

# UNDER 12 HURLING MAY

Session Emphasis - Learning To Play Together:

Core Skill - Strike Off The Hurl

Associate Skill 1 - First Touch Control

Associate Skill 2 - Overhead Strike

Re-focus Skill - Solo



## FUN WARM-UP GAMES

(5-10 minutes)

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

**Agility**



Travelling

**Balance**



Mule Kicks

**Co-ordination**



Stepping Stones

**Running**



Shuttle Runs

## CORE SKILL DEVELOPMENT

(10-15 minutes)

### Basic Drill:

Striking In Pairs

### Intermediate Drill:

Strike & Score

### Fun Drill:

Hit The Cones

## ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

### First Touch Drill:

Move & Control  
or  
Opposed Control

### Overhead Strike Drill:

Stand & Strike  
or  
Opposed Strike

### Solo Drill:

Solo & Pass  
or  
Through The Middle

## 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?