

# UNDER 9 CAMOGIE DEVELOPMENT GOALS

## HANDLING

- Claw Catch (Chest & Low)
- Hand Pass

## SENDING & RECEIVING

- Ground Striking On The Move
- Lift, Catch & Strike
- Ground Doubling Left & Right
- Roll Lift

## TACKLING

- Ground Hook

## TRAVELLING

- Taking Steps
- Ball 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