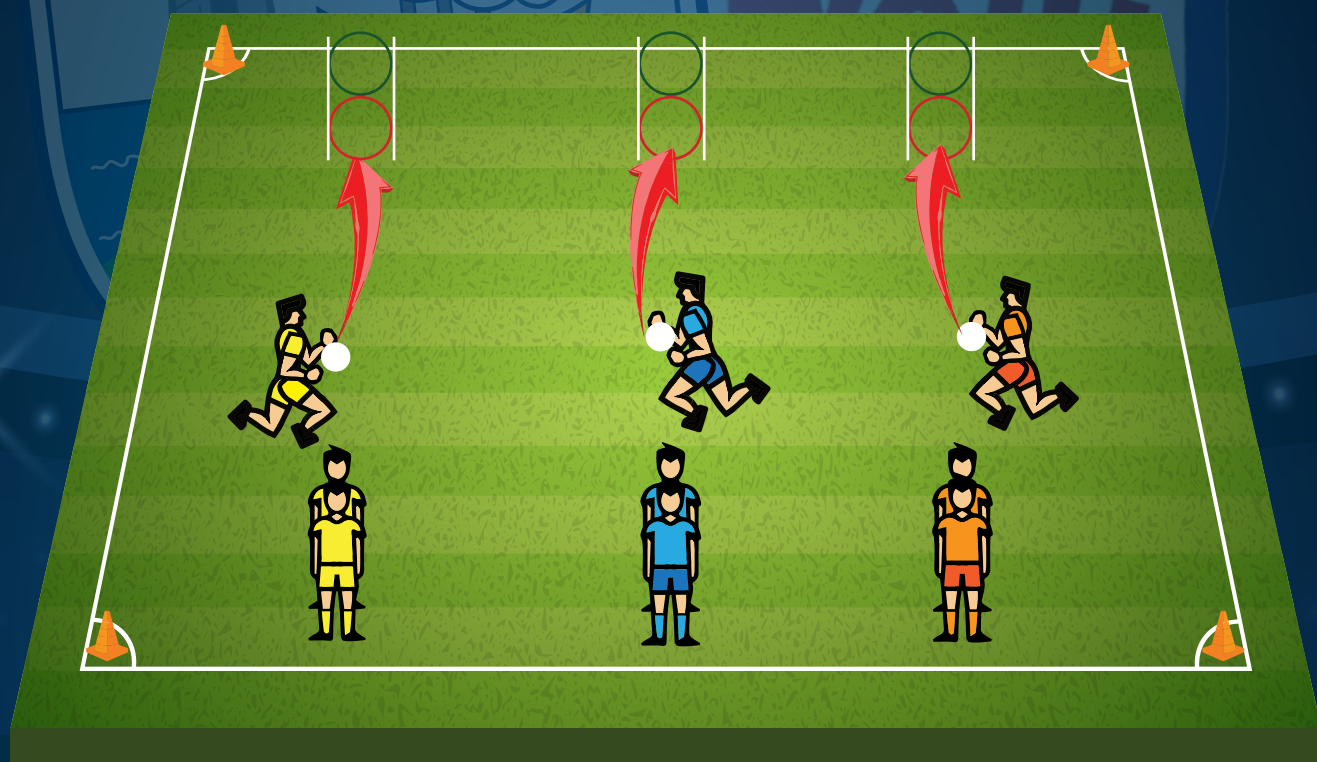


GAA ARCHERY

Diagram



What you Do

- Fix 2 coloured hula hoops to slalom poles using reusable cable ties or string
- Divide players into 3 different groups
- Players must ground strike or strike from hand through hoops
- Place cone 5-8m back from targets. Red hoop 10 points, green hoop 20 points
- Each player gets 2 strikes per round

What You Need

- 4 x Outer Marker Cones
- 6 x Slalom Poles
- 6 x hula hoops (2 colours)
- Cable ties or string
- Tennis balls
- Footballs

Key Coaching Point

- Striking Position & Grip Correct
- Kicking Position from ground & hand correct
- Body position when aiming
- Fun

Progression

- Striking off both sides / kicking off both feet
- Players must do 10 Jab lifts before shot at target
- Weaker side only striking / kicking
- Striking on the run

SKILLS ISLAND

Diagram



What you Do

- Skills must be based on ability and age of the players
- Divide players into 4 groups marked A, B, C, D
- Group A: Players stand either side of hula hoop they must scoop, flick, roll lift, jab lift ball into hula hoop. Take ball out and continue for duration of assigned time.
- Group B: Players must ground dribble ball or hop and solo ball in between cones' from cone B to cone 2
- Group C: Players must ground strike or footkick ball to coach standing at cone. 3 Players follows his pass to coach and must catch the pass for coach and handpass or throw it back to coach. Next Player waiting with ball goes next.
- Group D: Solo run, station, bean bags,

balls, hurleys. Players must solo beanbag/ball from cone D to cone 4 and back to cone D and pass to team mate waiting.

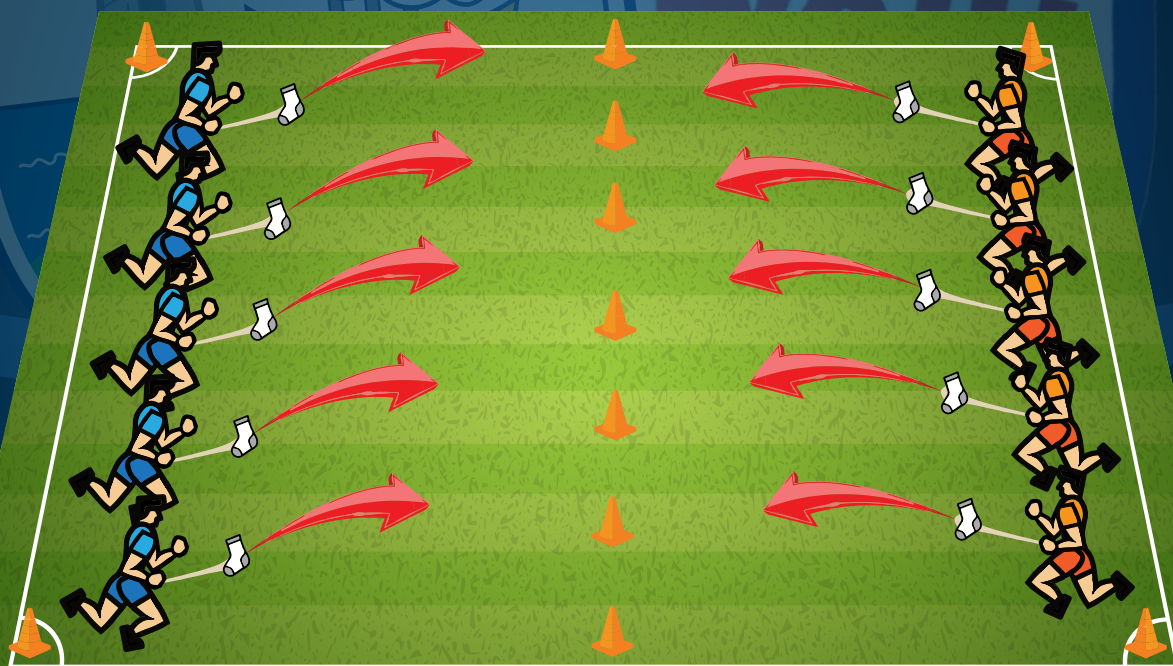
What You Need

- 4 x Outer Marker Cones
- 4 x Inner Marker Cones
- Hoops, cones, poles, balls, hurleys

Coaching Tips

- Vary skills to suit level of ability & age
- Fun: tell them they are pirates digging and carrying treasure around the island

SMELLY SLIOTAR SOCKS



What you Do

- Ask all kids to bring a smelly sock to training
- Divide them into 5 or 6 players
- Give each player a ball to put in their sock
- Kids then line up in their teams at either end of playing area set up.
- Players must ground strike their smelly socks from their side to the opposition side over the red line
- Players continue to strike over and back to keep their side free from smelly socks, coach times game and team with least amount of smelly socks on their side wins.

What You Need

- 4 x Outer Marker Cones
- 7 x Halfway Marker Cones
- Bibs for each team playing
- balls
- Smelly socks / per child

Key Coaching Points

- Get kids striking with 2 hands on hurley
- Check dominant hand is in correct position
- Fun

Progressions

- Strike from both sides
- Strike on weaker side only
- Strike from hand
- Smelly sock solo race

HURLING DISCO HANDS



What you Do

- Set out a 20m x 20m square with cones.
- Children stand in a semi-circle in front of the coach. The coach demonstrates how to run with the hurley in two hands, in one hand, the 'ready' position and how to jump.
- With kids in the ready position, on a whistle from the coach the children start jogging and the coach then calls out either 'TWO HANDS!', 'ONE HAND!', FREEZE, JUMP or DISCO!
- **TWO HANDS!:** Running with the hurley in two hands is with the hands in the same position as the 'ready' position but just moving the hurley forwards and backwards as you run.
- **ONE HAND!:** Running with the hurley in one hand – the child holds the hurley with their 'writing' hand only around where the black tape/name of hurley maker is on their hurley.
- **FREEZE!:** The child freezes in the ready position as fast as they can.
- **JUMP!:** The child jumps in the air as high as they can and tries to catch an invisible ball with

one hand.

- **DISCO!:** The kids do a funny dance with the hurley.

What You Need

- Cones
- Beanbags

Key Coaching Points

- Ensure the correct grip when in 'ready' position/when running with the hurley in two hands.
- Check that the child is holding the hurley in their hurley hand when holding the hurley in one hand.
- Emphasise the 'hurley' hand to hold the hurley and the 'ball' hand to catch a ball/beanbag.
- Can progress it on to get the children practicing how to catch a beanbag in one hand (the 'ball' hand).

STEAL THE DINOSAUR EGGS



What you Do

- Divide the children into two teams with each team having a 'cave' in two corners of a 20m x 20m square.
- Scatter 20+ sliotars around the square.
- The sliotars are the 'dinosaur eggs'
- On the whistle by the coach, one player at a time from each team runs out to get an egg and must dribble it back to their 'cave' using correct grip and both sides of the hurley.
- One 'egg' only at a time can be brought back.
- A coach with two noodles in their hands pretends to be the 'dinosaur' trying to catch the children stealing the eggs. The children must avoid the dinosaur as they dribble.
- Whichever team collects the most eggs in their cave at the end is the winner

What You Need

- Cones
- Noodles
- First Touch Sliotars

Key Coaching Points

- Ensure the kids are using the correct grip on the hurley – players hold the hurley with their "writing hand" at the top of the handle.
- Encourage the child to use both left and right sides of the bas when dribbling
- Losing team starts with an extra egg each time