



SAFFRON ÓG

# ANTRIM SUMMER CAMP COACH HANDOUT 2011



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# Antrim Vhi GAA Cúl Camps 2011

Cúl Camp	Dates	Camp Type	Coordinator	Mobile
<b>Week 1</b>				
Ruairi Og, Cushendall	4th July – 8th July	Hurling / Camogie	Martin Magee	079 67465655
Erin's Own Cargin	4th July – 8th July	Football / Camogie	Kevin O'Boyle	077 43223695
St. Johns	4th July – 8th July	All Codes	Aaron Douglas	077 07974369
St. Brigids	4th July – 8th July	All Codes	Martin McCarney	078 03854582
St. Mary's, Aghagallon	4th July – 8th July	Football	Columb Walsh	078 03628408
Kickham Creggan	4th July – 8th July	All Codes	Ciara McCollum	078 95459953
St. Comgalls	4th July – 8th July	Football / Hurling	Paddy McLaverty	079 79075172
St. James, Aldergrove	4th July – 8th July	Football	Luke Sinclair	075 46243552
St. Ergnatt's, Moneyglass	4th July – 8th July	Football	Kevin Brady	077 54308663
All Saint's, Ballymena	4th July – 8th July	Football	Michael O'Kane	077 25084341
St. Agnes, Southlink Andersonstown	4th July – 8th July	Football	Kevin Burke	075 90515104
Patrick Pearses, Waterworks	4th July – 8th July	All Codes	Manuel Donaghy	079 90958567
<b>Week 2</b>	<b>11th July – 15th July</b>			
<b>Week 3</b>				
Loughgiel Shamrocks	19th July - 23rd July	Hurling / camogie	Karen McCormick	077 27238894
St. Paul's	18th July – 22nd July	All Codes	Kevin Gamble	078 72603709
St Galls	18th July – 22nd July	All Codes	Fionnuala Murphy	077 58262221

<b>Week 4</b>				
Lamh Dhearg, Hannahstown Hill	25th July - 29th July	All Codes	Mary Gibson	079 79555349
St. Joseph's, Glenavy	25th July - 29th July	Football	Olwyn McCambridge	077 76243446
St. Mary's Rasharkin	25th July - 29th July	All Codes	Brian O'Neill	075 13829613
Gort na Mona	25th July - 29th July	All Codes	Michael French	078 71924242
<b>Week 5</b>				
Patrick Sarsfields	1st Aug - 5th Aug	All Codes	Pol O Bairr	075 44897063
St. Jame's Aldergrove	1st Aug - 5th Aug	Football	Kevin Fogarty	078 76477439
<b>Week 6</b>				
St. Patrick's Lisburn	8th Aug - 12th Aug	Football / Ladies Football	Chris O'Neill	077 39813507
St. Malachy's, Shaftesbury Sq	8th Aug - 12th Aug	Football / Hurling	Ronan McKenna	079 76410837
Con Magees, Glenravel	8th Aug - 12th Aug	Football	Ian McKeown	077 47445544
O'Donnell's, MacRory Park	8th Aug - 12th Aug	Football/Hurling/Ladies FB	Gerard Shields	078 40136981
Tir na nOg, Randalstown	8th Aug - 12th Aug	All Codes	Caoimh�m Duffin	077 49966162
<b>Week 7</b>				
St. Patrick's Lisburn	15th Aug - 19th Aug	Football / Ladies Football	Chris O'Neill	077 39813507
<b>Week 8</b>				
St. Agnes, South Link Andersonstown	22nd Aug - 26th Aug	Hurling	Kevin Grieve	078 79994162
St. Enda's	22nd Aug - 26th Aug	All Codes	Michael Scott	077 03540835
Football & Hurling Booklets available to download from <a href="http://www.antrimgaagamesdevelopment.ie">www.antrimgaagamesdevelopment.ie</a>				

# Saffron Og Camp Dates

## DATE AND LOCATION:

<b>WEEK 1</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
Ruairi Og Cushendall	04/07/11 - 08/07/11	Eamonn Crilly (078 27973056)	£20
Erin's Own, Cargin	04/07/11 - 08/07/11	Roisin Keenan (078 27973050)	£20
All Saints Ballymena	04/07/11 - 08/07/11	Eoghan Gribbin (078 27973053)	£20
St. Ergnatt's	04/07/11 - 08/07/11	Kelly Marie McRory (078 27973058)	£20
St. Comgall's	04/07/11 - 08/07/11	Catriona McGahan (078 27973051)	£20
Kickhams Creggan	04/07/11 - 08/07/11	Ciara McCollum (078 95459953)	£20
St. Mary's Aghagallon	04/07/11 - 08/07/11	Mags McAlinden (078 27973054)	£20
<b>WEEK 2</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
None			
<b>WEEK 3</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
St. Gall's	18/07/11 - 22/07/11	Catriona McGahan (078 27973051)	£20
<b>WEEK 4</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
Glenavy	25/07/11 - 29/07/11	Mags McAlinden (078 27973054)	£20
Rasharkin	25/07/11 - 29/07/11	Eamonn Crilly (078 27973056)	£20
Lamh Dhearg	25/07/11 - 29/07/11	Matt McNulty (078 27973057)	£20
Gort na Mona	25/07/11 - 29/07/11	Eoghan Gribbin (078 27973053)	£20
<b>WEEK 5</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
St. James, Aldergrove	01/08/11 - 05/08/11	Mags McAlinden (078 27973054)	£20
<b>WEEK 6</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
Lisburn	08/08/11 - 12/08/11	Mags McAlinden (078 27973054)	£20
Tir na nOg	08/08/11 - 12/08/11	Eamonn Crilly (078 27973056)	£20
Glenravel	08/08/11 - 12/08/11	Roisin Keenan (078 27973050)	£20
<b>WEEK 7</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
Lisburn	15/08/11 - 19/08/11	Mags McAlinden (078 27973054)	£20
<b>WEEK 7</b>			
<b>CAMP VENUE</b>	<b>CAMP DATES</b>	<b>CO-ORDINATOR</b>	<b>COST PER CHILD</b>
St. Enda's	22/08/11 - 26/08/11	Eoghan Gribbin (078 27973053)	£20



# **A. Roles & Responsibilities**

## **1. Camp Co-ordinator**

- To arrive at camps each morning at 9:15am.
- Arrange's equipment for the day.
- Divides pitches into 2, marks out the size of each station.
- Get coaches to prepare their stations once they arrive at 9:30.
- Greet the kids and parents as they arrive for the camps, along with a coach who might be well known in that area.
- Manage the day to day running of the camp.
- Check for coaches coaching plan.
- Make appropriate adaptations to the camp if it's needed.
- First Aid bag to be kept with Camp Co-ordinator.
- When kids are going home from the camp the head coach and a coach supervise the gates etc!!
- Check equipment at the end of each day and at the end of each week of a camp.

## **2. Coaches**




- Prepare coaching plan for each day of the camp.
- To arrive at camps each morning at 9:30pm.
- Prepare their station for the day.
- Take directions from Head Coach in relation to preparing for roll calls in the morning and afternoon, lunchtime supervision, collecting of equipment etc!!
- Conduct 15 minute warm up with group before stations start.
- Follow the programme outlined by the Camp coordinator.
- Adopt station activities to suit the ability and experience of the children/group involved.
- Recognise the importance of fluid intake and create a supportive environment for children to hydrate
- Ensure names are marked on fluid bottles
- Give time for fluid breaks during camp
- Encourage post-camp fluid intake at home
- Have a supply of extra fluids available

### **3. *Assistant Coaches/ Club Volunteers***

- To arrive at the camps each morning at 9:30pm.
- Prepare assembly point for the roll call in the mornings and afternoon.
- Take directions from the head coach of the camp in relation to preparing for roll calls in the morning and afternoon, lunchtime supervision, collecting of equipment etc
- Help Coaches at stations; collect equipment, take kids to the toilets etc.
- Not to be left alone with a group or to undertake any coaching unless camp co-ordinator of the camps tells them otherwise.

NOTE: ONCE CAMP CO-ORDINATOR CALLS FOR COACHES AT THE END OF EACH BREAK THEY MUST GO AT ONCE!!

## 4. SUMMER CAMP COACHES MUST BE:

- FRIENDLY AND FUNNY 
- MOTIVATING & ENCOURAGING AT ALL TIMES
- TREATS EVERYBODY THE SAME AND WITH RESPECT
- MAKES TRAINING FUN & ENJOYABLE
- ORGANISED AND PUNCTUAL 
- APPROACHABLE
- SHOW PATIENCE
- FIRM BUT FAIR AT ALL TIMES
- RELIABLE
- PREPARED AND HAVE PLANNED OUT THEIR  
SESSIONS 
- HAVE VARIETY IN THE SESSIONS



## 5. DISCIPLINE

- Your Head Coach will explain all Camp



rules.

- Code of Conduct should be enforced at all times.
- Roll Calls to be taken twice daily- on

arrival and after lunch.



- Camps should begin and end at the appointed time (10am to 2.30pm).
- Children are not allowed to leave a camp unless they have a note from their parents or the supervisor's permission.
- Helmets to be worn during all hurling

activity.



- Head Coach will establish a Litter patrol/rota for lunch breaks.

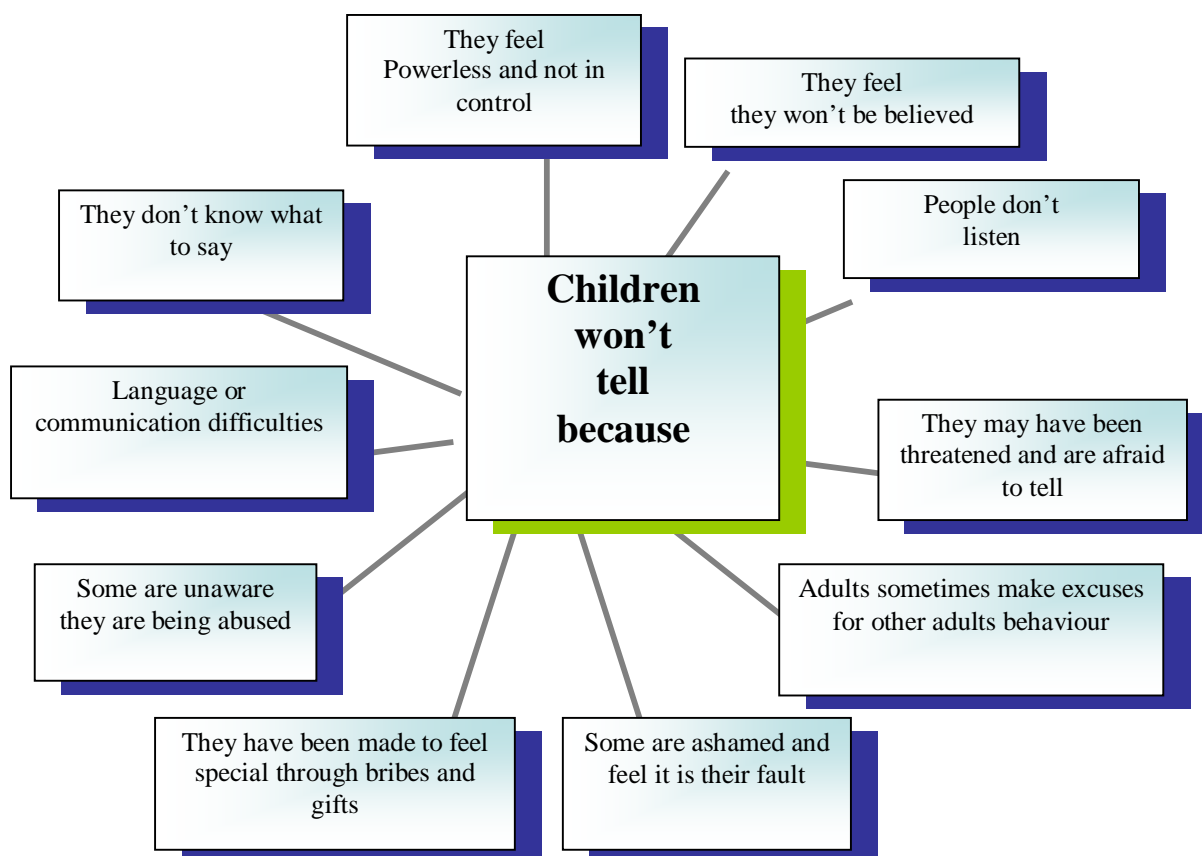
## 6. CODE OF ETHICS

### COACHES CODE OF CONDUCT

- Respect the rights, dignity and worth of every person and treat one equally regardless of age, gender or ability.
- Ensure that nobody involved with the team acts towards or speaks to another person in a manner or engages in any other conduct, which threatens or insults another person on the basis of their religion or background.
- Be Positive during Coaching Sessions.
- Recognise the development needs of young players
- Rotate team captains.
- Be punctual and well dressed.
- Lead by example.
- Planning and preparation for each session.
- No Phones/Photographs during sessions.
- Ensure all games meet age ability and individual needs
- Avoid over coaching Example: Lines/Set positions etc.
- Never shout or lecture if mistakes are made.
- Set realistic Goals.
- Praise and reinforce effort.
- Provide positive feedback.
- Do not have winning, as a MUST; fun and achievement are very important to kids.
- Encourage any parents to get involved.
- Never use bad language/use of hand gestures.
- Do not take Coaching sessions on your own.
- First AID (Report to 1st AID Officer, Fill out accident form).
- Ensure all players keep a high standard of personal hygiene.



# BULLYING



## B. COACHING

### "TRICKS OF THE TRADE"



#### 1. **Communication / Voice:**

- Getting your message across
- Tone, speed, clarity, Amount (Key Points)

#### 2. **How to teach Sports Skills:**

Tell Me and I Forget

We remember 10% of all we hear.

Show Me and I remember

We remember 50% of all we see.

Involve Me and I understand

We remember 90% of all we do

#### **Teaching a Skill:**

I. Introduce.

D. Demonstrate.

E. Explain.

A. Attempt = SPOT & FIX

#### **Teaching a Skill:**

**HEAD.** 

**HANDS.** 

**FEET.** 

### **3. Handling Big Numbers:**

- Whole / individual /groups of 2/3 etc!
- Keep them active – challenge them
- Have variation
- Mini Competitions
- Organise children into ability groups

### **4. Organising Stations / Performing Activities:**

- Organise work area
- Prepare and distribute equipment
- Organise children into ability groups
- Select / adapt activities to suit ability and experience
- Sport & Fix – Coach Key Points

### **5. Organisational Hints: (Gaining Attention.)**

- Gather the group in a semi - circle.
- Separate the "Giddy Players".
- Gather in Footballs.
- Face players away from distractions & the sun.
- Speak with the breeze.
- On the whistle the activity stops and players jog in.
- Request silence before you speak. (3-second rule)

## **C. PROCEDURES DURING THE CUL/SAFFRON OG CAMPS**

### **1. How to Adopt and Modify Games:** Children of all abilities can play games by using the following:

1. Space
2. Task
3. Equipment
4. Players
5. Rules
6. Zoning
7. Scoring

### **Organising Modified Games:**

- All children must participate.
  - 7mins/quarter 7-8yr olds
  - 8mins/quarter 9-10yr olds
  - 20mins/quarter 11-13yr olds
- The game should reflect the skill in focus
- Teams should consist of no more than 11 players
- Teams grouped according to ability (make conditions different for stronger participants)
- When a 'foul' is awarded, give a brief explanation of what was committed.
- Encourage respect to referee and sportsmanship for all by ensuring that the ball is returned in full to the player taking the free and penalise all poor sportsmanship.

### **2. Organising a Blitz:**

1. Grade teams on basis of ability.
2. Assign a name to each team
3. All players must participate
4. Award points for wins/draws etc

- 5. Encourage 'Participation and Play' as opposed to 'Win at all costs' attitude.

### **3. Pitch Layout for Camps (Club Specific)**

- Pitch set-up largely depends on numbers of participants and if clubs are hurling / football only or combined.
- Junior (7/8years) and Saffron Og kept away from older groups
- Ensure Juniors and Saffron Og stations are nearest the toilet facilities
- Assembly point positioned near the hall/dressing rooms.

### **4. Structure for Friday of Camps**

- This day is based around the kids enjoying themselves and finishing off the camp on a high.
- Blitzes and fun games will take place all day
- Presentation of any awards will take place in the afternoon and a photo opportunity with a county player
- For skill tests the boy or girl with most points within that group wins the skill (optional for clubs)
- Clubs (if they wish) can choose their own method of rewarding all participants for taking part in the camp.

### **5. Handing out of Cul Camp/Saffron Og Gear:**

- Children who have application forms completed and returned a week prior to start of the camp will receive gear on Monday afternoon.
- Those who return application on Monday will receive gear on Wednesday approx.
- Coaches will receive gear and sort into different sizes

- All kits delivered will be the sizes given by parents on their child's application form; co-ordinators must make it clear these cannot be altered!
- Kits are to be checked and signed off by camp co-ordinator
- Encourage kids to wear gear everyday if possible!

## 6. Fluid Intake

- Children produce twice as much heat for same level of exertion as adults
- They can heat up and overheat very quickly without sweating
- Regular drinks breaks throughout the day, not only at meal times, are very important to ensure they stay cool and are hydrated

## Signs of Dehydration

- Complaining of being hot
- Tiredness
- Weak/ Lethargic
- Thirst
- Headache

## 7. Rain Offs

It is the co-ordinator and coaches responsibility to have alternative arrangements in place if, inclement weather, causes coaching to halt.

- If there is a lack of indoor facilities available, make sure parents/guardians are notified, on first day, that children will be sent home
- Coaches must use initiative to keep children occupied and entertained for the duration inside
- A number of Secondary theme ideas are available in the Cul Camps Activity Guideline booklet Pgs70 – 71 which are both educational and entertaining.
- In the case of sunny weather sunscreen should be provided and children encouraged to wear hats to decrease the chance of sunburn.



## D. Programmes



### Programme of Events For A Saffron òg Camp.

- Each 'Session' as mentioned below on Tuesday, Wednesday and Thursday, include three parts, a Game, then Skill Practice, finished with a game testing the skill.
- The content of these 'Sessions' are included in the Saffron Og Coaches handbook.

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>
<b>Monday</b>	10.30	Registration
	10.45	Warm Up
	11.00	Gaelic Start Stations
	11.35	Break Time
	11.50	Cont Gaelic Start Stations
	12.20	Cool Down.
	12.25	Recap of skills learned today.
	12.30	Depart.

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>
<b>Tuesday</b>	10.30	Registration
	10.35	Warm Up
	10.45	Session One (Handling).
	11.10	Session Two (handling)
	11.35	Break Time
	11.45	Session Three (handling)
	12.20	Cool Down
	12.25	Re-cap skills learned today
	12.30	Depart.

## Saffron Og Cont.....

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>
Wednesday	10.30	Registration
	10.35	Warm Up
	10.45	Session One (Kicking).
	11.10	Session Two (Kicking)
	11.35	Break Time
	11.45	Session Three (Kicking)
	12.20	Cool Down
	12.25	Recap skills learned today
	12.30	Depart.

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>
Thursday	10.30	Registration
	10.35	Warm Up
	10.45	Session One (Striking)
	11.10	Session Two (Striking)
	11.35	Break Time
	11.45	Session Three (Striking)
	12.20	Cool Down
	12.25	Recap skills learned today
	12.30	Depart.

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>
Friday	10.30	Registration
	10.35	Warm Up
	10.45	'Road To Croker' Games Competition.(handling/Kicking )
	11.15	Break Time
	11.30	Road To Croker' Games Comp (striking games: Rounders).
	12.00	Re-cap of skills learned this wk.
	12.05	Cool Down
	12.10	Presentation of Saffron Og Gear.
	12.30	Depart.

## **Football only Cul Camps Weekly Schedule;** **(7-8 Years) FOOTBALL**

	Structure of the Day				
	Mon	Tue	Wed	Thur	Fri
<b>09:30</b>	Preparation	Preparation	Preparation	Preparation	Preparation
<b>10:00</b>	Assembly	Assembly	Assembly	Assembly	Assembly
<b>10:15</b>	Warm Up	Warm Up	Dynamic Warm Up	Warm Up	Warm Up
<b>10:30</b>	<b>**Skill Revision -  Catch/ Punt/ Fist Pass</b>	<b>Fist Pass pg17</b>	<b>Punt Kick pg 21</b>	<b>High/Low Catch pg 19</b>	<b>Sides Step pg23</b>
<b>10:45</b>		Secondary Theme	Secondary Theme	Secondary Theme	Secondary Theme
<b>11:00</b>		<b>Bounce pg14</b>	<b>Punt Kick pg 21</b>	<b>High/Low Catch pg 19</b>	<b>Blitz</b>
<b>11:45</b>	Modified Games pg66	Modified Games pg66	Modified Games pg66	Modified Games pg66	
<b>12:00</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:30</b>	Secondary Theme	Secondary Theme	Secondary Theme	Secondary Theme	<b>Blitz</b>
<b>12:45</b>	<b>Fist Pass pg16</b>	<b>Fundamentals (pg 28 of this handbook)</b>	<b>U-Can Awards -(Mod Games if required)</b>	<b>Side Step pg22</b>	
<b>01:30</b>	<b>Rounders (start at 1.15)</b>	Modified Games pg66		Modified Games pg66	
<b>02:15</b>	Cool Down	Cool Down	Cool Down	Cool Down	Cool Down
<b>02:20</b>	Clean up and assembly	Clean up and assembly	Clean up and assembly	Clean up and assembly	Clean up and assembly
		<b>U-Can Awards Skills</b>	<b>Body Catch</b>		
			<b>Punt Kick</b>		
			<b>Fist Pass</b>		
	<b>**Skill Revision - Assessment of ability levels of participants within groups through fun games found in Guidelines Booklet</b>				

## (9-10 Years) Football only

	Structure of the Day				
	Mon	Tue	Wed	Thur	Fri
<b>09:30</b>	Preparation	Preparation	Preparation	Preparation	Preparation
<b>10:00</b>	Assembly	Assembly	Assembly	Assembly	Assembly
<b>10:15</b>	Warm Up	Warm Up & Skill Revision	Warm Up	Warm Up	Warm Up
<b>10:30</b>	<b>**Skill Revision - Punt, Solo, Fistpass and High Catch</b>	<b>Fist Pass (pg 35)</b>	<b>Solo pg42</b>	<b>Block Down (pg26)</b>	<b>Crouch Lift (pg31)</b>
<b>10:45</b>	<b>Skill Revision</b>	Fist pass	Solo	Block Down pg26	Crouch Lift pg31
<b>11:00</b>	<b>Reach Catch (Pg 38 &amp; 39)</b>	<b>Punt Kick (pg53)</b>	<b>Side-step (pg 32/33) &amp; Checking (pg28/29)</b>	<b>Hook Kick (pg 37)</b>	<b>Blitz</b>
<b>11:45</b>	Modified Games (pg66)	Modified Games (pg 66)	Modified Games (pg 66)	Modified Games pg66	
<b>12:00</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:30</b>	Secondary Theme - History	Secondary Theme - Playing	<b>U-Can Awards</b>	Secondary Theme - Health	Secondary Theme - Rules
<b>12:45</b>	<b>Fist pass (pg34)</b>	<b>Solo (pg 42)</b>		<b>Crouch Lift (pg30)</b>	<b>Blitz</b>
<b>01:30</b>	<b>Rounders (start at 1.15pm)</b>	Modified Games pg66		Modified Games pg66	
<b>02:15</b>	Cool Down	Cool Down	Cool Down	Cool Down	Cool Down
<b>02:20</b>	Clean up and assembly	Clean up and assembly	Clean up and assembly	Clean up and assembly	Clean up and assembly
			<b>U-Can Awards Skills</b>		
			Punt Kick		
			Solo		
			Fist Pass		
			High Catch		
		<b>**Skill Revision - Assessment of ability levels of participants within groups through fun games found in Guidelines Booklet</b>			

## (11-13 Years) Football only

	Structure of the Day				
	Mon	Tue	Wed	Thur	Fri
09:30	Preparation	Preparation	Preparation	Preparation	Preparation
10:00	Assembly	Assembly	Assembly	Assembly	Assembly
10:15	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
10:30	<b>**Skill Revision</b>	<b>Punt Kick II pg53</b>	<b>Evasion Roll-Off pg51</b>	<b>Solo Pg43</b>	<b>Penalty Kick pg55</b>
10:45		Secondary Theme	Secondary Theme	Secondary Theme	Secondary Theme
11:00	<b>High Catch pg48/49</b>	<b>Near Hand Tackle pg46</b>	<b>Solo (pg 42)</b>	<b>The Feint Side Step pg32/33</b>	<b>Blitz</b>
11:45	Modified Games pg66	Modified Games pg66	Modified Games pg66	Modified Games pg66	Modified Games pg66
12:00	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
12:30	Secondary Theme	Secondary Theme	Secondary Theme	Secondary Theme	Secondary Theme
12:45	<b>Punt Kick II pg52</b>	<b>Evasion Roll-Off pg50</b>	<b>U-Can Awards</b>	<b>Near Hand Tackle pg46/47</b>	<b>Blitz</b>
01:30	<b>Rounders (01.15)</b>	Modified Games pg66		Modified Games pg66	
02:15	Cool Down	Cool Down	Cool Down	Cool Down	Cool Down
02:20	Clean up and assembly	Clean up and assembly	Clean up and assembly	Clean up and assembly	Clean up and assembly
			<b>U-Can Awards Skills</b>		
			Catch and Kick		
			Punt for Goal		
			Evade and Punt Kick		
			Feint and Pass		
		**Skill Revision - Assessment of ability levels of participants within groups through fun games found in Guidelines Booklet			

# Hurling Camps Schedule

## Hurling only (7-8 Years)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9.30am</b>	preparation	Preparation	Preparation	Preparation	preparation
<b>10.00am</b>	assembly	Assembly	Assembly	Assembly	assembly
<b>10.15am</b>	warm up	warm up	warm up	warm up	warm up
<b>10.30am</b>	<b>skill revision</b>	<b>Striking on the</b>	<b>Chest Catch/High Catch</b>	<b>Frontal Ground Block</b>	<b>Blitz</b>
<b>10.45am</b>	<b>Dribble pg 14/pg 15</b>	<b>Ground pg 22</b>		<b>pg 16/</b>	
<b>11.00am</b>	<b>Stopping ball-ground block</b>	<b>Pg 23</b>	<b>pg 13 pg36</b>	<b>Pg 17</b>	
<b>11.30am</b>	<b>pg 18/pg 19</b>				<b>Blitz</b>
<b>11.45am</b>	modified games pg 66	modified games	modified games	modified games	Blitz
<b>12 noon</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>12.30pm</b>	secondary theme	secondary theme	U Can awards	secondary theme	Blitz
<b>12.45 pm</b>	<b>Shoulder clash pg 20/pg 21</b>	<b>Fundamentals</b>	<b>U Can awards</b>	<b>Hook pg 24</b>	Blitz
<b>1.30pm</b>	<b>Rounders (starts 1.15pm)</b>	<b>Fundamentals</b>	<b>U Can awards</b>	<b>Pg 25</b>	<b>Blitz</b>
<b>1.45pm</b>	<b>Rounders</b>	Modified games	<b>U Can awards</b>	Modified games	Blitz
			Modified games		
<b>2.15pm</b>	cool down	cool down	cool down	cool down	cool down
<b>2.20pm</b>	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly
			<b>U Can Awards</b>		
			Hurling		
			Dribble		
			Chest catch		
			Ground Strike		

## Hurling only (9-10 Years)

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	preparation	preparation	preparation	preparation	preparation
10.00am	assembly	assembly	assembly	assembly	assembly
10.15am	warm up	warm up	warm up	warm up	warm up
10.30am	Skill revision	Striking from Hand	Jab Lift/Roll Lift	Low/Chest/Overhead Catch	Blitz
10.45am	Dribble/ Ground Strike on the Run	Pg 40	pg 34 pg35 / pg 38 pg 39	pg 37/ pg 13	
11.00am	pg14 pg 30	Pg 41	(plus catch and strike from hand )	pg 36	
11.30am	Pg 15 pg 31				Blitz
11.45am	modified games	modified games	modified games	modified games	Blitz
12 noon	Lunch	Lunch	Lunch	Lunch	Lunch
12.30pm	secondary theme	secondary theme-Playing	U Can awards	secondary theme-Health	Blitz
12.45 pm	Frontal air block pg 28/pg 29	Handpass pg 32/ pg 33	U Can awards	Hook pg 24/pg 25	Blitz
1.30pm	Rounders (starts at 1.15pm)	Modified games pg 66	U Can awards	Modified games pg 66	Blitz
1.45pm	Rounders		U Can awards/Modified Games		Blitz
2.15pm	cool down	cool down	cool down	cool down	cool down
2.20pm	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly
			U Can Awards		
			Hurling		
			Striking from Hand		
			Ground Strike on the Run		
			Hand Pass		
			Jab lift, catch and strike		

## Hurling only (11-13 Years)

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	preparation	preparation	preparation	preparation	preparation
10.00am	assembly	assembly	assembly	assembly	assembly
10.15am	warm up	warm up	warm up	warm up	warm up
10.30am	skill revision	JabLift	Doubling pg 50/ pg 51	Overhead/chest /Low Catch	Blitz
10.45am	Solo	Strike, Free Puck	" "	pg 36/ pg 13/	
11.00am	pg 55	pg 34	Blocking a ball overhead		
			pg 46		
11.30am	pg 56	pg 35	pg 47	pg 37	Blitz
11.45am	modified games pg 66	modified games	modified games	modified games	Blitz
12 noon	Lunch	Lunch	Lunch	Lunch	Lunch
12.30pm	secondary theme	secondary theme	U Can awards	secondary theme	Blitz
12.45 pm	Control a moving ball pg 48/pg 49	Overhead Strike	U Can awards	Ground Flick	Blitz
	Striking from hand on			pg 52 /pg 53	
	the run pg 40/pg 41	Pg 54			
1.30pm	Rounders (starts 1.15pm)	Modified Games	U Can awards	Modified games	Blitz
1.45pm	Rounders		U Can awards		Blitz
2.15pm	cool down	cool down	cool down	cool down	cool down
2.20pm	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly
			U Can Awards Hurling		
			Solo		
			Doubling		
			Free Puck		
			Control a moving ball		



# Combined Hurling/Football/Camogie Camps Schedule (7-8 Years)

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	preparation	preparation	preparation	preparation	preparation
10.00am	assembly	assembly	assembly	assembly	assembly
10.15am	warm up	warm up	warm up	warm up	warm up
10.30am	skill revision	(f) Fist Pass (h) Striking on / Bounce Ground	(f) Punt kick (h) Chest Catch  pg 36	(f) High/low catch (h) Frontal  / Ground Block pg 16 / pg 17	Blitz
10.45am	(f) Body Catch (h) Dribble pg 12/pg13 pg14 /pg 15	/ pg 22 /pg 23			
11.00am	rotate groups	rotate groups	rotate groups	rotate groups	
11.30am					Blitz
11.45am	modified games pg 66	modified games	modified games	modified games	Blitz
12 noon	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
12.30pm	secondary theme (f) fist pass (h) Shoulder clash	secondary theme	U Can awards	secondary theme	Blitz
12.45 pm	pg 20/ pg 21	Fundamentals (Pg 28 of this Handbook)	U Can awards	(f) Side step (h) Hook  pg 24/ pg 25	Blitz
1.30pm	Rounders (starts 1.15pm)	Fundamentals	U Can awards	Modified games pg 66	Blitz
1.45pm	Rounders	Modified games	U Can awards		Blitz
			Modified games		
2.15pm	cool down	cool down	cool down	cool down	cool down
2.20pm	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly
	<b>Rotation details</b>		<b>U Can Awards</b>		
	Depending on numbers, divide into groups and rotate players around skill stations i.e. if 36 children, at one age group (1 x group hurling, 2 x football. Co-ordinator can adjust).		<b>Football / Hurling</b>		
			Body Catch / Dribble		
			Punt Kick / Ground Strike		

# Combined Hurling/Football/Camogie Camps Schedule (9-10 Years)

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	Preparation	preparation	preparation	preparation	preparation
10.00am	Assembly	assembly	assembly	assembly	assembly
10.15am	warm up	warm up	warm up	warm up	warm up
10.30am	skill revision	(f) Punt Kick (h) Striking from Hand	(f) Sidestep (h) Jab Lift/Roll Lift	(f) Block Down/ (h) Low/Chest	Blitz
10.45am	(f) Catch/ (h) Dribble/ Ground	pg 40 / pg 41	pg34pg35/pg38pg39	Hook Kick / Overhead Catch	
11.00am	/ Strike on the Run	" "	( incl catch & strike)	pg37/pg13/pg36	
	( pg14 pg15/pg30 pg 31). Rotate groups	rotate groups	rotate groups	rotate groups	
11.30am					Blitz
11.45am	modified games pg 66	modified games	modified games	modified games	Blitz
12 noon	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
12.30pm	secondary theme	secondary theme	U Can awards	secondary theme	Blitz
12.45 pm	(f) fist pass (h) Frontal air block	(f) Solo (h) Handpass	U Can awards	(f) Crouch Lift (h) Hook pg 24/pg 25	Blitz
	pg 30/pg 31	pg 32/ pg 33		rotate groups	
1.30pm	<b>Rounders (starts 1.15pm)</b>	Modified games pg 66	U Can awards		Blitz
1.45pm	<b>Rounders</b>	Modified games	U Can awards	Modified games	Blitz
			Modified games		
2.15pm	cool down	cool down	cool down		cool down
2.20pm	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly
	<b>Rotation Details:</b> Depending on numbers, divide into groups and rotate players around skill stations i.e. if 36 children, at one age group (1 x group hurling, 2 x football. Co-ordinator can adjust).		<b>U Can Awards</b>		
			<b>Football / Hurling</b>		
			Punt Kick / Striking from Hand		
			Solo / Hand pass		

# Combined Camp (11-13 Years)

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	Preparation	preparation	preparation	preparation	preparation
10.00am	Assembly	assembly	assembly	assembly	assembly
10.15am	warm up	warm up	warm up	warm up	warm up
10.30am	skill revision	(f) Punt Kick (h) Lift/Strike	(f) Near Hand tackle(h) Doubling	(f) Hook Kick (h)Overhead /chest /Low	Blitz
10.45am	(f) High catch (h)Solo	/Near Hand Tackle Free Puck	" pg 50/pg 51	/ Catch	
11.00am	" pg 55/pg 56	" " pg 34/pg 35	" "	" pg 36/pg 13/pg 37	
	rotate groups	rotate groups	rotate groups	rotate groups	
11.30am					Blitz
11.45am	modified games pg 66	modified games	modified games	modified games	Blitz
12 noon	Lunch	Lunch	Lunch	Lunch	Lunch
12.30pm	secondary theme	secondary theme	U Can awards	secondary theme	Blitz
12.45 pm	(f)Punt Kick (h) Control a Moving Ball (pg 48/49)	(f) Evasion/Roll Off (h) Overhead Strike	U Can awards	(f) Penalty/Free Kick (h) Ground Flick (Pg 52/53)	Blitz
		Feint/side step (pg 54)			
1.30pm	Rounders (starts at 1.15pm)	Rotate groups	U Can awards	Rotate groups	Blitz
	Rounders	Modified games	U Can awards	Modified games	Blitz
			Modified games		
2.15pm	cool down	cool down	cool down	cool down	cool down
2.20pm	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly	clean up and assembly
	<b>Rotation Details:</b> Depending on numbers, divide into groups and rotate players around skill stations i.e. if 36 children, at one age group (1 x group hurling, 2 x football. Co-ordinator can adjust).		U Can Awards		
			Football / Hurling		
			Catch & Kick Solo		
			Punt for Goal Doubling		

# FUNdamentals VHI

## Cul Camp

VHI Cul Camp Tuesday Afternoon  
FUNdamentals Programme in  
Football/Hurling/Combined  
Camps for Players Age 7-8

### Warm up Games

1. Fireman Game (Game attached)
2. Call the number
  - a. Use different coloured domes call colours to touch.
  - b. Progress to numbering the domes.
3. Hot coals and Trolls (Game attached)  
If no stepping stones use ladders
4. Ladder Pass (Game attached)

Use the following games in succession to create an obstacle course. Always finish with a shot to score.

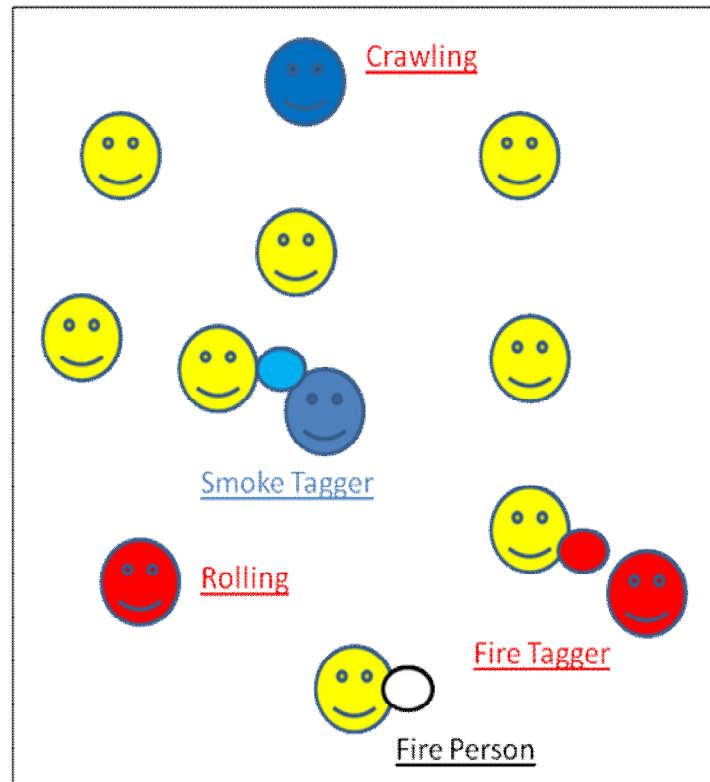
1. Pancake Toss
2. Grand National
3. Solo bounce and shoot

Encourage teams to keep count of points won bringing in competition. Teams that support team mates can win bonus points by cheering etc.

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Warm Up - 36

## Fire Safety Tag



### How to Play?

- Play this game using all children.
- Allocate 1 child in group to carry a blue ball/cone to tag remainder of class.
- When tagged with a blue ball/cone children must crawl as blue represents smoke.
- Allocate a different child to carry a red ball/cone which represents fire and tagged children roll around on floor to put fire out.
- Allocate a different child to carry a white ball/cone and they are the fire person who tags crawling or rolling children to free them. While freeing children fire person must call out "999"
- Change taggers regularly.

## Station 4 'Hot Coals and Trolls'

**ACTIVITY:** Coordination

**AGE GROUP:** U6



**FOCUS** – Progressing coordination skills through foot eye coordination under pressure

**HARDER**

- Against the clock
- add in more mats
- Add in more trolls
- variation (backwards, one foot only, bunny hops etc.)

**EASIER**

- no time limit
- walk through
- Remove trolls

### RULES – HOW TO PLAY

- Monkeys run on the hot coals one step at a time only
- -1 point for every missed step
- One troll follows and tries to catch the monkeys tail (use bibs as tails)
- 5 points for evading the troll
- Rotate roles after each turn

### COACHING POINTS

**HEAD**..... Facing the next step , looking at next target

**HANDS**..... opposite arm opposite leg

**FEET**..... on toes, high knees

(Safety no rough play)

### EQUIPMENT

\*mats x8 and bibs as tails

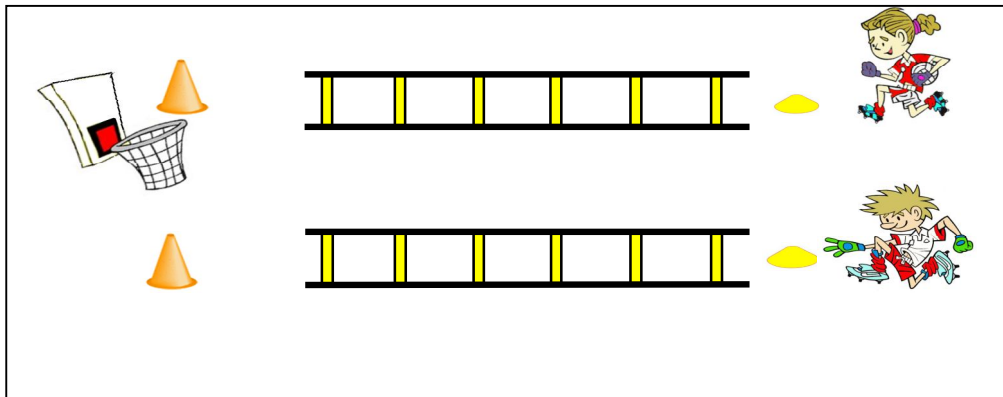
## STATION 4: LADDER PASS

**ACTIVITY: CO-ORDINATION**

**AGE GROUP: U-8**

### FOCUS:

In this activity we are developing the ability to move through a ladder whilst passing the ball and maintaining technique



### COACHING POINTS

**HEAD...** Keep eyes on the ball until it is secured safely in chest

**HANDS...** Make hands bigger by spreading fingers when catching ball

**FEET.....** Move on balls (front part) of your feet

## RULES – HOW TO PLAY

- Walk forwards through the ladder
- Pass the ball to Partner
- At end of line take a shot
- 3 points for net
- 2 points for opposite cone
- 1 point for same side cone

### HARDER

- Use a hand pass (left and right)
- Increase intensity
- Use foot pass

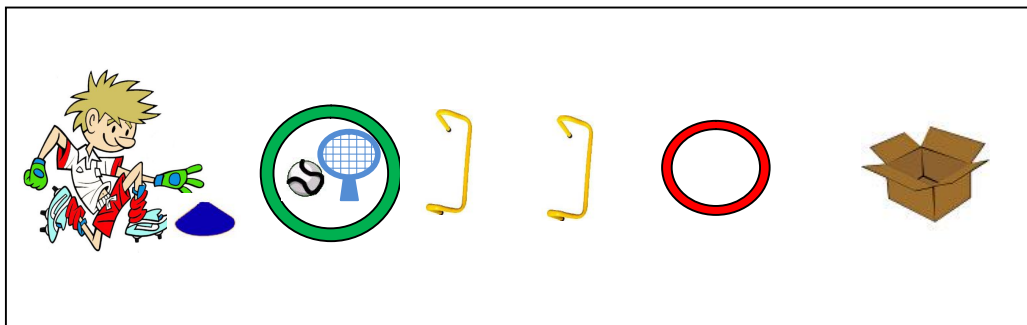
### EASIER

- Use bigger ball
- Remove Ladders
- Face partner

### EQUIPMENT:

4m Ladder x 2, Net / Hoop, Cone x 2 & Ball x 1

## Pancake Toss



### FOCUS

- Using a bat and object and keeping it under control over hurdles and then aiming to get ball into a target

### HARDER

- Use hurl and sliotar or bean bag
- Add more hurdles and hop or jump instead of walking or running
- Use smaller boxes
- Space boxes further away

### EASIER

- Use tennis racquet and beanbag
- Space hurdles out or remove them
- Use large boxes

### RULES – HOW TO PLAY

- Set up course as shown with 2 hoops, 2 hurdles, 2 boxes/bins and a bat and ball
- Player starts behind cone
- Pick up bat and ball from first hoop
- Step over hurdles, keeping the ball under control on the bat
- Aim to toss the ball into a box/bin from inside the next hoop
- Collect ball and place it back in the first hoop along with the bat
- Hi 5 next player to go

### COACHING POINTS:

#### HEADER

Watch the ball but also be aware of other object

- Use hurl and sliotar or bean bag
- Add more hurdles and hop or jump instead of walking or running
- Use smaller boxes
- Space boxes further away

#### EASIER

- Use tennis racquet and beanbag
- Space hurdles out or remove them
- Use large boxes

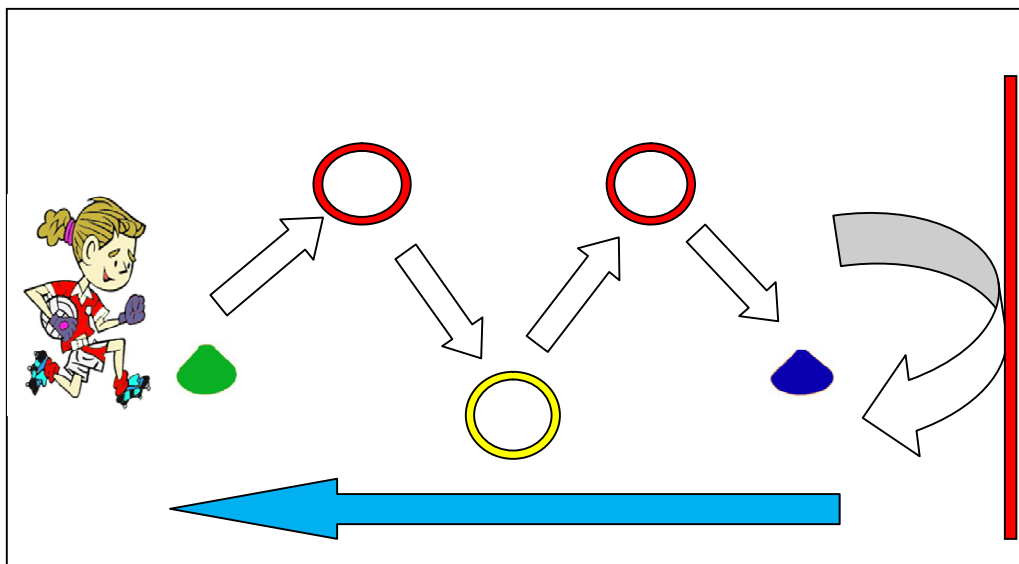
### EQUIPMENT

1 x Cone, 2 x Hurdles, 2 x Hoops, 2 x Boxes, 1 x Bat, 1 x Ball

## Activity: Solo, Bounce & Shoot

### FOCUS

- Develop the ability to move quickly in different directions whilst bouncing and soloing



### HARDER

- Place the hoops closer together
- Use a smaller target

### EASIER

- Remove the solo & just let them bounce in each hoop
- Make the space between hoops bigger

### EQUIPMENT

Hoops, Ball, Cones & Target for wall

### RULES – HOW TO PLAY

- Players have to complete the slalom by bouncing the ball in hoops & soloing in between each hoop
- They should bounce with left hand in red hoops and right hand in yellow hoops
- When player reaches blue cone they shoot once at a target on the wall or between 2 cones to score a point
- They then collect ball, return down the side and hand pass to next player

### COACHING POINTS

#### HEAD

- Look straight ahead
- Steady shoulders, imagine a pin through shoulders
- Keep eyes on the ball when bouncing & soloing

#### HANDS

- Use hands to assist with balance
- Use 'Big Hands' to catch the ball

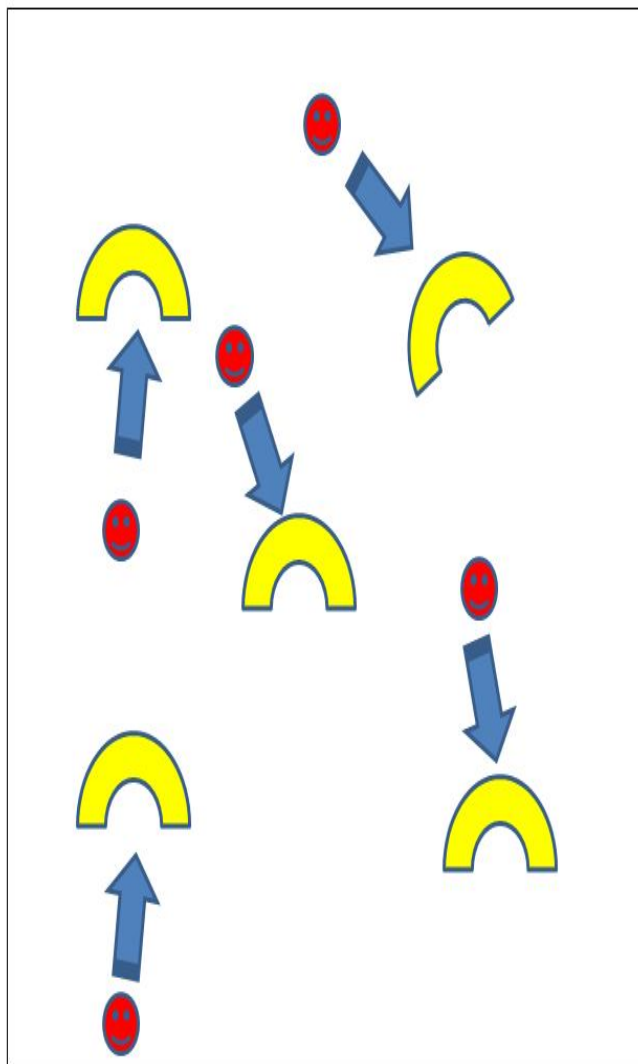
#### FEET

- Drive of outside foot when turning
- Spring of the ball of foot
- Use a 'Hard Foot' when soloing



## Warm Up - 5

# Bridges & Rivers



## How to Play?

- Organise children into groups of 2.
- No. 1 Makes a bridge shape using body.
- No. 2 Crawls under bridge and then makes a new bridge for No. 1 to crawl under and so on.

# Bridges & Rivers

## Make it harder

- Get children to go under other bridges after their own.
- Challenge children to make different bridges using different body parts.
- Challenge children to jump over bridges no rather than crawling under.
- Introduce a ball to be rolled under bridge before jump.

## Make it easier

- Get children to make simple bridges to start (On 2 feet, 2 feet & 2 hands)
- Spend time with everyone making bridges at the start.

# Squirrels in Trees



## How to Play?

- In groups of 3. Number children 1, 2 & 3.
- No. 1 & 2 forms a tree by facing and holding hands. No. 3 is the squirrel inside the tree.
- Odd players are the homeless squirrels.
- On coaches command odd players prepare to move as squirrels start to move trees.
- Change positions of trees and squirrels often to allow running for all.
- In the scramble odd players try to find a tree. Squirrels left out then become new homeless squirrels.

# Squirrels in Trees

## Make it harder

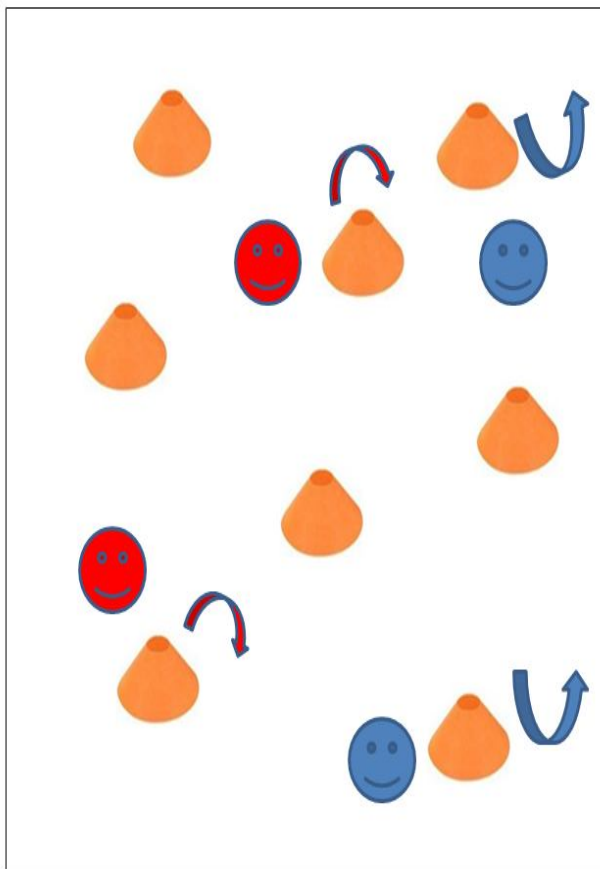
- Limit number of free trees.
- Increase number of odd squirrels.
- Challenge squirrels to travel in various directions and methods.

## Make it easier

- Introduce more free trees.
- Reduce number of odd squirrels.



## Volcano's & Crater's



### How to Play?

- Divide children into 2 teams.
- Team 1 flip the domes over to make a crater shape.
- Team 2 flip craters over to make volcano's.

## Volcano's & Craters

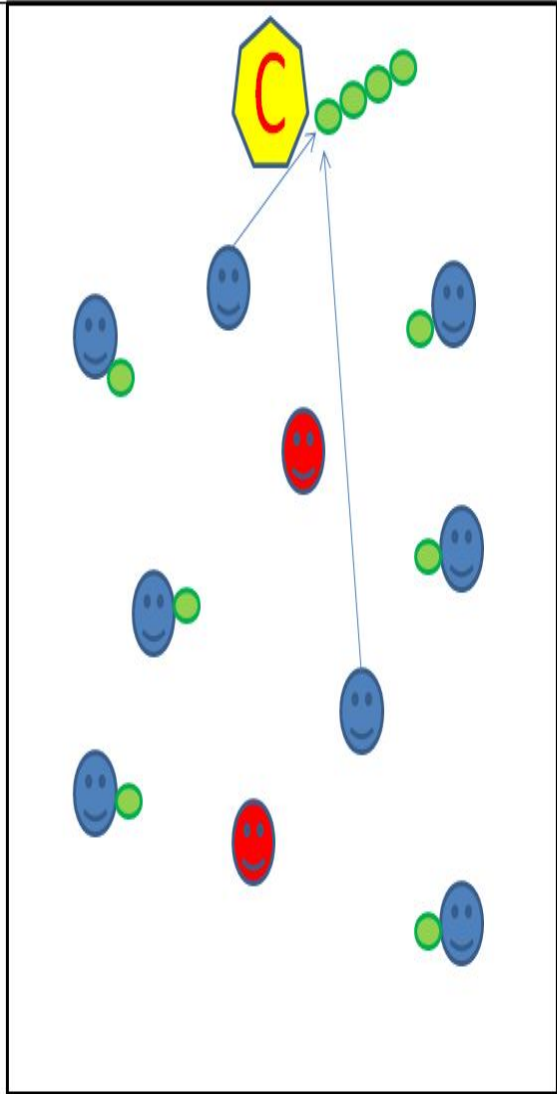
### Make it harder

- Allocate more volcano flippers than crater flippers, making game unbalanced.
- Add competition by getting a child from each team to count how many volcano's and crater there are at the end of the game.
- Play in a smaller area.

### Make it easier

- Play in a larger area leaving more space and time to flip domes.
- Play while walking at first.
- Put out plenty of domes in order to avoid too much competition.

# Leprechauns & Shamrocks



## How to Play?

- Allocate 2 children to be leprechauns, who are aiming to tag and steal cones which represent shamrocks from the rest of the children.
- When child loses shamrock they must go to coach and get a new shamrock and rejoin game.
- Change leprechauns regularly.

# Leprechauns & Shamrocks

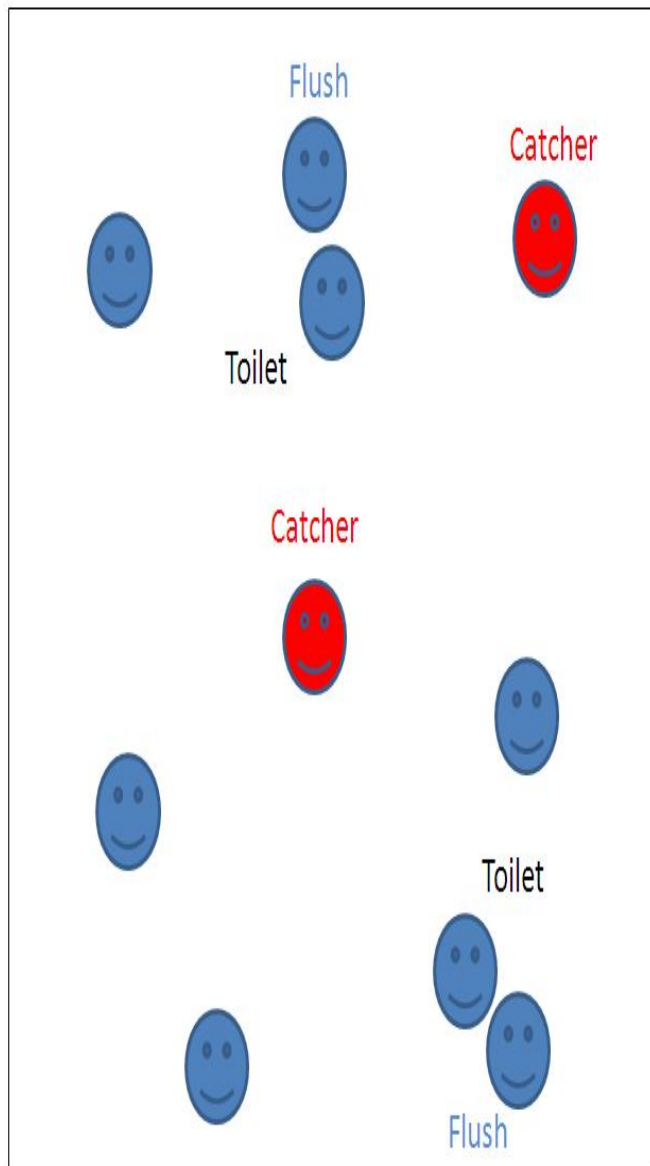
## Make it harder

- Add more leprechauns.
- Coach moves around outside of square.
- Play within a smaller area.

## Make it easier

- Use only 1 leprechaun.
- Limit coach to remain stationary or add more people to give out new shamrocks.
- Play within a larger area.

# Toilet Tag



## How to Play?

- Coach selects 2/3 children to be on it.
- Within a marked out area catchers must chase and catch other children.
- When caught children must imitate a sitting toilet position with an extended arm for flushing.
- Free children must imitate a flushing action on toilets in order to free them and rejoin the game.

# Toilet Tag

## Make it harder

- Increase the number of catchers.
- Make the area smaller.
- Challenge the catchers to travel using different methods (Hopping, skipping, sideways).

## Make it easier

- Start with only 1 catcher.
- Limit catchers to a zoned off area.
- Limit catchers to a walk rather than run.
- Make the area larger.

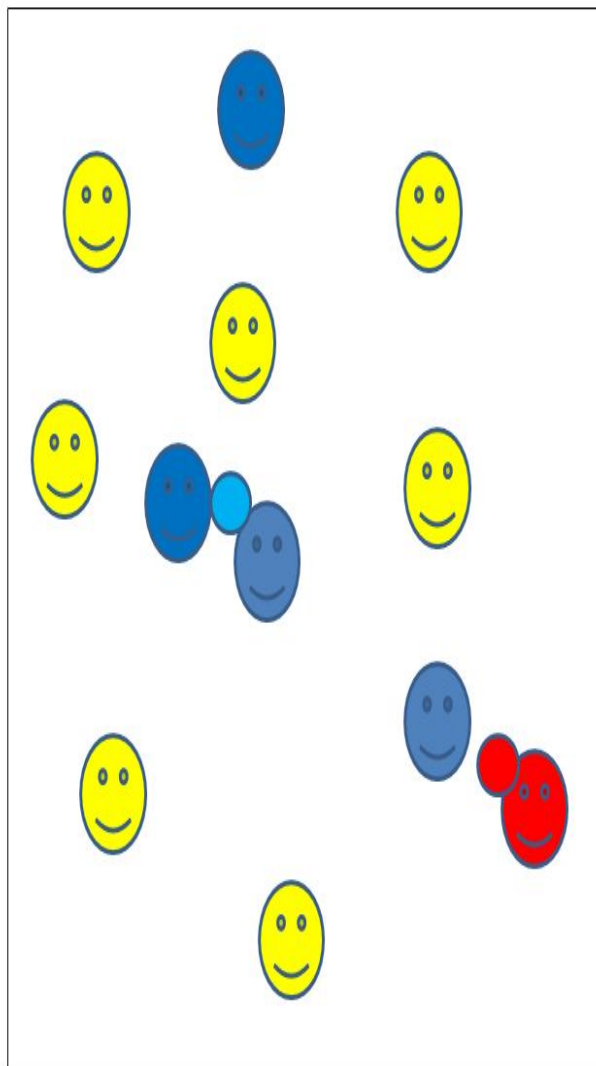


# Ice Warriors



## How to Play?

- Play this game using all children.
- Allocate 1 child in group to carry a blue ball/cone to tag remainder of class.
- When tagged with a blue ball/cone child must freeze.
- Allocate a different child to carry a red ball/cone which represents heat to melt frozen children.
- Change taggers regularly.



# Ice Warriors

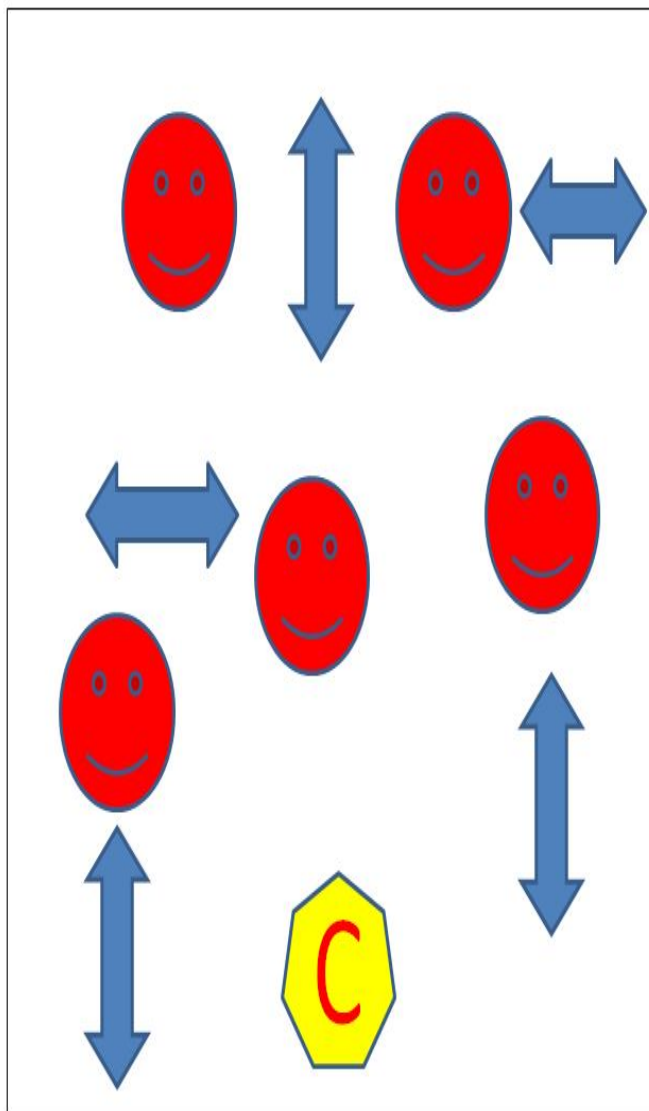
## Make it harder

- Play within a smaller area.
- Allocate 2 blue freezers and only 1 red melter.
- Use a small ball for tagging.

## Make it easier

- Play within a larger area.
- Allocate 2 red melters and only 1 blue freezer.
- Play while walking before running.

# Signal Man



## How to Play?

- Players space out at random in an area facing the coach.
- Coach stands in front and signals with hands.
- If coach points left all the players move sideways to their right etc. If coach points forward, all move back and so on.

# Signal Man

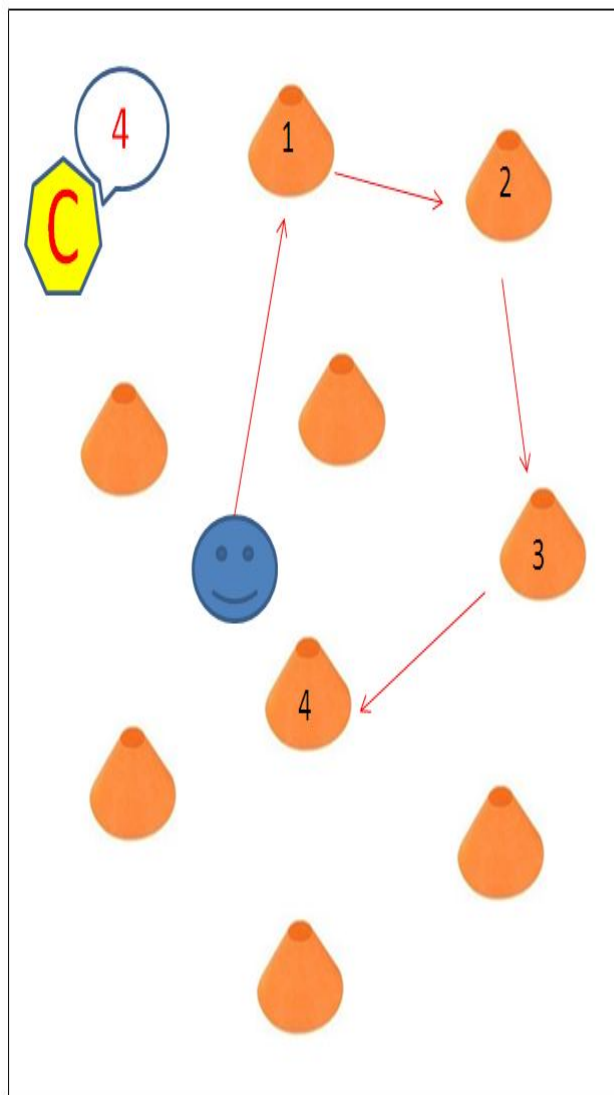
## Make it harder

- Challenge them to move the opposite way to the way pointed i.e. if the coach points behind him all move backwards etc.
- Get children to now respond to audio commands i.e. 'Right', 'Left' etc.
- Add traffic light colours.
- Red = Stop
- Amber = Get Ready
- Green = Go

## Make it easier

- Give very slow commands.
- Leave longer time for children to react.
- Coaches assist with movements.

# Touch the Domes



## How to Play?

- Aim to follow coach's instructions moving in and around the area.
- Touch as many domes as possible within a set time.
- Coach calls out a number children touch that number of domes.

# Touch the Domes

## Make it harder

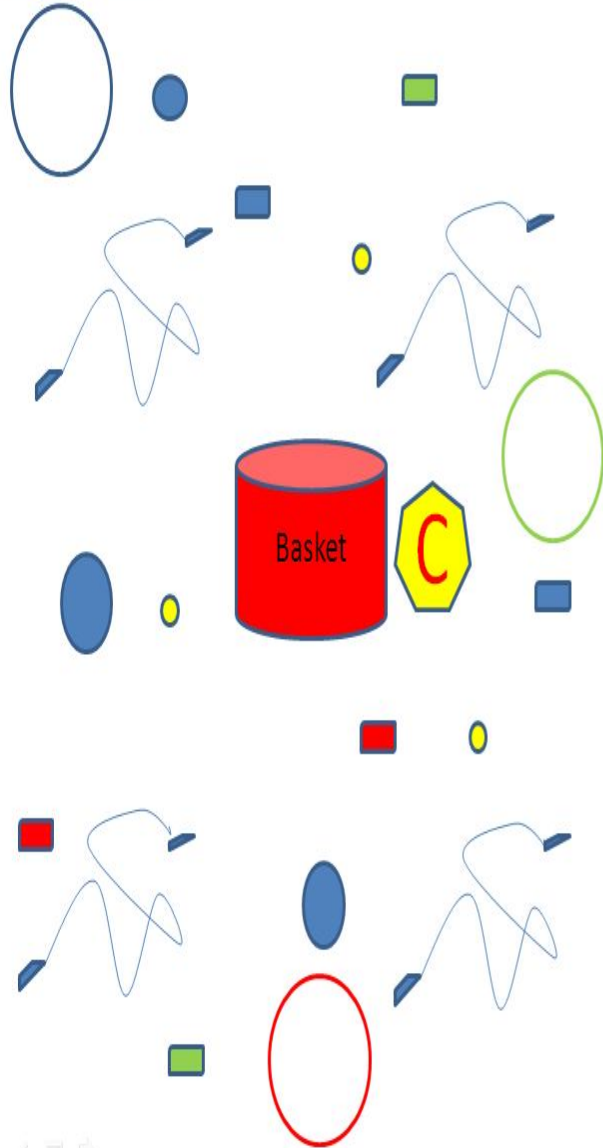
- Can they use different parts of their bodies to touch the domes e.g. elbows, nose etc.
- Challenge children to move in different ways e.g. hopping, jumping etc.
- Use a smaller area with less domes.

## Make it easier

- Use half class so the others can watch and copy.
- Make the area larger.
- Add more cones.



## Keep the Basket Full



### How to Play?

- Ask children to find a free space within the playing area.
- Coach stands in middle of playing area with a basket of varied balls, tied up ropes and bean bags.
- The coaches aim is to empty the basket by throwing equipment among the children.
- The children's aim is to retrieve the apparatus and return them to the basket in order to fill it.

## Keep the Basket Full

### Make it harder

- Put children into 3 teams and get them to recover equipment and return to a allocated coloured hoop.
- Team with most pieces wins.
- Challenge travelling methods ( Directions , jumping etc..)

## Make it easier

- Use larger equipment and more stable equipment.
- Walk rather than run.

# ONE ★ STAR CHALLENGES



# TWO ★ STAR CHALLENGES



## CHALLENGE 1 PUNT KICK

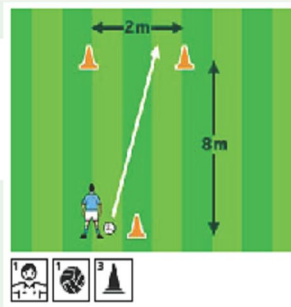
A skills challenge to test proficiency at the Punt Kick

### ORGANISATION

- Mark out a goal 2m wide with two cones
- Place another cone 8m from the goal where the players will kick from
- The player stands at the cone and attempts to kick the ball through the goal, once with their right leg and once with their left
- The ball must pass through the goal without bounding or rolling

### SCORING

- The player is awarded 1 point for each goal scored
- Attempt the challenge three times giving a possible total of 6 points



## CHALLENGE 1 HOOK KICK

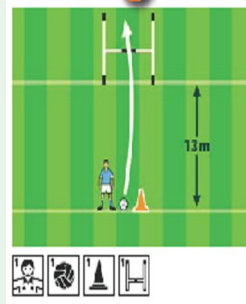
A skills challenge to test proficiency at Hook Kicking for a point

### ORGANISATION

- Place a cone 13m in front of the goals
- The player performs the Hook Kick from the cone attempting to score a point

### SCORING

- 1 point is awarded for each point scored
- The challenge must be attempted six times, three with the left foot and three with the right foot, giving a possible total of 6 points



## CHALLENGE 2 BODY CATCH

A skills challenge to test proficiency at the Body Catch

### ORGANISATION

- The player throws the ball 1m above their head and catches it as it drops

### SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points



## CHALLENGE 2 HIGH CATCH

A skills challenge to test proficiency at the High Catch

### ORGANISATION

- Set up a grid 3m X 3m, with a further cone 3-5m to each side
- The player lines up at one side and the Coach (or a second player) stands at the other
- The Coach throws the ball underarm as the player moves into the square to catch the ball overhead
- The player then returns to the cone and repeats the challenge

### SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points



## CHALLENGE 3 HAND PASS

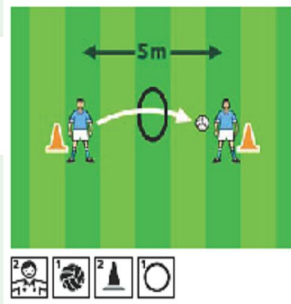
A skills challenge to test proficiency at the Hand Pass

### ORGANISATION

- Place two cones 5m apart
- The performing player stands at one of the cones and attempts to Hand Pass the ball through a target held by another player at the second cone

### SCORING

- 1 point is awarded for each Hand Pass through the target
- The challenge must be attempted six times, three with the left hand and three with the right giving a possible total of 6 points



## CHALLENGE 3 CROUCH LIFT

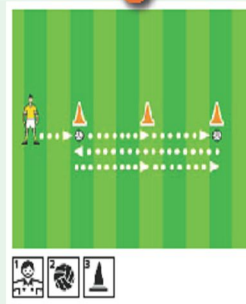
A skills challenge to test proficiency at the Crouch Lift

### ORGANISATION

- Set up three cones in a line at intervals of 5m
- Place a football at the first and the last cone
- Starting from one end the player Crouch Lifts the first ball and places it at the second cone
- Continuing on to the last cone, the player lifts the ball and returns to place it at the first cone
- Finally, the ball at the middle cone is lifted and placed at the last cone
- The challenge is complete when the player returns to the start

### SCORING

- 1 point is awarded for each successful lift made at the first attempt
- The challenge must be attempted twice, giving a possible total of 6 points



## THREE★STAR CHALLENGES



## FOUR★STAR CHALLENGES



### CHALLENGE 1 FIST PASS

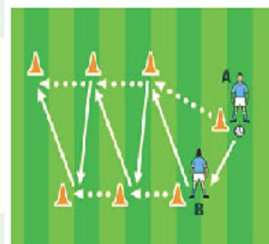
A skills challenge to test proficiency at the Fist Pass

#### ORGANISATION

- Using seven cones at intervals of 5m set up a formation as shown
- One player, 'the server', stands at the first cone; a second player, 'the challenger', stands at the second cone
- Player A throws the ball to Player B to catch; Player B then Fist Passes the ball back to Player A
- They continue this, moving in a zig-zag formation, Player B using alternate hands each time

#### SCORING

- 1 point is awarded for each Fist Pass made, three with the right hand and three with the left hand, giving a possible total of 6 points
- Failing to catch the ball should not be penalised



### CHALLENGE 1 EVADE AND PUNT KICK

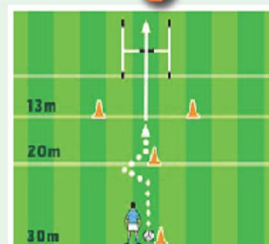
A multi skill challenge to test the Solo, Evasion and the Punt Kick for a score

#### ORGANISATION

- Place one cone 30m in front of goal; place a ball at this cone
- Place a second cone 20m from goal and two further cones marking the 13m line
- From the first cone the player must Solo, Side Step the next cone, and Bounce the ball before Punt Kicking for a point before the 13m line
- The player repeats the challenge using the other foot

#### SCORING

- 1 point is awarded for each point scored, one using the right foot and one using the left
- Attempt the challenge three times giving a final possible total of 6 points



### CHALLENGE 2 TOE TAP

A skills challenge to test proficiency at the Toe Tap

#### ORGANISATION

- Using seven cones at intervals of 5m set up a formation as shown
- Beginning at one end the player Toe Taps as they round each of cones 2 to 6 in a zig-zag formation to finish with a final toe tap as they pass cone 7
- The player must use their right foot to Toe Tap as they pass a cone to the right and their left foot as they pass a cone to the left

#### SCORING

- 1 point is awarded for each successful Toe Tap, three with the right foot and three with the left foot, giving a possible total of 6 points



### CHALLENGE 2 CATCH AND KICK

A multi skill challenge to test the High Catch and Hook Kick for a score

#### ORGANISATION

- The challenging player stands on the 20m line facing away from the goal
- Another player serves the ball for the player to Catch above their head before turning and Hook Kicking for a point with the dominant foot
- The challenge is repeated with the non-dominant foot

#### SCORING

- 1 point is awarded for each point scored
- Attempt the challenge three times giving a final possible total of 6 points



### CHALLENGE 3 BLOCK DOWN

A skills challenge to test proficiency at the Block Down

#### ORGANISATION

- Place three cones to form a triangle, each cone 3m from the others
- The kicker alternates between Cone 1 and 2
- The blocker moves to Block the kicker at Cone 1 and 2 in turn

#### SCORING

- 1 point is awarded for each successful Block, one from the right and one from the left
- The challenge must be attempted three times giving a possible total of 6 points



### CHALLENGE 3 FEINT AND PASS

A multi skill challenge to test the Feint and Fist Pass for a score

#### ORGANISATION

- Place a cone on the 13m line
- Standing on the 20m line facing the goals the player rolls the ball, following to lift it as it moves away
- Continue using a Feint to evade a stationary defending player at the 13m cone before Fist Passing the ball over the bar from outside the small square
- Repeat the challenge lifting with the other foot, feigning to the opposite side and Fist Passing with the other hand

#### SCORING

- 1 point for each point scored, 1 using the right and 1 using the left hand
- The challenge must be attempted 3 times giving a possible total of 6 points





# FIVE★STAR CHALLENGES



## CHALLENGE 1 BLOCK DOWN

A skill challenge to test the Block Down on an opponent attempting to score

### ORGANISATION

- Set up a grid in front of the goal area 7m X 7m
- The defending player stands between the grid and the goals
- The kicking player occupies the grid
- On the whistle the defending player rolls the ball to the kicking player
- Once in possession the kicking player must shoot for a point without otherwise playing the ball
- The defending player rushes forward to Block Down the shot

### SCORING

- 1 point is awarded for each successful Block Down
- Attempt the challenge six times, the kicker attempting three shots off the left and three off the right, giving a possible final total of 6 points



## CHALLENGE 2 PUNT KICK FOR GOAL

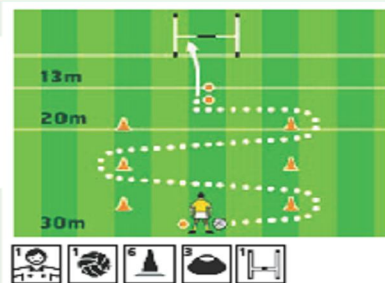
A multi skill challenge to test the Solo and Punt Kick for a goal

### ORGANISATION

- Set up a formation as shown between the 30m marker and the 20m line
- Place 2 further markers directly in front of the scoring space as shown
- Beginning at the 30m marker, the player Sols the ball around three of the cones in a zig-zag formation
- Use the outside foot to Solo the ball at all times
- The player Punt Kicks the ball before the 13m line

### SCORING

- 1 point is awarded for each goal scored; the ball must pass under the crossbar without touching the ground
- The challenge must be attempted six times, three shots off the left and three off the right, giving a possible total of 6 points



## CHALLENGE 3 FREE KICK FROM GROUND

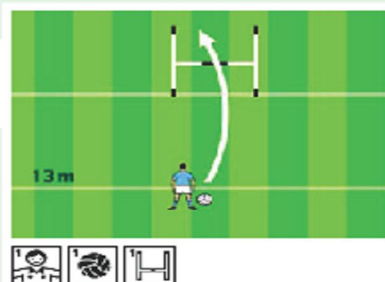
A skill challenge to test proficiency at the Free Kick from the Ground

### ORGANISATION

- Place a football on the 13m line
- Keeping within the rules the player kicks the ball from the ground so as to pass over the crossbar

### SCORING

- 1 point is awarded for each point scored
- The challenge must be attempted six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points



## ONE ★ STAR CHALLENGES



### CHALLENGE 1 DRIBBLE

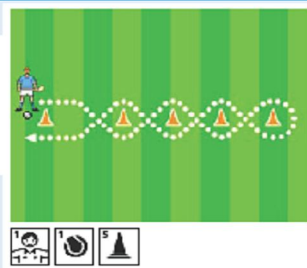
A skills challenge to test proficiency at the Dribble

#### ORGANISATION

- Place one cone for participating players to stand at
- Place a further line of four cones 2m apart beginning 3m from the first cone
- The player Dribbles out and back through each of the cones
- Players are only permitted to play the sliotar forward. Playing the sliotar back or hitting a cone with the sliotar is not allowed

#### SCORING

- 1 point for Dribbling out correctly and 1 point for Dribbling back correctly, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



### CHALLENGE 2 GROUND STRIKE

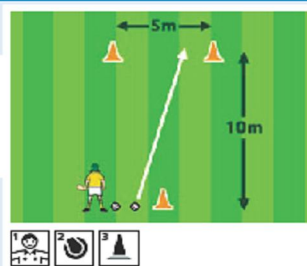
A skills challenge to test proficiency at the Ground Strike from a stationary position

#### ORGANISATION

- Mark out a goal 5m wide using two cones
- Place another cone a distance of 10m from the goal
- Place two sliotars alongside the 10m cone
- Using their preferred side the player strikes each sliotar in turn to pass through the goal

#### SCORING

- 1 point is awarded for each goal scored, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



### CHALLENGE 3 CHEST CATCH

A skills challenge to test proficiency at the Chest Catch

#### ORGANISATION

- The player holds the hurley in the dominant hand
- Throw the sliotar above the head and perform a Chest Catch as the sliotar drops

#### SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points



## TWO ★ STAR CHALLENGES



### CHALLENGE 1 RUNNING GROUND STRIKE

A skills challenge to test proficiency at the Ground Strike on the Run

#### ORGANISATION

- Set up the challenge as shown
- Place a sliotar in between each pair of cones
- Starting to one side, the player runs along either the 10 or the 15m line
- Without breaking stride, strike the sliotar to pass through the goal
- Continue around the outer cone on the far side, striking the next ball off the other side

#### SCORING

- 1 point is awarded for each goal scored
- Strike the ball on the 15m line with the preferred side and the ball on the 10m line with the non-preferred side
- Attempt the challenge three times giving a possible final total of 6 points



### CHALLENGE 2 ROLL LIFT

A skills challenge to test proficiency at the Roll Lift

#### ORGANISATION

- Place three cones to form a triangle, cones 3m apart
- Place a sliotar at two of the cones
- The player, starting from cone 1, Roll Lifts each sliotar into the hand, drops it on the ground and returns to cone 1

#### SCORING

- 1 point is awarded for each successful Roll Lift
- Attempt the challenge three times giving a possible total of 6 points



### CHALLENGE 3 STRIKE FROM THE HAND

A skills challenge to test the Strike from the Hand from a stationary position

#### ORGANISATION

- Place two cones 10m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines with cones
- While stationary, the player strikes the first sliotar from the hand using one side and the second sliotar using the opposite side

#### SCORING

- One sliotar must pass the 30m line to score a point, the other must pass the 20m for a second point
- The sliotar may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points



## THREE★STAR CHALLENGES



### CHALLENGE 1 LIFT, CATCH AND STRIKE

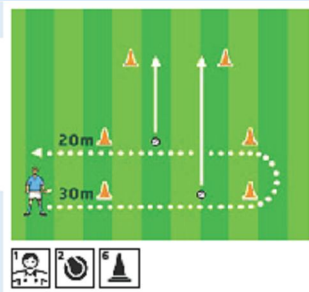
A skills challenge to test the Jab Lift and Strike while moving

#### ORGANISATION

- Place two cones 10m apart with two slottars in between
- At a distance of 20m and 30m mark out two clear lines
- From the first cone the player runs and Jab Lifts either ball. Without breaking stride, strike the ball from the hand
- Continue around the second cone, attempt to strike the remaining ball using the opposite side

#### SCORING

- One slottar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The slottar may bounce or roll over the line
- Attempt the challenge three times giving a possible total of 6 points



### CHALLENGE 2 HAND PASS

A skills challenge to test proficiency at the Hand Pass

#### ORGANISATION

- Place two cones 1m from a wall; place a slottar at each
- The player Roll Lifts the slottar at the first cone and Hand Passes it against the wall
- Catching it outside the 1m marker, the player places it back at the cone
- The skill is then repeated at the second cone

#### SCORING

- 1 point is awarded for each successful Hand Pass and catch, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



### CHALLENGE 3 OVERHEAD CATCH

A skills challenge to test proficiency at the Overhead Catch

#### ORGANISATION

- Set up a grid 2m X 2m, with a further cone 3m-5m to each side
- The player lines up at one side and the Coach stands at the other
- The Coach throws the slottar under arm as the player moves into the square to catch the slottar overhead
- The player then returns to the cone and repeats the challenge

#### SCORING

- 1 point is awarded for each Overhead Catch made
- Attempt the challenge six times giving a possible total of 6 points



## FOUR★STAR CHALLENGES



### CHALLENGE 1 CONTROL AND STRIKE

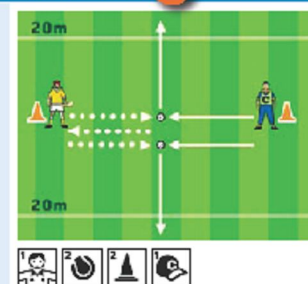
A skills challenge to test Controlling a Moving Ball and Striking from the Hand on the run

#### ORGANISATION

- Mark two lines 20m either side of a central line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball towards the player
- The player controls the ball into the hand, strike the ball to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

#### SCORING

- 1 point is awarded for each slottar that passes over the 20m line
- The player is allowed only one touch to control the ball
- Attempt the challenge three times giving a possible total of 6 points



### CHALLENGE 2 DOUBLING

A skills challenge to test proficiency at Doubling on a moving ball on the ground

#### ORGANISATION

- Mark a line using two cones 15m apart
- Mark out another line 20m either side of this line
- The player stands at one cone and the Coach stands at the other cone
- The Coach rolls the ball along the ground towards the player
- The player doubles on the moving slottar to pass over one of the 20m lines
- Return around the first cone to repeat off the opposite side

#### SCORING

- 1 point is awarded for each slottar that passes over the 20m line, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points



### CHALLENGE 3 SOLO RUN

A skills challenge to test proficiency at the Solo Run

#### ORGANISATION

- Using six cones set up a formation as shown. The distance from cone 1 to cone 6 should be 9m
- Beginning at cone 1, the player jogs to cone 2 to Jab Lift the ball
- Without catching, Solo around the cones to the end of the formation
- The player is not permitted to handle the slottar

#### SCORING

- 1 point is awarded for a successful Jab Lift and 1 point for a successful Solo, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points





# FIVE★STAR CHALLENGES



## CHALLENGE 1 SIDELINE CUT

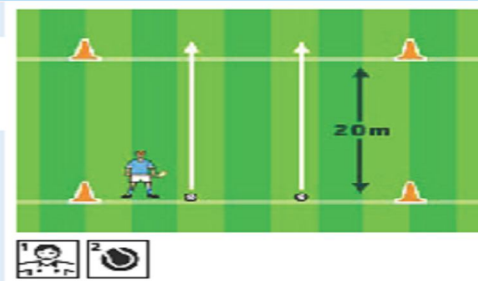
A skills challenge to test proficiency at the Sideline Cut

### ORGANISATION

- Mark a line using two cones; at a distance of 20m mark another line
- The player takes two Sideline Cuts, each to pass over the 20m line
- The sliotar may not touch the ground before it crosses the line

### SCORING

- One point is awarded for each sliotar that crosses the 20m line, 2 points in total
- Attempt the challenge three times, giving a possible final total of 6 points



## CHALLENGE 2 FREE PUCK

A skills challenge to test proficiency at the Free Puck

### ORGANISATION

- From a stationary position 30m from goal, the player lifts the sliotar and strikes it over the bar, without taking it into the hand
- Makes one attempt in line with the left goalpost and one attempt in line with the right goalpost

### SCORING

- 1 point is awarded for each point scored
- Attempt the challenge three times, giving a possible total of 6 points



## CHALLENGE 3 LIFT AND STRIKE

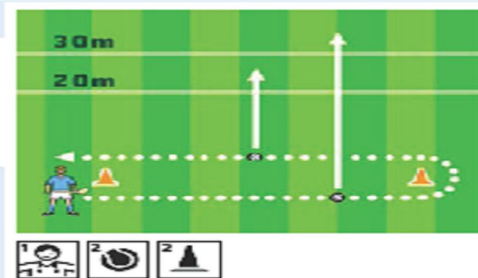
A skills challenge to test proficiency of Lift and Strike on the run

### ORGANISATION

- Place two cones 15m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines
- Beginning at one cone, run and Jab Lift one of the balls
- Without catching, strike the ball from the hurley to pass over either line
- Continue around the second cone; repeat using the opposite side

### SCORING

- One sliotar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The ball must be lifted on the first attempt and must travel over the line without touching the ground
- Attempt the challenge three times, giving a possible total of 6 points



# ROUNDERS INFORMATION

## **TEAMS:**

### **7 Players per team**

NOTE: If there are additional players remaining they should be accommodated.

Teams must be mixed to the following ratio:

4 Male & 5 Female OR 5 Male and 4 Female

- **Age Groups:**

- Stage 1 – 7 to 8 year olds
- Stage 2 – 9 to 10 year olds
- Stage 3 – 10 to 11 year olds

## **BATTING VARIATIONS:**

<b>Stage 1 – First Touch Sliotar/football or tennis ball</b>	<b>Stage 2 – Quick Touch Sliotar /football or tennis ball</b>	<b>Stage 3 – Smart Touch Sliotar/football or tennis ball</b>
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## **PITCHING:**

All pitches should be under arm and aimed at between the batters shoulder and knee.

## **OUT'S:**

- Batter has 3 strikes but must run after first hit, if fails to hit 3<sup>rd</sup> ball they are NOT out but automatically move onto first base.
- If batter hits out of bounds on last strike – therefore all team mates currently at bases can't complete their runs.
- If fielders make a catch.
  - Note that if a fielder drops ball and another fielder catches before ball hits the ground the batter is NOT out.
- If fielder touch tags the runner with ball – Not by throwing at runner.
- If fielder tags a base before runner reaches base.
- 3 out's = Team out



**SCORING:** Example below – Keep it simple

X = 1 Run /O = Caught/Run Out

PLAYER NUMBER	RUN'S MADE
1	X
2	O
3	X
4	X
5	O
6	X
7	X
<b>TOTAL RUNS MADE:</b>	<b>5</b>

### **GAME FORMAT:**

**Fielding team:**

- 1 x Pitcher
- 1 x Catcher
- 5 x Fielders

### **PITCH DIMENSIONS:**

The field of play shall not be less than 70 metres long by 70 metres wide. There shall be four bases 25 metres (20 metres for under sixteens) apart.

**Amendments to be made:**

- Bases should be 20 metres apart
- Each base should be 50 cm x 50cm – use 4 multi markers per base.
- Pitcher to be 8 Meters from Batter
- Home base to back of catchers box to be 6 Metres
  - (Catchers box dimensions - 8metres by 4metres)

### **TIMING:**

- Each member of batting team should get to bat once – limit each batting team to 10 minutes – therefore games should last no longer than 20 minutes.

## **REMEMBER;**

KIDS DON'T REMEMBER WHAT YOU TELL  
THEM, THEY REMEMBER HOW YOU MADE  
THEM FEEL!!!



