

TESCO

Hurl With Me






HURL WITH ME

COACHING BOOKLET

WELCOME TO THE CAMOGIE ASSOCIATION'S HURL WITH ME PROGRAMME

This Booklet is a guide to help you through the basic steps and skills of Camogie. We hope you enjoy learning the skills of the game and more importantly have fun in learning the game with your daughter.

This booklet is a guide and a checklist for the important basic skills of the game. Camogie is a game for every generation. For more info on the game of Camogie, check out:

-  [Facebook.com/officialcamogieassociation](https://www.facebook.com/officialcamogieassociation)
-  [Twitter.com/officialcamogie](https://twitter.com/officialcamogie)
-  www.camogie.ie

HURL WITH ME WEEKLY COACHING SESSIONS

- Week One Grip and Swing
Dribbling
- Week Two Ground Strike
Shoulder Clash
- Week Three Roll/Jab Lift
Handpass/Catch
- Week Four Strike from the Hand

Parent & Daughter Practice Days: Monday • Wednesday • Friday

REMEMBER! HEAD ● HANDS ● FEET

TEACHING / COACHING THE SKILLS

The IDEAL model is used to coach/teach the skills

I Introduce the skill

Remember that brevity is of the essence as kids come to the field just “to do it”

D Demonstrate

If coach is not proficient use a mentor or player who is

E Explain

Short explanation – as little talk as possible

Get the players involved

A Action

Players practice the skill

L Looking

Observing with a view to fixing, safety, progression, task appropriateness, enjoyment



ORGANISATIONAL HINTS

For coaches or parents helping out with a team



- Players to gather at pre-arranged spot on field on sound of whistle
- Coach positions herself so that she can see all players
- Players to assemble in half circle or in 2/3 rows
- Ensure that there are no visible distractions behind coach
- Have the sun at the player's backs
- Make sure all sliotars are deposited in designated place while coach is speaking
- Make sure all players can hear what is being said – coach should avoid speaking into a breeze
- Separate disruptive players
- Look directly at any inattentive player – proceed to addressing disruptive player by name and asking, firmly but politely for attention

Introduce Skill

- (a) Name the skill.
- (b) Enthusiastically explain why coach thinks players will enjoy learning this skill.
- (c) Endeavour to get players to appreciate that this skill is a big deal and what great players they will become on mastering this skill!

Demonstrate

- (a) Demonstration by coach, player or friend who is proficient in the skill.
- (b) Emphasise importance of head, hands, hurley and feet – young players react very positively to this.
- (c) Use clear age-appropriate language when working with young players.
- (d) Demonstrate the whole skill.
- (e) Break skill into key components.
- (f) Emphasise 2/3 most important points.
- (g) Be brief but check that players understand.
- (h) Demonstrate slowly 2-3 times.
- (i) Question for understanding.
- (j) Demonstrate whole skill again.

Explain

- (a) Keep explanation brief – players want to be “doing” not listening.
- (b) Use simple clear language.

Action

- (a) Players practice straight after demonstration.
- (b) Ensure players' safety – players helmeted – not too close to each other.
- (c) Minimise risk of failure.
- (d) Repeat demonstration and explanation when and where necessary – to clarify some point.
- (e) Encourage players as they practice.
- (f) Introduce simple drills where the players will experience further success.

Looking

- (a) Observing the players in action.
- (b) Pay particular attention to head, hands, hurley and feet.
- (c) Correct errors common to many players.
- (d) Correct just one error at a time to avoid cluttering players' minds with too much detail.
- (e) Comment on the execution rather than on the perpetrator – the action rather than player!
- (f) Show the young players an error you used to make as kid e.g. when roll lifting demonstrate how you used to raise the ball much too high. Ask kids to act as coach and to suggest what unfortunate consequence may have resulted from your incorrect performance of the skill. Elicit risk of injuries.
- (g) Vital that coach remains positive and helpful even in cases of poor execution of skill. Might be helpful to self-reflect on own coaching or to accept limitations of players!
- (h) Correction must be positive, simple and clear.

Patience is Paramount

WEEK ONE

GRIP AND SWING



1. Adopt ready position.
2. Ball in front of non-dominant (weak) foot.
3. Slide non-dominant (weak) hand into Lock Position.
4. Elbows bent.
5. Knees bent.
6. Swing and strike ball flat on with bat with "wristy" action.
7. Follow through to shoulder height.
8. Transfer weight to non-dominant leg.



Eyes on ball 'til strike completed.



Slide from Ready Position to Lock Position - follow through.

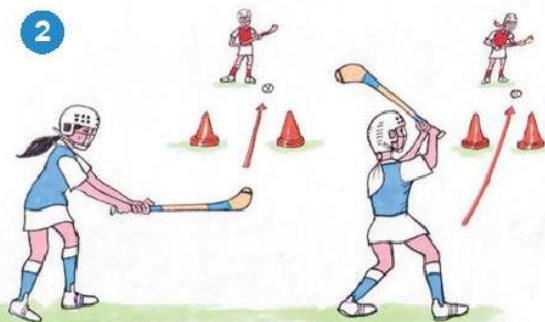


Ball in front of non-dominant (weak) leg - feet shoulder width apart - transfer weight to non-dominant leg.



Feet not too close together - stand close to ball - place bat behind ball before swinging - keep eyes on ball until swing completed. Non-dominant hand slides from Ready to Lock Position for each strike.

2



Pairs striking for accuracy to each other through 2 cones

Drills for Swing

- 1 Swing on an imaginary ball
 - First place bat just behind "ball". Check that non-dominant hand slides up and down handle before and after each swing.
 - (a) Strong side
 - (b) Weak side
- 2 Striking in pairs using
 - (a) First Touch
 - (b) Quick Touch Ball

WEEK ONE DRIBBLING

1. Adopt Ready Position.
2. As in blocking ground ball, slide non-dominant hand down handle for better control when dribbling.
3. Use both sides of bas, every second strike where possible, when dribbling.
4. Have heel of hurley on ground at beginning of dribble.
5. Heel of hurley not to be raised above shin level.



Eyes on ball.
Head over ball.



Adopt Ready position.
Slide non-dominant hand down handle for control.
Use alternate sides of bas.
Keep heel of hurley below shin level.



Adjust feet constantly so as not to overstretch.
Avoid temptation to use feet to control ball.



Keep ball within hurley length of body at all times.
Emphasise close control.
Encourage use both sides of bas.
Avoid resorting to using feet to move ball on.

Drills for Dribbling

1 Individual

Players practise dribbling imaginary ball using short back strokes while not lifting the hurley above shin level.

2 Pairs

Ball per pair. Players in turn dribble the ball out and around a marker 5m away and back.

3 Relay

Teams of 4 line up behind cone and facing a second cone 10m away.

Each player in turn dribbles out, around the cone and back before leaving ball for next player.

The drill can be progressed into a relay race when the coach considers her players sufficiently proficient in the skill.



WEEK TWO

SHOULDER CLASH



1. Adopt ready position
2. Be close to opponent
3. Move non-dominant hand up handle into Lock position
4. Bend elbows to raise hurley
5. Make shoulder to shoulder and hip to hip contact
6. Swing hurley to strike ball

Drills for Shoulder Clash

1 Pairs

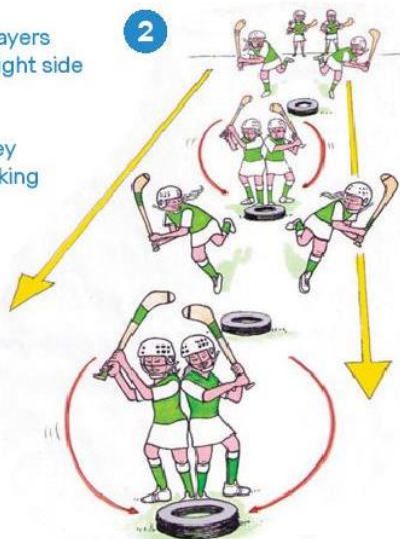
Players stand in pairs at tyres and strike tyres. Players alternate so that striking performed on left and right side

2 Tyre Line

Players work in pairs (a) walking (b) jogging as they strike tyres together. Ensure players practise striking on weak as well as strong side

3 Smaller Tyres

Introduce a line of smaller tyres so that players get used to being close together when they strike



Eyes on ball



Hands go from Ready to Lock position
Elbows bent to raise Hurley for "pull"
Two hands on hurley



Keep both feet on ground if possible but at least one foot at all times



Player must be in close contact with opponent, otherwise risk of injury.
Lock hands before completion of swing to avoid injury to non-dominant hand.
Swing with quick "wristy" action.

WEEK TWO GROUND STRIKE

* *Revise Grip and Swing teaching points on page 7*

Drills for Ground Strike

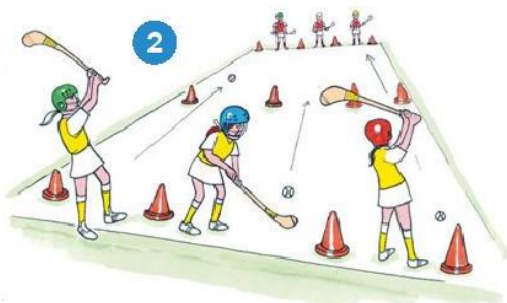
1. Goal to Goal

Goal to Goal using (a) First Touch (b) Quick Touch Ball.



2. 3v3

3V3 playing across centre line of cones. Three sliotars each side of cones. Teams play for two/ three minutes striking ball into opponents' territory. At whistle team with fewer balls on their side of cones wins.



3. "Golf Goals"

40m x 40m grid 2m goal at each corner.

Teams of three compete to see which team gets around in least number of shots. A shot which does not go through the goal constitutes a dropped shot and the next shot has to be taken from the place that the original shot was taken. The team with the least number of shots win.



WEEK THREE

ROLL/JAB LIFT



1. Adopt ready position
2. Change to lifting position
3. Non-dominant foot alongside ball
4. Bend knees and back
5. Eyes on ball
6. Hurley almost parallel to ground with toe pointed to dominant side – thumbs pointed towards bas
7. Place hurley on ball, roll ball backwards, slide toe of hurley under ball to rise it
8. Catch ball in cupped non-dominant (weak) hand as low as possible



HEAD
Head over ball.
Eyes on ball.



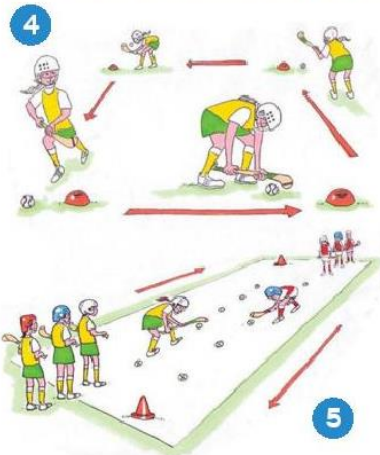
HANDS
Adopt lifting position.
Thumbs on top side of hurley pointing towards bas.
Hurley held almost parallel to the ground.
Catch ball in “cupped” non-dominant (weak) hand.



FEET
Non-dominant (weak) foot alongside ball.
Knees bent.



VITAL
Toe of hurley is turned away from body.
Hurley is almost parallel to the ground.
Dominant hand brought down the handle for greater control and stability when executing lift.
Ensure that players catch ball in “cupped hand rather than snatching it from above.



Drills for Roll Lift

- 1 **Individual**
Ball per player – each player performs 5 roll lifts, 10 roll lifts
- 2 **One minute**
Each player counts her roll lifts for one minute
- 3 **Partners**
Partners watch and count as colleague roll lifts
- 4 **Player and ball at each cone**
Players walk initially and then jog from cone to cone picking and dropping
- 5 **Two groups of 5 players at each cone**
Two lines of balls 3m apart. On signal both groups move to line of balls to their left hand side and roll lift in turn. Players keep picking and dropping for 2 minutes.

WEEK THREE HANDPASS

1. Hold the hurley in the dominant hand with the sliotar in the other.
2. Toss the sliotar to shoulder height, step towards the receiver with the dominant foot.
3. Swing back the non-dominant arm; strike the sliotar where the fingers meet the palm of the hand.

Drills for Handpass

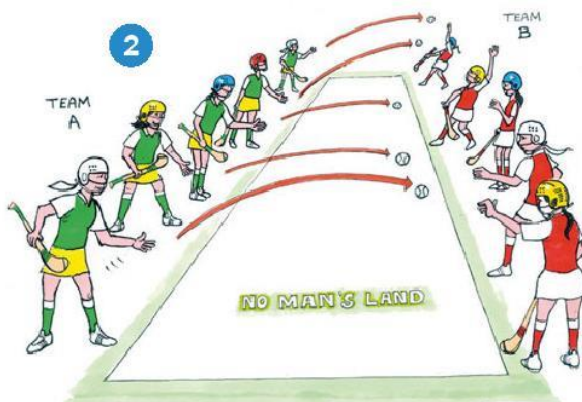
1. Beat the Circle – Teams of 5

One team passing within the circle while opponents are running around in relay style around the circle. The number of catches executed while opponents run around the circle, determine the winners.



2. Court Game

Two teams of three, four or five, on either side of "no mans land". Team A throws beanbag or Quick Touch ball which team B has to catch. If ball is dropped team A get a score. If ball or beanbag ends up in "no mans land" one score is deducted from the throwing team.



WEEK THREE CATCH

1. Players adopt the ready position.
2. Hold hurley in dominant hand across front of body.
3. Shorten grip if necessary.
4. "Cup" non-dominant hand.
5. Move/adjust feet to position oneself for catch.
6. "Cushion" ball by relaxing chest/fingers.



Eyes on ball



Dominant hand gripping hurley across body.
Grip shortened.
Non-dominant hand "cupped" to receive ball.



Move/adjust forward, sideways or backwards to receive ball.



Move so that ball caught between hand and chest or in front of face, movement may be forward sideways or backwards. "Cushion" ball on chest or in hand. Ensure hurley held shorter and across body, not trailing on the ground.

Drills for Catching

1 Individual

(a) Player throws (a) beanbag (b) First Touch sliotar slightly above head height and then chest catches

(b) Player throws (a) beanbag (b) Quick Touch ball slightly above head height and face catches

(c) On signal from coach all players count how many (a) chest catches (b) face catches in 30 secs

2 Pairs

Players 3m apart. Player A throws and player B executes chest catch and vice versa. Likewise for the face catch. On signal from coach pairs count how many (a) chest catches (b) face catches in 1 minute

3 Catching at cone

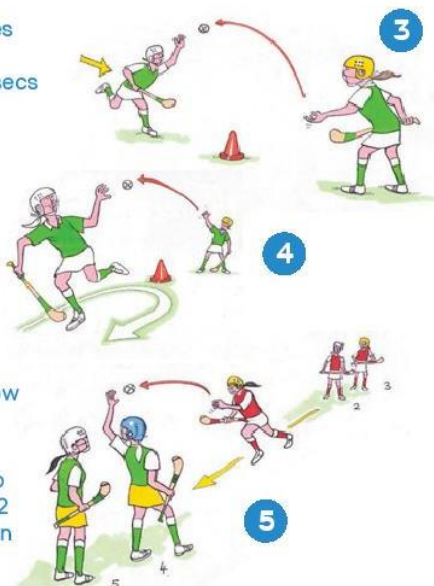
One partner throws while partner runs to catch at cone – then roles are reversed

4 Partners

Partners throw to each other, moving in to throw and moving out to receive

5 Straight line drill

Player 1 throws to player 4 and moves across to wait behind player 5. Player 4 throws to player 2 and moves across behind player 3. Player 2 then throws to player 5 and so on



WEEK FOUR STRIKE FROM THE HAND



Because of the complexities of this skill from the coordination and timing aspects we adopt a slightly different approach.

1. To provide a stable target for striking, the coach holds own rubber based hurley between knee and thigh for player to strike.
2. Hurley is held in hand at 90 degrees to forearm.
3. Toss imaginary ball in air from non-dominant hand.
4. Non-dominant hand then goes into lock position.
5. Player strikes bas of coach's hurley.
6. Ball/Balloon introduced - held in non-dominant hand. Shoulders and feet in line with the target.
7. Toss ball/balloon from non-dominant hand to shoulder height.
8. Non-dominant hand then goes into lock position, elbows bent.
9. Swing hurley downward - strike ball between knee and hip level.
10. Weight transferred to non-dominant leg.

Drills for Strike from the Hand

- 1 **Hurley strike** Coach holding hurley between knee and hip level while players in line strike bas of hurley
- 2 **Ball per player** Players stretched out along side striking balls on whistle across field and back
- 3 **Players 15m apart** Striking ball to each other
- 4 **Players in pairs - 15m apart** Two cones 3m apart. Players strike ball through cones to each other to progress drill (a) increase the distance between the two players (b) reduce the width of the goals
- 5 **Goal to goal** Parent and Player have a goal each, they must try and score a goal on each other striking from the hand while trying to defend their own goal



Eyes on ball until strike is completed.



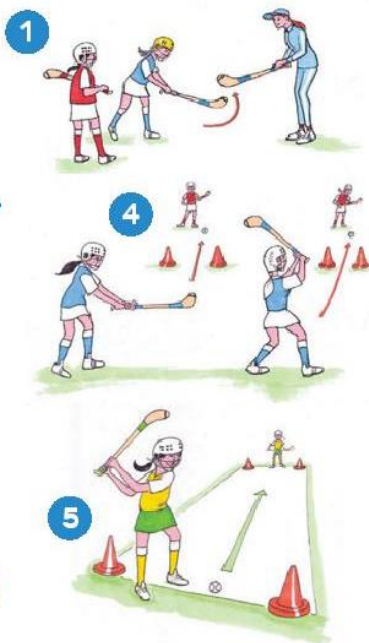
Non-dominant hand below dominant hand. Toss ball shoulder high. Shorter grip if missing ball.



Transfer weight from dominant to non-dominant leg.



Ensure dominant hand remains above non-dominant hand especially when hurley is shortened. Look at ball not at the target.



PARENT PRACTICE DAYS WORKSHEET

Tick each day as you practice

Week One

Grip and Swing MON WED FRI

Dribbling MON WED FRI

Week Two

Ground Strike MON WED FRI

Shoulder Clash MON WED FRI

Week Three

Roll/Jab Lift MON WED FRI

Handpass/Catch MON WED FRI

Week Four

Strike from the Hand MON WED FRI

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