

UNDER 9 HURLING JULY

Session Emphasis - Learn To Use The Ball Well:

Core Skill - Strike From Hands on the Move

Associate Skill 1 - Hook

Associate Skill 2 - Hand Pass

Re-focus Skill - Ground Block



FUN WARM-UP GAMES

(5-10 minutes)

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

Jumping



Criss Cross
Bounce

Agility



Bridges &
Rivers

Agility



Touch The
Dome

Running



Team Pursuit

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)

Hook Drill:

Imaginary Practice
or
Position & Hook

Hand Pass Drill:

Pass In Pairs
or
Move & Pass

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 week?