

UNDER 10 CAMOGIE DEVELOPMENT GOALS

HANDLING

- Overhead Catch (hurl to protect hand)
- Hand Pass (both hands)

SENDING & RECEIVING

- Lift & Strike
- Sideline Cuts
- Jab Lift (Moving Ball)
- Roll Lift (Moving Ball)

TACKLING

- Shouldering
- Blocking (Ground & Air)
- Hooking

TRAVELLING

- Soloing At Speed

PHYSICAL FOCUS

- **Speed**
 - Further developments of speed in the warm ups
 - Efforts of less than 6 seconds (Quickness, change of direction & reaction sprints)
- **Strength**
 - Introduce core strength (e.g. Body Twists with Partner, own body strength exercises, partner pull-ups push ups, wheelbarrow race etc.)
 - Plyometrics - bounding & hopping
- **Stamina**
 - Endurance related activities (e.g. relay races with the ball, small sided games & ball drills)
 - Circuit training with the ball
- **Flexibility**
 - Introduce Dynamic Stretch
 - Warm Up & Cool Down