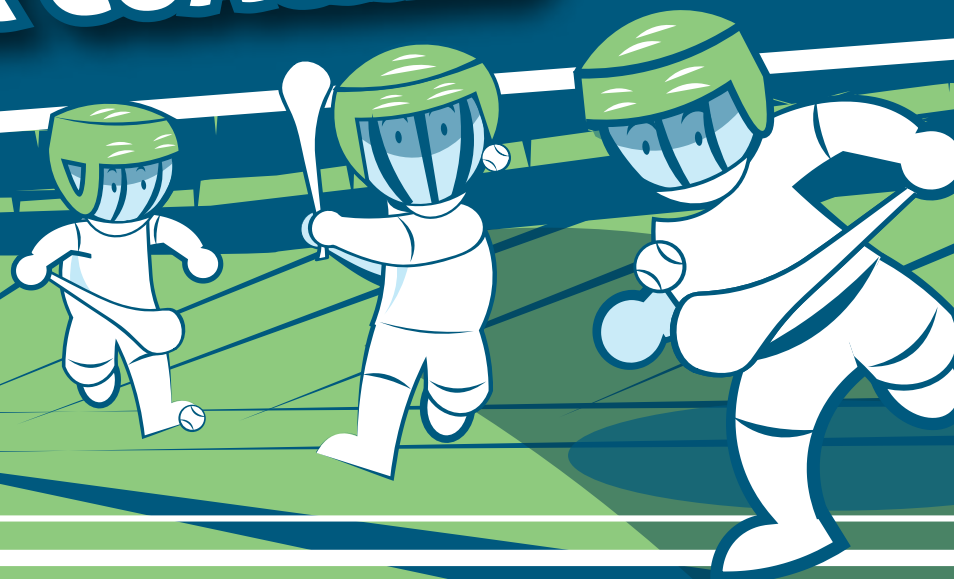




# CAMP ACTIVITIES FOR COACHES





# CAMP ACTIVITIES FOR COACHES

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# CAMP ACTIVITIES FOR COACHES



**AGE 6-7**

# CÚL CAMP DAILY TIMETABLE

TIME	ACTIVITY NAME
10am – 10.10am	MORNING ROLL CALL
10.10am – 10.25am	ACTIVITY 1
10.30am – 11am	ACTIVITY 2
11am – 11.20am	BREAK
11.20am – 11.40am	ACTIVITY 3
11.40am – 12pm	ACTIVITY 4
12pm	BREAK
12.20pm	AFTERNOON ROLL CALL
12.20pm – 12.40pm	ACTIVITY 5
12.40pm – 1pm	ACTIVITY 6
1pm – 1.15pm	BREAK
1.15pm – 2.20pm	Games/Matches



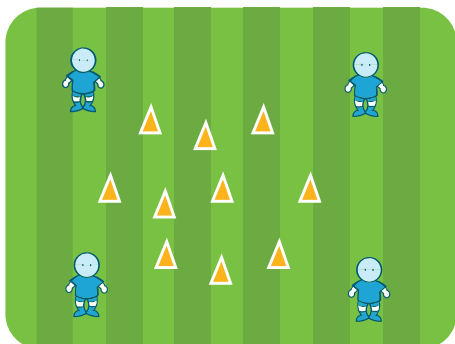
# Day 1

# AGE 6-7



## TURN THE CAP

1



Place a number of cones around the playing area

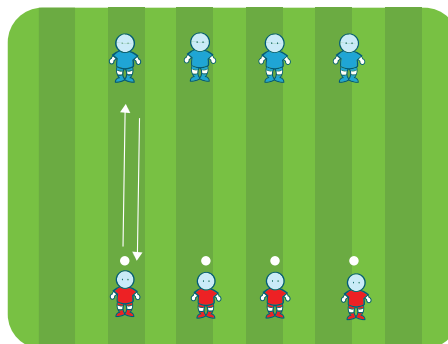
The players run around the area turning over the cones

This can be run with 2 teams with one team turning up the cones and the other team turning the cones down

10.10AM – 10.25AM

## STRIKING IN PAIRS

2



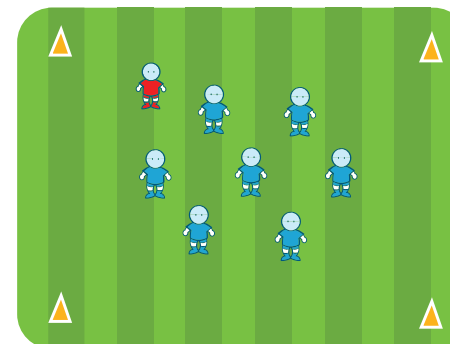
Divide players into 2 groups (A+B), 10mts apart

Each player strikes the ball to their partner who blocks it and strikes back

10.30AM – 11AM

## FOX AND HEN

3



One player is designated the 'fox' (player A)

The fox must chase the other players (hens) around the playing area

When a hen is tagged, they become the new fox

11.20AM – 11.40AM



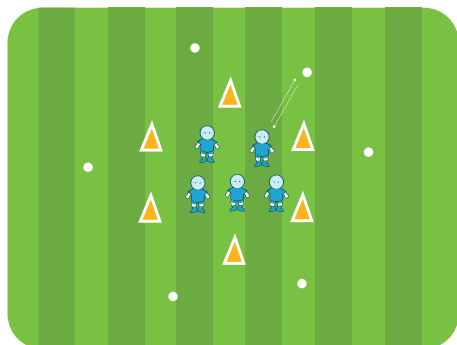
# Day 1

# AGE 6-7



## FILL THE CIRCLE

4



Mark out a circle using cones

Place balls anywhere outside the circle

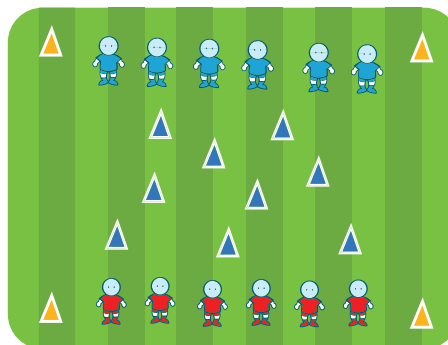
Players inside the circle

On coach's signal, players run and return ball into circle using the dribble technique

11.40AM – 12PM

## STEPPING STONES

5



Players in 2 groups line up at opposite side of the square

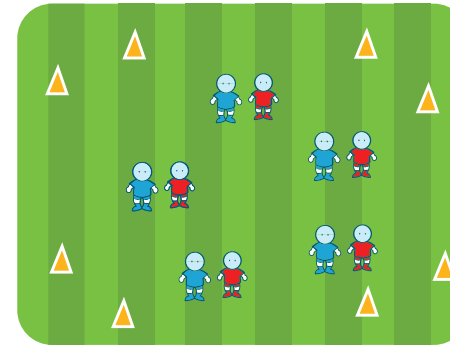
Place cones inside the square

Team A goes first and tries to get to the opposite side of square by only stepping on the cones

12.20PM – 12.40PM

## FOUR GOAL GAME

6



Mark out playing area depending on the numbers

Position a goal at each corner

2 teams (A+B)

Each team defends 2 goals but no goalkeepers are used

12.40PM – 1PM

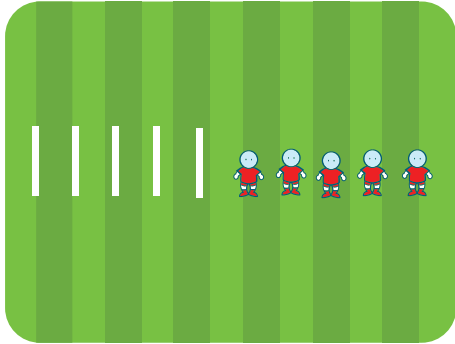


# Day 2

# AGE 6-7



## STEP AND FOLLOW 1



Position hurls on ground to form a ladder

Players line up behind each other

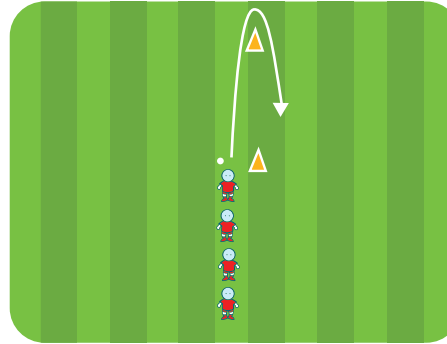
Players start by marching through ladder, one foot in every space

Progress to 2 feet in every space

Up tall and synchronise opposite foot / arm movement

10.10AM – 10.25AM

## DRIBBLE OUT AND BACK 2



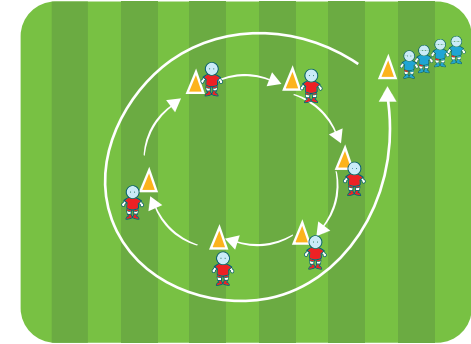
Set up 2 cones 10mts apart

Players line up behind one cone

Each player in turn dribbles the ball around the other cone and back to the next player who repeats

10.30AM – 11AM

## BEAT THE CIRCLE 3



Divide players into 2 teams (A+B)

Team A forms a circle

Team B line up behind cone outside circle

In turn, team B runs one-way around the outside of the circle while team A pass the ball going in the opposite direction

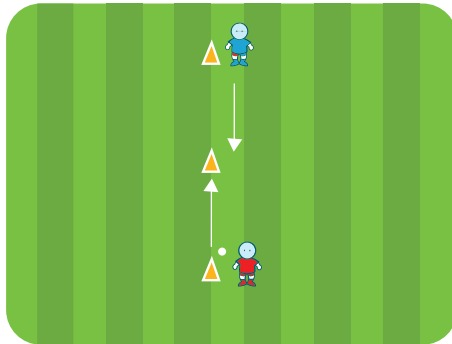
11.20AM – 11.40AM





KNOCK THE CONE

4



Players divide into pairs (A+B) 10mts apart with stack of cones in the middle

Player A strikes the ball to try and hit the cones

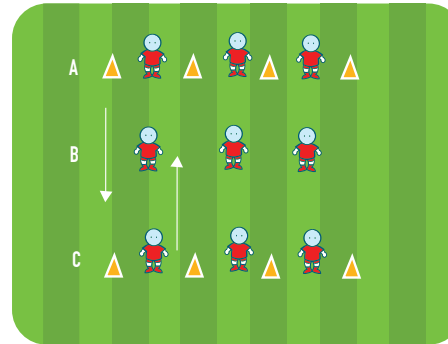
Player B repeats from the other side

Winner hits the cones the most

11.40AM – 12PM

PASS THE GUARDS

5



Mark out a grid of cones 20mts apart

Divide players into 3 teams (A+B+C)

One team (B) act as guards

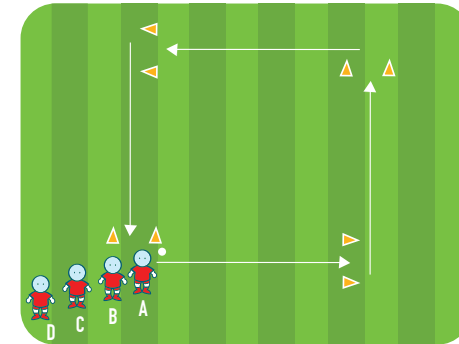
Other teams (A+C) must try and strike the ball past the guards to score

Each team gets a turn being the guards

12.20PM – 12.40PM

GOLF GOALS

6



Set up course of 4 goals

Divide players into teams of 4

Players in a relay strike the ball through each goal and count the number of shots it takes

Player A takes first shot, Player B the second shot and so on

Team who complete the course in the least number of shots wins

12.40PM – 1PM



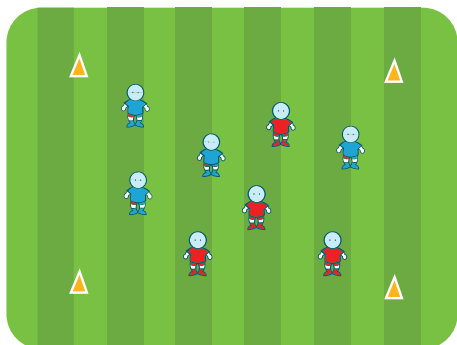
# Day 3

# AGE 6-7



## TAIL TAG

1



Divide group in the 2 teams (A+B)

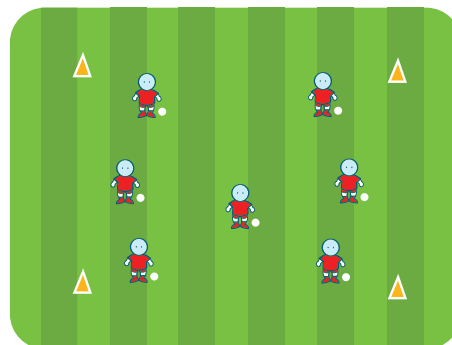
Team A run around the square with a bib (tail) tucked into the back of their shorts

Team B try to grab s many tails as possible

10.10AM – 10.25AM

## KING OF THE RING

2



Mark out a square using 4 cones

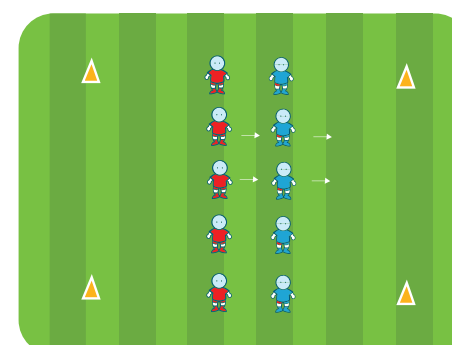
All players dribble their own ball around inside the square while trying to knock other players ball out of the square

When a player's ball is knocked out of the square, they are out

10.30AM – 11AM

## CRUST AND CRUMBS

3



Divide players into 2 groups (A=Crusts, B=Crumbs)

Players stand 2mts apart

Set up a baseline behind each team 10mts away

When coach calls either crust or crumbs, that team must run to their baseline without the other team tagging them

11.20AM – 11.40AM



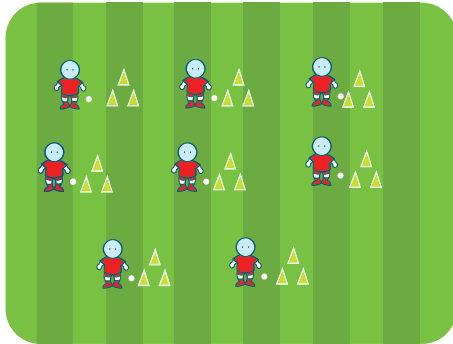
# Day 3

# AGE 6-7



## BOWLING

4



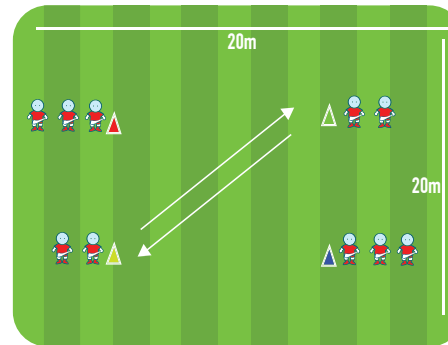
Stack up 3 cones on top of each other, spaced out well. Each child has a ball. They must roll the ball along the ground and try knock down the bowling pins.

Each time they knock one down they get a point if you knock it down you must fix it so others can have a go behind you. Coaching tip keep the ball along the ground no high throws.

11.40AM – 12PM

## FOXES CORNER

5



Children divided into groups behind each coloured cone. The coach calls out green to yellow and children from the Green to yellow swap.

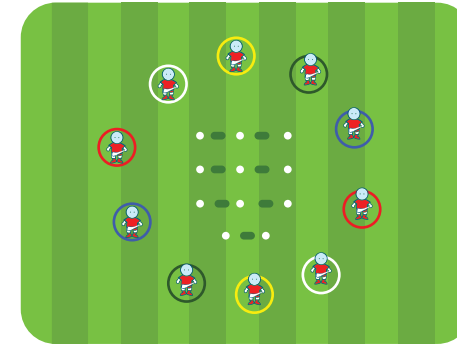
Then coach calls to different colours again. When the children get the idea. The coach can ask one child to be the Fox.

The Fox then stands in the middle and tries to catch the other children as they run past. If you get caught you help the Fox and then the last child will be the winner! You cannot catch the child if they are behind their cone.

12.20PM – 12.40PM

## SHOP TILL YOU DROP

6



Each child has a Hurley. They must run into the shop and grab one item and bring it back to the hoop and then go get another.

If a child gets a ball they must dribble it back on the ground without using their hands.

If they get a bean bag they must put it on the Hurley and solo back to the hoop. When the shop is empty they can count how many they have in their house. Progression... Can solo the ball back.

This game can also be done in partners with two at each loop one goes at a time.

12.40PM – 1PM



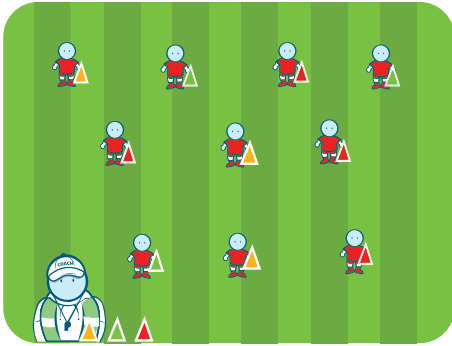
# Day 4

# AGE 6-7



## DRIVING SCHOOL

1



Each child has a hoop or a cone. The Coach has Red, Green, Orange cones.

When the coach shows green you drive. when the coach shows orange you must hop on one foot and when the coach shows red you must stop.

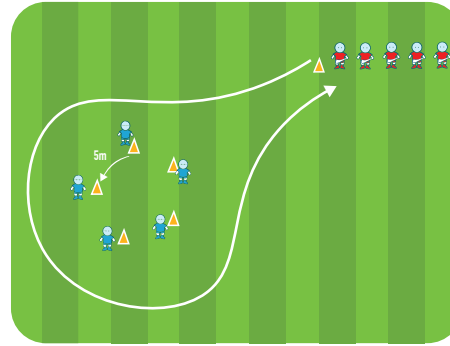
Each child gets 5 lives. If you crash into somebody or don't stop at the lights you lose a life. If they lose all of their five lives, they must go to drivers school again. If they have more than one life, they pass their driving test.

Progression... you can put cones or hoops on the pitch they can be potholes if you run into the potholes you get a flat tire.

10.10AM – 10.25AM

## CATCH ME IF YOU CAN

2



Green team have Hurley's and beanbags they solo around the Circle of other children and return to the back of the line. Each child waiting for their turn.

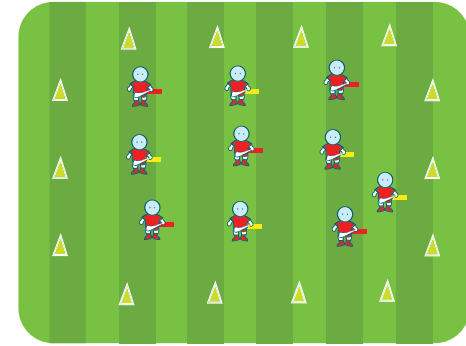
The children in the circle throw the sliotar to the next player until the ball returns back to the player who started with the ball. It is a race to see who can finish first.

Whoever finished first get a point for their team. Progression... Instead of throwing the ball hand pass and instead of soloing the beanbag use a sliotar

10.30AM – 11AM

## TAG WARS

3



Line out a box with cones. Children cannot go outside the box. 2 teams red and yellow. Each child has a bib tucked into their shorts or pocket.

Yellow's must steal red tags and red must steal yellow tags. If your tag gets taken you stand beside the coach. Last person standing is the winner.

If two or more are left with the same colour tags they get a point for each one left. For example, 2 red tags are left that means the red team get 2 points. Progression... Add more colour tags and make teams smaller.

11.20AM – 11.40AM



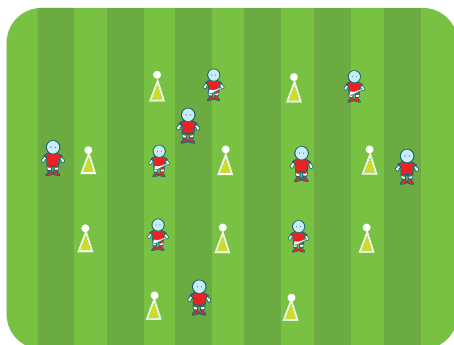
# Day 4

# AGE 6-7



## FRUIT TREE

4



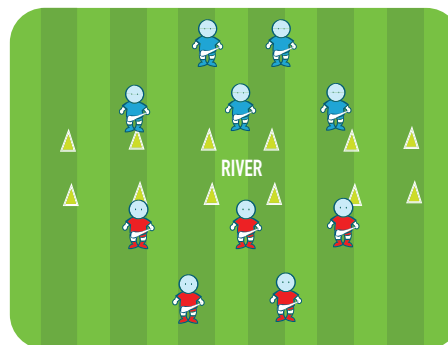
The birds have a Hurley and try to strike down the fruit of the trees. While the Farmers pick the fruit up and put it back on the cones.

Allow 40 seconds. When the whistle blows children freeze and count how many are still on the cones then they switch roles and see what the other team can get.

11.40AM – 12PM

## OVER THE RIVER.

5



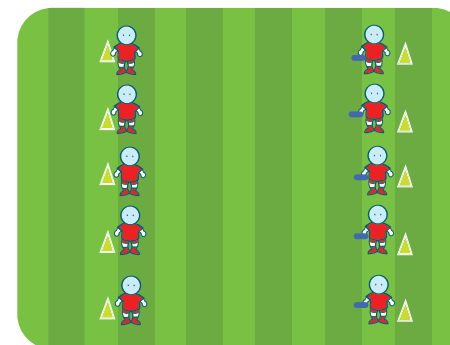
Two teams. Each team on either side of the river. There are two balls in the game. Children must strike the ball on the ground left and right.

If the ball stops in the River the other team gets a point. Progression... If child hits the ball outside the box the other team gets a point.

12.20PM – 12.40PM

## BEAN BAG BANTS.

6



Working in partners. One child has a bean bag and the other partner faces away with head down and hand on their knees.

The child with the bean bag throws the bean bag underarm or overarm at the other child's bottom. Then they switch and throw it at their partner.

See how many they can score in under a minute. After a few goes switch partners so they can try get another friend.

12.40PM – 1PM



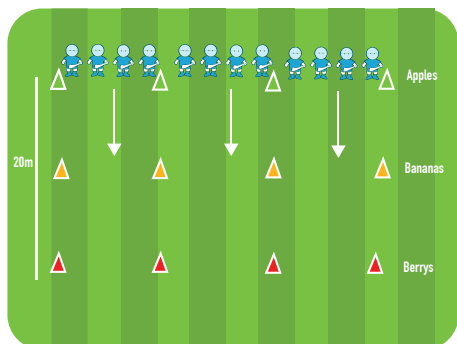
# Day 5

# AGE 6-7



## LIVE LINE

1



All children start by lining up on the first line of cones. Green line of cones is called apples yellow line is banana and red line is berries.

When the coach calls out a fruit, they must go to the line of fruit that is called out. Example banana.

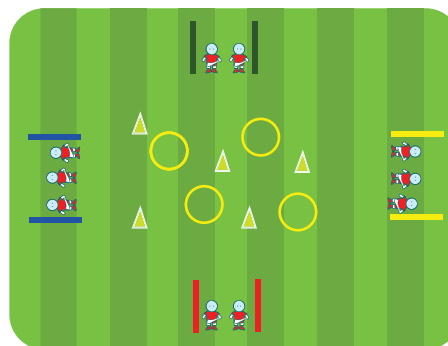
### Progression

If you go to the wrong line or are last to the line you come and stand beside the coach to be a spotter. Let the children name the lines.

10.10AM – 10.25AM

## MIND FIELD

2



Each child has a Hurley and a ball. There are four different coloured goals. In the middle there are cones, bean bags and hoops children must dribble through the minefield and strike to score a goal.

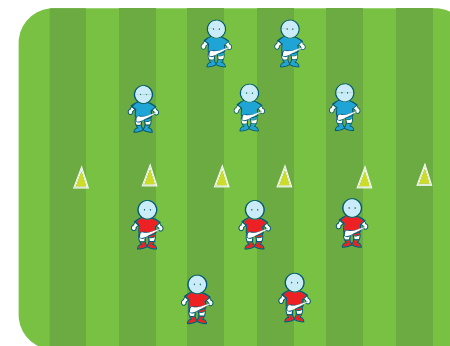
when you score in one goal you must then score in another coloured goal. how many can you get in 60 Seconds?

Progression . . . if you score with your right side you must try and score the next with your left side. Also striking out of the hands.

10.30AM – 11AM

## TENNIS HURLING.

3



Two teams. Each child has a Hurley. The pitch is split into two sides. Children strike ball on the ground trying to not let it stop on their side.

If the ball stops on the other side the team that struck it into to there gets a point because it has stopped.

Progression... add in more balls using left and right side to strike the ball.

11.20AM – 11.40AM



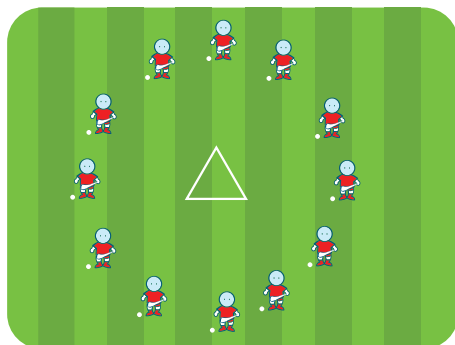
# Day 5

# AGE 6-7



## SPACE WARS

4



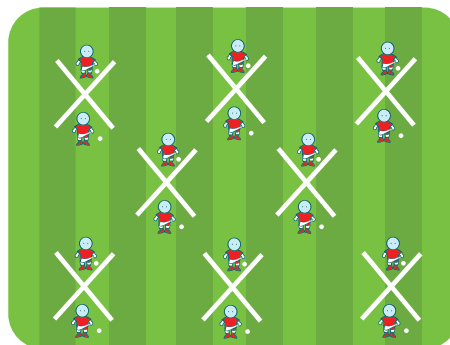
Each child has a Hurley and sliotar. When the whistle blows each child strikes the ball along the ground until the hoop pyramid Falls. (spaceship) The children strike of both Sides left and right.

If child misses you get your ball and bring it back as far as the cone or spot. After one or two goes the coach will shout switch places the children can go to any other cone and start striking from there.

11.40AM – 12PM

## X MARKS THE SPOT

5



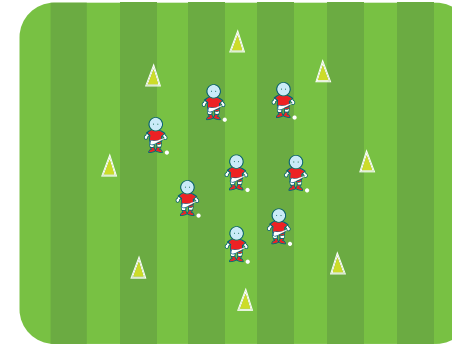
Each group has a ball and stands either side of the poles with their partner. The children try rolling the ball under the X and the second time they throw over the X with an underarm throw.

When they get a go of underarm and rolling each they move onto an empty X. They keep going to see how many they can get in 60 Seconds this is working on rolling throwing and catching.

12.20PM – 12.40PM

## POACHERS

6



Make out an area with cones. Children cannot go outside of the area. All of the children except for one have a sliotar inside the area.

They are all dribbling the ball trying to keep it. When the coach blows the whistle the child outside runs in and tries to take all of the balls of the other children by striking them outside the area.

If a child's ball gets hit outside the area, they can turn into the Poacher too and help. The last child with the ball in the end is the winner. Switch the person that was outside and go again another few times.

12.40PM – 1PM



# CAMP ACTIVITIES FOR COACHES



**AGE 8-10**



# CÚL CAMP DAILY TIMETABLE

TIME	ACTIVITY NAME
10am – 10.10am	MORNING ROLL CALL
10.10am – 10.25am	ACTIVITY 1
10.30am – 11am	ACTIVITY 2
11am – 11.20am	BREAK
11.20am – 11.40am	ACTIVITY 3
11.40am – 12pm	ACTIVITY 4
12pm	BREAK
12.20pm	AFTERNOON ROLL CALL
12.20pm – 12.40pm	ACTIVITY 5
12.40pm – 1pm	ACTIVITY 6
1pm – 1.15pm	BREAK
1.15pm – 2.20pm	Games/Matches



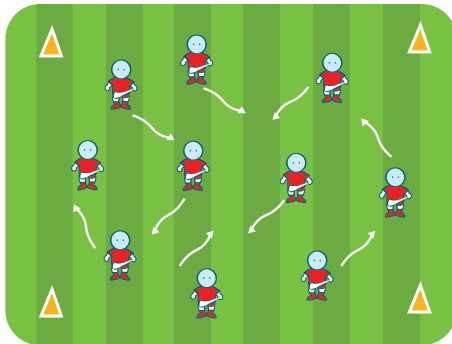
# Day 1

# AGE 8-10



## WARM UP – DRIBBLE POSSESSION

1



Mark out a grid 15x15m using cones  
 Each player has a ball and stands within the grid  
 Coach blows the whistle and players begin dribbling the ball around the area

For the first 5 minutes the coach calls out different instructions which the players must perform  
 Some ideas:

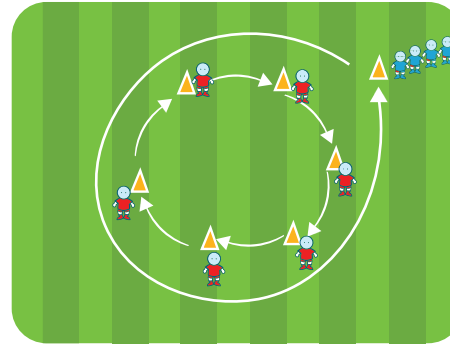
- One leg hop
- Two leg jumps
- Switch (players must move to a different ball)
- Squats
- Outside-in (players must run around and cone and come back to their ball)
- Down-up (players must quickly lie flat on the ground and get back to their feet)
- Jumping jacks

In between each instruction the players continue to dribble  
 For the remaining time play a knock-out competition, players try to strike the other players ball from the area  
 Last player remaining wins

10.10AM – 10.25AM

## BEAT THE CIRCLE

2



Divide players into 2 teams (A+B)

Team A forms a circle

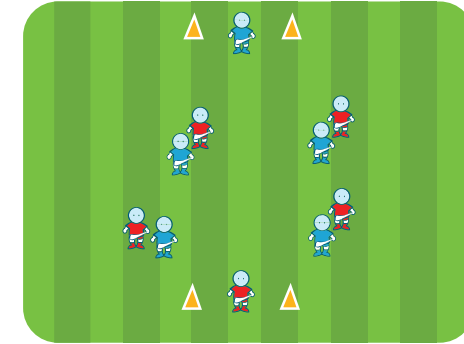
Team B line up behind cone outside circle

In turn, team B runs one-way around the outside of the circle while team A pass the ball going in the opposite direction

10.30AM – 11AM

## FUN GAME STRIKING FROM THE HAND

3



Divide players into 2 teams

Mark out playing area 30x20

Players can strike the ball from their hand or from the ground

Award 2 points for a goal and 4 points for a point

Swap keepers every few minutes

11.20AM – 11.40AM



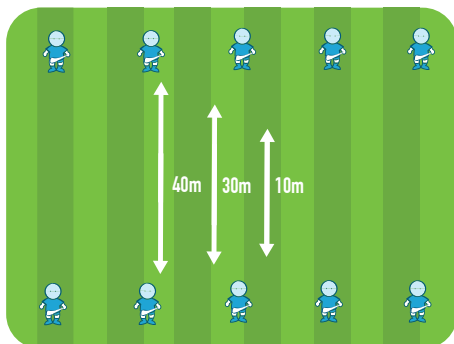
# Day 1

# AGE 8-10



## STRIKING

4



Divide the players into pairs

Players start off 40m apart striking the ball high for their opponent to catch the ball

Players move into 30m apart and start striking the ball low for their partner to control on the run

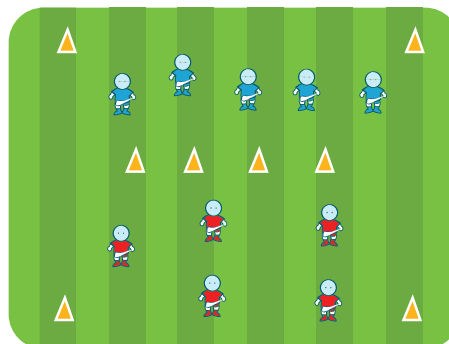
Players move 10m apart and start striking the ball to their partners chest

Run each striking drill x5 minutes and ensure players are striking off left and right side

11.40AM – 12PM

## STRIKING GAME NO-MANS-LAND

5



Mark out Square 50x20m square using cones

Divide the grid in half using cones

Divide players into two teams and place one team in each box

Team A starts with the ball

Give each member of a team a number 1-5 and this will be the order they take to strike the ball

Each player must strike the ball on the move and use both left and right side

If the player strikes the ball out of bounds the opposition team score a point

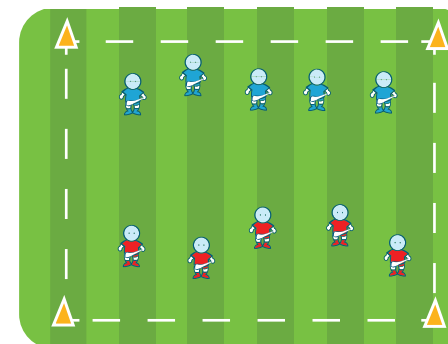
If the opposition team catch the ball, they also win a point

To score a point the person must be able to hit the ground within the area

12.20PM – 12.40PM

## POSSESSION GAME

6



Divide players into two teams

Mark out a grid 15x15m using cones

Players must make 3 handpasses in a row to score a point

Team with the most passes at the end of the game wins

Play each game for 3 minutes before giving the players a break

12.40PM – 1PM

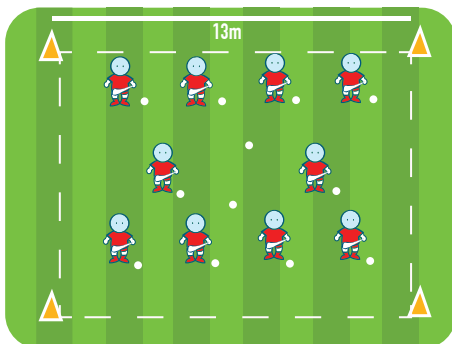


# Day 2

# AGE 8-10



## JAB LIFT – MUSICAL CHAIRS 1



Mark out a grid 13m by 13m

Ten players and 10 balls are positioned randomly throughout the grid

The players jog slowly around the grid

On the whistle, the players move to the nearest ball to jab lift it into their hand

One ball is taken away and the game continues

On the next whistle, the player who fails to jab lift a ball leaves the game

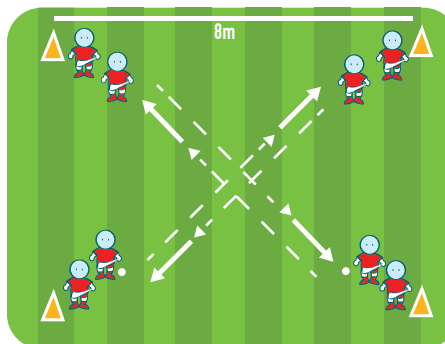
When player leaves game, they stand on side practicing their jab lift while game is continuing

Continue until only one player remains

Players may compete for the ball

10.10AM – 10.25AM

## HANDPASS CROSS OVER 2



Divide the players into four equal groups

Mark out a grid 8m by 8m using cones

One group lines up behind each cone

The front players in two of the four groups run and hand pass to the front player at the opposite corner

Each player in turn receives and passes the ball across the centre of the grid before continuing to join the end of the opposite line

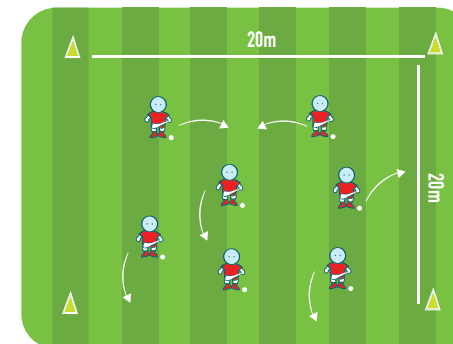
The players should focus on moving to receive the ball, accelerating through the centre and hand passing in front of the oncoming player

Progress it into a game, divide player into two teams, coach puts different rules on game. E.g. 3 passes = 1 point.

Make Square bigger if passes aren't going to hand and game keeps breaking down.

10.30AM – 11AM

## SOLO, BALANCE, RUN 3



Provide each player with a ball or beanbag; ensure each player has adequate space

Each player attempts to balance the ball or beanbag on the hurley; begin by using two hands

Progress to bouncing the ball or bean bag on the hurley

Challenge the players to rotate the hurley with the wrists as they bounce the ball or control the beanbag

Introduce movement and repeat the sequence

Mark a square out 20mx20m take one player out as a chaser each player moves around while the chaser moves around trying to knock ball or beanbag off hurley.

Change chaser every 2 minutes see who can knock all balls or beanbags off the quickest

11.20AM – 11.40AM

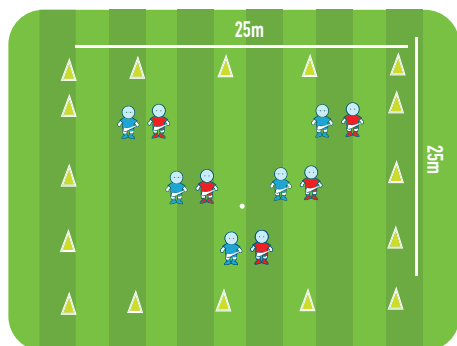


## Day 2

## AGE 8-10



### OVERHEAD CATCH GAME 4



Using cones, mark out a playing area of appropriate size for the number and ability of the Players

Divide the Players into equal teams

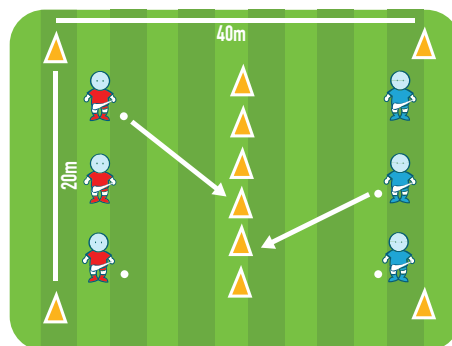
The Players may strike the ball from the hand, and from the ground, and use the hand pass

Award 3 points for a goal and 2 points for performing the Overhead Catch successfully

No solo Running permitted, ensures plenty of striking & passing

11.40AM – 12PM

### KNOCK THE CAP FUN GAME 5



Mark out grid 40m long by 20m wide

Place a number of cones across the middle of grid

Divide the players into groups of three to five players: one or two balls per team

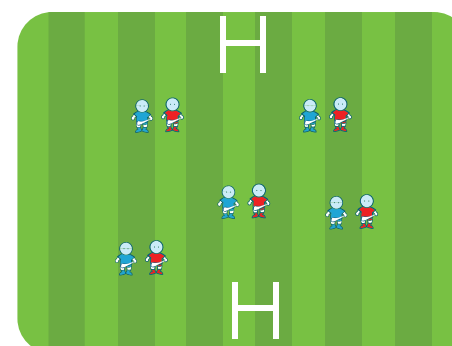
The players in possession attempt to strike the cones in the middle of the grid

For each successful strike, award one point

Depending on players ability reduce the distance

12.20PM – 12.40PM

### RULES GAME 6



Divide the players into two teams

Depending on standard put different rules on match. E.g. no solo, handpass only, ground strike only, first touch.

This game to incorporate all skills that were done in the previous activities.

12.40PM – 1PM



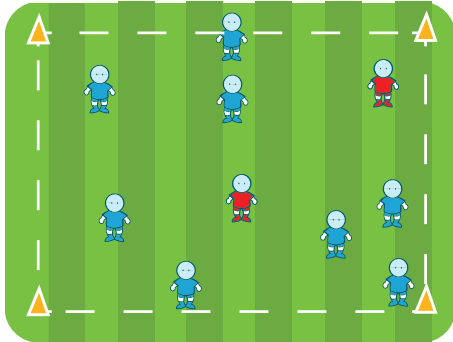
# Day 3

# AGE 8-10



## TOILET TAG

1



Coach selects 2-3 players to be on

Mark out 15x15m grid using cones

Within marked out area catcher must chase and try catch other players

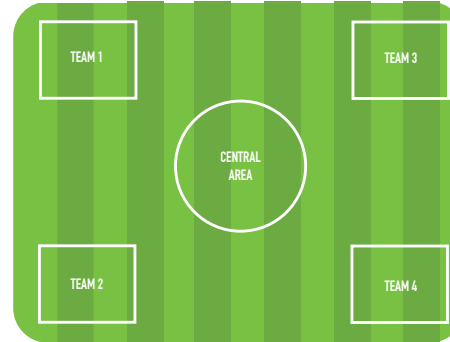
When caught players must imitate a toilet sitting position with extended arm for flushing

The players who are free must flush the caught players arm to release them

10.10AM – 10.25AM

## ROB THE NEST

2



Divide players into 3-6 teams, and get each team to face behind a cone 10m from the central area

On whistle all players can leave their cone and collect 1 ball from the middle area

When all balls are collected from the middle area players can rob from other stations

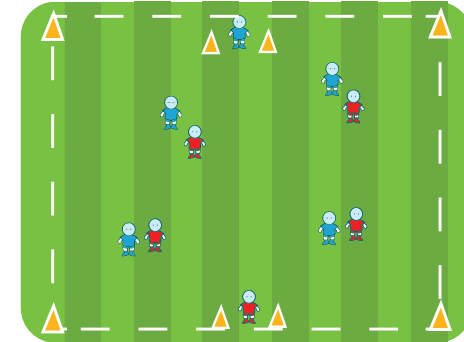
Only one ball allowed per game

To progress only allow jab life/roll rise to collect the ball and ask players to solo between stations .

10.30AM – 11AM

## FUN GAME – DEFENDERS GAME

3



Divide players into two teams

Mark out a 15x15m pitch using cones and make a goal at either end

Players may strike the ball on the ground, dribble, and block the ball but may not lift the ball into their hand

Play goals only

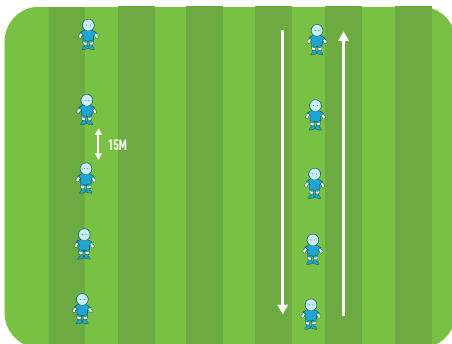
Allow 2 points for a goal, and 1 point for a successful hook or block made by a player on the opposition team

Swap goalies every few minutes

11.20AM – 11.40AM

## LINE DRILLS

4



Divide players into two groups of 5

Line them up 15m apart in a straight line

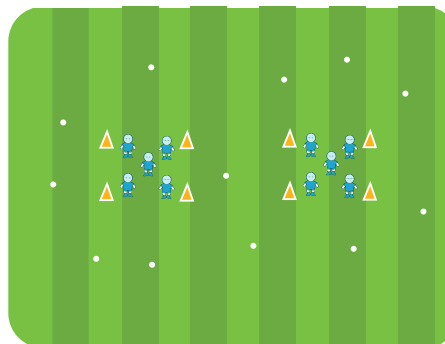
1st player strikes the ball to the second player who controls the ball and strikes it to the next player in line

The end player controls the ball and strikes it back down the line

Start the drill off by striking on the ground and then progress to striking from the hand

## DRIBBLE GAME

5



Divide players into two teams

Mark out two separate squares for each team using cones

All players begin inside the cones

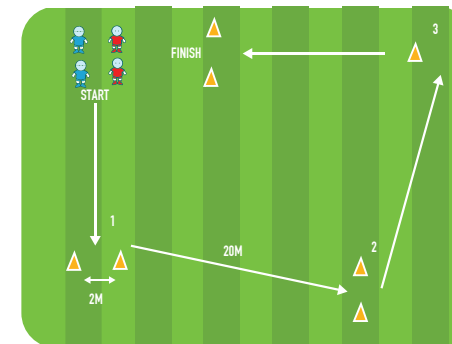
Scatter balls outside the cone for each team

On the coaches whistle players must run outside and dribble balls back into the center of their circle

The team who collects the most balls wins

## HURLING GOLF

6



Set up a course of 4 goals, each should be 20m apart and the Goal is 2m wide

Divide players into pairs

Players in a relay attempt try to strike the ball through the goals, each player takes every second shot

They then count how many strikes it took them from start to finish

All strikes must come from the ground and players are instructed to use both left and right side

Team who completes course in least amount of strikes wins



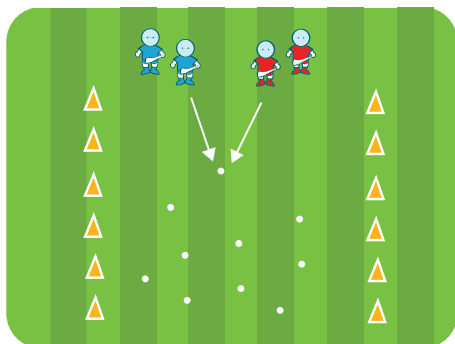
# Day 4

# AGE 8-10



## HOOK - A RACE AGAINST TIME

1

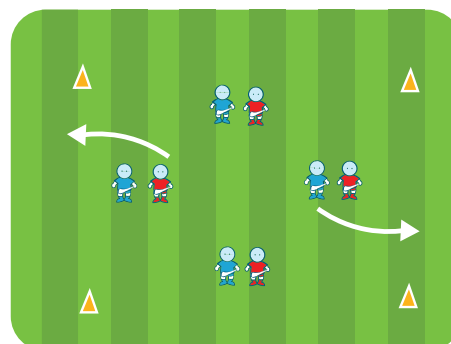


- Mark out a grid using cones
- Place a number of sliotars randomly throughout the grid
- Divide the players into pairs, one designated the striker and the other the tackler
- Each pair jog around the grid, the tackler attempting to perform the hook tackle on each strike
- Switch the roles after a set time
- The winner is the player with the greatest number of successful hooks in the time allowed

10.10AM – 10.25AM

## DRIBBLE & SCORE

2

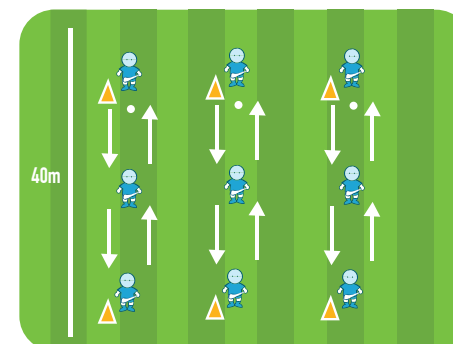


- Mark out a grid with cones
- Divide the Players into two teams
- Each team tries to keep possession of the ball by dribbling and passing using the ground strike
- A score is recorded when the ball is dribbled over the opponent's end-line
- Hurleys should not be raised above knee level

10.30AM – 11AM

## GROUND STRIKE ON THE RUN

3



- Mark out a distance of approximately 40m using cones
- In teams of 3, the players spread out evenly over the distance
- The first player strikes the sliotar towards the central player
- The central player, without stopping the ball, strike it on towards the third player who strikes it back and so on
- The central player to play the ball on whatever side it approaches

11.20AM – 11.40AM



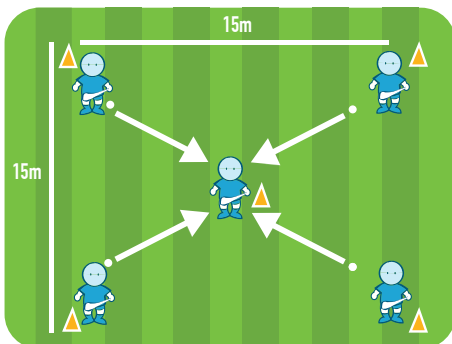


# Day 4

# AGE 8-10



## FRONTAL GROUND BLOCK – DEFEND THE CONE 4



Set up the games as shown

In turn the outer players attempt to strike the balls to hit the centre cone

The centre player moves to block each ball at the point of contact

The centre player must run back around the centre cone after each block

The Coach should signal for each of the outer players to begin moving

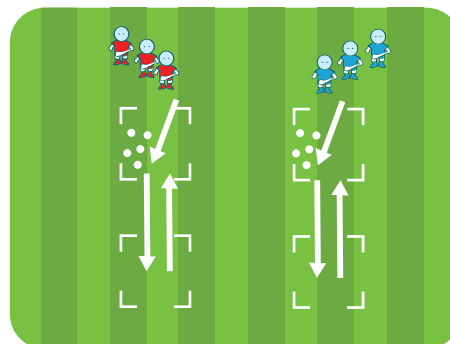
Change the blocker and repeat

The blocker who completes the greatest number of successful blocks is the winner

To increase the challenge, the Coach randomly calls which ball is to be contested, by assigning names or numbers to the outer players

11.40AM – 12PM

## FUN GAME – GRID SWAP SOLO RUN 5



Divide the players into equal teams

Mark out four grids 5m by 5m, with 5m between each grid; each team is assigned two grids

Place the same number of balls in each of the near grids

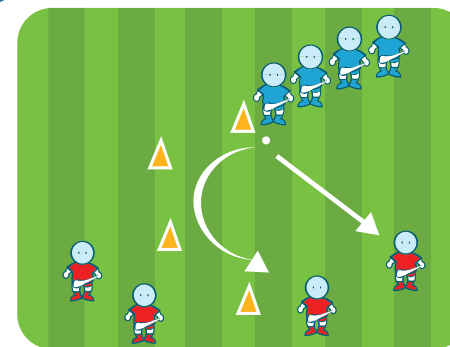
The first player in each team jab lifts each ball in turn and transfers it to the other grid

Each player in turn transfers the balls in the opposite direction

The team who completes the drill in the quickest time wins

12.20PM – 12.40PM

## HURLING ROUNDRS 6



Mark out a line of cones at 10m intervals to act as bases; the first cone is the starting base, and home base

Divide the players into two equal teams – one striking team and one fielding team

Place a sliotar approximately 5m from the starting base; the first player in the line strikes the sliotar on the run anywhere in the field area.

They continue to run to each of the bases in turn as the fielding team attempt to retrieve the ball.

The play stops when the striking player returns to home base, scoring a point, or when the fielding team touch one of the bases ahead of the striking player, forcing them to stop; the striking player is out if they are touched with the ball while between bases or if a base is touched as they run towards it

When all of the players on the striking team are either home or out, reverse the roles

Depending on the ability of the players, increase or decrease the distance between each base

12.40PM – 1PM



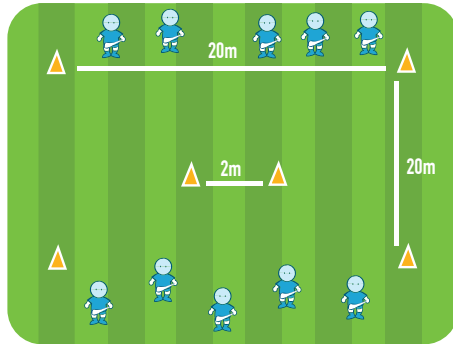
# Day 5

# AGE 8-10



## SCORE THE GOAL

1



Divide players into pairs with a ball between them

Mark out a 20x20m grid using cones

Mark out a 2m goal in the middle of the grid using cones

On whistle player strike the ball and try score a goal, when the ball goes through his partner collects the ball and has a shot at goal

Players must remain outside the grid during the activity

Run the activity and get the players to count how many goals they scored

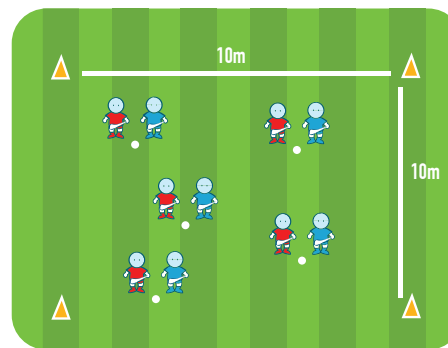
Progression — make the goal smaller or bring the players further from the goal

Regression — make the goal bigger or bring the players closer to the goal

10.10AM – 10.25AM

## OPPOSITION TUSSLE

2



Mark out a grid using cones

Divide the players into pairs, one slíotar per pair

One player attempts to keep possession by dribbling and using their body to shield the ball

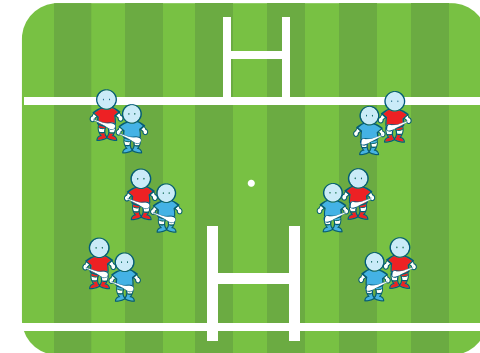
The second layers tries to flick the ball away

After a set time reverse the roles

10.30AM – 11AM

## 4 SECOND GAME

3



Using cones, mark out a playing area of appropriate size for the number and ability of the Players

Divide the Players into equal teams.

Both team can score goals only

The Players can only hold the ball for 4 seconds

The coach stands in the middle and counts to 4 every time a player gets possession

Each team must get 3 completed hand passes before they can score a goal

11.20AM – 11.40AM



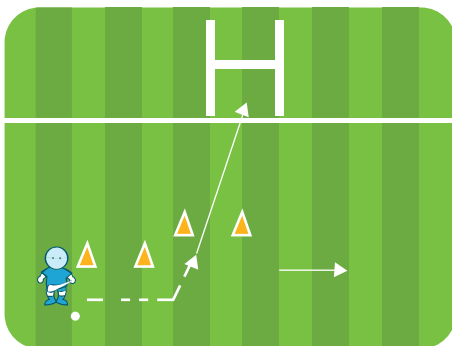
# Day 5

# AGE 8-10



## STRIKE FROM HAND OR GROUND STRIKE – STRIKE & SCORE

4



Place two cones on the 20m line, one 20m to each side of goal

Place two more cones 1m apart, between the outer cones and the goal

The players line up behind one of the outer cones; one ball per player

Each player solos through the inner cones and strikes for a point on the 13m line

The players should run directly for goal once they pass through the inner cones

Repeat the drill from either side recording how many times players score

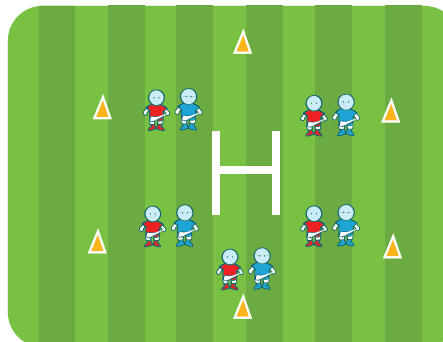
Depending on quality of player strike from hand or ground strike move distance of strike in or out.

Add a goalkeeper to increase challenge.

11.40AM – 12PM

5V5

5



5 reds v 5 blues must mark one another

1 sliotar, players can go anywhere in the circle/pitch

Coaches throws in ball and players must tackle each other to try and score a goal BUT goals can only be scored outside the circle

2 points awards if player scores with less dominant side.

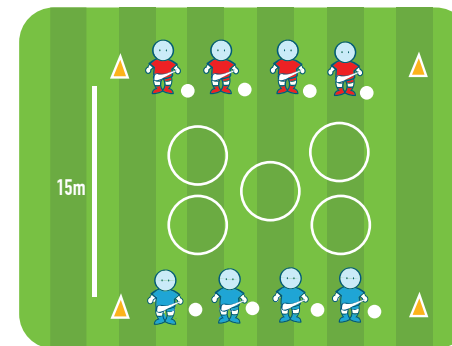
Team who scores the most goals wins

Can add air hurling if players are more advanced

12.20PM – 12.40PM

## OVER THE RIVER – BODY CATCH

6



Using a larger ball Mark out a grid or 'court' using cones

Divide the players into two teams of 4/5

The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch

The opposition team must use the Body Catch technique

1 point is awarded if the opposition fail to catch the ball using the body catch, or if the ball is dropped

Award 1 point to the opposition is if the ball is thrown outside the court

12.40PM – 1PM



# CAMP ACTIVITIES FOR COACHES



**AGE 11-13**

# CÚL CAMP DAILY TIMETABLE

TIME	ACTIVITY NAME
10am – 10.10am	MORNING ROLL CALL
10.10am – 10.25am	ACTIVITY 1
10.30am – 11am	ACTIVITY 2
11am – 11.20am	BREAK
11.20am – 11.40am	ACTIVITY 3
11.40am – 12pm	ACTIVITY 4
12pm	BREAK
12.20pm	AFTERNOON ROLL CALL
12.20pm – 12.40pm	ACTIVITY 5
12.40pm – 1pm	ACTIVITY 6
1pm – 1.15pm	BREAK
1.15pm – 2.20pm	Games/Matches



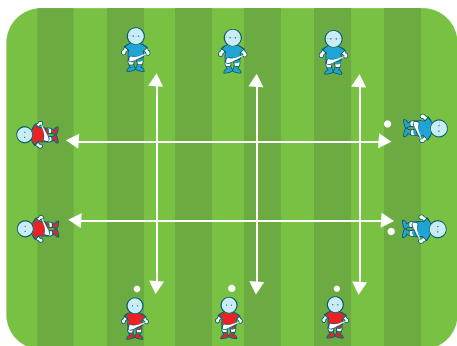
# Day 1

# AGE 11-13



## FIRST TOUCH

1



In pairs players strike ball to each other across the square.

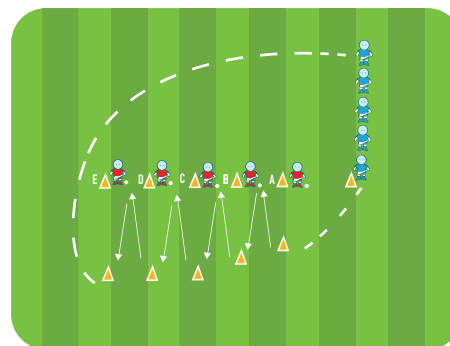
- A) Low Ball
- B) High Ball
- C) Chest

D) Blues hit low to their partners, reds strike chest high to their partners. Regularly change the type of ball each colour group is striking to each other.

10.10AM – 10.25AM

## FIRST TOUCH SKILLS COURSE

2



5 Players are stationed individually at one of the baseline cones.  
5 more players are in a queue beside the skills course waiting to start one by one.

At each baseline cone the player stationed there will deliver a different type of ball to the oncoming players.

- Cone A is hand pass
- Cone B is throwing a slow rolling ball
- Cone C is striking low ball
- Cone D is striking a chest high
- Cone E is throwing a high ball for player to batt.

Players running through course control the ball and return a hand pass to the player who delivered the ball and continue through the course. (Except for the batting station)

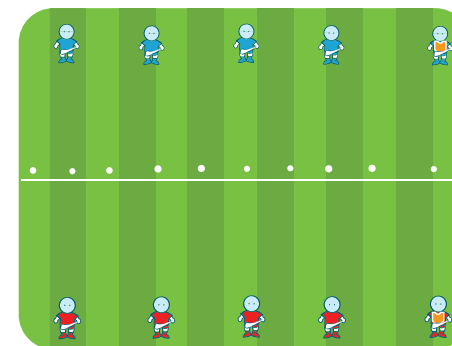
Coach times how long it takes a team to run through the course twice.

Swap teams over and see who is the fastest.

10.30AM – 11AM

## LIFTING

3



Game starts with all players running to the centre line, lifting a ball and returning to their baseline.

Players then turn and run towards the opposite baseline to steal a ball and return it to their own baseline.

The player(s) with the bibs(s) remain on their own baseline after the first run to centre line and try stop others stealing balls.

Team that has the most amount of balls on their own line at the end are the winners.

Play for 60 seconds.

Change players with the bibs after each game.

11.20AM – 11.40AM



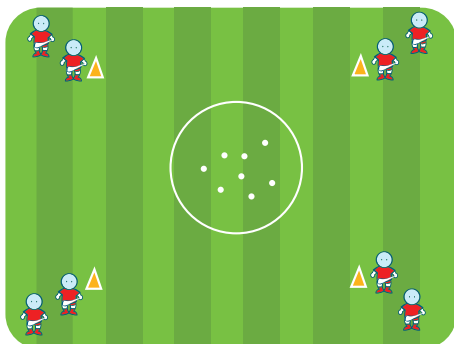
# Day 1

# AGE 11-13



## LIFTING

4



Players start in pairs on outside cones.

1 player runs through centre circle lifting a ball.

The player then runs to any of the free players on the outside cones and hand passes ball.

After the hand pass the player revives a return hand pass and runs around the cone, repeats the exercise again dropping ball into the circle and lifting a new ball.

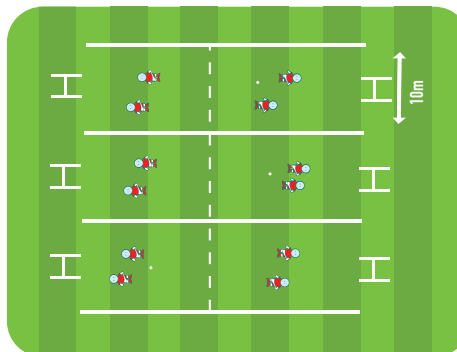
Aim is to see how many balls a player can lift in 60 seconds.

Change roles after each go.

11.40AM – 12PM

## 5 ROAD TO CROKE PARK

5



2 vs 2 Mini Games on multiple pitches. Each Pitch is given a name e.g. St Conleth Park, Parnell Park with Croke Park being the last pitch.

Each game is 3 mins.

Players attempt to score goal by striking ball from their half of the pitch into the other team's goal.

After each game the winning team moves "up" a pitch and the losing team moves "down" a pitch. If game ends in a draw the result is decided by rock paper scissors.

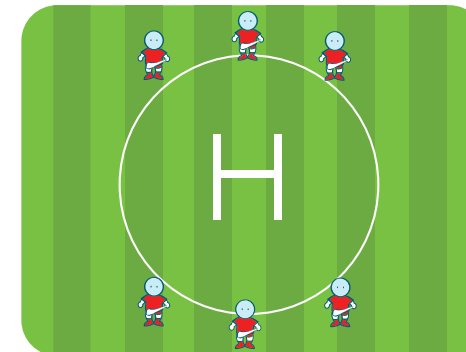
The aim for the players is to get to Croke Park.

Games can be Modified to suit players abilities. Game 1 – Ground Strike only - Game 2 – Ground strike on non-dominant side – Game 3 – Air Strike Game 4 – Air strike on non-dominant side - Game 5 – 2 vs 2 match with no soloing.

12.20PM – 12.40PM

## CIRCLE GAME

6



Set up goals in the middle of pitch

Make a circle around the goals using cones (approx 20m radius)

Each player has a sliotar

On whistle players strike their sliotar over the bar from outside the circle all from various positions / angles

Players then gather a different ball and repeat

12.40PM – 1PM

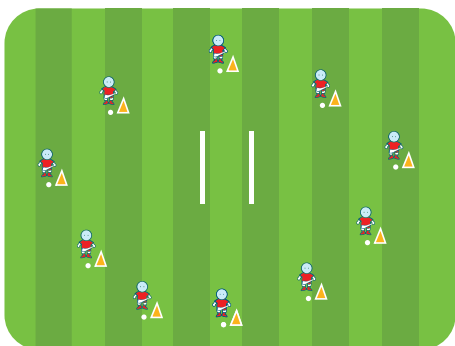


# Day 2

# AGE 11-13



## SIDELINE SKILLS TEST 1

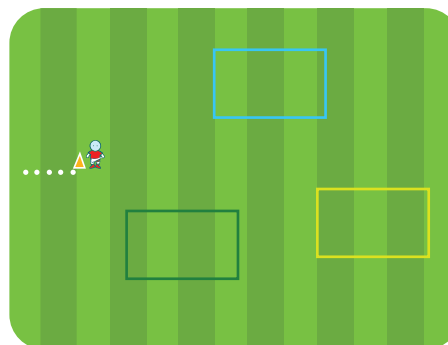


Players attempt sideline from each cone moving in a clockwise direction.

Player with the most scores wins.

10.10AM – 10.25AM

## FREE TAKING SKILLS TEST 2



Each player has 5 attempts to get as many points as possible.

Players get points by landing ball inside the different squares. Each Square has a different value.

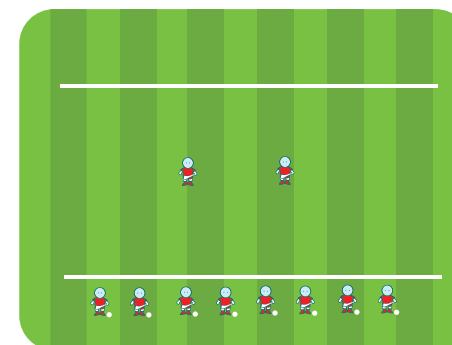
Green = 4 points

Blue = 8 points

Yellow = 10 points

10.30AM – 11AM

## HURLING BULL DOG 3



2 chasers are selected.

Aim is to solo the ball across the grid when called out by chasers or when "Bull Rush" is called, get past the chasers and get to the other side.

The ball cannot be taken into hand.

If ball drops to the ground then player is caught and becomes a chaser as well.

Continue until all players are caught.

11.20AM – 11.40AM





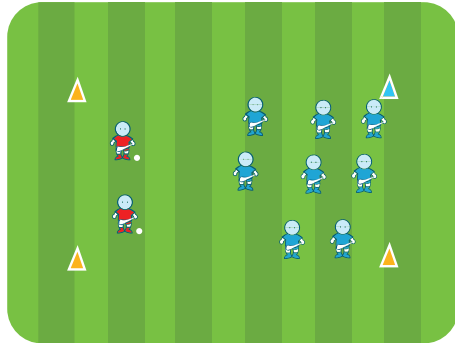
# Day 2

# AGE 11-13



## DODGEBALL

4



2 chasers are selected.

The chasers throw ball (First touch Sliotar) at the runner's legs i.e below the waist.

Game's 1 & 2 caught players go to blue cone where the coach will give them a "buy back" exercise to do which allows them to return to the game eg 5 burpees, 5 seconds of high knees etc

Game 3

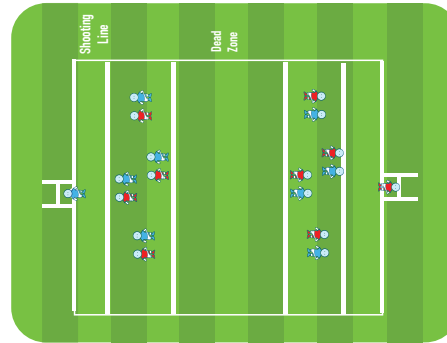
Knockout

Players who are caught are knocked out to see who the ultimate winner is.

11.40AM – 12PM

## STRIKING GAME

5



8 Players

4 vs 4 in both Zones A & B

Defenders after completing 2 passes must strike ball over "Dead Zone" to their forwards on opposite side.

Forwards win ball and go for goal. Forwards must shoot before crossing shooting line.

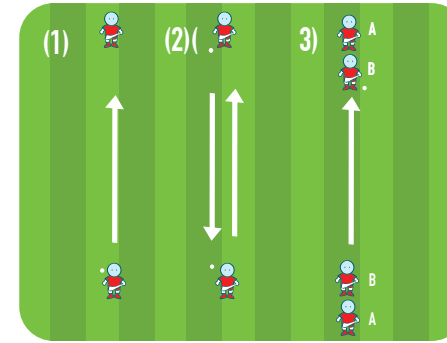
Goalkeepers can puck ball to defenders or if able strike ball over "Dead Zone" to forwards.

Swap roles of defenders and forwards.

12.20PM – 12.40PM

## HIGHBALL 10 CHALLENGE

6



(1) Players strike ball width of pitch and catch incoming ball at its highest point.

Each group attempt to complete 10 high catches before other groups complete 10 high catches.

(2) Each pair now have 2 balls and strike at the same time. Each team attempts to get 10 catches completed before other groups.

(3) In 4's. 2 players on each side of pitch. Player A stands 10 yards behind Player B. When player A catches high ball, he runs to player B and hand passes ball. Player B strikes to opposite group.

12.40PM – 1PM



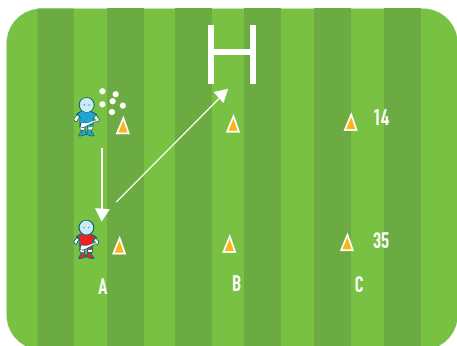
# Day 3

# AGE 11-13



## SHOOTING

1



5 Players start with sliotars on 14  
5 players face them on 35 yards cone

Strike pass the ball and player on 35mm cone controls it and shoots

swap position

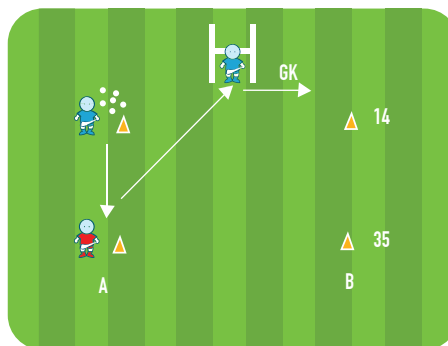
After 6/7 minutes move to section B and then C

Encourage using both sides

10.10AM – 10.25AM

## SHOOTING GOALS

2



Player on 14 passes to player on 21. He/She jumps in and shoots on the 6K

Players swap positions

After 2/3 rounds each move from station A to station B

Focus on where to place ball

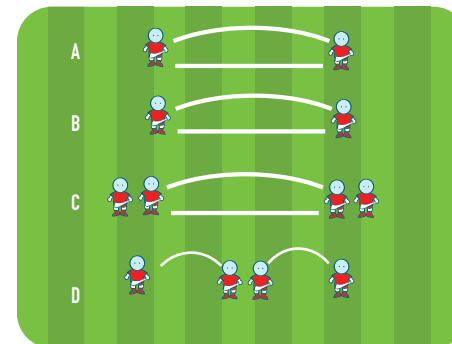
Shorten hurl

Hit the ground, bounce the ball

10.30AM – 11AM

## HIGH CATCH

3



(A) Throw

(B) Strike

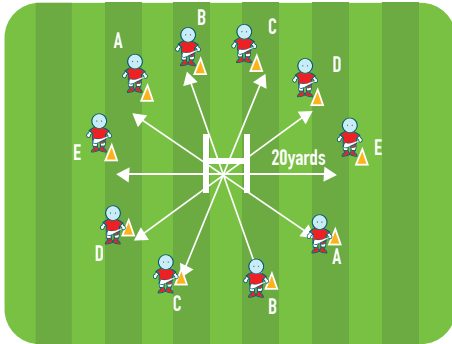
(C) Wrestled high catch tackling + competing

(D) Two players must compete for high catch + pass ball back out

11.20AM – 11.40AM

## HIGH CATCH + SHOOTING

4



Players pair off in two's

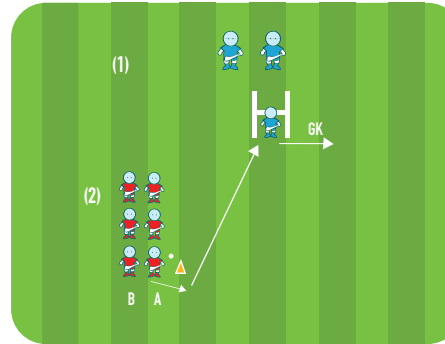
Place goal in middle with a circle radius of cones of 20m

Players must shoot high for points + partner must try to catch the ball

11.40AM – 12PM

## HOOK

5



Teach the skill first (without ball)

2 Players A + B

Player A swings naturally + slower then normal.

Player B stands directly behind A.

Player B has toe of hurl pointing up and focuses on hooking Player A hurl

Try 'hook' Players A hurl under the bás at lower end of the hurl (Where the tape often is)

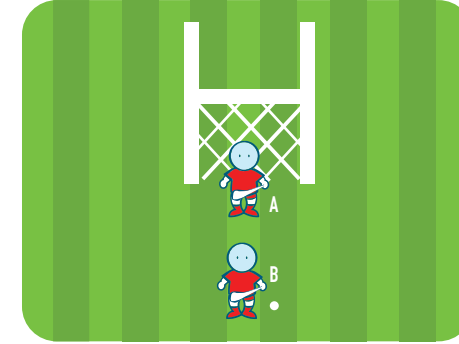
Swap after 1 minute

Each player to have a few attempts until we introduce a ball

12.20PM – 12.40PM

## BLOCK

6



Use the net/fence behind the goal

(1) Player A blocks down player B (No ball to start)

(2) Using the net behind the goal, Player B must try strike the ball against the net. Player A must try to get block (Swap)

(3) Player B must block Player A from scoring a point

12.40PM – 1PM



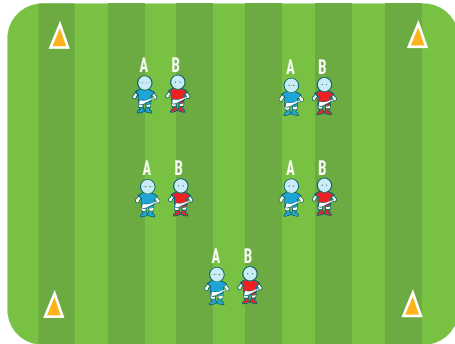
# Day 4

# AGE 11-13



## 5 IN A ROW

1



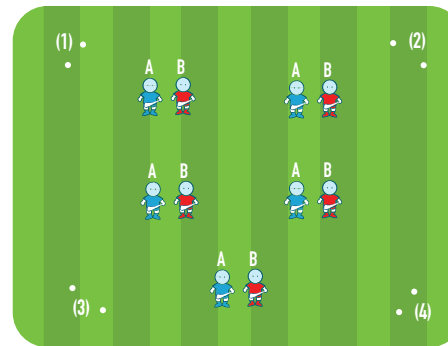
### 5v5 Possession Game

5 passes in a row wins  
 Players must throw ball up high to win it  
 Low passes only  
 2 minutes - Team with most passes in a row wins

10.10AM – 10.25AM

## THROUGH THE GATES

2



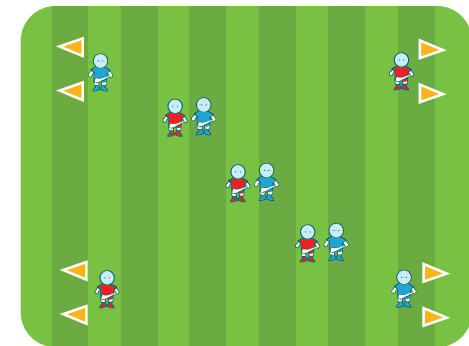
### 5 v 5 Game

Players score by carrying ball through goals.  
 1,2,3,4  
 You can't score in same goal twice in a row

10.30AM – 11AM

## JAIL BREAK

3



### 5v5 Possession Game

Team scores by getting a pass to one of its two goals.  
 Player at cone becomes free when he/she receives a pass  
 Player who scores must take place in goal then  
 You can't score same in same goal twice in a row

11.20AM – 11.40AM

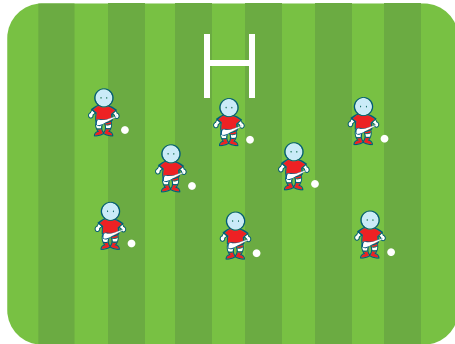


# Day 4

# AGE 11-13



## FREE TAKING COMPETITION 4



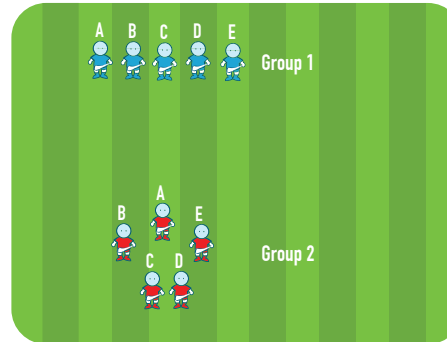
Give each player a ball

Set out various positions on the field

Players record their own score out of 8

11.40AM – 12PM

## LONG PUCK 5



Group 1 get 3 attempts each

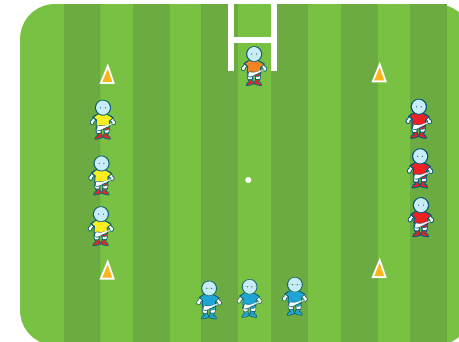
Group 2 Record the distance each group 1 player takes

After Group 1 takes its 3 attempts each, Group 2 swap and they have them go

Longest puck wins

12.20PM – 12.40PM

## SHOOT ON SIGHT 6



The coach throws in the ball and the Yellow and Red teams then enter the square and attempt to win possession.

The team that wins possession attempts to score a goal. The team without the ball acts as defenders, and tries to regain possession and carry the ball out any of the sides of the square.

The winning team then swaps roles with the blue team and the coach restarts the activity again.

12.40PM – 1PM



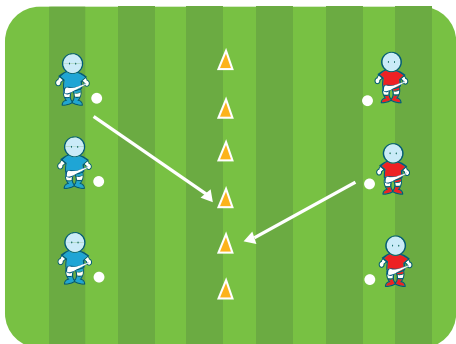
# Day 5

# AGE 11-13



## STRIKE FROM THE HAND - HIT THE CONES

1



This is a fun game to practice striking from the hand

### Organisation

Mark out grid 40m long by 20m wide Place a number of cones across the middle of grid Divide the players into groups of three to five players; one or two balls per team The players in possession attempt to strike the cones in the middle of the grid For each successful strike, award one point

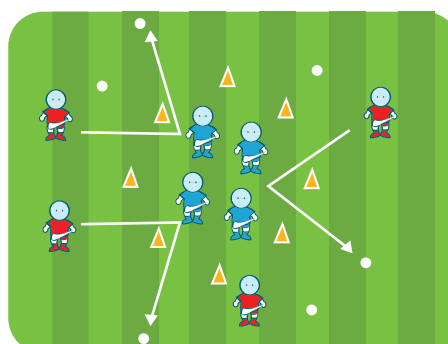
### STEP Variation

Space - To reduce the challenge: reduce the distance

10.10AM - 10.25AM

## DOUBLING BACK - CLEAR THE CIRCLE

2



This is a fun game to help develop the player's ability to double on the ball

### Organisation

Mark out a circle using cones Divide the players into two teams Position one team outside the circle and the other inside The outside players must strike the ball into the circle Players inside must try to keep the ball clear by doubling on each ball as it arrives Reverse the roles of the teams after a set time

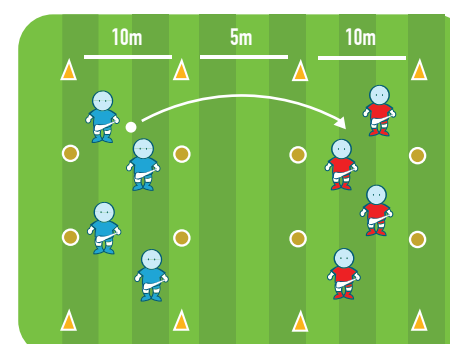
### STEP Variation

Player - Reduce the number of players within the circle to increase the difficulty of the game

10.30AM - 11AM

## OVERHEAD STRIKING - NO MANS LAND

3



This is a fun game to develop overhead striking

### Organisation

Mark out a court using cones Mark out a centre zone to divide the court into two sides Divide the players into 2 equal teams The objective of the game is to strike the ball into the opponents section of the court The ball may be controlled and passed among players of the same team to set up a strike Catching the ball is not permitted Points are scored when the ball touches the ground in the opponent section of the court

### STEP Variation

Space - As the players become more proficient, increase the distance to goal

11.20AM - 11.40AM

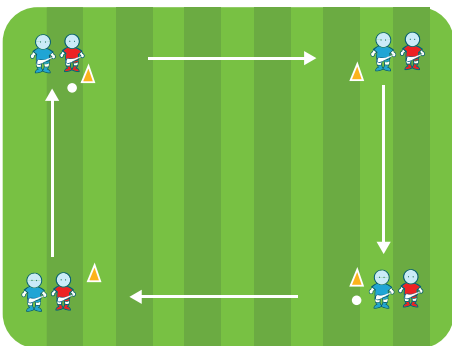


# Day 5

# AGE 11-13



## HAND PASS - AROUND THE SQUARE 4



This is a fun game to practice the Hand Pass technique

### Organisation

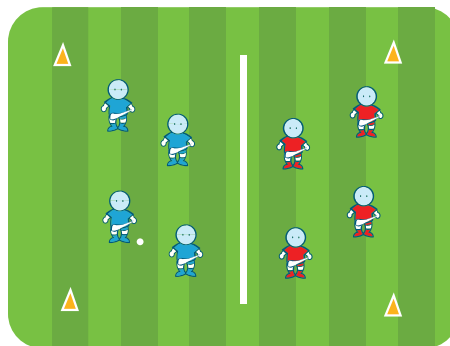
Mark out a square or circle using cones. Divide the players into two teams; one baller team. Position one player from each team at each cone. One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction. The first team to have the sliotar back to the starting player wins. If the sliotar hits the ground, it must be returned to the starting player to begin again.

### Step Variation

To increase the challenge; increase the size of the square

11.40AM – 12PM

## BLOCKING A BALL OVER-HEAD - BLOCK BALL 5



This is a fun game to develop blocking the ball overhead

### Organisation

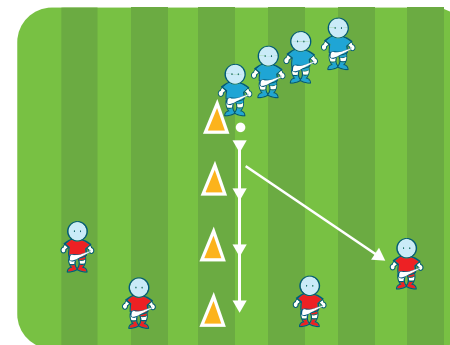
Mark out a court using cones. Use a net or dividing line to mark the court into two sections. Divide the players into two even teams. The objective of the game is to maintain possession by blocking the ball overhead after it has been struck into your section of the court. Points are awarded if the other team fail to control the ball and it falls to ground.

### STEP Variation

Players - To increase the challenge; Reduce the number of players on each team

12.20PM – 12.40PM

## GROUND STRIKE ON THE RUN GROUND STRIKE ROUNDERS 6



This is a field game designed to improve the ability of players to strike the ball on ground while on the run

### Organisation

Mark out a line of cones at 10m intervals to act as bases; the first cone is the starting base, and home base. Divide the players into two equal teams – one striking team and one fielding team. Place a sliotar approximately 5m from the starting base; the first player in the line strikes the sliotar on the run anywhere in the field area. They continue to run to each of the bases in turn as the fielding team attempt to retrieve the ball. The play stops when the striking player returns to home base, scoring a point, or when the fielding team touches one of the bases ahead of the striking player, forcing them to stop; the striking player is out if they are touched with the ball while between bases or if a base is touched as they run towards it. When all of the players on the striking team are either home or out, reverse the roles.

STEP Variation Space - Depending on the ability of the players, increase or decrease the distance between each base. Equipment - Begin with a larger ball and reduce its size as the players become more proficient.

12.40PM – 1PM



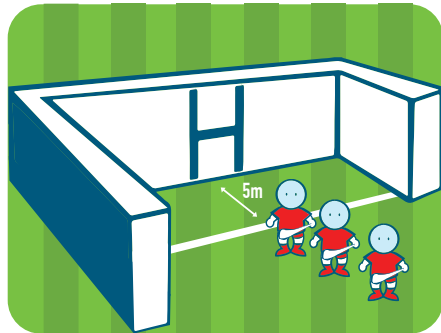
# CAMP ACTIVITIES FOR COACHES





# WALL BALL SESSIONS

## HAND PASSING 1



1. Give every player a ball each and get them hand passing the ball off the wall. Focus on correct technique.  
  
Depending on their age group get them 'hand passing' direct from a) their ball hand & b) directly off the hurl.
2. Put them in groups of 3, roughly 5-10m away from the wall. Player 1 runs to the wall, hand passes and catches off the wall and then turns quickly to hand pass to player 2 etc.  
  
Bring in a time challenge – EX: Which team can do the most correct hand passes in 60 seconds?
3. Challenge them further by only allowing them to hand pass directly off their hurl while soloing.
4. Small sided game: Piggy in the middle. 3 players. 1 player goes in the middle and the other two players must hand pass the ball without the 'piggy in the middle' intercepting it.

### Turas Principle

**T**esting and Challenging: all players should be challenged to improve at their level

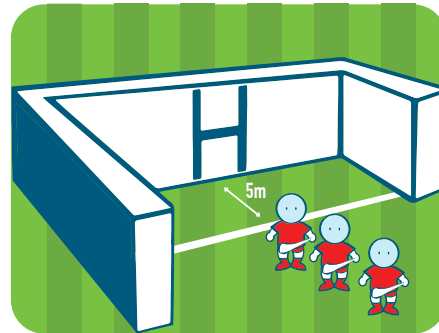
**U**nderstands the player is at the centre of the game and provides individualised development (player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time: lots of touches, lots of decisions

**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience

## HIGH CATCHING 2



1. Give every player a ball, place them 2m away from the wall. Get them throwing the ball up high off the wall and catching it over their head. Progress this by bringing the players 10m from the wall and striking the ball high off the wall, running onto it and catching over their head.
2. Put them in groups of 3, roughly 15m away from the wall. Player 1 must run out and strike the ball high off the wall. Player 2 runs after that ball and catches it high off the wall. Player 2 then strikes for player 3 to catch. Keep rotating.
3. Player 1 strikes off the wall but now Player 2 & Player 3 must compete & contest each other for the high ball. Focus on catching the ball and not using their hurl to bring it down. Player 2 then strikes and Player 1 & 3 contest for the high ball. Player 3 strikes next with Player 1 & Player 2 contesting. Keep rotating for an appropriate amount of time.
4. Lastly, bring in 3 extra players and the goalkeeper. Put the GK in the goal. Strike the ball up between the 6 players (3v3) and they must contest the high catch or read the break. Whichever team wins the ball must try score a goal on the GK. The winning player then becomes the striker and the activity restarts.

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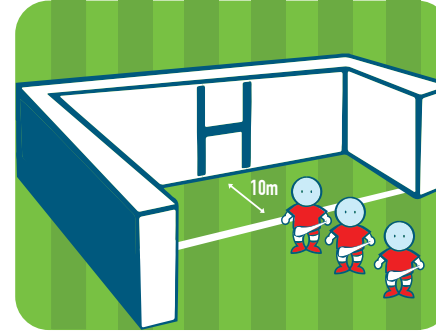
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## HAND PASSING 3



### Equipment

Wall Ball, Hurl, Helmet, Balls

### Skills

Strike, Catch, First Touch, Hand pass

### Using the Wall

1. Each player with a ball. Player 1 moves off the cone, strikes the ball low against the wall, controls it, hand passes the ball against the wall and catches it.  
  
Player 1 returns to the back of the group and Player 2 goes.
2. Player 1 strike the ball low off the wall, moves to the ball and controls it on the run.

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As Player 1 is controlling the ball, Player 2 moves from the cone and makes a run off player 1 shoulder.

Player 1 then gives a hand pass to player 2 as he moves past him.

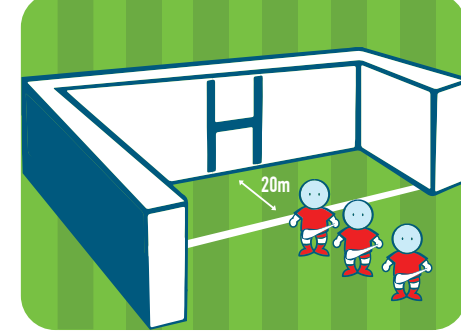
Player 2 then strikes the ball low off the wall, controls it and gives to hand pass to player 3 who is moving past him.

Repeat this drill for 2 minutes before resting.

### Using the Area

1. 3v3 possession game. Players can only hand pass the ball. Team with possession at the end of the game is the winner
2. 3v3 game. Same as above, this time with a 2m goal at each end. Players must get 3 hand pass before they can score a goal on the opposition.

## LONG STRIKE AND GAINING 4



### Equipment

Wall Ball, Hurl, Helmet, Balls

### Skills

Strike, Catch, First Touch, Hand pass

### Using the Wall

1. Player 1 strikes the ball low against the wall, Player 2 runs in and controls the ball.  
  
Player 2 then hits the ball for player 3 to control the ball. Repeat this for the group.
2. Player 1 strikes the ball low against the wall, he controls the ball on the move and solos the ball into the wall.  
  
Player 1 turns at the wall and strikes the ball for player 2. Player 2 repeats the same exercise. Repeat this for the group

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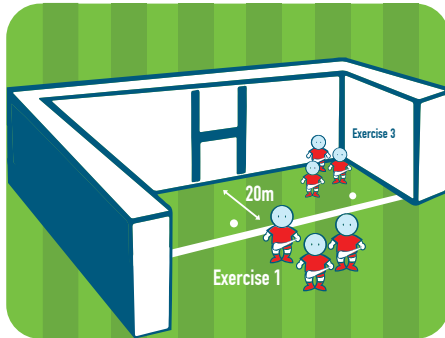
### Using the Area

1. Piggy in the middle. 2 v 1. Players working together must be at least 15m apart. The 2 players must keep the ball away from opposition player who is placed in the middle.  
  
Players are instructed to move around the area. Player in the middle must try get possession of the ball. The player who gives away possession then goes into the middle.
2. 3 v 3: To score players must hand-pass the ball 3 times and strike it off the wall without the opposition blocking the ball. The player who strikes the ball off the wall must be at least 10m away from it.  
  
The game keeps going after a team scores a point.

# WALL BALL SESSIONS

## JAB LIFT

5



1. Split the lads into group of 3 as seen in diagram, players are to stand 15m back from the wall, ball is placed out 5m in front of player. Player 1 runs jab lifts the ball strikes off the wall and controls leaves ball back at starting position Player 2 goes and repeat over for 2 minutes
2. When players are going to pick the ball up encourage they are moving into the ball, strike on the run.

### Using the Area

1. Split players into pairs, place a number of balls around the area, and give each player a number 1 or 2.
2. On the coaches call player 1 must move around performing a jab lift while player 2 is trying to stop them continue this for 1 minute, after that players swap rolls and again for one minute.

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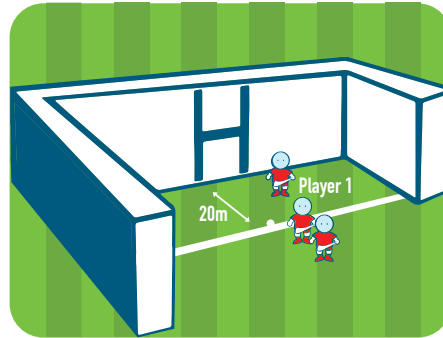
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## FEINT AND SIDE STEP

6



1. Split players up into 3's.
2. Player 1 starts with the ball in hand 20m back from wall, Player 2 stands 10m from wall facing Player 1
3. On coaches call Player runs towards Player 2 and side steps him strikes off the wall and turns and passes ball to Player 3.
4. Players 1 the replaces Player 2, while Player 3 starts the game again.

Coach to encourage players to take ball into hand at last second.

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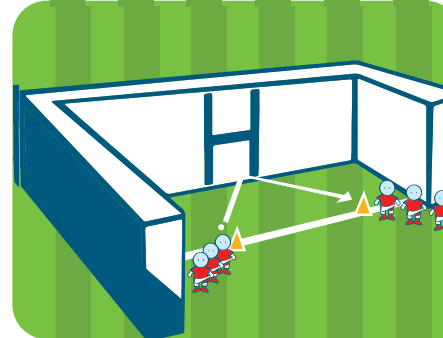
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## DIAGONAL BALL

7



3 behind a cone. Player with ball strikes ball at wall trying to get the ball to bounce back to the other group thus receiving a diagonal ball.

After striking ball the player then runs to back of the other group.

Balls to vary between  
High  
Chest  
Low

The aim of the players receiving the balls is to react to the diagonal ball coming off the wall and take ball on the move.

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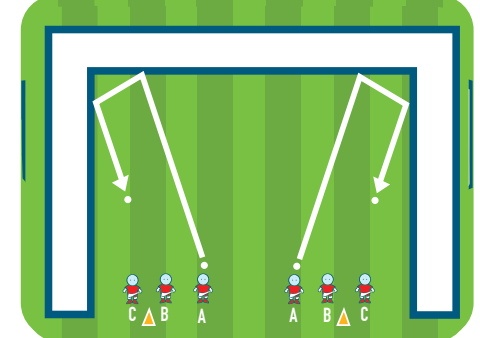
**R**esembles the game (games based)

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## RICOCHET

8



In 3's.

Player A strikes the ball to the corner of the wall. After ball ricochets off the back and side walls players B and C attempt to win possession. The winning player then becomes the striker and the activity restarts.

Balls to vary between:  
High  
Chest  
Low

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Coaching Sessions developed by  
the following  
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Willie Cleary – Wexford GAA



Ian O'Shea - Graphics/Design



LEINSTER



# NOTES

A large white rectangular area with horizontal lines, intended for writing notes. The lines are evenly spaced and cover most of the page's width and height. The background of the page is a dark blue color with some faint, light blue decorative elements like curved lines and arrows.



**TURAS**  
CHILD COACH RESOURCE

**TURAS**