

UNDER 8 HURLING MARCH

Session Emphasis - Learn To Use The Ball Well:

Core Skill - Ground Strike (Left & Right)

Associate Skill 1 - Jab Lift

Associate Skill 2 - Cupped Catch

Re-focus Skill - Ground Block



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:

Tyre Strike

Intermediate Drill:

Striking In Pairs

Fun Drill:

Golf Goals

ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

Jab Lift Drill:

Musical Chairs
or
Grid Swap

Cupped Catch Drill:

Toss & Catch
or
Beat The Circle

Ground Block Drill:

Defend The Cone
or
Partner Block

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