

- Divide the players into groups of three.
- Mark out a distance of 5m and 3m using cones.
- Two players, A and C, line up behind the first cone.
- Player B lines up behind the far cone.
- Player A throws the ball for Player B to attack and bat at the 3m marker.
- Player A follows the throw to take up Player B's position and Player B continues to the back of the line as Player C moves forward to catch the bat.
- Player C then throws the ball for Player A to bat, and so on in rotation to complete the drill.

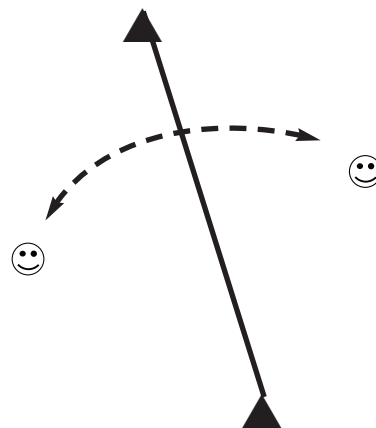


Batting a Ball Overhead

Developing the Skill

Fun Game – Batting Tennis

- Divide the players into pairs.
- Mark a line between the players using cones.
- Player A throws the ball overhead and bats to B, who bats the ball back to A.
- The players continue batting as long as possible, counting the number of successful bats.



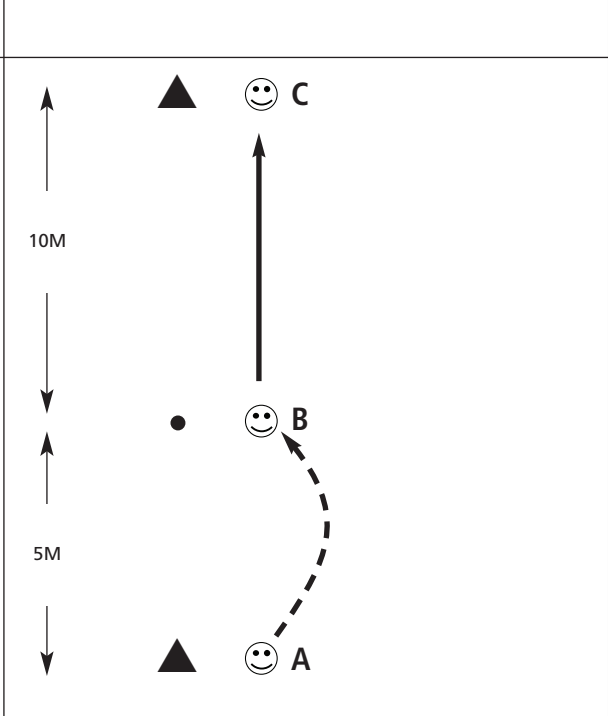
Blocking a Ball Overhead

- Key Points**
- Adopt the ready position.
 - Extend the hurley above the head, sliding the non-dominant hand down the handle of the hurley to meet the dominant hand at the top of the handle.
 - Both thumbs should be facing towards the bas of the hurley.
 - The toe of the hurley should be pointed to the dominant side.
 - Keep eyes on ball at all times.
 - Block the ball with the flat of the bas.
 - Relax the grip to deaden the ball on impact, allowing the ball to fall at the feet or to be caught in the non-dominant hand.

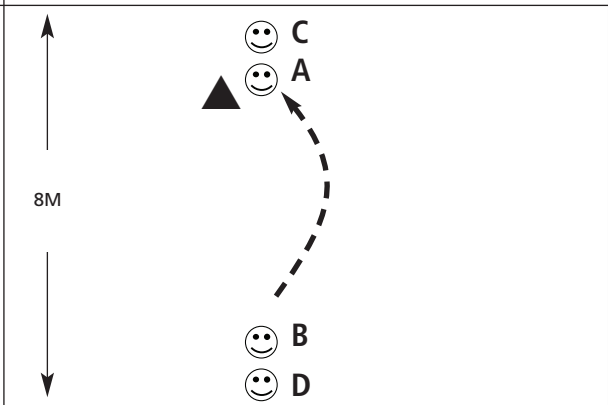


Technical Drills

- Drill 1 - Basic - Block and Strike**
- Mark out a distance of 10 meters and then 5meters using cones.
 - Divide the players into groups of three, one ball per group.
 - One player stands at each cone.
 - Player A throws the ball underarm for Player B at the 5 metre marker.
 - Player B blocks the ball overhead allowing it to drop to the ground.
 - Player B then turns and strikes the ball on the ground to Player C.
 - Player C runs with the ball to take over as feeder from Player A.
 - Player A then moves to the 5 metre marker and Player B runs to take over as receiver.
 - Vary the drill by getting the players to catch the ball in the non-dominant hand after blocking, before striking from the hand.
- Drill 2 – Intermediate – Move and Block**



- Mark out a distance approximately 8 meters wide using cones.
- Divide the players into groups of four, one ball per group.
- Two players line up at either cone.
- Player A throws the ball underarm for Player B opposite to run forward to block the ball overhead, catch it and hand pass to Player C.
- Player C then throws the ball for Player D to block, catch and pass and so on.
- Each player follows on to the end of the opposite line.

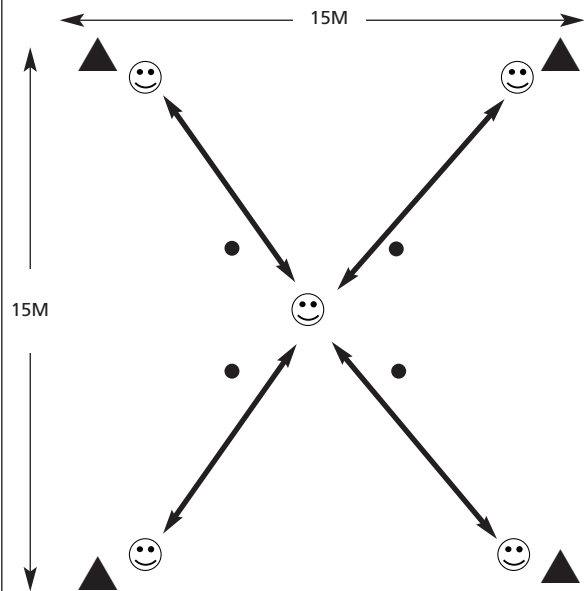


Blocking a Ball Overhead

Grid Game

- Divide the players into groups of five.
- Mark out a grid 15m x 15m using cones.
- Mark a further grid 2m x 2m in the middle of the larger grid.
- Position one player at each corner of the larger grid with a further player positioned in the smaller grid.
- The middle player throws the ball for each of the outer players to block and pass back in turn.
- The middle player rotates after every four throws.
- Count the total number of catches after all of the players have completed the drill.

Developing the Skill



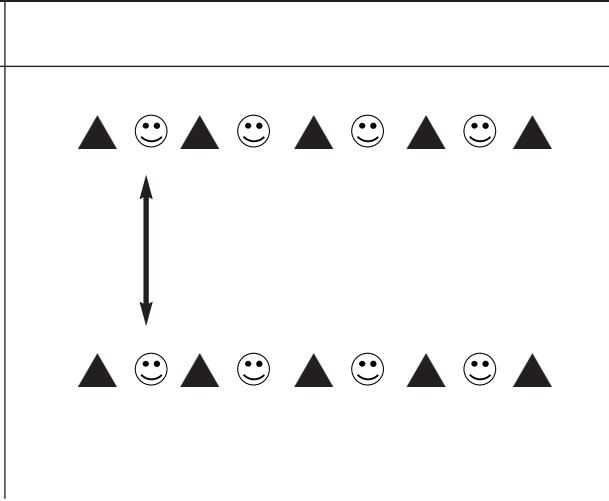
Controlling a Moving Ball

- Key Points**
- Adopt the ready position.
 - If the ball is travelling along the ground, adopt the lifting position.
 - Hold the hurley at an angle to deflect the ball towards the body.
 - If the ball is travelling in the air, move the hurley to intercept the ball.
 - Relax the grip and angle the bas of the hurley back to deaden the ball on impact.
 - Release the non-dominant hand from the hurley to catch the ball.



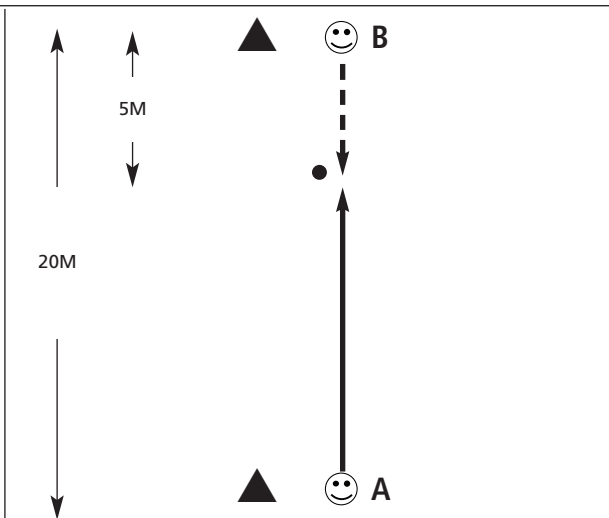
Technical Drills

- Drill 1 - Basic - In Pairs**
- Divide the players into pairs, approximately 5m apart, one ball per pair.
 - Player A rolls the ball along the ground for player B to control into the hand.
 - Player B then rolls the ball back for Player A to control and so the drill continues for a set time.
 - To vary the drill, the players throw the ball at medium or hip height for their partner to control.
 - To make the drill more difficult, increase the distance between the players and allow the players to strike the ball either along the ground or at hip height for their partner to control.



- Drill 2 – Intermediate – Move and Control**

- This is an intermediate drill to practice controlling a moving ball into the hand.
- Divide the players into pairs, approximately 20m apart.
- Place a marker 5 meters in from one of the outer cones.
- On the whistle, Player A strikes the ball low for Player B to run forward and control at the 5 metre mark.
- Player B continues forward and strikes the ball back to player A before jogging backwards to the outer cone.
- On the next whistle, repeat the drill.
- After a set number of strikes the roles are reversed.



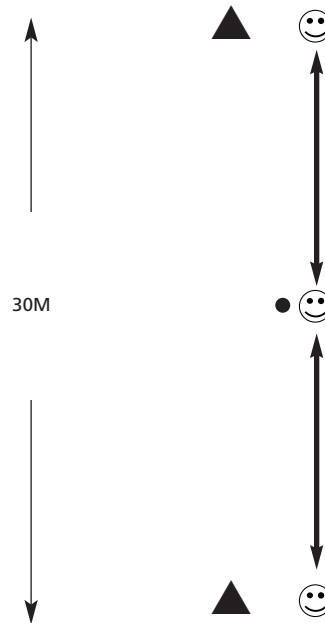


Controlling a Moving Ball

Technical Drills *continued*

Drill 3 – Intermediate – Turn and Control

- This is an intermediate drill to practice controlling a moving ball into the hand.
- Divide the players into groups of three.
- Mark out a distance of approximately 30m using cones.
- Position one player at each end of the 30m with a ball.
- Position the third player in the middle.
- In turn, the outer players strike the ball for the middle player to control and return.
- Count how many balls the middle player controls and returns in a set time.
- Change the middle player and continue the drill.
- The feeders should vary the way the ball is struck to the middle player, for example, strike the ball at different heights and speeds.

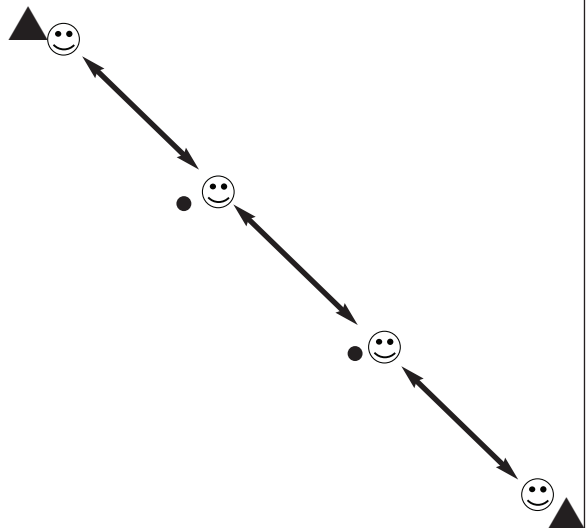


Controlling a Moving Ball

Developing the Skill

Fun Game – Control and Strike Relay

- This is a fun game to help improve the players' ability to control a moving ball.
- Divide the group into teams of three or four players.
- Line up each team at regular intervals over the length of the field.
- The players must move the ball up and down the line as many times as possible in a set time.
- Hold a competition to find out which team is quickest to move the ball up the line and back.



Doubling Back

Key Points

- Adopt the ready position.
- Focus on the flight and pace of the approaching ball.
- Move the feet so that the shoulders and hips are aligned with the flight of the ball.
- Slide the non-dominant hand up the handle of the hurley to adopt the lock position, raising the hurley into an upright position to start the swing.
- With eyes on the ball, swing down to connect with the ball close to the body in line with the lead foot.

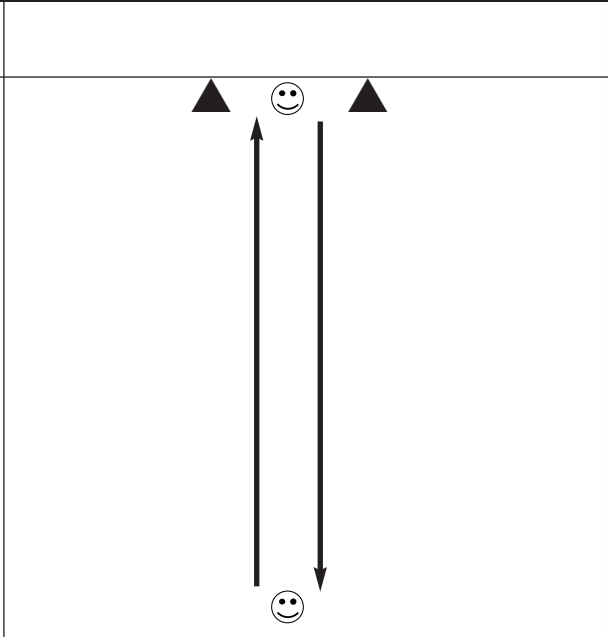


Technical Drills

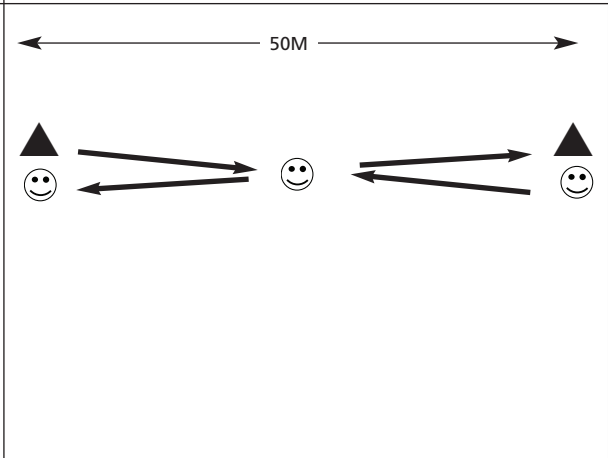
Drill 1 - Basic - Doubling Back

- This is a basic drill to improve the Doubling Back technique while attempting to score a goal.
- Divide the players into pairs, one ball per pair.
- Mark out a goal approximately 3m wide for one player to act as goalkeeper in each pair.
- The second player stands 15 to 20m away.
- The goalkeeper strikes the ball low for their partner to double on in an effort to score a goal.
- To score, the player must double on the ball first time.
- If the player stops the ball or takes more than one touch, the score is not counted.
- Reverse the roles and repeat the drill.

Drill 2 – Intermediate



- This is an intermediate drill to practice doubling on the ball.
- Divide the players into groups of three, two balls per group.
- Mark out a distance of approximately 40 - 50m using cones.
- Position one player at each of the cones with a ball.
- Position a third player in the middle of the cones.
- In turn, the outer players strike the ball from the hand for the middle player to double back.
- After a set time change the middle player.



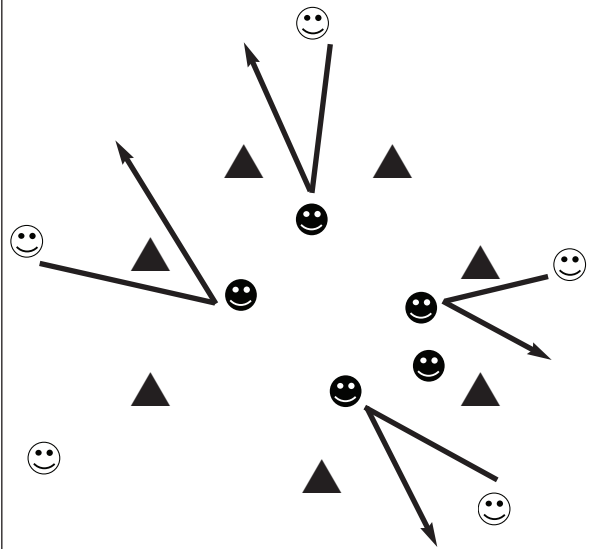


Doubling Back

Developing the Skill

Fun Game

- Mark out a circle using cones.
- Divide the players into two teams.
- Position one team outside the circle and the other inside the circle.
- The outside players must strike the balls low into the circle.
- The players inside the circle must attempt to keep the circle clear by doubling on each ball as it arrives.
- If the ball is not doubled back first time, and before it comes to a stop, it must be left in the circle.
- After a set time, or when all the balls are in the circle, reverse the roles of the team.
- The team with the least amount of balls in the circle after a set time are the winners.



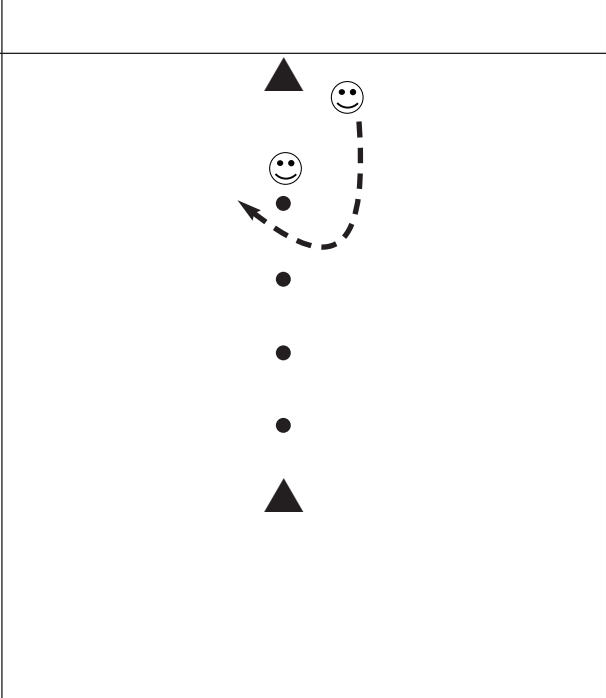
The Ground Flick

- Key Points*
- Move towards the ball in the ready position.
 - Keep eyes on the ball.
 - On approaching the sliotar, release the non-dominant hand from the hurley.
 - Move in close to the opponent.
 - Extend the dominant arm to maximise reach.
 - 'Flick' the ball from the opponent using a wristy swing.
 - Remain as close to the opponent as possible to avoid follow through from their swing.
 - Continue to try and gain clean possession.

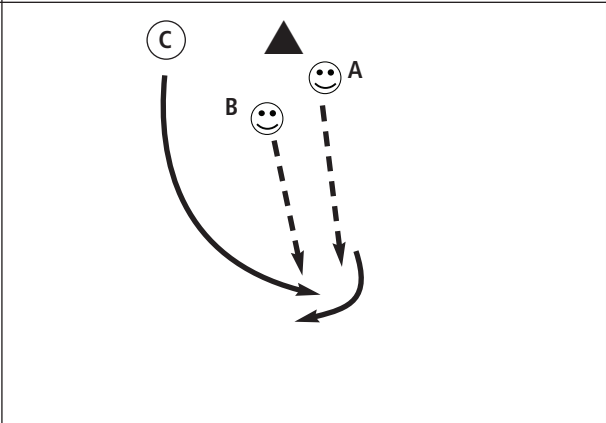


Technical Drills

- Drill 1 - Basic**
- Divide the players into pairs, one ball per pair.
 - Place six markers in a line approximately 2 - 3 meters apart.
 - The players line up behind the first marker in pairs.
 - Player A moves forward to the next cone with the ball at their feet.
 - Player B jogs up beside Player A to flick the ball away one handed.
 - Player A does not attempt to play the ball.
 - Player B then recovers the ball and moves on to the next cone for Player A to flick, and so the drill continues.
 - Having repeated the exercise at each marker, the pair return to the end of the line
 - Continue the drill for a set time.
 - The players should practice coming from the opponent's left and right side.
- Drill 2 – Intermediate – Chase and Flick**



- Divide the players into pairs, one ball per pair.
- Player A, the tackler, begins slightly behind Player B.
- The coach throws the ball forward for both players to run to strike the ball, with Player A attempting to flick the ball ahead of Player B making contact.
- Both players try to gain clean possession before returning to the end of the line.
- The next pair repeat the exercise.
- Reverse the roles after each round.
- The players should practice coming from the opponent's left and right side.



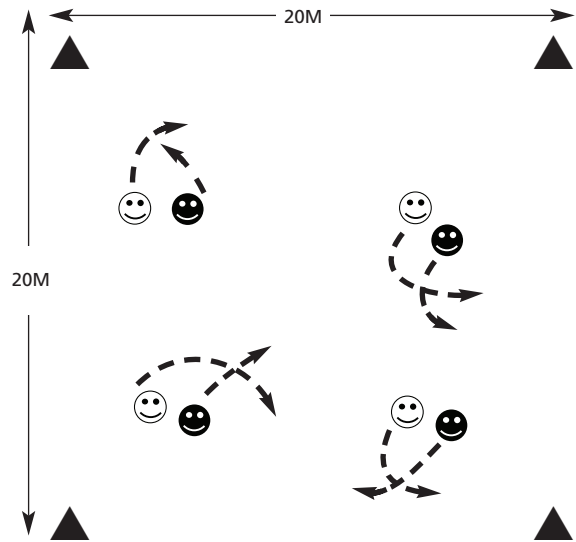


The Ground Flick

Grid Game – Get out of the Grid

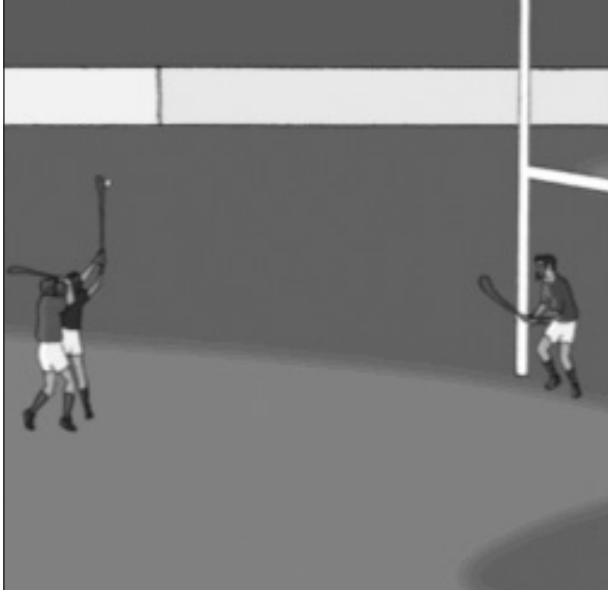
- This is a grid game to develop the ground flick technique.
- Four pairs of players work independently in a grid 20m x 20m.
- One player in each pair attempt to keep possession while the second attempts to flick the ball out of the grid.
- Once the ball leaves the grid, both partners must leave the grid and sit down.
- Keep going until only one pair remains in the grid.
- Reverse the roles and repeat the drill.

Developing the Skill



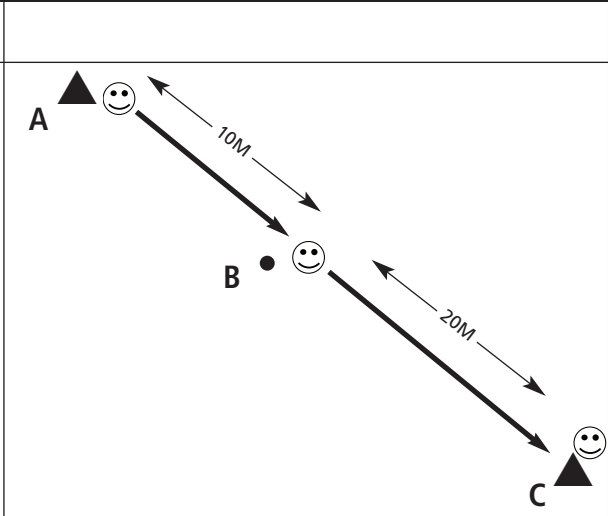
The Overhead Strike

- Key Points*
- Adopt the ready position.
 - Focus on the flight and pace of the approaching ball.
 - Move underneath the ball as it drops.
 - Move the feet to align the shoulders and hips with the intended target.
 - Keep eyes on the ball.
 - Move to the lock position and as the ball approaches, swing on the ball at the highest point above the head.
 - Rotate the shoulders and swivel the hips to aid the striking motion.

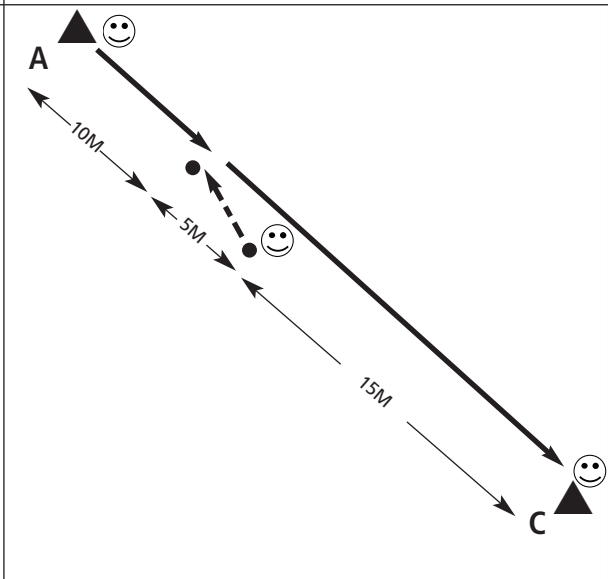


Technical Drills

- Drill 1 - Basic - Stationary Strike**
- This is a basic drill to practice the Overhead Strike technique.
 - Divide the players into groups of three, one ball per group.
 - Mark out distances of 10m and 20m using cones.
 - Player A throws the ball underarm for Player B to strike overhead to Player C.
 - Player C retrieves the ball and plays it back to Player A to repeat the drill.
 - Repeat for a set time before rotating positions.
- Drill 2 – Intermediate**



- This intermediate drill to practice the Overhead Strike technique requires the player to move towards the dropping ball before striking.
- Divide the players into groups of three, one ball per group.
- Mark out distances of 10m, 5m and 15m using cones.
- Player A throws the ball underarm for Player B to strike overhead.
- Starting at the 5m marker, Player B moves forward to strike the ball to Player C from the 10m marker.
- Player C retrieves the ball and plays it back to Player A to repeat the drill.
- Repeat for a set time before rotating positions.





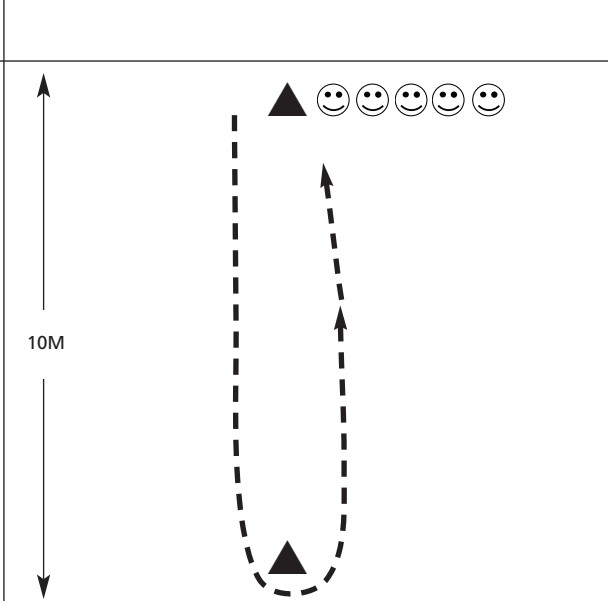
The Solo Run

- Key Points*
- Adopt the ready position.
 - Point the hurley forward with the bas flat and the toe facing away from the body.
 - Toss the ball onto the bas of the hurley, placing the non-dominant hand on the handle to aid balance.
 - Move forward balancing the ball or hopping the ball on the hurley.
 - It may benefit the player to control the hurley using a shortened grip when they start learning the solo run.
 - Holding the hurley down at a slight angle may improve the players ability to solo run at pace.
 - As players become proficient, they may work towards soloing with one hand on the hurley.

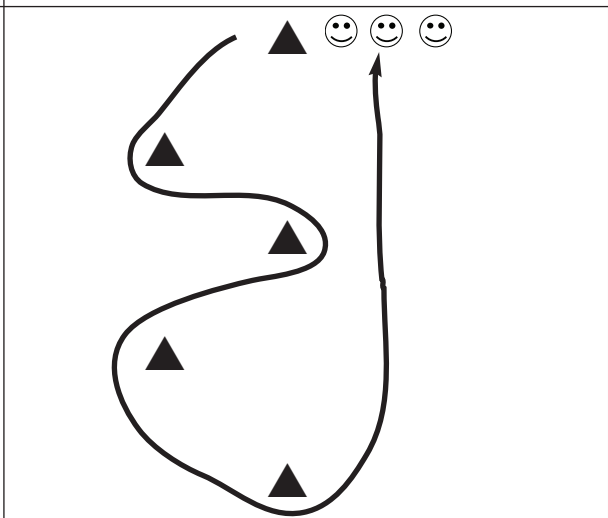


Technical Drills

- Drill 1 - Basic - Solo out and Back**
- This is a basic drill to practice the Solo Run technique.
 - Divide the players into groups of five, one ball per group.
 - Mark out a distance of 10m using cones.
 - The players line up behind the first cone.
 - Each player in turn solos out and around the far cone.
 - On the return, they hand pass to the next player in line who repeats the drill.
 - Continue the drill for a set time.
 - Initially players should catch the ball as they round the far cone.
 - As they become more proficient, challenge them to round the cone without catching the ball.
- Drill 2 – Intermediate – Zig Zag Solo**



- Divide the players into groups of five, one ball per group.
- Place five cones in a zig-zag formation as shown, approximately 5m between each cone.
- The players line up behind the first cone.
- Each player in turn solos out and around each cone.
- Once they round the far cone, they solo directly back and hand pass to the next player in line who repeats the drill.
- Continue the drill for a set time.
- Initially players should catch the ball as the round the far cone. As they become more proficient challenge them to round the cone without catching the ball.

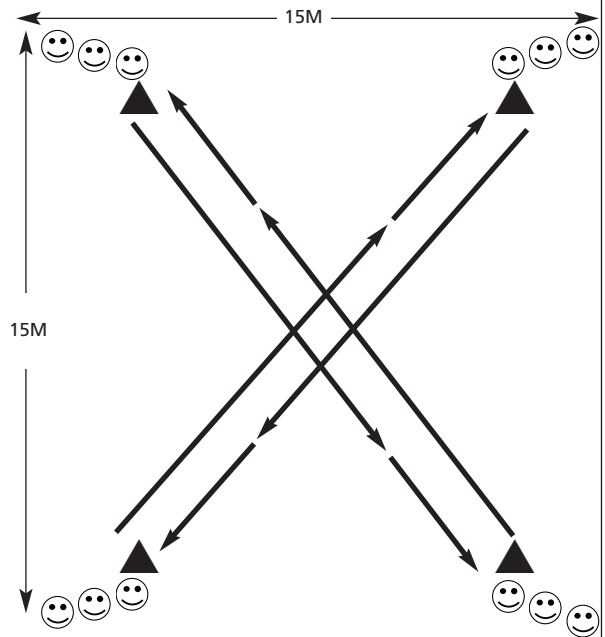


The Solo Run

Technical Drills *continued*

Drill 3 – Intermediate – Through the Middle

- This intermediate drill to practice the solo technique requires the players to maintain control of the ball while soloing through a common area.
- Mark out a grid approximately 15m square using cones.
- Three players line up at each corner of the grid.
- The players must solo across the grid to the far corner and hand pass to the next player from 2 - 3m away.
- The players may catch the ball as they pass through the centre of the grid.
- To make the drill more difficult, add two more balls so 4 players will be passing through the centre of the grid each time.

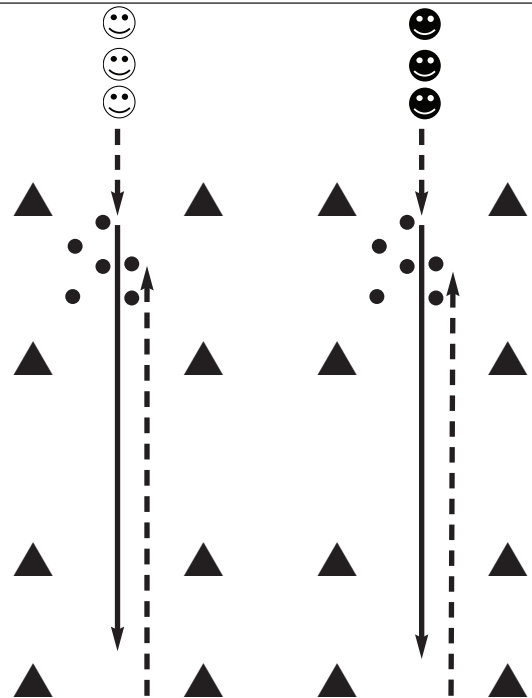


The Solo Run

Developing the Skill

Grid Game – Grid Swap

- Divide the players into two teams of five players each.
- Mark out two grids approximately 5m by 5m with a distance of 5m between each grid for each team.
- Place the same number of balls in each of the near grids.
- On the whistle, the first player in each team must race forward, rise each ball in turn and transfer them to the far grid using the Solo Run technique.
- When the last ball has been transferred, they tag the next player who must transfer all the balls back to the original grid.
- Each player in turn transfers the balls in the opposite direction.
- The team who completes the drill in the quickest time wins.





Additional Guidelines



Warming Up

Warm Up activities incorporate brief, mild exercise which is performed in preparation for more vigorous activity.

Warming-up typically involves:

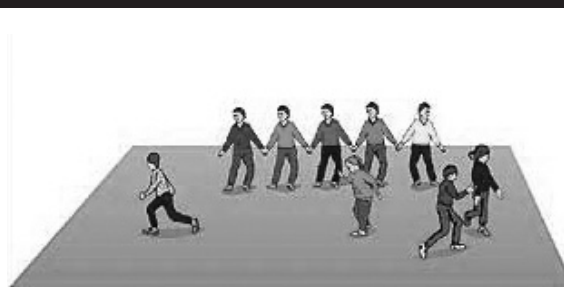
- Pulse Raising – e.g. Walking, Jogging, Hopping, Skipping, Jumping
- Mobilisation – Bringing the joints through their Range of Movement e.g. Arm Rotations, Hip Rotations, etc.
- Stretching – Light, short stretches of the Major Muscle groups

It is good practice to warm up dynamically, that is to incorporate the mobilisation and stretching activities into the overall pulse raising activity. Remember, incorporate the ball into warm-up activities where possible.

Here are some examples of Warm Up Games.

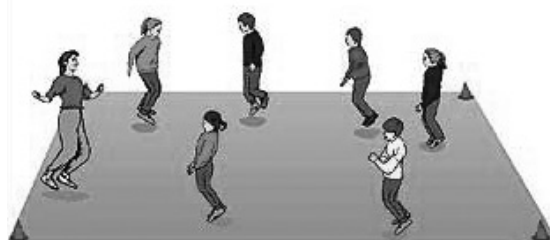
Daisy Chain Tag

- Choose a Tagger.
- The other players find a free space.
- On the whistle the Tagger attempts to tag the other players.
- Once tagged, hold the Tagger's hand and work together to tag the other free players.
- Everyone, once caught, must join the line but only the players at the ends of the line may tag the remaining free players.



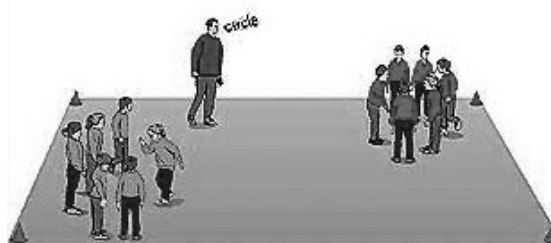
Copy Cat

- The coach or a chosen player demonstrates an exercise (e.g. jumping, skipping, hopping, animal shapes).
- The other players must copy the exercise.



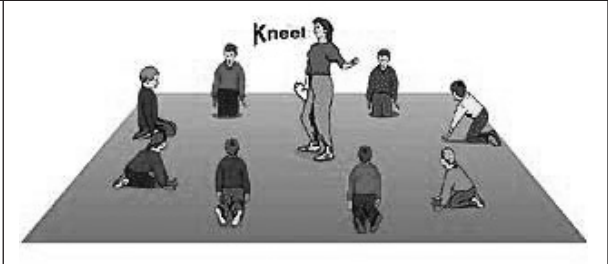
Get into Shape

- Divide the players into two teams.
- Each team chooses a leader to follow around the space or grid.
- On the whistle the leader calls a specific shape, e.g. circle, square, triangle.
- The first team to get into the formation earns a point.



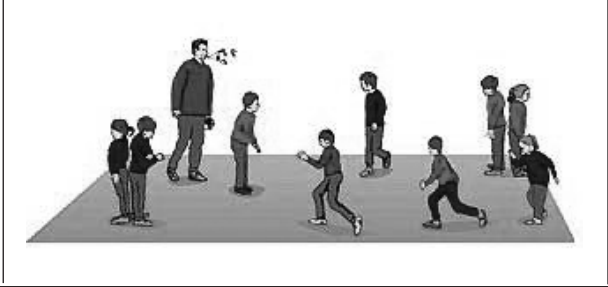
Simon Says

- The Coach acts as 'Simon'.
- Play the normal game of Simon Says but include Pulse Raising, Mobilisation and Stretching exercises.



Back to Back

- The players run about in the space or grid.
- On the whistle each player must attempt to find a partner and stand back to back.
- On each successive whistle the players must find a different partner.
- Require the players to move about the space using different movements between each whistle.



Here are some examples of stretching exercises.

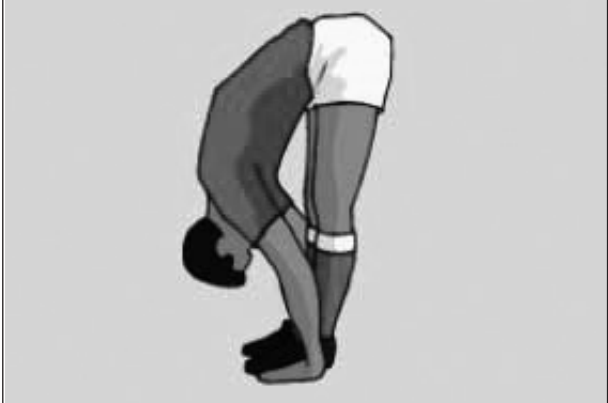
Arms Shoulders Chest

- Slowly turn the elbows inwards while straightening the arms behind your back.
- Keeping the chest out and the chin in, lift the arms up until you feel the stretch.



Lower Back

- Assume a squat position with arms resting on the floor.
- Slowly straighten the legs without locking the knees.
- Hold the stretch and relax.



Quadriceps (Thigh)

- Hold the top of the right foot with the left hand and gently pull the heel towards the buttock.
- Alternatively hold the top of the left foot with the right hand.



Hamstring

- On one knee extend the other leg out in front.
- Place the hands on the thigh of the extended leg and slowly stretch the lower leg until a comfortable tension is felt behind the thigh.
- Keeping the back straight lean forward while pointing the toes back towards the upper body to increase the stretch.



Calf

- Place the right foot forward with hands on hips.
- With back straight, lean forward and bend the forward knee while keeping the heel on the ground.
- Alternate with left foot forward.



Stretching exercises should be incorporated into the pulse raising activities where possible during the Warm-Up. In this case it is not necessary to hold each individual stretch for more than 3-5 seconds.

Cooling Down

Cooling Down is not very important for young children but it may be used to get players into the habit of cooling down, which becomes more important in later years.

Cooling Down should incorporate a gradual reduction in activity from intense (i.e. running, etc.) to moderate (i.e. jogging and walking)

Stretching exercises should be conducted in a more static manner and on the ground where possible. Stretches should be held for 10-15 seconds



Using Ladders and Hurdles

Ladders and Hurdles provide the environment for legs to prepare for and develop fast footwork patterns. Rapid footwork is an important movement skill that comes from constantly challenging one's reactions, speed and agility. With regular work on the ladders, footwork will improve and assist faster running, quicker side stepping, feinting and changes of direction.

Here are some pointers to remember when using ladders:

1. Concentrate on Technique and then Speed of Movement
2. Quality is always better than quantity
3. Introduce a ball where possible, once the basic movement technique has been learned

Technical Points:

- On balls of feet
- Head up
- Use arms
- Keep core/torso strong
- Don't cross feet

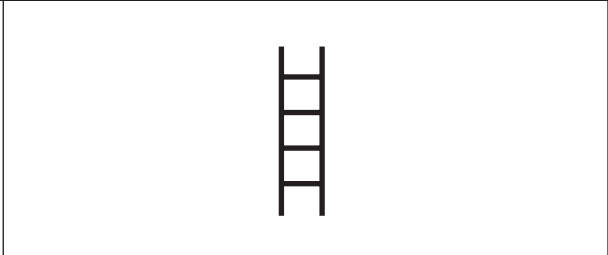
Here are some examples of drills using ladders or hurdles.

Quick Step	
<ul style="list-style-type: none"> • Run through the ladder, putting both feet in every hole along the ladder length. • Lead with the opposite foot on every alternate attempt. 	
Miss-a-hole	
<ul style="list-style-type: none"> • 2 ladders side-by-side. • Run through, putting the right foot in every alternate hole on the right side, and the left foot in every other hole on the left side. 	
Side Steps	
<ul style="list-style-type: none"> • Moving sideways lead with the right foot and follow with the left placing each foot in every hole. • Lead with the opposite foot on every alternate attempt. 	



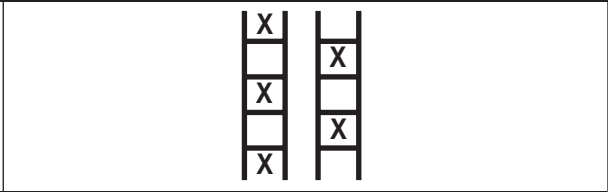
Double Jumps

- Feet together, jump 2 holes forward, then 1 hole back.
- Repeat pattern up the ladder.
- Spend as little time in contact with the ground as possible.



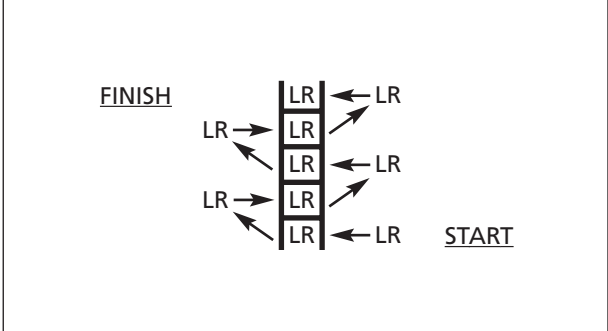
Bunny Hops

- Stand with feet together.
- Bounce through alternative holes, keeping feet together.



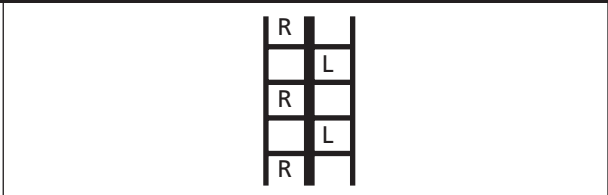
Double Shuffle

- From start, put left foot into hole, then right foot in.
- Then left foot out and forward (pushing off right foot), followed by right foot.
- Then right foot into hole, followed by left.
- Then right foot out and forward (push off left), followed by left, and so on.



Cross Steps

- Running forward, put the right foot in every other left hole, and left foot in alternate right holes.





Guidelines for Running Relays

1. Each player performs the required drill once, unless of course there are unequal numbers in each group, in which case one player may have to go twice.
2. Award four points for a win, three points for second, two for third and one for fourth.
3. Give each group the name of a county team (give them the opportunity to pick their own). Alternatively, the same county name can be given to two teams and if for example the teams finish 1st, 2nd and 3rd during the relay their scores are added together. e.g. 4 points + 2 points = 6 points.
4. Encourage players to support each member of their team during the relay.
5. Having passed the ball to the next player in the line they then go to the back of the line and get down on their hunkers. The first team to have everybody complete the drill and down on their honkers are the winners.
6. A team not in line is disqualified.
7. A team who fails to perform the drill correctly is disqualified.
8. A team is disqualified if a player forgets to go to the back of the line or if any player forgets to go down onto their hunkers.
9. Any form of cheating merits disqualification.



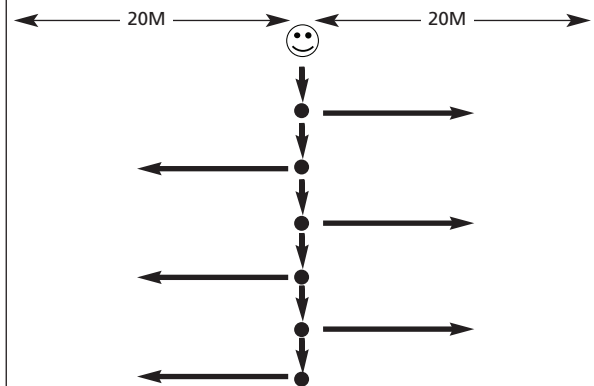
Skill Challenges

These Skill Challenges have been designed for 12 - 14 Year-Olds.

Ground Striking

Place six sliotars along a line at intervals of 4 metres. The player must run and strike each ball on the ground from alternate sides without breaking stride. The balls must travel a distance of 20 metres.

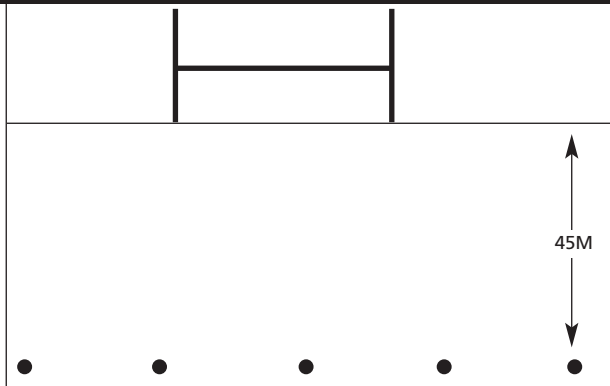
Five points are awarded for each strike of 20m or more, giving a possible total of 30 points. Record the time taken by each player to complete the test. For each second over the allotted time of 10s deduct 2 points.



Free Taking

Place five sliotars along the 45m line as follows: 1 in line with the centre of the goals, a 2nd and 3rd at 10m either side of the centre and a 4th and 5th 5 metres in from each sideline.

The player, starting at a ball of his choice must lift and strike each ball off the hurley without catching in an attempt to score a point. 10 points are awarded for each score from balls 1, 2 and 3 while 20 points are awarded for each score from balls 4 and 5, giving a possible total of 70 points.



Jab Lift and Strike

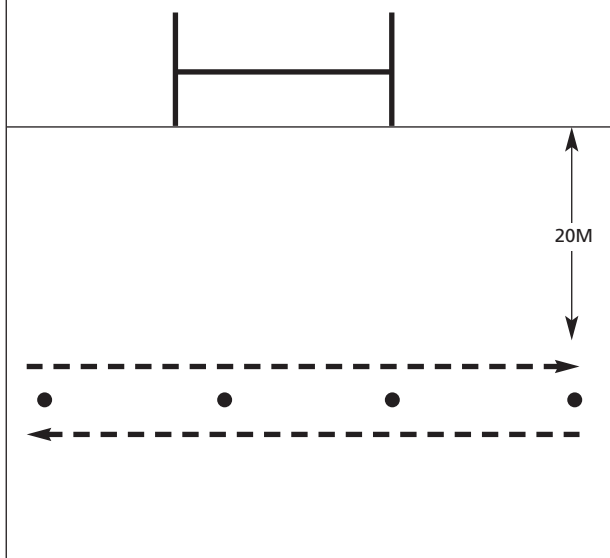
Place four sliotars along the 20m line at intervals of 7ms, evenly spaced to either side of the goal area.

Beginning at one side the player must jab lift each ball in turn, take it into his hand and strike it to pass over the bar on the run. The player must then attempt the challenge from the opposite side.

Failure to jab lift the ball on the first attempt will rule the effort disallowed.

10 points are awarded for each point scored giving a possible total of 80 points.

The time allowed is 10 seconds in each direction. For each second over the allotted time deduct 2 points.





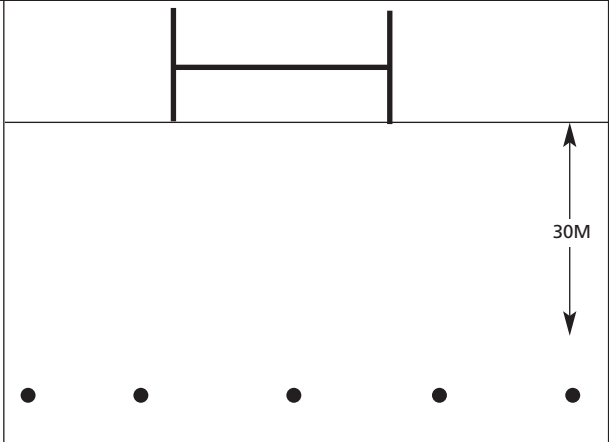
Sideline Cut

Place five sliotars along the 30m line as follows:

One in line with the centre of the goals, a second and third at 10m either side of the centre and a fourth and fifth 5 metres in from each sideline.

The player, starting at a ball of his choice must attempt to strike each ball over the bar from the ground.

10 points are awarded for each score from balls 1, 2 and 3 while 20 points are awarded for each score from balls 4 and 5, giving a possible total of 70 points.



Jab Lift, Solo and Strike off the Hurley

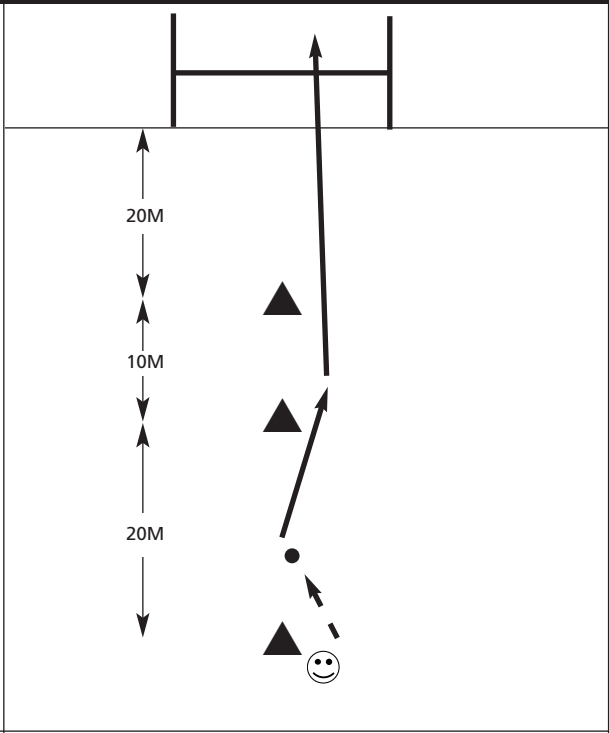
Place four sliotars, 2m apart, on the 45m line in front of the scoring space.

Beginning approximately 50 metres out the player runs to the first ball, jab lifting the ball without taking ball into his hand, and soloing to at least the 30m line. The ball must be struck off the hurley to pass over the bar before the player reaches the 20m line.

Returning to the starting point the player repeats the challenge with the next ball and so on until four efforts have been made. Two balls must be struck from the dominant and two from the non dominant side.

20 points are awarded for each point scored, giving a possible total of 80 points.

Record the time taken by each player to complete the test. For each second over the allotted time of 1min deduct 2 points.





Organising Modified Games

General Guidelines:

- a) No substitutes, Participation for all.
- b) 7 minutes per-quarter for 7-8 year olds.
8 minutes per-quarter for 9-10 year olds.
20 minutes per-half for 11-13 year olds.
- c) The modified game should reflect the skill practiced. For example, when coaching striking skills, the follow on game should focus on striking skills. This can be achieved by awarding skill points for striking, or by limiting or disallowing hand passing.
- d) Teams should consist of 5-11 players.
- e) Group teams according to ability. Where players are exceedingly strong, condition the game to make it more challenging for them, e.g. a strong player must release the ball immediately or he/she is restricted in his/her role.
- f) When awarding a free, give a brief explanation of what "foul" was committed.
- g) The **skill point** has a much more important role to play in the case of the weaker player. If used properly, it can instil sufficient confidence in the child, encouraging him to try over and over again.
- h) Encourage Respect and Sportsmanship for all by ensuring the ball is returned on the full to the player taking the free when a free is awarded, and by penalising all expressions of poor sportsmanship.



Example of Modified Rules

1. Ground Hurling only.
2. No Soloing.
3. Referee identifies the players who are to take frees, sidelines, 65s etc. - Preferably weaker players.
4. Skill points should be awarded during the course of the league games.

Roll-Lift	:	1 point
Jab-Lift	:	2 point
High Catch	:	1 point
Good Save	:	2 points
Block	:	5 points
Hook	:	5 point
Good Handass	:	1 point
Intelligent support play	:	1 point
Effective tackling	:	1 point

Guidelines for Organising a Blitz:

1. Grade Teams on the basis of ability or Select Teams by Player Gradings
2. Assign a County Name to Each Team
3. Ensure full participation for all Players
4. Award 2 Points for a Win, 1 Point for a Draw
5. Encourage a 'Participation and Play' as opposed to a Win at all costs attitude

Go Games:

Go Games are modified skill development games for U-8s (First Touch), U-10s (Quick Touch) and U-12s (Smart Touch). They have been designed to promote:

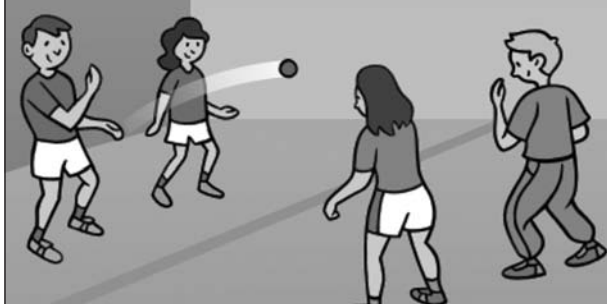
1. Increased enjoyment
2. Increased number of touches on the ball
3. Increased physical work rate
4. Increased perception of competence

For details on the Go Games refer to The Go Games Booklet or visit <http://gamesdevelopment.gaa.ie>

Handball Games

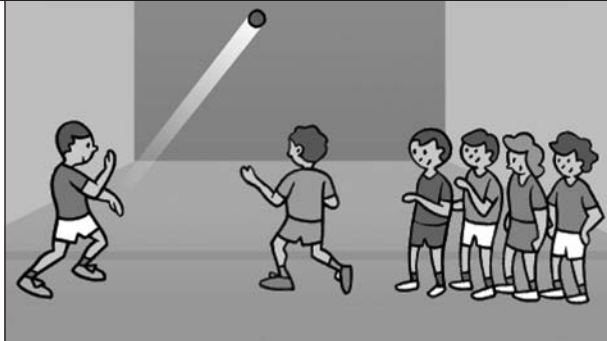
Handball Tennis

This game is similar to tennis but children hit the ball with their hands. It develops good footwork, awareness of positioning, hand eye co-ordination and will also develop both hands. A net is not essential as a line can be drawn on the schoolyard or PE hall. Handball can be played and valuable skills developed without a wall.



Round Robin

Any number of players can play. All players line up, the first person hits the ball and then runs to the back of the line. The rally continues until someone misses. Weaker players may have three lives, while the stronger players may have one.
Weak Hand Robin – This is the same game using the weaker hand to hit the ball. Development of the weak side is vital in Gaelic Games.



Keep Rally Going

This is the same as Round Robin, only this time everyone tries their best not to end the rally but to get the greatest number of consecutive hits. Players should aim to improve their score each time. This is a good game to play alone using each hand in turn.



Target Practice

Various sized objects can be placed at a distance e.g. skittles, plastic bottles. Points are awarded for hitting them or knocking them down. Kids should start off by throwing a ball at the objects and eventually progress to bouncing the ball and hitting it with the palm of the hand towards the targets in a swinging motion. Where there is a section of wall, permanent targets could be painted on. This is a good game for the child who wishes to practice on his or her own.

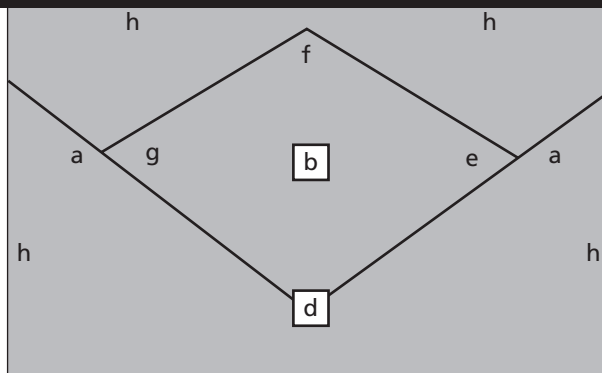




Rounders

Rounders is another of our National Games. It is a field game where teams take turns to bat a ball in order to gain points by running through four bases (a run). Here are some guidelines for playing Rounders:

- Mark out a field of play as per the diagram.
- Divide the players into equal teams of 9 players each.
- Toss to decide which team will bat first.
- The fielding team line out as follows:
 - A pitcher at the pitcher's stand (b).
 - The catcher in the catcher's box (d).
 - One player adjacent to each base (e, f, g).
 - The remaining 4 players in any position in the outfield.



The Play

The pitcher facing home base should present the ball to the batter. They must take no **more than two steps** onto the Pitcher's stand and deliver the ball **underhand** towards Home base.

The ball must pass over home base not lower than the batter's knee or higher than the batter's shoulder. If the ball is outside these limits it will be declared a **Bad Ball**. A batter may not run, and the call is against the pitcher.

On a bad ball the ball is dead and no play can take place, unless it is the third bad ball in which case the batter goes to first base and all runners advance one base each.

If the pitch is good the batter attempts to strike the ball into the field of play in such a manner as to make it difficult for the fielders to catch.

Once the ball has been struck, the batter, and any teammates on the other bases, attempt to make ground to the next base or home.

A run will be scored provided a runner coming home from third base touches home base. The team, that scores the greatest number of runs wins.



Introducing Secondary Themes

Secondary Themes focus on those Topics, Values and Behaviours that are associated with a sporting lifestyle and are central to making participation in Gaelic Games the most positive experience it can be. The following are the recommended topics for each day:

- Day 1 – **The GAA – History, Place, Identity**
- Day 2 - **Playing Gaelic Games**
- Day 3 – **Food and Nutrition**
- Day 4 – **Knowledge of the Playing Rules**

The Fun Blitz Day includes Fun Games, Skill Challenges and a Blitz and incorporates a Secondary Theme on the topic of **Sportsmanship and Respect**.

The following provide guidelines for Coaches on introducing Secondary Themes on each of the days.

Use questions, tasks and discussion to help make the players aware of the issues and topics important in each theme.

On a Rainy Day

Find plenty to do on a rainy day in this summer's **Cúl4Kidz Magazine**. There are facts, figures and interviews to guide you through this year's All-Ireland Championships plus much more!

There are also tasks for a rainy day to print or download from the **VHI Cúl Camp Website**.

<http://www.vhiculcamps.gaa.ie>

Remember the Secondary Themes can be used to supplement indoor activities on a rainy day.

Day 1 – The GAA – History, Place, Identity

Use the following as questions or to devise tasks:

- Name five Clubs in your county.
- Can you identify their colours?
- Name the player(s)/most current players from your Club that play/played for the County Team.
- Name the County Ground in your County
- Do you know where the ground got its name?
- Name two of the Stands in Croke Park
- Where was the GAA Founded?
- Name the Irish for Goal (Cúl), Point (Cúilín), Referee (Réiteoir), Jersey (Geansaí,) etc..

Day 2 - Playing Gaelic Games

Use the following as questions or to devise tasks:

- Who is your favourite player? Why?
- Why do you enjoy playing Football/Hurling/Ladies Football/Camogie/Handball/Rounders?
- Can you list some of the skills involved in Hurling and Football?
- What parts of the body do you use to perform each skill?
- Why do you play Hurling/Football, etc.
- Name three things that playing Hurling/Football, make you better at?



Day 3 – Food and Nutrition

Use the following as questions or to devise tasks:

- Can you name the five different food groups?
 1. Breads, Cereals and Potatoes
 2. Fruit and Vegetables
 3. Milk and Dairy Products
 4. Meat, Fish and Others
 5. Foods containing Fat and Sugar
- Do you know what each type is for?
 1. Carbohydrate for energy to help us Run and Play
 2. Vitamins and Minerals
 3. Protein to grow muscles and bones
 4. Protein to grow muscles and bones
 5. Energy
- Name five foods that are really good for you?

Day 4 – Knowledge of the Playing Rules

Use the following as questions or to devise tasks:

- Name five ways you can play the ball in Hurling/Football.
- How many steps can you take before playing the ball?
- What line do you take a penalty from?
- Name three ways you can score a goal in Hurling/Football
- Which is the higher score, 3 goals and 10 points or 1 goal and 17 points?
- Name all the positions in a Football/Hurling team.
- What number jersey would you be wearing if you were playing Right-Half Forward?

Day 5 - Sportsmanship and Respect

During the Fun Blitz Day the coach should implement the following to promote Sportsmanship and Respect:

- Ensure the players shake hands with their opponents before and after each game
- Penalise all fouling strictly
- Penalise dissent by moving the ball forward
- When a free is awarded the ball must be given on the full to the player taking the free.



Vhi Cúl Camp - Staying Cool at Camp

Notes for Coaches on the importance of fluid for children

Children use up more energy than both adolescents and adults while doing the same activity. In fact children produce twice as much heat for the same level of exertion as adults. This means they can heat up quickly and they can overheat quickly too. To complicate matters they tend to sweat very little and so cannot dissipate heat like adults can. For all of these reasons fluid intake is vitally important as a cooling mechanism for them. Too little fluid leaves children hot, weak and tired and may cause headaches. Regular drinks of water throughout the day at camp, not only at lunch but between meals as well, is very important. Regular drinks will ensure they stay cool.

What are the benefits of being well hydrated?

- Stay cool and avoid dehydration
- Avoid headache and tiredness
- Improved performance
- Improved concentration
- Helps avoid cramp
- Helps avoid stitch

Cooling active children

- Children, like adults, do not voluntarily drink enough during sport. They need to be reminded to take regular fluid breaks. They should be advised to drink even though they may not be thirsty. They should drink from their fluid bottles and then take another few gulps to ensure they are drinking enough.
- Research shows that children are more likely to drink from their fluid bottles if they like the flavour. Therefore, flavoured drinks (water flavoured with a low calorie squash) is an option to enhance hydration.
- When it is very sunny, frozen juice drinks or ice pops can help cool children.

Suitable drinks for camp

Water, Water with low calorie squash or Fruit juice with meals (no more than 2/day)

Are sports drinks a gimmick?

Sports drinks are not gimmicks. They are well researched and are designed to increase fluid intake and performance. However, they contain calories and are expensive. For the serious junior athlete at camp, sports drinks are a suitable fluid option provided the child is of normal weight. However, a homemade sports drink is recommended over commercially available ones on account of cost.

Home made sports drinks recipes

1. 700ml warm water + 35g sugar (7 teaspoons) + pinch salt + 50ml low calorie squash. Mix and chill.
2. 150ml regular squash + 600ml water + pinch salt. Mix and chill.
3. 350ml fruit juice + 400ml water + pinch salt. Mix and chill.

Is sports water better than regular water?

Sports water has a role to play in keeping sports people well hydrated. However, its use depends on the type of sport together with the intensity and duration of the sport. They are not recommended as a drink option at camp because of the cost.

What can the coach do to encourage good hydration habits?

- Recognise the importance of fluid for children and create a supportive environment.
- Ensure the children's names are marked on their fluid bottles.
- Make time for regular fluid breaks during camp.
- Remind children every day to bring their fluid bottles.
- Fluid bottles must be washed out after camp and made up from scratch every day for food safety purposes.
- Encourage children to drink (any type of fluid) after camp when they go home.
- Have a supply of extra fluid bottles (6) in a cooler at camp.

