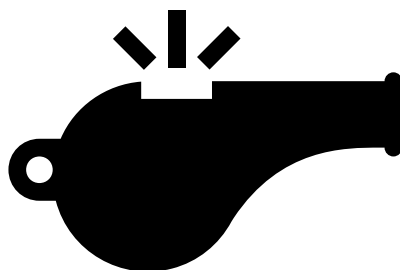




**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta

## Training Activities for Coaches



while maintaining Social Distancing

## Introduction:

Within this document, coaches will find an array of coaching activities derived from currently available coaching resources developed by The Camogie Association. These activities adhere to guidelines set out within "Covid-19 Guidelines on Safe Return to Gaelic Games". Developed in conjunction with medical health professionals, the "Covid-19 Guidelines on Safe Return to Gaelic Games" is fully supported by The Camogie Association.

*"The Covid-19 Advisory group makes its recommendations on the resumption of activities having studied the best advice available from the Governments and National Health agencies on the island of Ireland, as well as other sporting bodies (separate advice, based on local considerations and consistent with jurisdictional obligations will need to be provided for clubs outside of Ireland)."*(Covid-19 Guidelines on Safe Return to Gaelic Games, June 2020)

Below, coaches will find examples of a variety activities across 5 skill groups that could be used for training when social distancing measures are in place.

Each exercise/challenge/game may be scaled appropriately where needed to ensure its suitability to player age-group/level. Coaches are encouraged to utilise the S.T.E.P.R. Principle (described below) to adapt any of these activities.

## The STEPR Coaching Principle.

**Space / Environment** - What environment do you coach in? Indoor Sports Hall? Astro? Grass Pitch? How many aside participate in a game/activity? (Are they participating in a small environment? i.e. small sided game? Are they restricted to move only within a zone?) **Adjusting our coaching to allow players to practice the skills of the game of Camogie while adhering to social distancing guidelines currently set out at 2meters.**

**Time** - By changing time you can increase or decrease the tempo of the activity. Allowing players more time to perform tasks or reducing time to increase the challenge

**Equipment** - What equipment do you use to support the players' development? Light balls for U6-10s? Different colour cones to deliver drills and games? Hurdles and ladders to develop agility, balance and coordination?

### Phase 3 (29<sup>th</sup> June 2020)

*"Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training"*

**People/Players** - How many people per activity. Adjusting group numbers taking part in the session/exercise to allow for social distancing within the area within which the training session is taking place.

**Rules** - Modify the task being performed by changing the rules. What rules do you have on the activities that support the players' development?

## Covid-19 Guidelines on Safe Return to Gaelic Games

### Phase 3 (29<sup>th</sup> June 2020)

*"Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training"*

### Phase 3 (29<sup>th</sup> June 2020)

*"Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training"*

# Skills & Activities

## 1: The Swing

### Drills for Perfecting the Swing Movement

#### Prepare for Swing

Swing on an imaginary ball. First place bas just behind “ball”.

Check that non-dominant hand slides up and down handle before and after each swing.

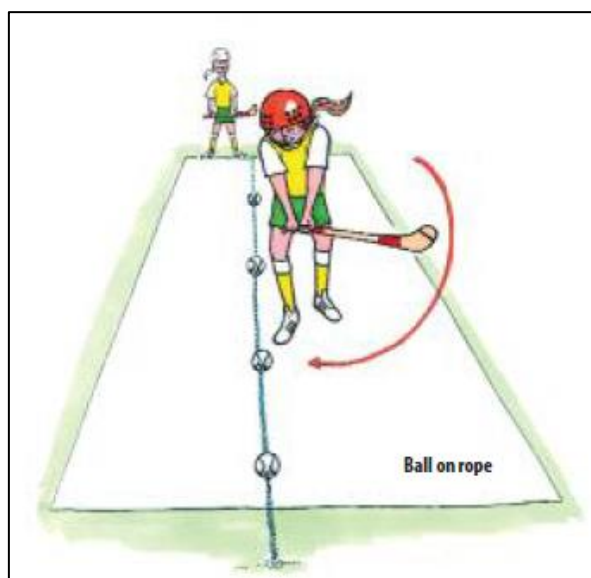
(a) Strong side

(b) Weak side

#### Ball on Rope

Individual players (a) walk (b) jog along either side of the rope to which 5/6 sliotars are affixed.

Players swing on strong side while moving in one direction and on weak side on return trip to starting point.



#### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

### Striking in Pairs

Striking in pairs using

(a) First Touch, (b) Quick Touch Ball.

### Striking for Accuracy

Pairs striking for accuracy to each other through two cones.

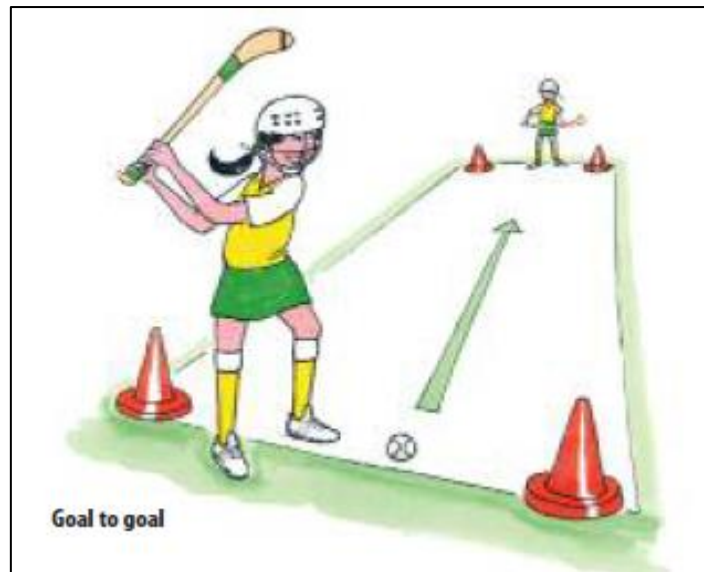
## Games for Perfecting the Swing

### Goal to Goal

Goal to Goal using

(a) First Touch

(b) Quick Touch Ball.

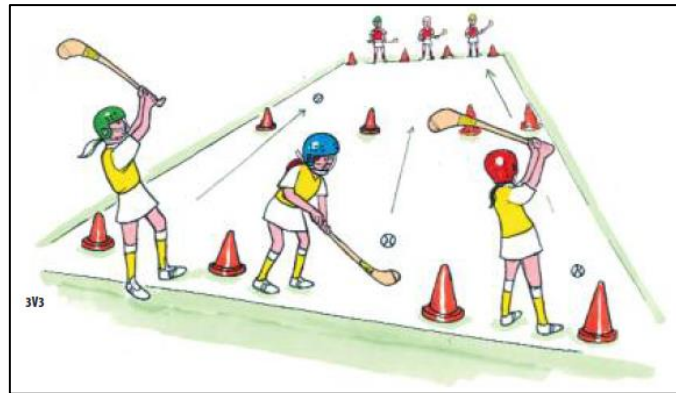


### 3v3

#### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

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



### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## 2: Roll Lifts

### Drills for Perfecting the Roll Lift

#### Individual

Individual – Ball per player – each player performs five roll lifts, 10 roll lifts.

#### 1 minute

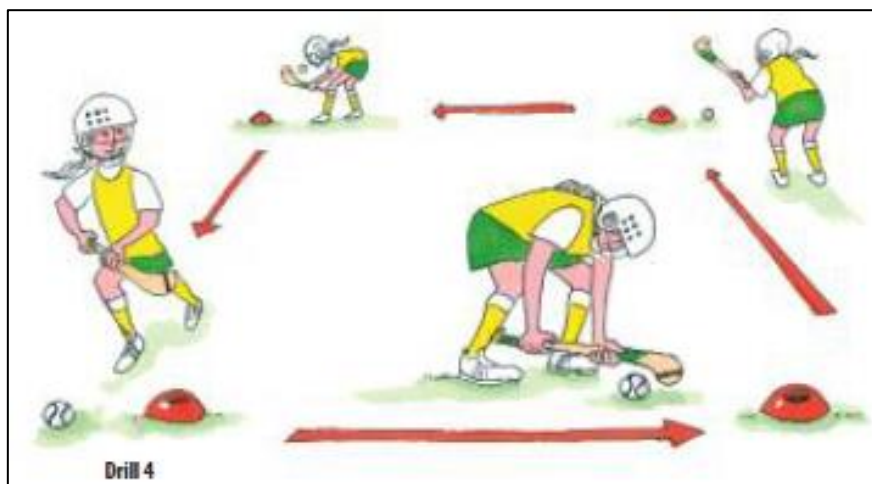
Each player counts her roll lifts for one minute.

#### Partners

Partners watch and count as colleague roll lifts.

#### Drill 4

Player and ball at each cone - players walk initially and then jog from cone to cone roll lifting and dropping.



#### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## 3: Front of Face Catch/Chest Catch

### Drills for Perfecting your Catch

#### Beanbags – First Touch Sliotars – Quick Touch Sliotars

##### 1. Individual

(a) Player throws (1) beanbag (2) First Touch sliotar slightly above head height and then chest catches.

(b) Player throws (1) beanbag (2) Quick Touch ball slightly above head height and face catches.

(c) On signal from coach all players count how many (1) chest catches (2) face catches in 30 secs.

##### 2. Pairs

Players 3m apart. Player A throws and player B executes chest catch and vice versa. Likewise for the face catch.

On signal from coach pairs count how many (a) chest catches (b) face catches in 1 minute.

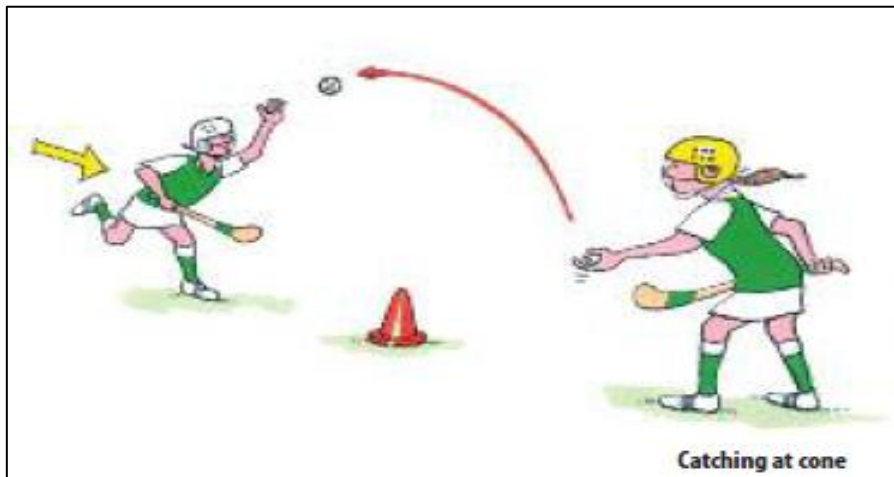
##### 3. Catching at cone

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

#### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*





#### 4. Partners

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



## Games for Perfecting your Catch

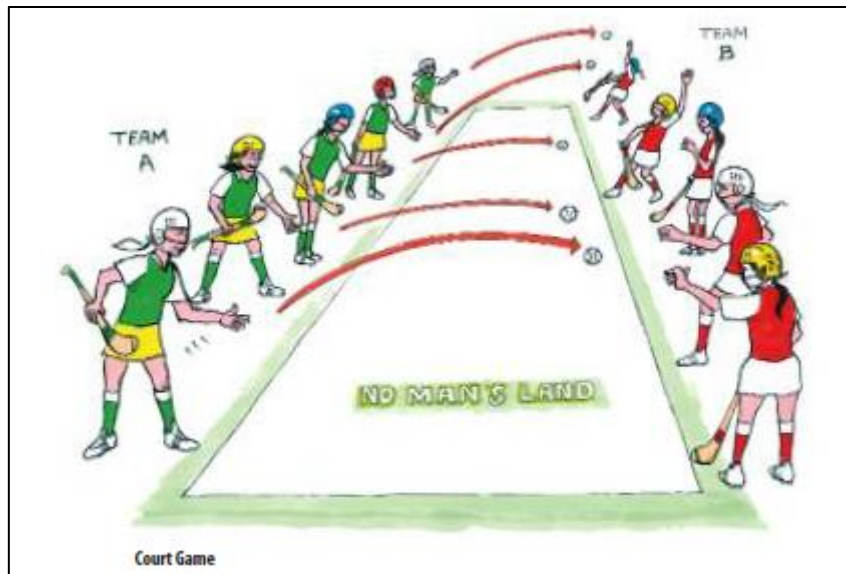
### Court Game

Two teams of three, four or five, on either side of “no mans land”.

### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
 (Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
 Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

Team A throws beanbag or Quick Touch ball which team B has to catch. If ball is dropped team A get a score. If ball or beanbag ends up in “no mans land” one score is deducted from the throwing team.



### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## 4: Strike from the Hand

### Drills for the Perfect Strike from the Hand

1.

Ball/Balloon per player – players stretched out alongside of pitch striking ball on whistle across field and back.

2.

Players 15m apart striking ball to each other.

3.

Players in pairs 15m apart. Two cones 3m apart. Players strike ball through cones to each other.

To progress drill (a) increase the distance between the two players (b) reduce the width of the goals.



**Drill 3**

#### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

### Hitting the Target

(a) The players stand on edge of the small square or on the 13m line and attempt to strike the crossbar with the ball.

(b) Coach should encourage her/his players to practise aiming at certain targets at home in their spare time.

## Games for the Perfect Strike from the Hand

### Goal to Goal

As in the ground strike.



### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## 5: Blocking Ground Ball

### Drills for the Perfect Block

#### Individual

If hurling wall or other suitable wall is available individual player practises skill by throwing ball underarm and blocking rebound with hurley at a distance of 4/5m.

#### Move to ball

Players in pairs facing each other 10/12m apart. Player A rolls ball along the ground towards her partner who, instead of waiting for the ball runs to block it while the ball is still moving. Player B, having blocked the ball, returns to starting point before rolling ball back to her partner.

This drill can be progressed by moving the players 20/25m apart and having them strike the ball to each other rather than rolling it.

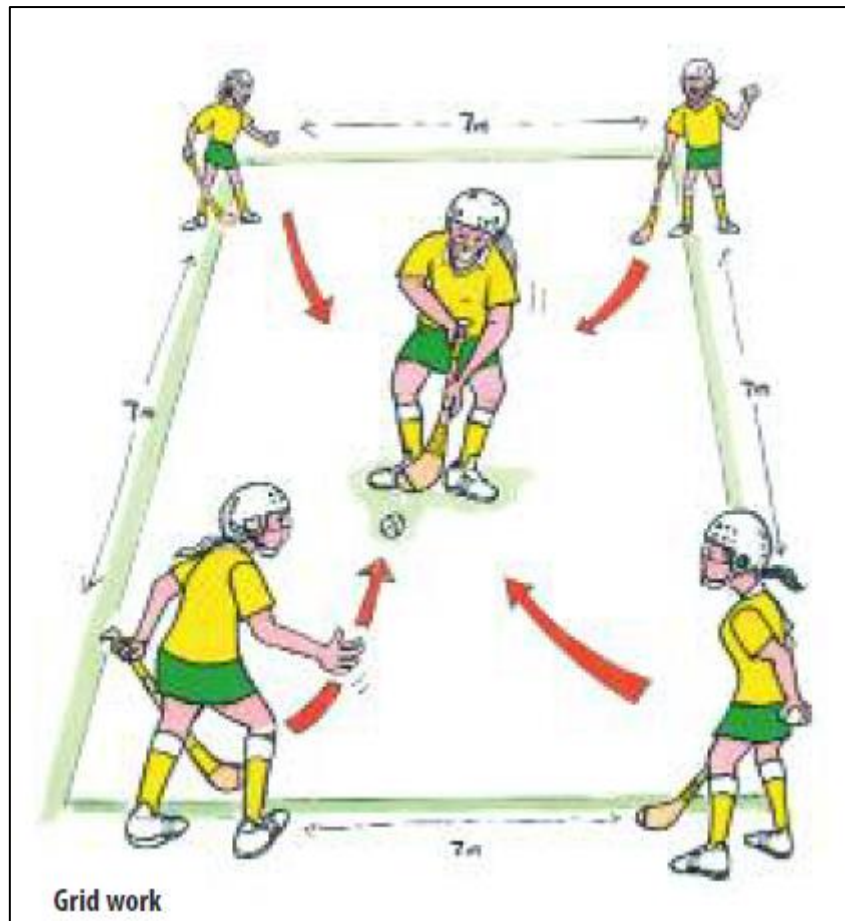
#### Grid work

Five players working in a grid 7m by 7m. One player stands at each corner with the fifth player in the centre of the grid. Each corner player rolls the ball in turn to the player in the middle who effects a ground block and then flicks the ball back before receiving the ball from the next corner player. The player in the centre flicks the ball back without raising the heel of the hurley above shin level.

To progress this drill the coach calls the name of different corner players causing the player in the centre to adjust her feet regularly depending on the direction from which the sliotar is coming.

#### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m) (Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation) Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*



### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

# 6: Dribbling

## Drills for Perfecting your Dribbling Ability

### Individual

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

## Games for Perfecting your Dribbling Ability

### Goal to Goal

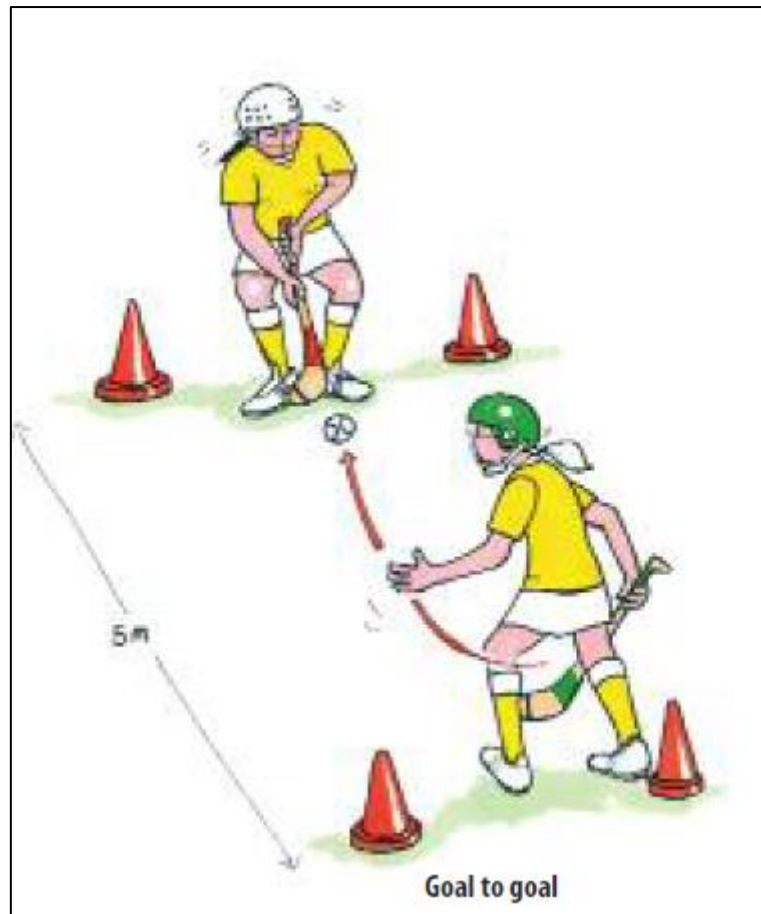
Players in pairs 5m apart. Ball per pair. Each player has to guard her own goal which is 3m wide. Each player then tries to score a goal by rolling the ball underarm along the ground and past her partner. The first player to score a set number of goals or whoever scores the most goals in the time allotted is the winner.

### Goal to Goal

The above game can be progressed by making the goals wider and increasing the distance between the goals. The distance between the goals and the width of the goals will be at the discretion of the coach, based on the ability of the players. The drill can be further progressed by allowing the players to strike ground shots.

### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*



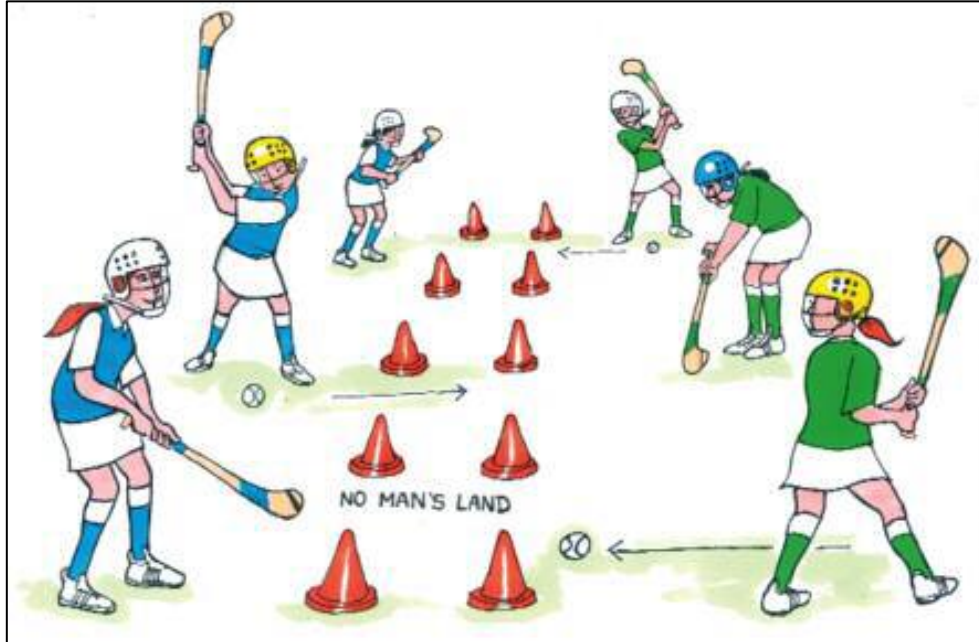
### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*



# Mini Games

## Ground Camogie



No man's land between two teams defined by cones.

Three players on each team P1, P2, P3 and P4, P5, P6.

Three sliotars on each side of no man's land.

On whistle each team begin to strike sliotars to other side of no mans land. As sliotars are driven over

no mans land each team attempts to return them to the oppositions side as quickly as possible.

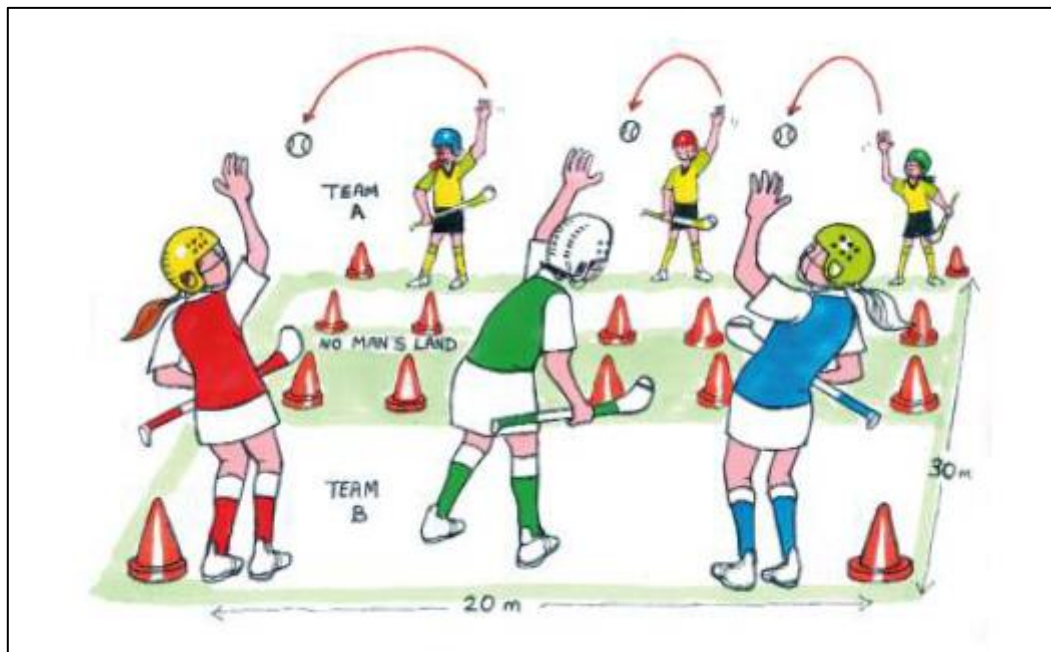
After 4/5 minutes whistle signals end of game. Team with least number of sliotars on its side of no mans land wins game.

If sliotar goes into no mans land during game offending player must bring it back to own side on ground with hurley before driving over to the opposition's side.

### Phase 3 (29<sup>th</sup> June 2020)

*"Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training"*

## Catching Game across No Man's Land



No man's land – 5m wide.

Grid- 30m x 20m.

Players hold hurley in dominant hand with shortened grip.

Team A begins with 2 beanbags/balls.

Underarm throws only at beginning.

If Beanbag or ball not caught, goal for team A.

If ball in No mans Land, or out of bounds, minus goal.

Team B then throw and so on.

### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m) (Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation) Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## Midway Goal



1v1

First Touch ball/Quick Touch ball

One player at each cone 15-20 m apart.

Goal 2m/3m wide halfway between the two players.

Players attempt to strike ball on ground through the goals to partner.

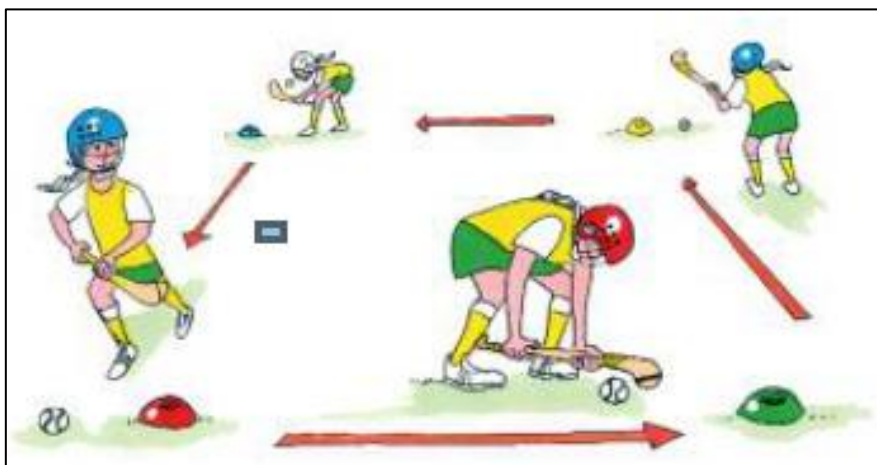
Whether player scores or fails to score, opponent collects ball to have next shot.

Winner is player who scores most goals in set period of time.

### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## Roll Lift Drill 1



Lift and move

Mark out a 3m by 3m square – cone at each corner.

One player and one sliotar at each cone.

On coaches signal each player executes five consecutive roll lifts.

On coaches signal again, players jog to next cone and perform another 5 roll lifts.

Players continue until each player has performed 5 roll lifts at each cone.

### Remember:

a) While players are executing their roll lifts, coach endeavours to develop 'coaching eye' by carefully observing: Head – Hands – Hurley – Feet

(b) Coach attempts to give very basic feedback to players

### Phase 3 (29<sup>th</sup> June 2020)

"Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training"

## Roll Lift Drill 2



Circle

Circle of eight cones – Sliotar at six cones.

Group of two players at each end cone.

On signal from coach both groups of players move to line of balls on left hand side and roll lift.

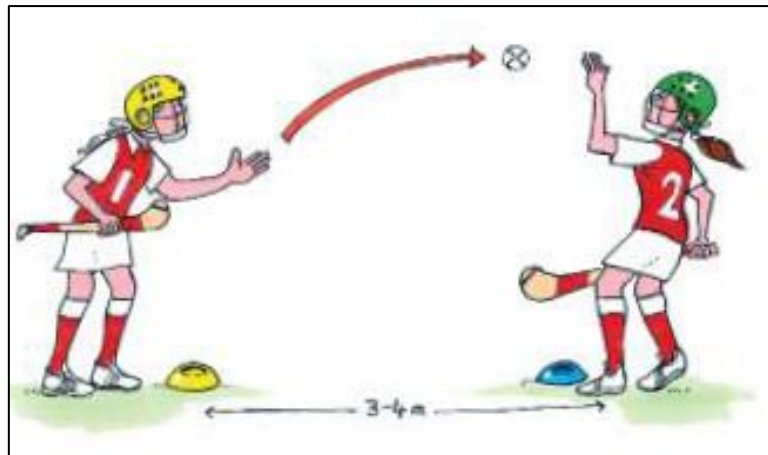
Players then drop ball and go to next cone.

Players keep roll lifting and dropping for 1 ½ minutes.

### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## Catching Drill 1



Players in pairs 3-4m apart – hurley in dominant hand.

Player 1 throws underarm for player 2 to catch at face level or slightly higher.

Player 2 then throws for player 1 to catch.

Competition between pairs to see which pair executes the highest number of catches in 1 minute (catches made with non-dominant hand).

### Remember:

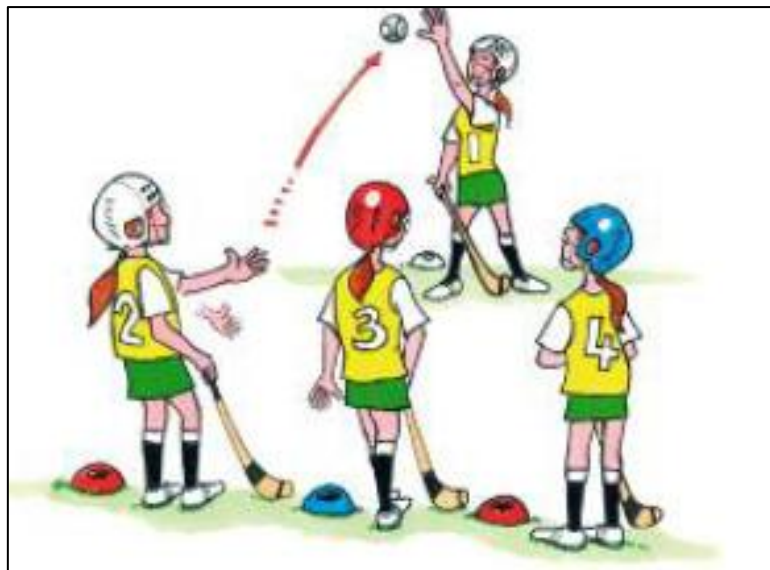
(a) While players are executing their catches, coach endeavours to develop ‘coaching eye’ by carefully observing: Head – Hands – Hurley – Feet

(b) Coach attempts to give very basic feedback to players

### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*

## Catching Drill 2



### Three to one Drill

Player 2 throws ball underarm for player 1, who catches and throws it back to player 2.  
Player 3 does likewise.

Then player 4 does likewise before player 1 resumes again.

Players 2, 3, 4 work player 1 intensely for 30/45 secs

Players 2, 3 and 4 then get turns to be the receiver.

Slightly shortened hurleys in dominant hands.

Ball thrown at face level or slightly higher.

### Remember:

(a) While players are executing their catches, coach endeavours to develop 'coaching eye' by carefully observing: Head – Hands – Hurley – Feet

(b) Coach attempts to give very basic feedback to players

### Phase 3 (29<sup>th</sup> June 2020)

*"Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training"*

## Warm Up Activities

### Ball per person

- a. Ten roll Lifts.
- b. Sliotar in non-dominant (weak) hand – hurley in dominant (strong) hand – place ball on hurley and keep it there to count of 5-10. Repeat five times.
- c. Gently throw ball up from non-dominant hand and ‘kill’ on hurley by ‘cushioning’ ball with hurley. Then ‘toss’ ball from hurley back to hand. Repeat five times.
- d. Place ball on bas – ‘toss’ ball head high with hurley and ‘kill’ ball on hurley by ‘cushioning’ ball with hurley. Repeat five times.
- e. Place ball on bas and gently solo the ball on one side of bas = 30 seconds/45 seconds.
- f. Solo on both sides of hurley – 30/45 seconds.
- g. Ball on bass – ‘Toss’ ball overhead – ‘cushion’ ball overhead with other side of bas and then ‘kill’ ball on hurley back in starting position.
- h. Four-sided solo – hop once on one side of bas, once on heel of bas, once on other side of bas and once on inside curve of bas (above the toe).



### Remember:

(g) and (h) very difficult but young players enjoy trying to conquer these two activities and get a great ‘feel’ for their hurleys while practicing these two activities. Concentration levels benefit also.

### Phase 3 (29<sup>th</sup> June 2020)

*“Cohort Group 1,2,3 begin training – small groups (not more than 10 players/2 coaches in a designated area of the pitch) for non-contact training under social distancing guidelines – where players can maintain the Govt advised distance from each other (currently 2m)  
(Note: Underage groups must be comprised in accordance with the ratios provided for by the Code of Behaviour. Parental or guardian sign off will be required for underage participation)  
Players cannot share equipment (such as water bottles) and all other equipment used must be sanitised before and after training”*