

UNDER 8 CAMOGIE DEVELOPMENT GOALS

HANDLING

- Cupped Catch (Chest & Low)

SENDING & RECEIVING

- Ground Striking Left & Right
- Stopping a Ground Ball
- Striking From The Hand (stationary)
- Jab Lift

TACKLING

- Shoulder Clash
- Frontal & Ground Block
- Ground Flick

TRAVELLING

- Dribbling
- Bean Bag Balancing

FUNDAMENTAL MOVEMENTS

- **Agility** - Change of Direction
- **Balance** - Single Leg Hops
- **Co-ordination** - Skipping, Ladders, bean bag toss
- **Conditioning** - Basic flexibility, partner resistance (push, pull, core strength)
- **Running** - Technique, hurdles, relay races
- **Jumping** - Take off, landing, leap frog
- **Throwing** - Target roll & throws, dodge ball