

UNDER 11 HURLING MARCH

Session Emphasis - Learning To Play Together:

Core Skill - Strike From Hands On The Move

Associate Skill 1 - Overhead Batting

Associate Skill 2 - Solo

Re-focus Skill - Hook



FUN WARM-UP GAMES

(5-10 minutes)

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

Jumping



Bunny Hop

Agility



Minefield

Running



Here, There, Everywhere

Agility



Chasing Shadows

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)

Overhead Batting Drill:

Imaginary Bat
or
Attack & Bat

Solo Drill:

Straight Line Solo
or
Solo & Pass

Hook Drill:

Swing & Hook
or
Chase & Hook

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?