

Hurling Skills, Drills & Fun Games



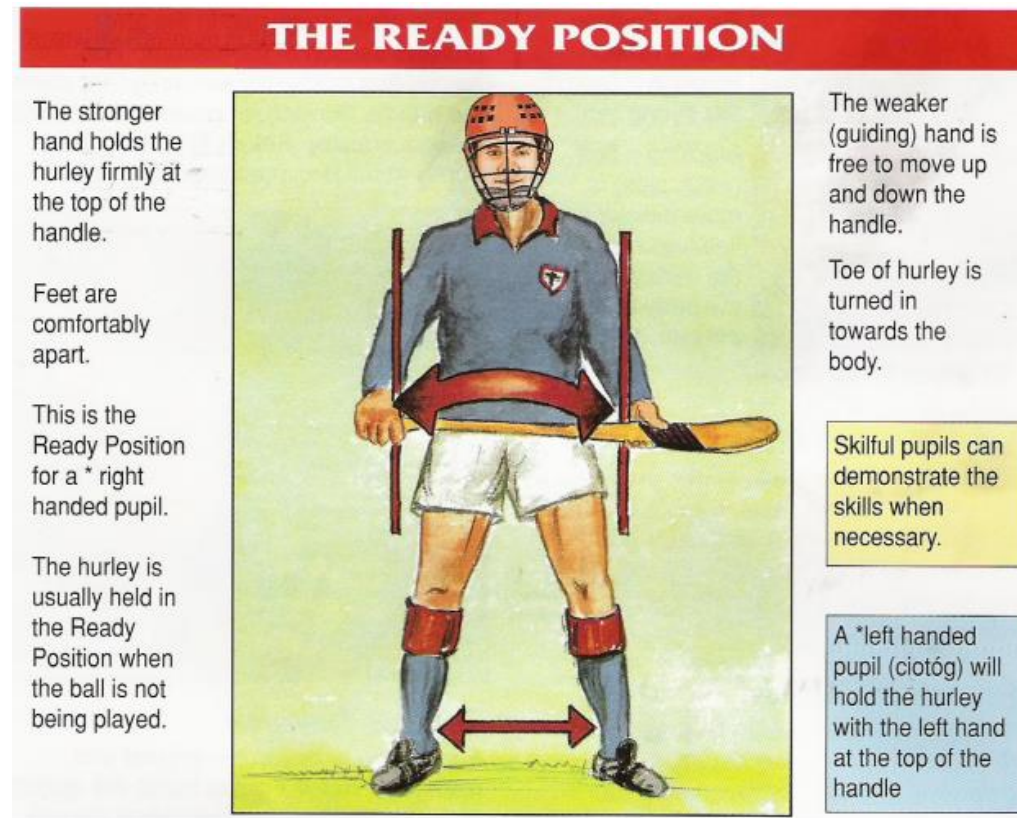
Tyrone GAA- Coaching & Games

- ▶ As many schools are now closed, alongside the halt of all GAA activities, both club and county, lots of children have been left without any trainings to attend nor P.E classes within schools.
- ▶ We, the County's Coaching and Games Officers, have devised some fun games and skill activities based around Hurling, to keep children practising and also occupied throughout these unprecedented times of isolation.
- ▶ In these slides you will find, lots of games and drills covering all the basic skills of Hurling for all ages, as well as key coaching points to ensure children are learning these skills effectively.
- ▶ If you have any other games/adaptations of the games included, by all means share on social media, or with friends/family.



Ready Position

- This is the 'ready position' which children should become accustomed to maintaining before and after completion of each skill.

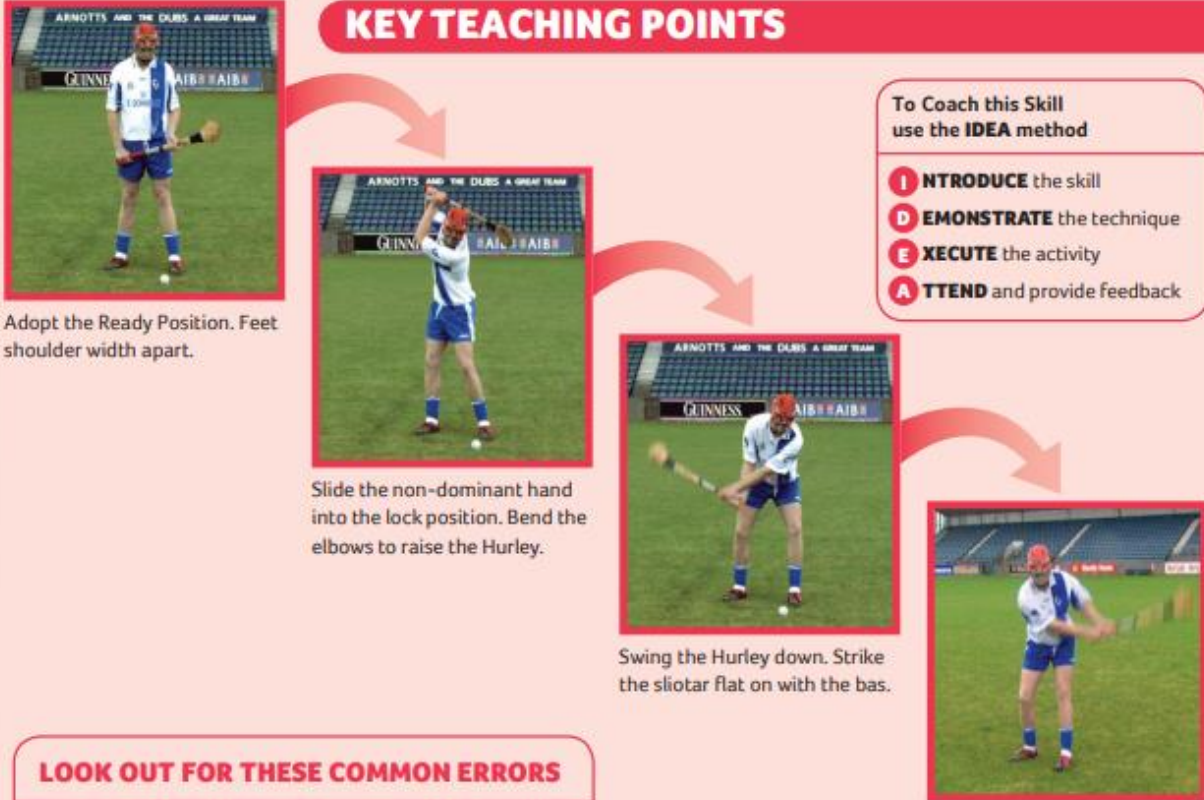


Ground Striking

Additional Points:

- Using shoulders/ side foot to assist with aiming of the strike
- Keeping eye contact with ball at all times

KEY TEACHING POINTS



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

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

LOOK OUT FOR THESE COMMON ERRORS

- Feet too close together
- Not standing close enough to the sliotar
- Lifting the head to follow the sliotar

Adopt the Ready Position. Feet shoulder width apart.

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

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

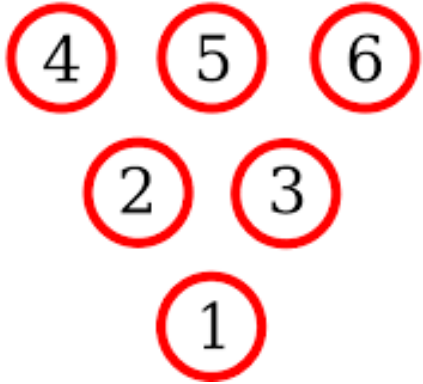
Keep the head down. Follow through in the direction of the strike.



https://youtu.be/gjaw_WzbYMY

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Hurling Bowling



Rules:

- Stack/Set up cones or empty water bottles (milk cartons) like 'skittles'
- Children can choose a suitable distance to start
- Then children should try to strike down as many 'skittles' as possible in one strike. Beginners can start of using a bigger ball (beach ball)

Advancements:

- Use of a smaller ball/ sliotar
- Varying distance away from skittles
- Attempting to strike from either side of the body
- Roll ball to/from child to challenge striking a moving ball
- Add a scoring system to make game more competitive





Shooting Range

- Ask children to setup several targets at different distances in the garden.
- Examples of this would be empty bottles, cardboard boxes, even tea towels on the washing line.
- Make up their own scoring system depending on the size of the target and the distance from the target.
- Challenge themselves to hit so many targets in a minute or in 5/10 attempts



Roll Lifting

Additional Points:

- Place less dominant foot beside the ball
- Bend knees to get lower to the ground and a lower centre of gravity for most balance

KEY TEACHING POINTS



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



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



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

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

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

LOOK OUT FOR THESE COMMON ERRORS

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



https://youtu.be/y_yz7M-wcoc

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Job Lifting

Additional Points:

- Place less dominant foot beside the ball
- Bend knees to get lower to the ground and a lower centre of gravity for most balance
- Walk through the ball to make it easier to lift
- Hover hurl flat above the ground



KEY TEACHING POINTS

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

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

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

Slide the Hurley under the sliotar to lift it.

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

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle
- Catching the sliotar in the dominant hand

<https://youtu.be/qTDuYiUMVjs>

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Lifting Challenges



- Using a beach ball/balloon, attempt to make 10 correct lifts in a row
- Advance to a smaller ball/sliotar or try to make as many lifts as possible in a set time.
- Children can also try lifting on the move, starting at a walk and building speed until they can comfortably lift the ball at a fast pace.
- **‘Cross Country Challenge’** - Children should challenge themselves to complete 3 roll lifts and 3 jab lifts on different surfaces. (Grass/Tarmac/Stones/Carpet)
- Introduce a time limit or challenge them to complete the circuit in the quickest time.



Catching

Additional Points:

- Using the 'claw' grip to catch the ball
- Reinforcing to children to use hurl to protect their catching hand

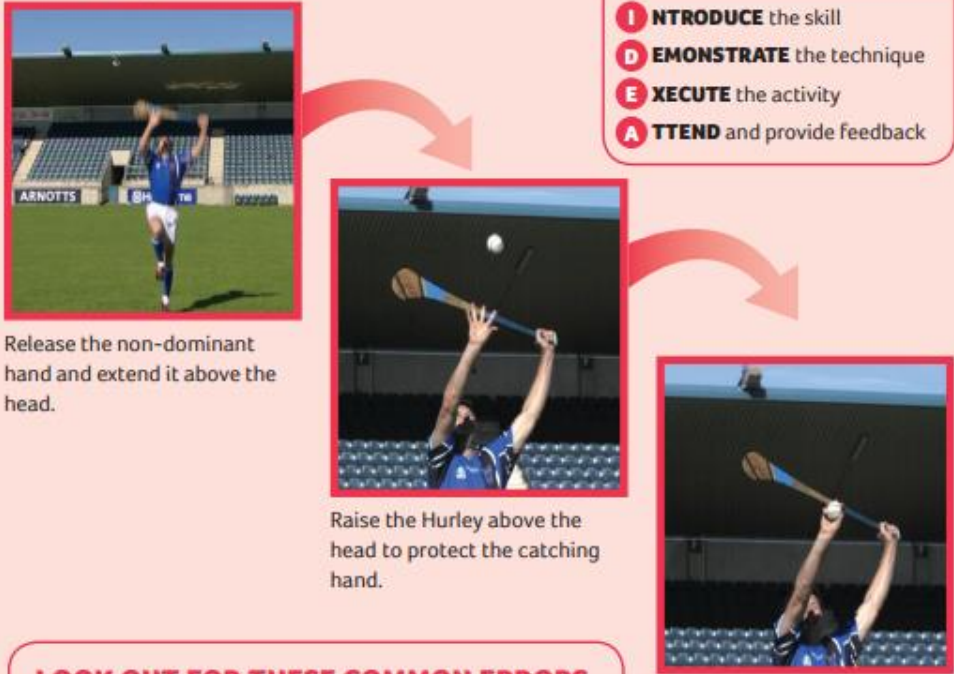
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KEY TEACHING POINTS

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

- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
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Release the non-dominant hand and extend it above the head.

Raise the Hurley above the head to protect the catching hand.

Relax the hand on impact, catching the sliotar with the fingers.

LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Grabbing at the sliotar
- Failing to protect the catching hand



Catching Drills



- Children can begin to practise catching with their non-dominant hand with a small soft ball/orange/pair of folded gloves or socks
- By keeping the hurl in the dominant hand, it encourages the children to be confident to catch with the non-dominant hand
- Advancements could be using a sliotar or tennis ball, throwing and catching off the wall
- Challenge the children to get as many catches in a row without dropping the ball
- Time challenge- 30 seconds to throw and catch off a wall as many times as possible. Encourage children to be on their toes ready to react to the ball rebounding off the wall.

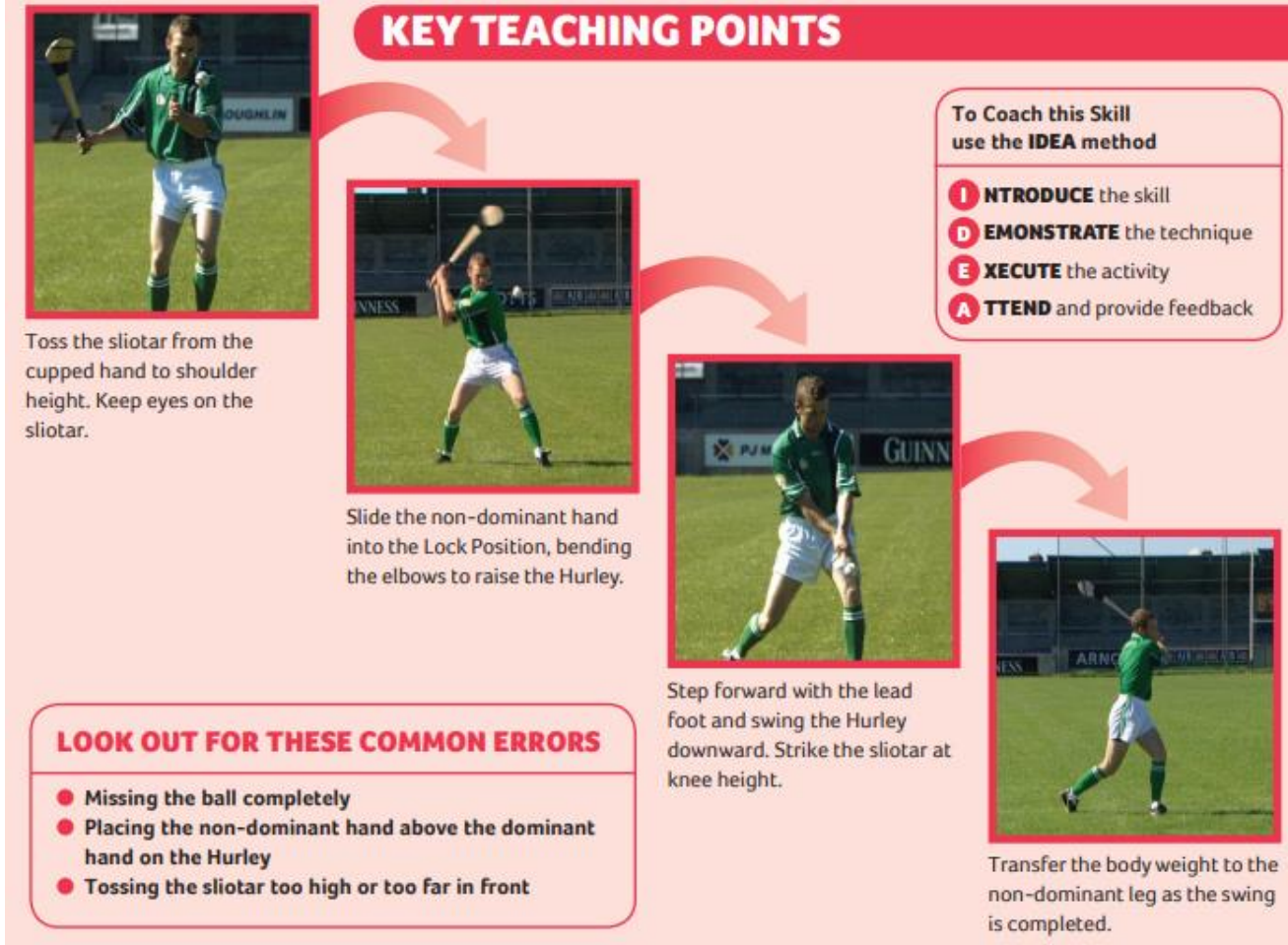


Striking from the Hand

Additional Points:

- Ensuring striking off the shoulder
- Using feet and shoulders to aim ball as in ground striking previous

KEY TEACHING POINTS



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

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

LOOK OUT FOR THESE COMMON ERRORS

- Missing the ball completely
- Placing the non-dominant hand above the dominant hand on the Hurley
- Tossing the sliotar too high or too far in front

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

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

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

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



<https://youtu.be/G6w1bXCQaiM>

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Striking Drills/Games



- Strike sliotar off wall and back to player, using both sides
- Advancement- Moving the feet, ensuring shoulder and feet facing correct way/ striking on the run
- Attempt on right side, then left side and then using both
- Children can also use the ‘Shooting Range’ game from previous slides
- Time trial- Strike sliotar off wall and back to player, using both sides and see how many can be done in 30 secs/ 1 min
- Try and beat score each day!! Lots of challenges from clubs on social media (Facebook/Twitter)
- **GETTING NOMINATED = GETTING INVOLVED**



Freestyle Hurling!

Freestyle hurling lets children express their own skills in whatever way they like. They can challenge their friends, teammates or even anyone at home!

Maybe even post them on Facebook, lets show everyone what hurling skills the youth in Tyrone have!

HURL

BALL

IMAGINATION



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Stay Posted!

- Make sure to follow our Facebook & Twitter pages for more coaching ideas, many more games and lots and lots of challenges which both yourself and the children can get involved in.
- Don't be afraid to share your own ideas on social media, with family or even throughout your own clubs.
- Links for our social media sites are below!



<https://www.facebook.com/tyronegaa>



<https://twitter.com/TyroneGAALive>

