

Safety Info Stationed approach - All groups do the warm up

Duration of session: 60 minutes - No of players: 30

	Description of activity		Key Points (Coaching/Others)
Warm Up  Time:	High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)		<ul style="list-style-type: none"> <li>• Repeat twice</li> <li>• 30secs on 10 secs off</li> <li>• Keep all movements dynamic</li> </ul>
Activity 1:  Time:	<ul style="list-style-type: none"> <li>• Players in pairs</li> <li>• Coach make square 10metres</li> <li>• each pair to a square facing each other</li> <li>• players strike ball to opposite side</li> <li>• low, to hand, no hands</li> </ul>		<ul style="list-style-type: none"> <li>• Change up skill</li> <li>• Put them on time</li> <li>• When to hand no unnecessary touches with stick</li> <li>• Repeat drill but this time make players move to opposite cones every time they strike the ball</li> </ul>
Activity 2:  Time:	<ul style="list-style-type: none"> <li>• Players in pairs</li> <li>• Coach make square 10metres</li> <li>• each pair to a square facing each other</li> <li>• one player standing with ball</li> <li>• opposite player on the move all the time</li> </ul>		<ul style="list-style-type: none"> <li>• Change up tasks skills</li> <li>• Time element</li> <li>• Both players on move make harder</li> </ul>



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Activity 3: Striking drill  Time:	<ul style="list-style-type: none"> <li>• Players width of field</li> <li>• One players has balls at his side three to four balls</li> <li>• Runs to ball takes four steps looks up and strikes it to players hand goes back for next ball and repeats</li> </ul>		<ul style="list-style-type: none"> <li>• Add balls</li> <li>• Use same ball harder on players</li> </ul>
Activity 4:  Time:	<ul style="list-style-type: none"> <li>• Groups of three</li> <li>• Work the man in the middle</li> <li>• Ball either side</li> <li>• One in the middle</li> <li>• Two players either side of pitch</li> <li>• Strike to middle man he strikes back</li> <li>• Repeat process</li> </ul>		<ul style="list-style-type: none"> <li>• Man in middle has ball also</li> <li>• Time element</li> <li>• Man in middle can turn and strike to opposite side</li> </ul>
Cool Down  Time:	<ul style="list-style-type: none"> <li>• Back into original squares</li> <li>• Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms</li> <li>• Keep 2metres apart during cool down at all times</li> </ul>		



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	Description of activity		Key Points (Coaching/Others)
<p>Warm Up</p> <p>Time: 15 mins</p>	<p>High knees (30secs) Mountain climbers (30secs) Kick ups (30secs) Knee over hip and out (30secs) Jumping on spot bunny hops (30secs) Push ups (30secs) Back extensions (30secs) On back leg fully extended up and down both sides (30secs)</p>		<ul style="list-style-type: none"> <li>• Repeat twice</li> <li>• 30secs on 10 secs off</li> <li>• Keep all movements dynamic</li> </ul>
<p>Activity 1: The minute challenge.</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> <li>• Stand 3 metres from the wall. Strike the ball off the wall as many times as possible in 60 seconds, and then control on the way back. Do it first on your left side and then repeat on right.</li> <li>• Progress can be made by alternating every second strike between the left and the right side.</li> </ul>		<ul style="list-style-type: none"> <li>• How will I benefit? - The aim of this drill is to speed up a player's striking, to improve their striking on both sides and to work on their touch and control of the ball.</li> <li>• Footwork is very important here.</li> </ul>
<p>Activity 2: Three strike challenge.</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> <li>• Stand 20 metres back from the wall. Run forward and strike to wall. Catch the ball on its return, and then strike it towards wall as quickly as possible again, all the while running towards wall. Then do third strike and catch before you run out of space.</li> </ul>		<ul style="list-style-type: none"> <li>• How will I benefit? Ball control on the run will be improved, as will a player's awareness. A player will learn to get rid of the ball quicker.</li> </ul>



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	Description of activity	Key Points (Coaching/Others)
Activity 3: One strike, one touch.  Time: 10 mins	<ul style="list-style-type: none"> <li>Stand ten metres back from the wall. Strike the ball, and from the moment it's struck, attack the ball at pace, with your aim being to get as close as possible to the wall by the time you have the ball under your control.</li> <li>Your aim should be to have it in your hand just before you touch the wall.</li> </ul>	<ul style="list-style-type: none"> <li>How will I benefit? You will learn to attack the ball, and your ability to control it while going forward will be improved. It's all about the forward momentum and bringing the ball with you without having to stop or slow down.</li> </ul>
Activity 4 Two walls, two lads  Time: 10 mins	<ul style="list-style-type: none"> <li>Set up two cones three yards apart, equal distance from both walls that are opposite each other.</li> <li>One of the lads starts the drill off by striking towards one wall - He must ensure that the ball rebounds back within the three yard space set out by the cones.</li> <li>His partner attacks the ball from behind him and aims to control it, before turning to strike off the other wall, where the same principals apply.</li> </ul>	<ul style="list-style-type: none"> <li>How will I benefit? Striking accurately and getting the ball under control quickly. Awareness will be improved also because you have to communicate well with your partner.</li> </ul>
Cool Down  Time: 5 mins	<ul style="list-style-type: none"> <li>Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms</li> <li>Keep 2metres apart during cool down at all times</li> </ul>	

**Additional fun drill at end of session before cool down if needed:**

Two player freestyle  Time: 10 mins	<ul style="list-style-type: none"> <li>You're not allowed to put your hands on the ball in this game. Stand as far back from the wall as you want. Both players begin the game with three lives.</li> <li>The game begins when one of the partners strikes the ball off the wall. The ball is only allowed to bounce twice when it comes back to you, before you strike it back again. i.e once off the ground, once off the hurl and then strike. OR twice off the hurl and then strike. If you let the ball bounce more than three times before striking, you lose a life.</li> <li>If your strike misses the wall, or hits the ground before hitting the wall, you lose a life.</li> </ul>	<ul style="list-style-type: none"> <li>How will I benefit? Movement, touch, striking, control.</li> </ul>
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<b>TIBATA HURLING AND FUNDAMENTS SESSION</b> Its dependant on coach what times you want to put on session Options: 30 secs on 10secs off (1 set), Do 4 sets one minute break in-between sets Change of activates is also an option		
Activity 1	<ul style="list-style-type: none"> <li>• Individual solo shuttle run</li> <li>• Out 5 metre back</li> <li>• Out 10 metre back</li> <li>• And so on</li> </ul>	<ul style="list-style-type: none"> <li>• Ball stays on Hurley while turning</li> <li>• Get head up to scan area while moving</li> <li>• Moving as full pace all the time</li> </ul>
Activity 2	<ul style="list-style-type: none"> <li>• Air squats</li> <li>• Hurley over the head</li> </ul>	<ul style="list-style-type: none"> <li>• Getting hips down to 90 degrees</li> <li>• Hurley over head makes it harder</li> <li>• Keep back straight don't let chest come forward on way down</li> <li>• High tempo</li> </ul>
Activity 3	<ul style="list-style-type: none"> <li>• Roll the ball away and jab lift the moving ball</li> </ul>	<ul style="list-style-type: none"> <li>• Get ball into hand first time</li> <li>• Get down over the ball as low as you can</li> <li>• Catch at lowest point</li> <li>• Roll ball at good pace away from you</li> <li>• Rise ball as its going away from you</li> </ul>



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	Description of activity	Key Points (Coaching/Others)
Activity 4	<ul style="list-style-type: none"> <li>Press ups</li> </ul>	<ul style="list-style-type: none"> <li>Shoulders , hips and ankles in line</li> <li>Strong core through out</li> <li>Chest to ground</li> <li>Keep at good tempo so you're doing the activity through the allocated time</li> </ul>
Activity 5	<ul style="list-style-type: none"> <li>Strike ball in pairs</li> <li>Or strike ball at wall</li> </ul>	<ul style="list-style-type: none"> <li>Test your speed of striking</li> <li>There is an allocated time period try beat your score each time</li> <li>High tempo</li> <li>Ball the hand</li> </ul>
Activity 6	<ul style="list-style-type: none"> <li>Mountain climbers</li> </ul>	<ul style="list-style-type: none"> <li>Knees to chest</li> <li>Strong core</li> <li>High tempo</li> <li>Add in jump to make harder (burpee)</li> </ul>
Activity 7	<ul style="list-style-type: none"> <li>Shooting at goal</li> </ul>	<ul style="list-style-type: none"> <li>Plenty of balls</li> <li>Always on the run</li> <li>Off the Hurley to make harder</li> <li>Both sides</li> </ul>
Activity 8	<ul style="list-style-type: none"> <li>Sit ups</li> </ul>	<ul style="list-style-type: none"> <li>Change to way of doing them if need</li> <li>Russian twists</li> <li>Bicycles</li> <li>Plank</li> <li>V ups</li> </ul>
Cool Down	<ul style="list-style-type: none"> <li>Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms</li> <li>Keep 2metres apart during cool down at all times</li> </ul>	





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Activity 1: Time:	<ul style="list-style-type: none"> <li>2v1</li> <li>4 Zones</li> </ul>		<ul style="list-style-type: none"> <li>Focus on lines of sight</li> <li>Fast movement of ball</li> <li>Non contact</li> <li>Emphasis on cutting out passes</li> </ul>
Activity 2: Time:	<ul style="list-style-type: none"> <li>3v2 Zonal Game</li> </ul>		<ul style="list-style-type: none"> <li>3 vs 2 in each zone</li> <li>Ball to hand</li> <li>No Contact</li> <li>Cut out passes</li> <li>Lines of sight</li> </ul>

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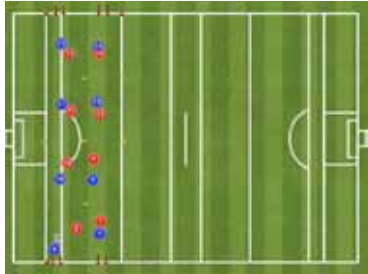
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	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time:	<ul style="list-style-type: none"> <li>Grid Swap</li> </ul>		<ul style="list-style-type: none"> <li>Move ball from zone to zone</li> <li>Move as quick as possible</li> <li>No Contact</li> <li>Cut out passes</li> </ul>
Activity 4: Time:	<ul style="list-style-type: none"> <li>Zonal Game</li> </ul>		<ul style="list-style-type: none"> <li>Emphasis on playing ball</li> <li>No Contact</li> <li>Move ball to hand</li> <li>Cut out passes</li> <li>No Tackling</li> </ul>
Cool Down Time:	<ul style="list-style-type: none"> <li>Back into original squares</li> <li>Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms</li> <li>Keep 2metres apart during cool down at all times</li> </ul>		



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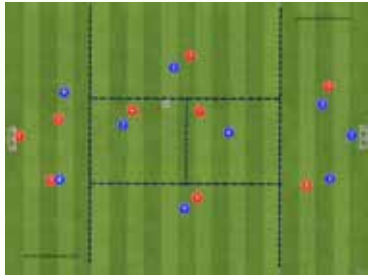
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Activity 1: Time:	<ul style="list-style-type: none"> <li>2v1</li> <li>4 Zones</li> </ul>		<ul style="list-style-type: none"> <li>Focus on lines of sight</li> <li>Fast movement of ball</li> <li>Non contact</li> <li>Emphasis on cutting out passes</li> </ul>
Activity 2: Time:	<ul style="list-style-type: none"> <li>2v2 Zonal Game</li> </ul>		<ul style="list-style-type: none"> <li>2 vs 2 in each zone</li> <li>Plaeysr may move 1 zone forward and 1 zone back</li> <li>No contact</li> <li>Emphasis on lines of running</li> <li>Support play</li> </ul>





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Activity 3: Time:	<ul style="list-style-type: none"> <li>5v3</li> </ul>		<ul style="list-style-type: none"> <li>5v3 overload</li> <li>Large square</li> <li>Emphasis on ball to hand</li> <li>Players in opposition focus on cutting out passes</li> <li>No contact</li> </ul>
Activity 4: Time:	<ul style="list-style-type: none"> <li>Zonal Game</li> </ul>		<ul style="list-style-type: none"> <li>2v2 players in large zones</li> <li>1v1 in smaller zones</li> <li>No contact</li> <li>Move ball through zones up the field</li> <li>Focus on lines of sight and support play</li> <li>Cut out passes no contact</li> </ul>
Cool Down Time:	<ul style="list-style-type: none"> <li>Back into original squares</li> <li>Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms</li> <li>Keep 2metres apart during cool down at all times</li> </ul>		

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Activity 1: Time:	<ul style="list-style-type: none"> <li>Striking Relay race</li> </ul>		<ul style="list-style-type: none"> <li>Teams of four, width of the pitch.</li> <li>Move the ball back and forward across the pitch.</li> <li>Low, one bounce, to hand.</li> </ul>
Activity 2: Time:	<ul style="list-style-type: none"> <li>5v2</li> </ul>		<ul style="list-style-type: none"> <li>5 players vs 2</li> <li>Focus on clear lines of sight</li> <li>No Contact</li> <li>Emphasis on cutting out passes</li> </ul>




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Activity 3: Time:	<ul style="list-style-type: none"> <li>4v2 vs 4v2</li> </ul>		<ul style="list-style-type: none"> <li>4v2 vs 4v2</li> <li>Focus on clear lines of sight</li> <li>No Contact</li> <li>Emphasis on cutting out passes</li> <li>Transition ball across mid-line whenever possible</li> </ul>
Activity 4: Time:	<ul style="list-style-type: none"> <li>2v1</li> <li>4 Zones</li> </ul>		<ul style="list-style-type: none"> <li>Focus on lines of sight</li> <li>Fast movement of ball</li> <li>Non contact</li> <li>Emphasis on cutting out passes</li> </ul>
Cool Down Time:	<ul style="list-style-type: none"> <li>Back into original squares</li> <li>Static stretches 30 sec stretch. Calves, Quads, hamstrings, groins, lower back, upper backs, arms</li> <li>Keep 2metres apart during cool down at all times</li> </ul>		

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Duration of session: 70 minutes

	Description of activity		Key Points (Coaching/Others)
Warm Up  Time: 15mins	<ul style="list-style-type: none"> <li>All Players inside the 60m to end line area.</li> <li>Moving around the area in different directions.</li> </ul>		<ul style="list-style-type: none"> <li>Striking (short 20-long 50 yards)</li> <li>Hand pass</li> <li>Catching</li> <li>Dynamic stretching</li> <li>Mobility</li> </ul>
Activity 1: 1st touch and striking  Time: 10mins	<ul style="list-style-type: none"> <li>In Pairs</li> <li>10m/20m/30m/40m apart</li> <li>Both players have a ball</li> </ul>		<ul style="list-style-type: none"> <li>Both players striking ball to each other at same time AS FAST AS THEY CAN</li> <li>Little time on ball</li> <li>Change from ground to hands and distances</li> </ul>
Activity 2: 1st Touch and Fitness/agility work  Time: 20mins	<ul style="list-style-type: none"> <li>Divide players into pairs</li> <li>Make a diamond shape with 4 cones on the corners and cone in the middle of diamond. 5-10 yards to each cone.</li> </ul>	<p>Player 1 (40m away)</p> 	<ul style="list-style-type: none"> <li>Player 1 is 40m away striking the ball to player 2 who is doing short fast running in different directions</li> <li>Player 2 is working for 5-10 balls in the diamond. Then change.</li> <li>Player 2 to run in multi directions (10-20 second recovery between each ball)                             <ul style="list-style-type: none"> <li>- Middle to right and back to middle then attack ball.</li> <li>- Repeat above opposite direction</li> <li>- Middle to back cone shuffling backwards then attack ball</li> <li>- V Shape – Run from back cone out to left, then back top start and out to right cone.</li> <li>- Etc etc</li> </ul> </li> </ul>



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	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: 1st touch & Shooting  Time: 10mins	<ul style="list-style-type: none"> <li>• Divide players pairs</li> <li>• 3 balls</li> </ul>		<ul style="list-style-type: none"> <li>• Player 1 on end line with 3 balls, player 2 on 60m line.</li> <li>• Player 1 strikes all 3 balls to Player 2 who must run from 60m line to end line while controlling all 3 balls and striking over the bar on the run.</li> <li>• Rotate positions.</li> </ul>
Activity 4: Ball work in pairs  Time: 5mins	<ul style="list-style-type: none"> <li>• 1 ball</li> <li>• 1st Touch/Catching</li> <li>• Move to ball</li> <li>• Strike ball on move going forwards and backwards</li> </ul>		<ul style="list-style-type: none"> <li>• Ensure players are moving and not standing still</li> <li>• Keep changing distances 10m, 20m 40m etc</li> </ul>
Cool Down  Time: 10 mins	<ul style="list-style-type: none"> <li>• Physical exercises &amp; Static stretching</li> <li>• 10 Squats, 10 Press Ups, 10 Lunges, Plank 30 secs, Repeat x 3</li> </ul>		



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Warm Up  Time: 15mins	<ul style="list-style-type: none"> <li>All Players inside the 60m to end line area.</li> <li>In Pairs</li> <li>1 ball</li> <li>Moving around the area in different directions.</li> </ul>		<ul style="list-style-type: none"> <li>Striking (short 20-long 50 yards)</li> <li>Hand pass</li> <li>Catching</li> <li>Dynamic stretching</li> <li>Mobility</li> </ul>
Activity 1: Ball work in pairs  Time: 10mins	<ul style="list-style-type: none"> <li>1 ball</li> <li>1st Touch/Catching</li> <li>Move to ball</li> <li>Strike ball on move going forwards and backwards</li> </ul>		<ul style="list-style-type: none"> <li>Ensure players are moving and not standing still</li> <li>Keep changing distances 10m, 20m 40m etc</li> </ul>
Activity 2: Shuttle Runs with ball  Time: 10mins	<ul style="list-style-type: none"> <li>Pairs</li> <li>1 ball</li> <li>Speed work</li> <li>Catching</li> <li>1st Touch</li> <li>Striking</li> </ul>	A 10m B A 15m C A 20m D A 25m E	<ul style="list-style-type: none"> <li>Player (1) A Strikes Ball to player (2) at B after each run.</li> <li>Player (2) controls and returns ball at B after each run.                             <ol style="list-style-type: none"> <li>B to C to B (10m run)</li> <li>B to D to B (20m run)</li> <li>B to E to B (30m run)</li> </ol> </li> </ul>



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Activity 3:  Time: 10mins			
Activity 4: Shooting & Catching  Time: 5mins	<ul style="list-style-type: none"> <li>• Pairs &amp; 1 ball</li> </ul>	<ul style="list-style-type: none"> <li>• Portable goals in the middle of a 20m circle</li> </ul>	<ul style="list-style-type: none"> <li>• Players go opposite sides of goals</li> <li>• Strike for a point outside 20m zone</li> <li>• Player on opposite side try and catch ball at highest point.</li> <li>• Players to constantly move around and strike off opposite sides and angles</li> </ul>
Cool Down  Time: 10 mins	<ul style="list-style-type: none"> <li>• Physical exercises &amp; Static stretching</li> <li>• 10 Squats, 10 Press Ups, 10 Lunges, Plank 30 secs, Repeat x 3</li> </ul>		





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Activity 1:  Time: 10mins	<ul style="list-style-type: none"> <li>In Groups of 4</li> <li>Catching</li> <li>Striking</li> <li>1st touch</li> </ul>	A 20m B - 5m - C 20m E	<ul style="list-style-type: none"> <li>A &amp; E have a ball each</li> <li>A &amp; E both strike ball to B &amp; C at same time.</li> <li>B &amp; C Strike ball back and then turn and receive ball from opposite side</li> <li>Keep rotating and players in middle always moving to the ball</li> <li>Work for 30 secs/1 min at pace</li> </ul>
Activity 2: Ball work in pairs  Time: 10mins	<ul style="list-style-type: none"> <li>1 ball</li> <li>1st Touch/ Catching.</li> <li>Move to ball</li> <li>Strike ball on move going forwards and backwards</li> </ul>		<ul style="list-style-type: none"> <li>Ensure players are moving and not standing still</li> <li>Keep changing distances 10m, 20m 40m etc</li> </ul>



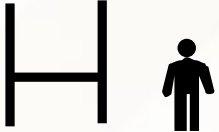


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	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Fitness with the Ball  Time: 10mins	<ul style="list-style-type: none"> <li>Groups of 4</li> <li>2 balls</li> <li>1st touch</li> <li>Sprints with a turn</li> </ul>	40m	<ul style="list-style-type: none"> <li>3 cones laid out to form a V shape. The V shape is 10m long on sides.</li> <li>1 player at a cone at either side and player opposite them 40 m away with a ball.</li> <li>After they receive the ball from player on the outside they run around the cone at the back of V and come out the opposite side to receive ball from the other player.</li> <li>Both players work at same time.</li> <li>Change players after 40sec/30sec/20sec/</li> </ul>
Activity 4: Shooting Drills  Time: 5mins	<ul style="list-style-type: none"> <li>Groups of 3</li> <li>3 balls in each group</li> </ul>	<ul style="list-style-type: none"> <li>Goals 20-40m 60m</li> </ul>	<ul style="list-style-type: none"> <li>Player at 60m has 3 balls, pass the ball to player in the scoring zone who is making runs, player has 5 secs on the ball to get shot away on the run.</li> <li>Player in shooting ball must try and score out of 3 balls, no breaks, as soon as one ball is gone next one arrives</li> <li>The 3rd player is behind goal getting the 3 balls.</li> <li>Players rotate after each go.</li> <li>Whichever player gets least scores must do 5 burpees after each round</li> </ul>
Cool Down  Time: 10 mins	<ul style="list-style-type: none"> <li>Physical exercises &amp; Static stretching</li> <li>10 Squats, 10 Press Ups, 10 Lunges, Plank 30 secs, Repeat x 3</li> </ul>		



Safety Info Stationed approach - All groups do the warm up  
 Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity		Key Points (Coaching/Others)
Warm Up  Time: 10mins	<ul style="list-style-type: none"> <li>Groups of 4/5, set up as across, with one player in goal, one on 45m line and 2 on 65m line. Player in goal area stays there until activity is changed</li> </ul>		<ul style="list-style-type: none"> <li>Coach to integrate ball work such as low striking, hand passing, high catch, ball to hand, jab lift and long striking in between physical activities and multi directional movement.</li> </ul>
Activity 1: (Skill Focus: Scoring, Gaining Possession and Striking)  Time: 12mins	<ul style="list-style-type: none"> <li>In Groups of 4</li> <li>Catching</li> <li>Striking</li> <li>1st touch</li> </ul>	    	<ol style="list-style-type: none"> <li>Player in goal strikes ball to player on 65m line, who catches, gives a one two to the player on 45m line and strikes ball over bar. Player that strikes over bar moves to 45m line and player at 45m line goes to 65m line.</li> <li>Player in goal strikes ball to player on 65m line, who bats the ball down, player on 45m line collects the breaking ball before passing the ball back to the batter down who strikes ball over bar. The 2 players outside swap positions for next ball.</li> <li>Player in goal strikes low hard ball to player on 45m line, who must control the ball before passing it off his shoulder to player from 65m line who is making the run and strikes over the bar.</li> <li>Player in goal strikes ball to player on 65m line, who catches it and tries to strike the ball over the bar. But, as soon as the ball passes the player on the 45m line, he must run to 65m line and try to block down the striker.</li> </ol>


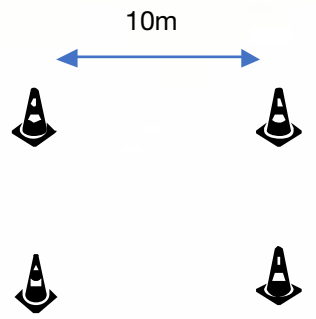


Safety Info Stationed approach - All groups do the warm up  
 Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 2: (Skill Focus: Fun Game of multiple skills)  Time: 12mins	<ul style="list-style-type: none"> <li>Piggy in the Middle. 2 vs 1 must pass the ball by various methods and keep the ball off the piggy.</li> <li>Each game lasts 90 seconds with 30 second break before next activity.</li> </ul>		<ol style="list-style-type: none"> <li>Hand pass only</li> <li>Bounce strike e.g. player strikes ball, so it bounces off the ground before going to partner</li> <li>Shovel Pass e.g. where player gives Brick Flick/Shovel Pass to pass ball to partner</li> <li>Strike to hand only</li> <li>Ground Hurling only.</li> </ol>
Activity 3: (Skill Focus: Striking and gaining Possession)  Time: 12mins	<ul style="list-style-type: none"> <li>No Mans Land: Player pairs up with an opponent in opposite square.</li> </ul>		<ul style="list-style-type: none"> <li>Objective is to hit the ball into the opponents' square. If the ball touches the ground, striker gets a point. If it is caught or controlled to stay off the ground, receiver gets a point. After 2 minutes, switch opponents.</li> </ul>
Activity 4: (Skill Focus: Scoring, Striking, Controlling a Ball)  Time: 12mins	<ul style="list-style-type: none"> <li>Goal to Goal.</li> </ul>		<ul style="list-style-type: none"> <li>Players pair up with an opponent and set up a goal each facing an opponent approx. 25m apart. Whichever player has the most amount of goals scored after 2 minutes is the winner.</li> <li>Swap opponents after each 2 minutes, where a winner plays a winner and a loser plays a loser. Play 5 games in total.</li> </ul>
Cool Down			



Safety Info Stationed approach - All groups do the warm up  
 Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity		Key Points (Coaching/Others)
Warm Up  Time: 10mins	<ul style="list-style-type: none"> <li>Gaelic 15 warm up but moving all over the pitch</li> </ul>		<ul style="list-style-type: none"> <li>Coach to integrate ball work such as low striking, hand passing, high catch, ball to hand, jab lift and long striking in between physical activities and multi directional movement.</li> </ul>
Activity 1: (Skill Focus: Scoring, Long Striking and Gaining Possession)  Time: 12mins	<ul style="list-style-type: none"> <li>Groups of 4/5 set up as across, with one player in goal (to strike balls out) and other players in a group.</li> </ul>		<ol style="list-style-type: none"> <li>Player in goals strikes hard ball out to player outside, who controls/catches ball and strikes over the bar. As soon as he strikes over the bar, he turns and receives a low ball from a player on the outside and again strikes over the bar.</li> <li>Repeat for all players for 2 minutes, then swap player inside in goal and players on outside move to a different starting point in the area.</li> </ol>
Activity 2: (Skill Focus: Hand passing, ball control, catching, striking)  Time: 12mins	<ul style="list-style-type: none"> <li>3 vs 1 activity</li> </ul>		<ul style="list-style-type: none"> <li>Set up as in diagram. Player in middle stays in middle for 1 minute. Players on outside can only stay in line with cones. Players on outside have 1 ball and must try to keep possession. Players may only pass to the cone on their right- or left-hand side, may not pass ball through the middle. Player must be at the cone to receive the ball. Hand pass only for first set, change to bounce pass for second set. Each player does 1 minute in the middle for each set.</li> </ul>




Safety Info Stationed approach - All groups do the warm up  
 Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: (Skill Focus: Stamina, Long Striking, Short Striking, Hand passing & Gaining Possession)  Time: 12mins	<ul style="list-style-type: none"> <li>Ball moves in Clockwise direction around the area.</li> <li>Players who receive a strike pass, must give a hand pass.</li> <li>Players who receive a strike pass, must give a hand pass.</li> <li>Ball starts at station with 2 players and players follow the ball to where they passed it</li> </ul>		<ul style="list-style-type: none"> <li>Objective is to hit the ball into the opponents' square. If the ball touches the ground, striker gets a point. If it is caught or controlled to stay off the ground, receiver gets a point. After 2 minutes, switch opponents.</li> </ul>
Activity 4: (Skill Focus: Fun game working on team work and first touch)  Time: 12mins	<ul style="list-style-type: none"> <li>Hurling Volleyball</li> </ul>		<ul style="list-style-type: none"> <li>Team has 3 touches on their side before passing ball back over the cones to team on the other side.</li> <li>Teams must always keep the ball off the ground. If it touches the ground, that team loses a point.</li> <li>First to 10 wins, then swap sides and repeat. Keep starting a new game each time a team gets to 10. Team with most wins is the champion.</li> </ul>
Cool Down			



Safety Info Stationed approach - All groups do the warm up  
Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity		Key Points (Coaching/Others)
Warm Up  Time: 10mins	<ul style="list-style-type: none"> <li>Gaelic 15 warm up but moving all over the pitch.</li> </ul>		<ul style="list-style-type: none"> <li>Coach to integrate ball work such as low striking, hand passing, high catch, ball to hand, jab lift and long striking in between physical activities and multi directional movement.</li> </ul>
Activity 1: (Skill Focus: Striking, Ball Control and Scoring)  Time: 12mins	<ul style="list-style-type: none"> <li>Groups of 4/5, set up as across, with one player in goal, 1/2 on 65m line and 2 on 13m line. Player stays in same section until end of each 3-minute activity, where they all rotate to a new position.</li> </ul>		<ol style="list-style-type: none"> <li>Player in goal strikes high ball to player at 65m line, who then strikes low ball to opposite corner forward position who puts the ball over the bar, under token pressure from opponent who is shadowing for a block/hook.</li> <li>Player in goals strikes ball to hand of player on 65m line, who strikes a high ball into opposite corner forward, player catches ball under token pressure and puts ball over bar.</li> <li>Player in goals strikes hard ball to player on 65m line, who then hits high ball into corner forward position. One player inside bats the ball down, the other player picks up the break and shoots for a point.</li> <li>Player in goal strikes ball to player on 65m line, who then passes down the line to player on 13m line on his side of pitch, player from 65m continues run to receive pass back before putting ball over the bar. (Players outside swap roles in this activity)</li> </ol>





Safety Info Stationed approach - All groups do the warm up  
 Duration of session: 63 minutes - Groups made up of 8-10 players and 2 coaches.

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 2: ((Skill Focus: Fun Game and First Touch)  Time: 12mins	<ul style="list-style-type: none"> <li>3 vs 1 possession game</li> </ul>		<ul style="list-style-type: none"> <li>Players are only allowed a total of 2 touches e.g. control the ball and pass the ball. If player in middle gains possession, he then swaps place with the person he dispossessed or whose fault it was that he gained the dispossession</li> </ul>
Activity 3: (Skill Focus: Striking and First Touch)  Time: 12mins	<ul style="list-style-type: none"> <li>Goals win games</li> </ul>		<ul style="list-style-type: none"> <li>Players must try to outscore their opponents by trying to score a goal in the opposition goals. Players must take shots from inside their own confined area. First team to 10 goals scored wins. Swap sides and repeat game for the 12 minute period.</li> </ul>
Activity 4: (Skill Focus: Stamina, Striking, Passing and Gaining Possession)  Time: 12mins	<ul style="list-style-type: none"> <li>White players pass the ball diagonally to other white players, and yellows pass to yellows.</li> <li>The Coach in the middle tries to intercept the passing.</li> <li>After player strikes the ball, they sprint to the other side.</li> <li>1 minute on, 30 seconds off.</li> </ul>		<ul style="list-style-type: none"> <li>Coach can alter the type of passing allowed e.g. low strike, high pass, shovel pass, hand pass etc</li> </ul>
Cool Down			





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