

UNDER 10 CAMOGIE APRIL

Session Emphasis - Learn To Use The Ball Well:

Core Skill - Strike From Hands on the Move

Associate Skill 1 - Block Down

Associate Skill 2 - Jab/Roll Lift

Re-focus Skill - Ground Strike



FUN WARM-UP GAMES

(5-10 minutes)

Choose 1 fun game from above
and 1 drill from the right

Agility



Wrist Tag

Balance



Wobble &
Catch

Co-ordination



Ladder
Hopscotch

Running



Linear
Running

CORE SKILL DEVELOPMENT

(10-15 minutes)

Basic Drill:

Striking In Pairs

Intermediate Drill:

Keep It Wide

Fun Drill:

Keep Ball

ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

Block Down Drill:

Contact Block
or
Hit The Target

Jab/Roll Lift Drill:

Grid Swap
or
Zig Zag Roll Lift

Ground Strike Drill:

Striking In Pairs
or
Golf Goals

SMALL SIDED GO GAMES

(20 minutes)

Conditions:

1. Skill points awarded based on skills practiced above
2. Zonal pitch: Players must play within their own zone
3. 3 points for a score over the bar/1 point for a goal

CHECK FOR LEARNING & GOAL SETTING

(5 minutes)

1. Did you enjoy the session?
2. What did you learn from tonight's session?
3. What skills are we going to practice for the next week?