

Coaching Hurling
Attacking Play



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“As to the methods there are many, but principles are few
He who grasps principles can successfully select his own methods
He who tries methods, ignoring principles, is sure to have trouble”

Ralph Waldo Emerson (1803-1882)

Attacking Principles

The attacking principles apply when our team has the ball and is looking to:

- Keep possession of the ball
- Move the ball forward into an attacking position
- Create chances to score

Attacking Principles apply when your team has the ball and regardless of the position that the ball is on the field

The five principles that govern play when you are attacking are:

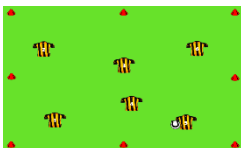
- Penetration
- Depth
- Width
- Mobility
- Improvisation

Others which are just as important are:

- Scanning on/off ball
- Support on/off the ball
- Space- create, preserve, exploit
- Angle of the pass
- Accuracy in shooting/passing

Warm Up Games

6 vs 0



Aim is within a minute, to make as many passes in a row, using Two-touch rule, and without

Rondos
4 vs 2



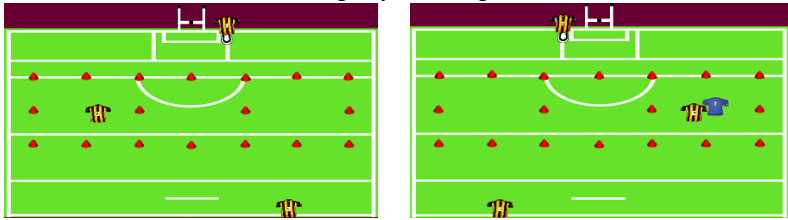
Same as before except with 2 defenders who try to interrupt play

4 vs 4 + 2



Each team tries to make as many passes in a row without interception & can use 2 Neutral players to play off (they must play for team who plays to them)

Attacking Play – Shooting Drill



In both Drills, the aim is to receive ball from Goalkeeper in one of the three grids, pass ball to moving team mate around half way line, and then receive ball in a different grid and take score.

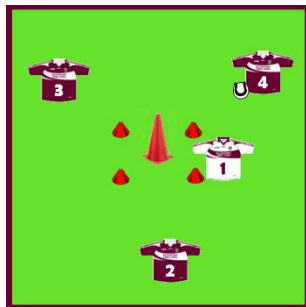
After 3 shots (1 from each zone, change position/roles)

+

In advancement, there is a ‘token tackler’ who will let you receive the ball but will try and block/hook tackle.

4s – Tower Ball

- 4 players
- 1 player is defender
- aim attackers to knockdown cone and defender has to prevent it
- No player allowed in the centre square.



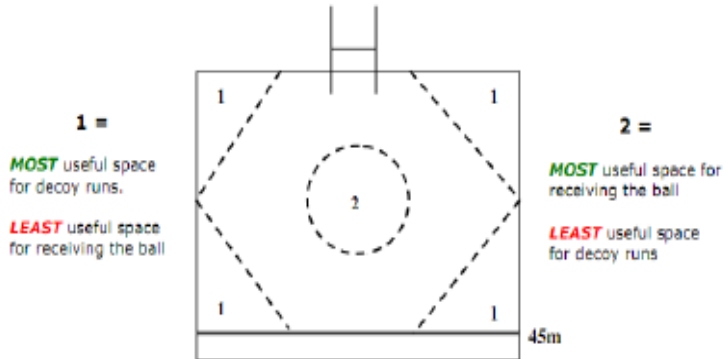
3 is the Magic Number

- Both teams are playing into the same goal
- The coach has the Sliotar on the 45m line where the teams will collect the ball from.
- Each game will be decided after 3 possessions.
 1. The first ball is given uncontested to Team A.
 2. The second ball is give uncontested to Team B.
 3. The third ball is struck up in the air 50/50 by the coach and is to be contested by both teams.
- If a team intercepts the ball from the attaching team and they are inside the 20m they are allowed to score but they have to bring the ball back outside the 20m line before they can score
- If a team shoots and the ball is saved by the goalkeeper or the goalkeeper gains possession then they have to work the ball out over the 45m line in order to score.

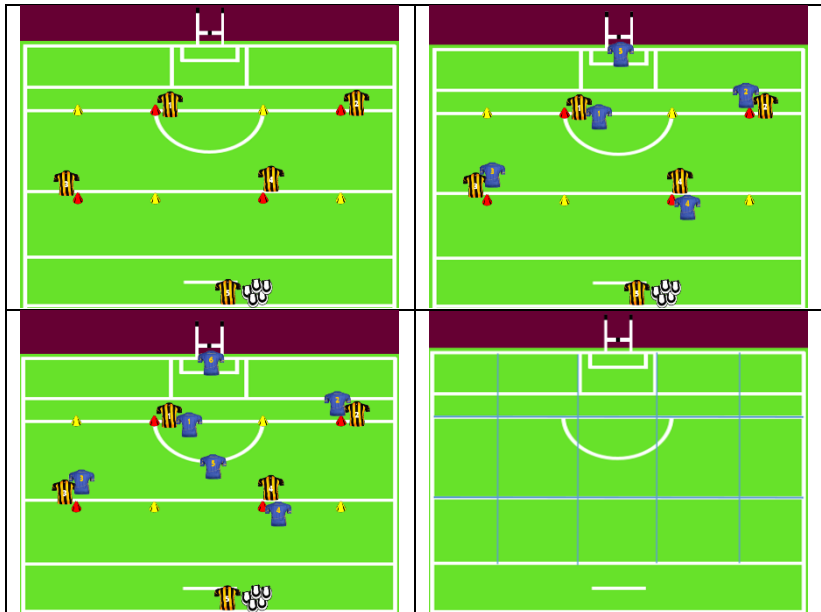


- The team that scores the most wins
- If the game is a draw after 3 possessions another 50/50 ball is struck in by the coach until one team scores

Effective Use of Space in the Forward Line



Develop of Attacking Play trough Movement off & on the Ball



Big & Small Goals

- Build up out of the back through High quality possession passing and support.
- Two small goals across from a full size goal.
- Extra balls kept in the large goal.
- Team defending the large goal gets a goalkeeper.
- All restarts begin from Small Goals
- GK + Defenders attack the two small goals, attack the large goal.

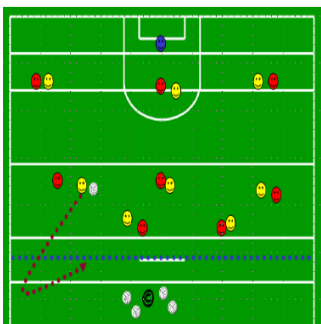


Triangle Goals

- Each team defends a triangular goal and attempt to score in their opponent's goal.
- Goals may be scored into the triangle from any side
- The ball never goes out of play.
- After a team scores a goal they are allowed to score again, if the defending team doesn't react quick enough



Who's attacking?



- Two teams of 6-8 outfield players line out in one half of the pitch.
- One goalkeeper stands ready to play for whichever team is defending.
- The coach starts the game by lobbing a ball into the playing area.
- The team that wins possession must work the ball out over the halfway line, keeping possession.
- Once across the line, this team turns with the ball to attack the goals.
- The other team defends and tries to win the ball back.
- If the ball goes dead [score, wide, sideline] the coach lobs the next ball in.
- Should one team dispossess the other during open play,

that team must work the ball out in the same fashion.

- In short, no attack may be mounted without the ball first being taken over the halfway line.
- This game is designed to force players to change quickly from defensive mode to attacking mode and vice versa.