



Session 1

Skill Focus – Ground Strike

Key Teaching Points for the Ground Strike

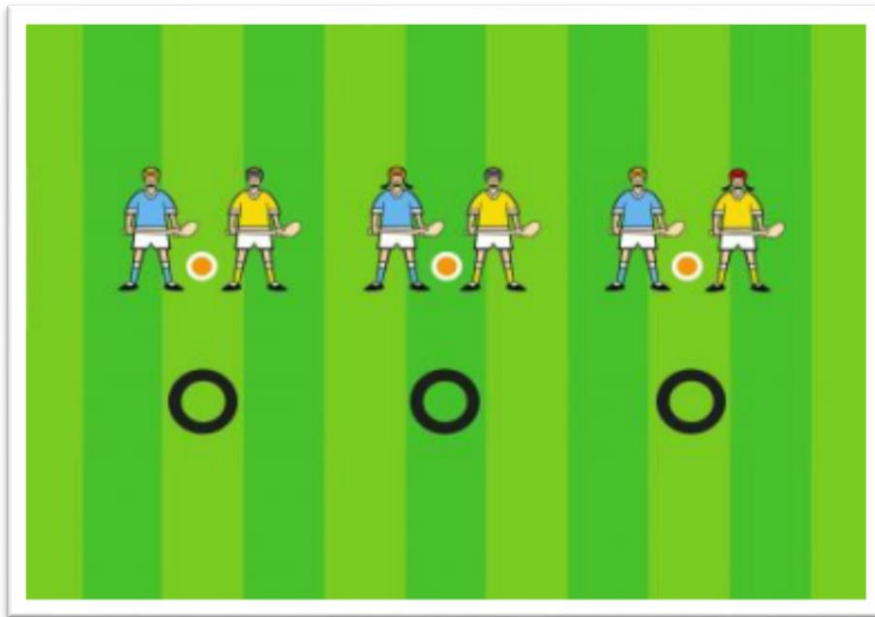
- The dominant hand is placed at the top of the hurley nearest the safety catch while adopting the ready position
- Slide the non-dominant hand up the hurley to lock with the dominant hand
- Use the lunge to get your feet into position to perform the ground strike

More exercises on links below

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Exercise 1

STRIKE ON THE GROUND – TYRE/HURLEY STRIKE – 10 Mins



Video Link to Exercise:

<https://youtu.be/VbgINDq7HiY>

Organisation:

- Divide the players into pairs
- One pair per tyre (if possible)
- Stand at each side of the tyre and each player in turn strikes the tyre
- After a set time or number of strikes, the players change sides

Variation

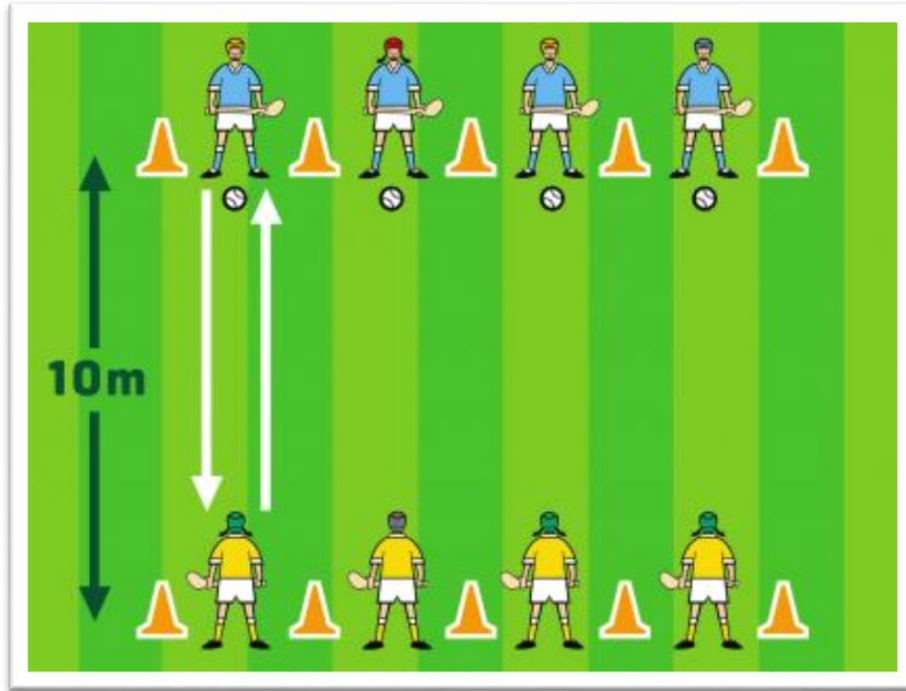
If a tyre is not available, teacher/players to hold hurley and each player in turn strikes the hurley

More exercises on links below

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Exercise 2

STRIKE ON THE GROUND - STRIKING IN PAIRS – 10 Mins



Video Link to Exercise:

<https://youtu.be/yRZo6DtMeRc>

Organisation

- Divide the players into pairs 10m apart with one ball per pair
- Each player in turn strikes the ball to their partner, who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides

Variation

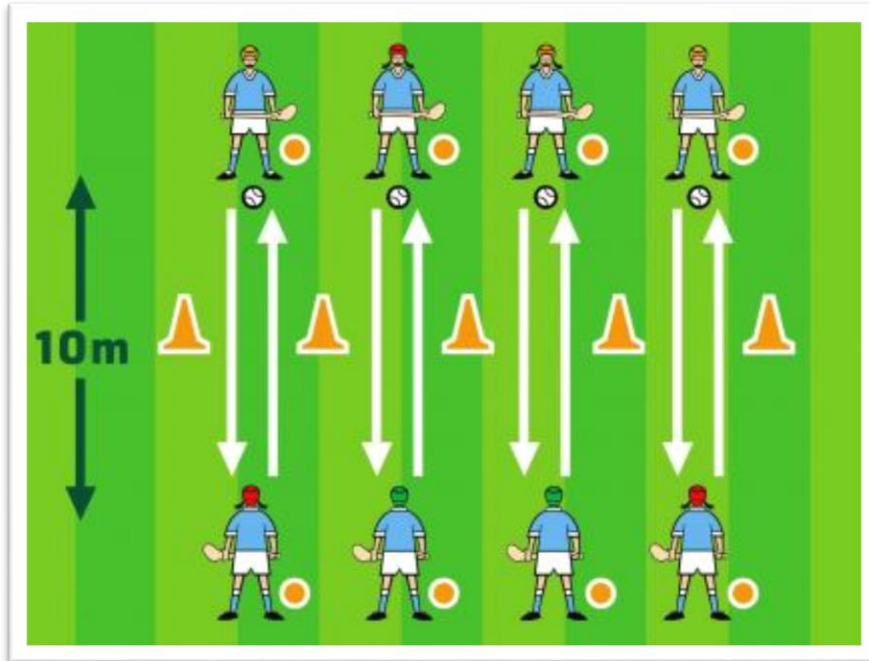
To increase the challenge, increase the distance between the players

More exercises on links below

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Exercise 3

STRIKE ON THE GROUND – STRIKING ACCURACY – 10 Mins



Video Link to Exercise:

<https://youtu.be/jV-hCPK4Tf8>

Organisation:

- Divide the players into pairs 10m apart with one ball per pair
- Place two cones midway between both players
- Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides
- A score may be awarded for every successful strike between the cones

Variation

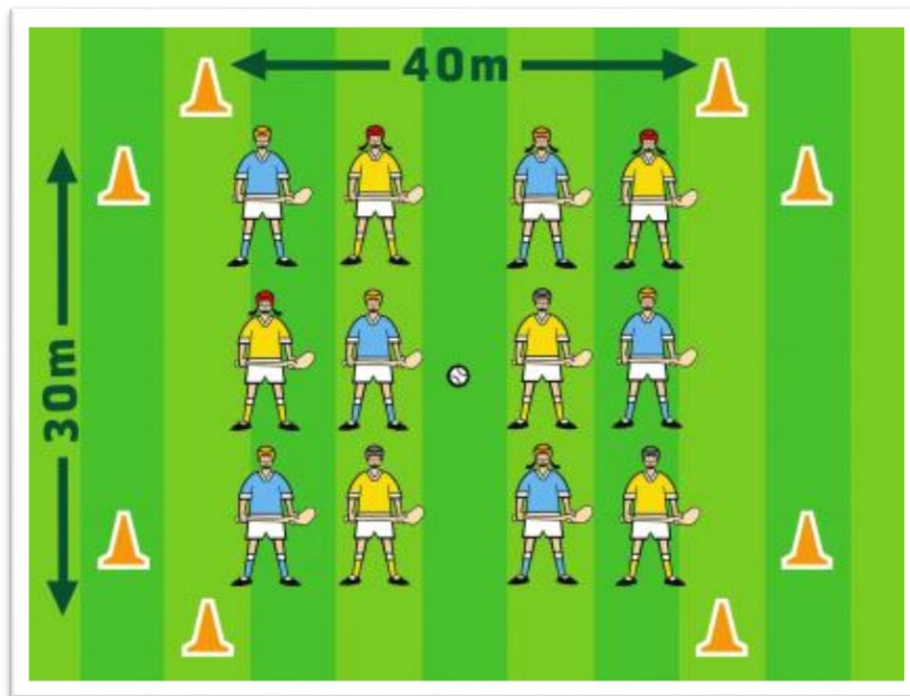
To increase the challenge, reduce the distance between the middle cones

More exercises on links below

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Weekly Skills Game

STRIKE ON THE GROUND - FOUR GOAL GAME



Video Link to Exercise

https://youtu.be/Wvj4q_ICdjE

Organisation

- Mark out a playing area 40m x 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used

Variation

Change the size of the playing area and the width of the goals to match the ability of the players

More exercises on links below

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Session 2

Skill Focus – Ground Strike

Key Teaching Points for the Ground Strike

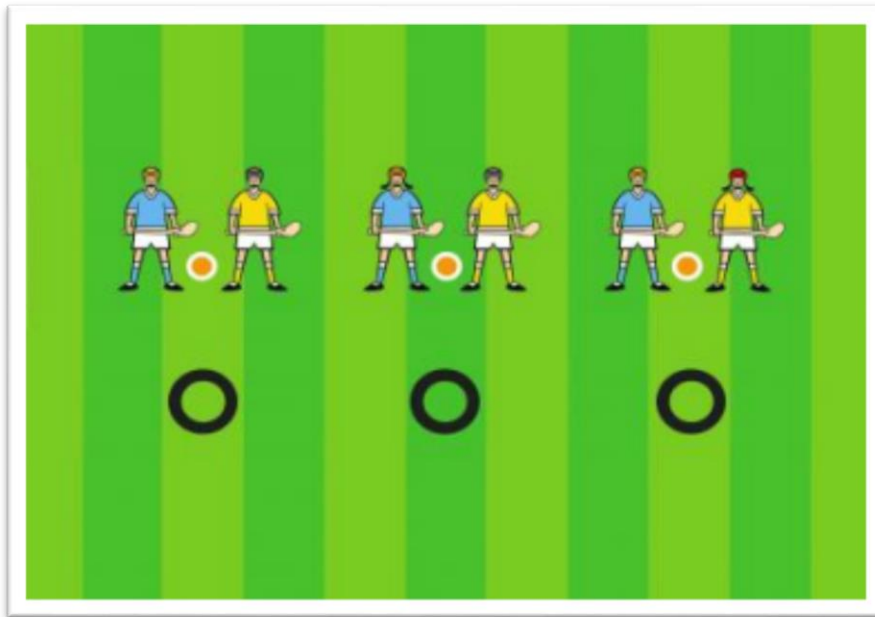
- The dominant hand is placed at the top of the hurley nearest the safety catch while adopting the ready position
- Slide the non-dominant hand up the hurley to lock with the dominant hand
- Use the lunge to get your feet into position to perform the ground strike
- This time raise the hurley over the opposite shoulder so that the ground strike can be performed off the non-dominant side

More exercises on links below

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Exercise 1

STRIKE ON THE GROUND – TYRE/HURLEY STRIKE – 5 Mins



Video Link to Exercise:

<https://youtu.be/VbgINDq7HiY>

Organisation:

- Divide the players into pairs
- One pair per tyre (if possible)
- Stand at each side of the tyre and each player in turn strikes the tyre
- After a set time or number of strikes, the players change sides

Variation

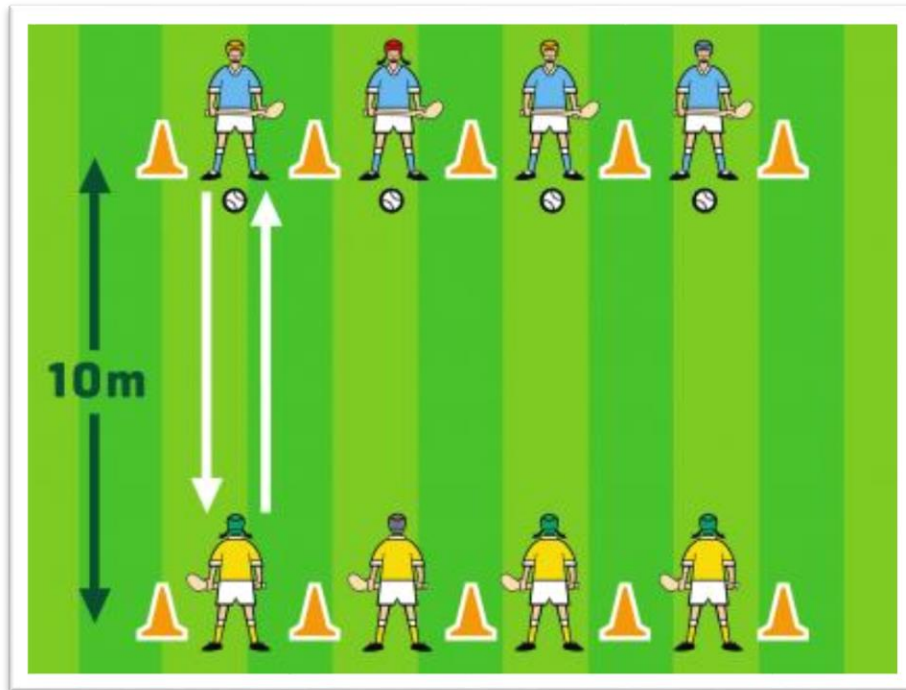
If a tyre is not available, teacher/players to hold hurley and each player in turn strikes the hurley

More exercises on links below

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Exercise 2

STRIKE ON THE GROUND - STRIKING IN PAIRS – 5 Mins



Video Link to Exercise:

<https://youtu.be/yRZo6DtMeRc>

Organisation

- Divide the players into pairs 10m apart with one ball per pair
- Each player in turn strikes the ball to their partner, who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides

Variation

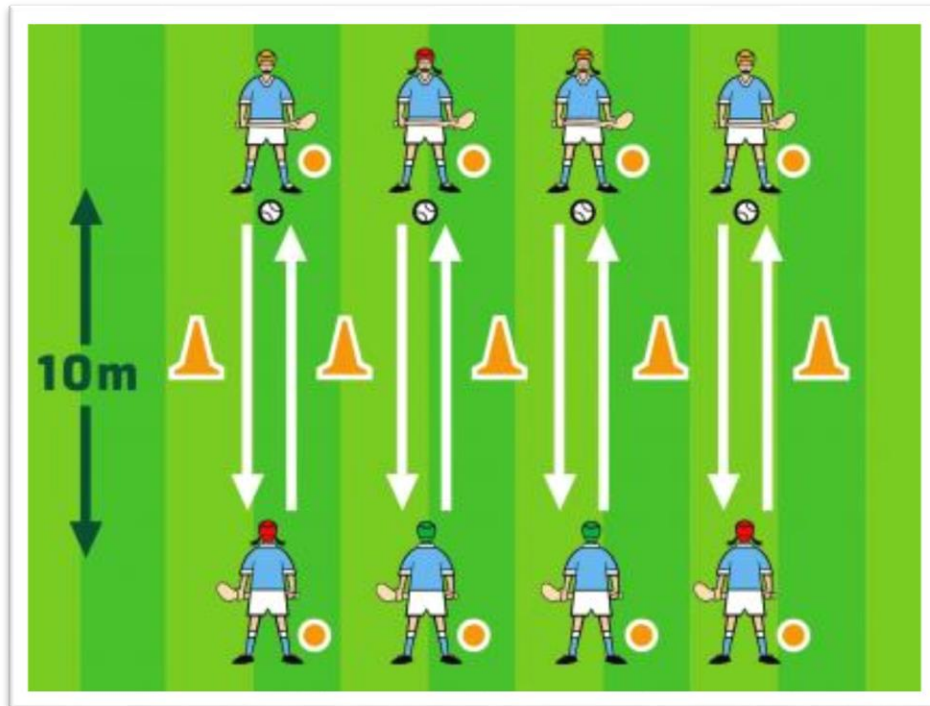
To increase the challenge, increase the distance between the players

More exercises on links below

Click [here](#) for GAA E-Learning Planner
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Exercise 3

STRIKE ON THE GROUND – STRIKING ACCURACY – 5 Mins



Video Link to Exercise:

<https://youtu.be/jV-hCPK4Tf8>

Organisation:

- Divide the players into pairs 10m apart with one ball per pair
- Place two cones midway between both players
- Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides
- A score may be awarded for every successful strike between the cones

Variation

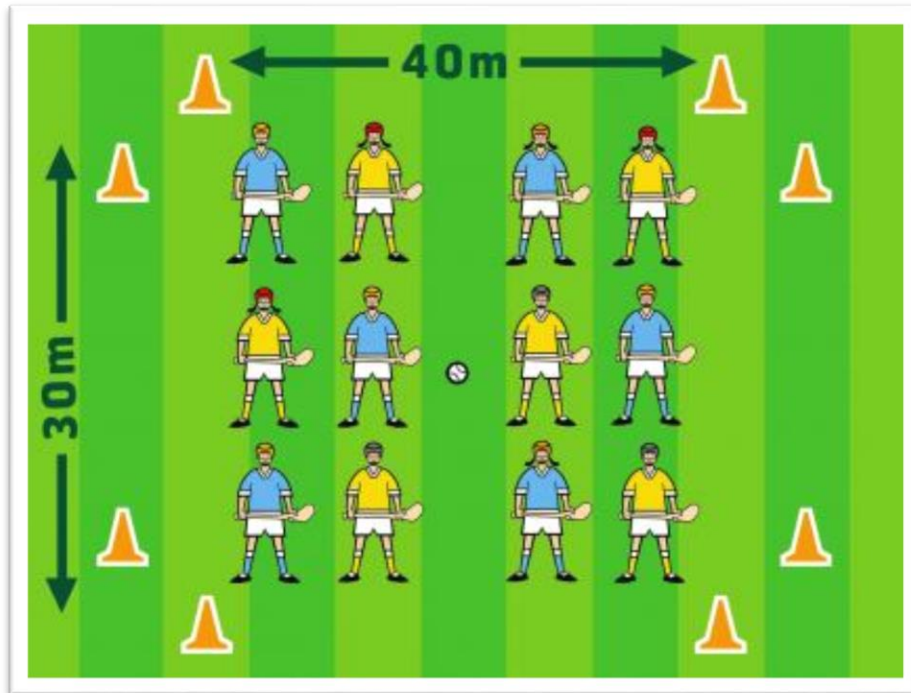
To increase the challenge, reduce the distance between the middle cones

More exercises on links below

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Exercise 4

STRIKE ON THE GROUND - FOUR GOAL GAME – 15 MINS



Video Link to Exercise

https://youtu.be/Wvj4q_ICdjE

Organisation

- Mark out a playing area 40m x 30m
- Position a goal at each of the four corners
- Divide the players into two equal teams of four to six players
- Each team defends two goals but no goalkeepers are used

Variation

Change the size of the playing area and the width of the goals to match the ability of the players

More exercises on links below

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Session 3

Skill Focus – Ground Dribble

Key Teaching Points for the Ground Dribble

- With the dominant hand nearest the safety catch at the top of the hurley, place your non-dominant hand down the hurley nearest the bas
- Bend your back so as the heel of the hurley is touching the ground
- Make sure to use both sides of the hurley when dribbling the sliotar

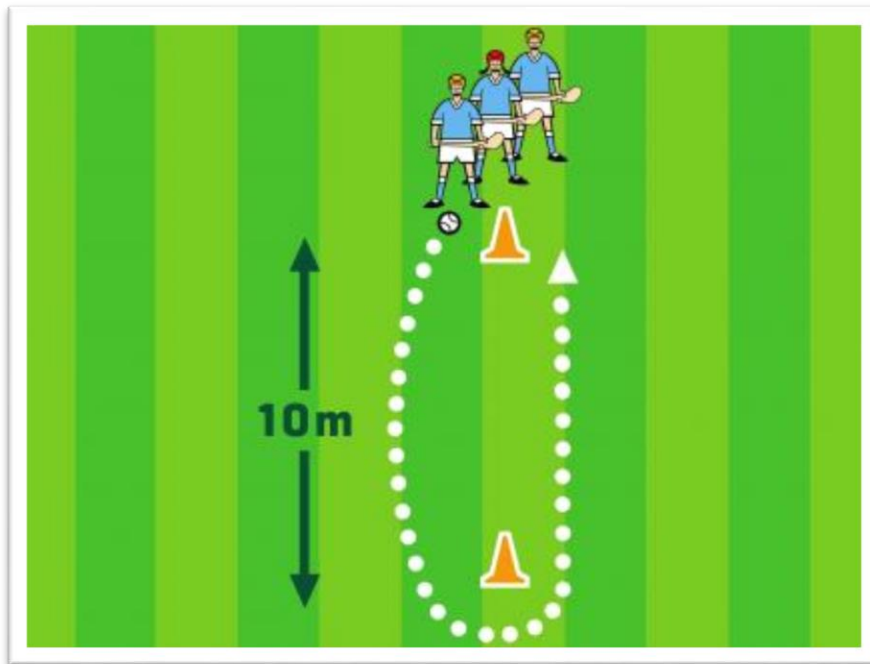
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Exercise 1

DRIBBLE – OUT AND BACK – 10 MINS



Video Link to Exercise:

<https://youtu.be/utxv2VyRY78>

Organisation:

- Mark out a distance of 10m using cones
- Divide the players into groups, one sliotar per group
- Each group lines up behind a cone
- Each player in turn dribbles the sliotar around the far cone and back
- The next player repeats

Variation

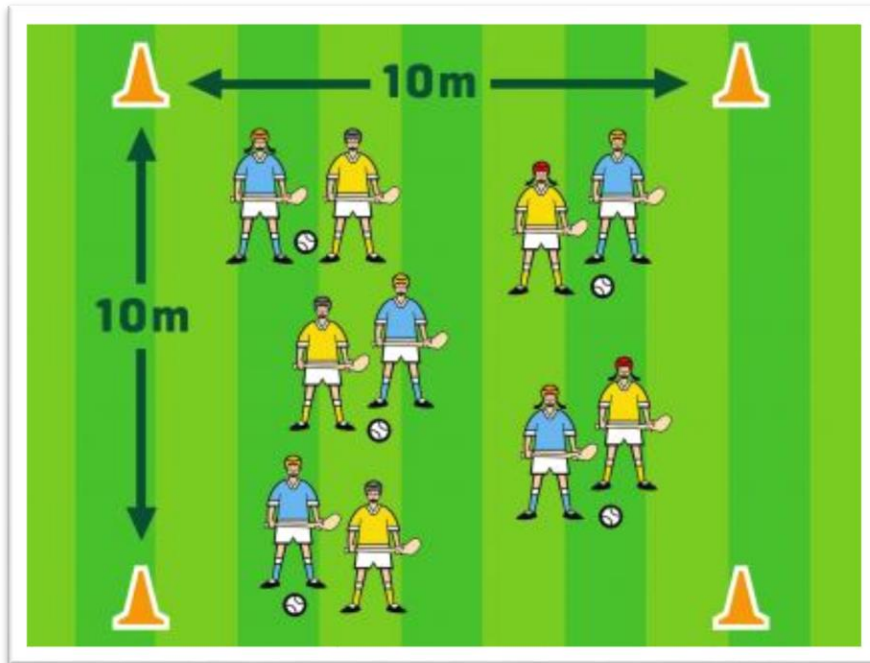
Increase the distance the player has to dribble

More exercises on links below

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Exercise 2

DRIBBLE – OPPOSITION TUSSLE – 10 MINS



Video Link to Exercise:

<https://youtu.be/Kh0XMBVpOO8>

Organisation:

- Mark out a grid using cones as shown
- Divide the players into pairs, one sliotar per pair
- One player attempts to keep possession by dribbling and using their body to shield the ball
- The second player tries to push or flick the ball away
- After a set time or after a dispossession the roles are reversed

Variation

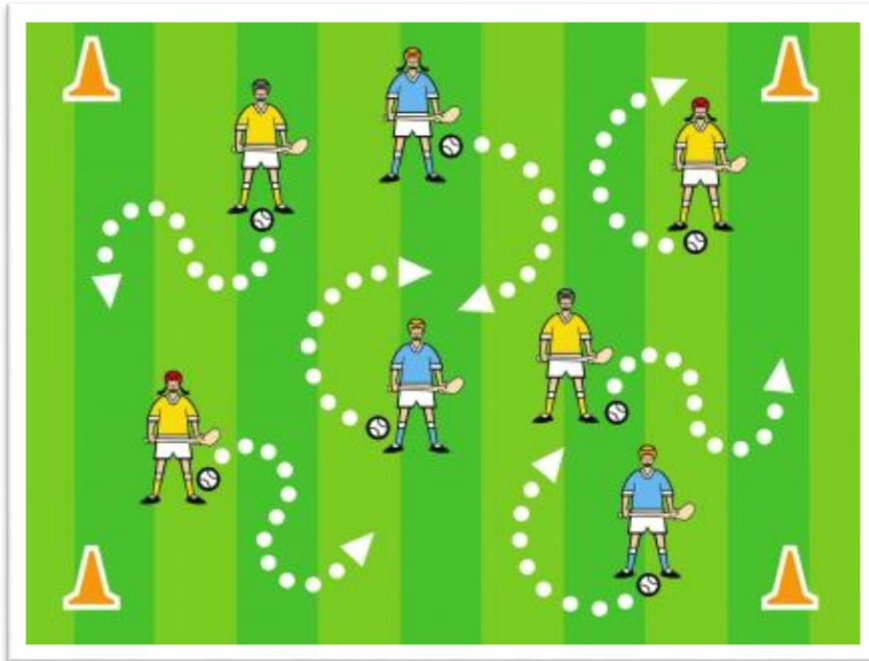
Increase or decrease the size of the grid

More exercises on links below

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Exercise 3

DRIBBLE – POSSESSION DRIBBLE – 10 MINS



Video Link to Exercise:

<https://youtu.be/TIdQgUH6JI0>

Organisation:

- Mark out a grid using cones
- Each player has a ball
- The players dribble around the grid keeping their own ball under control, while trying to knock another player's ball out of the grid by pushing or flicking
- Divide the group into two teams to reduce the number of opponents
- When a player's ball is knocked out of the grid, that player must leave the grid
- Hurley's cannot be raised above knee level

Variation

Make the grid smaller to make it more difficult for the players

More exercises on links below

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Dribble Skills Challenge



Video Link to Exercise

<https://youtu.be/b7gH8COnXbY>

Organisation:

- Layout 3 ball on the ground as seen in image
- Player must dribble each ball with both sides of the hurley to score a point
- The player must then move onto the next ball and repeat
- See how many dribbles you can get in 20seconds

More exercises on links below

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Session 4

Skill Focus – The Ground Block

Key Teaching Points for The Ground Block

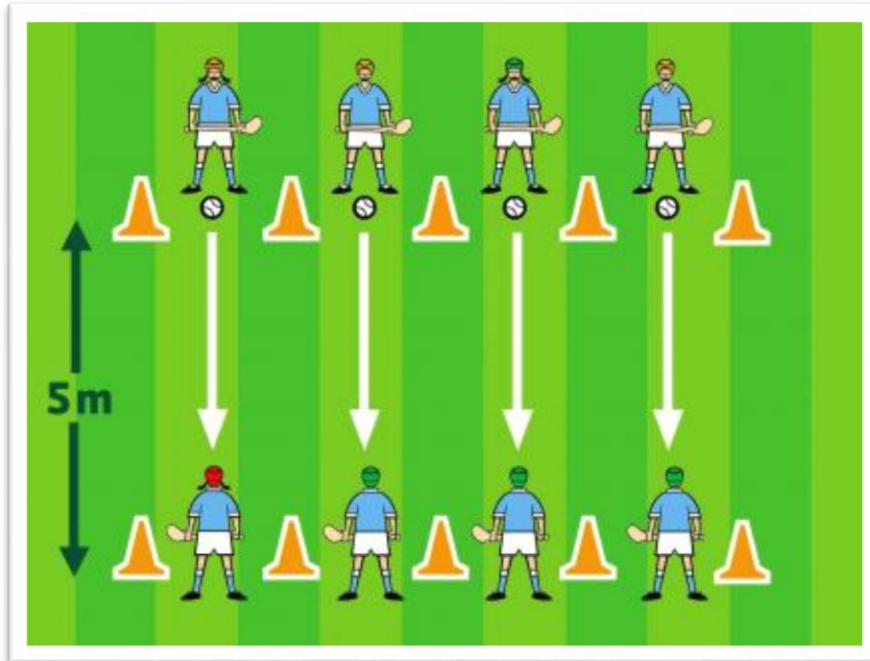
- Stand in the ready position with the dominant hand at the top of the hurl, and non-dominant hand close to the bas
- Keep hands in the ready position as your feet react to stop and control the moving ball
- Move the bas towards the ground and bend the knees, keeping the feet close together, to control the ball

More exercises on links below

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Exercise 1

GROUND BALL – ROLL & BLOCK – 5 Minutes



Video Link to Exercise:

<https://youtu.be/saWQJxiJndA>

Organisation

- Mark out a distance of 5m using cones
- Divide the players into pairs, one ball per pair
- The first player from each pair rolls the ball gently to the strong side or between the legs of their partner who attempts to block it
- Continue to alternate the roles, repeating the drill for a set time

Variation

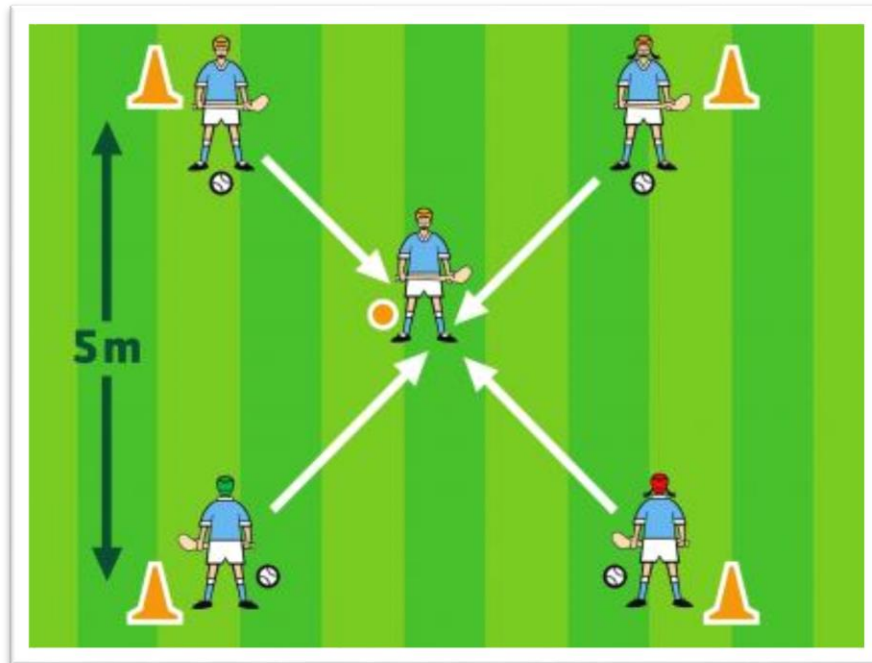
Increase the distance between the players and allow them to strike the sliotar

More exercises on links below

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Exercise 2

GROUND BALL – TURN & BLOCK – 5 Minutes



Video Link to Exercise:

https://youtu.be/6MmsAC65o_Q

Organisation:

- Mark out a grid 5m x 5m using cones
- Position one player at each corner of the grid with a fifth player in the middle
- The corner players in turn roll their sliotar to the middle player who blocks and sweeps it back
- Each player takes a turn in the middle

Variation:

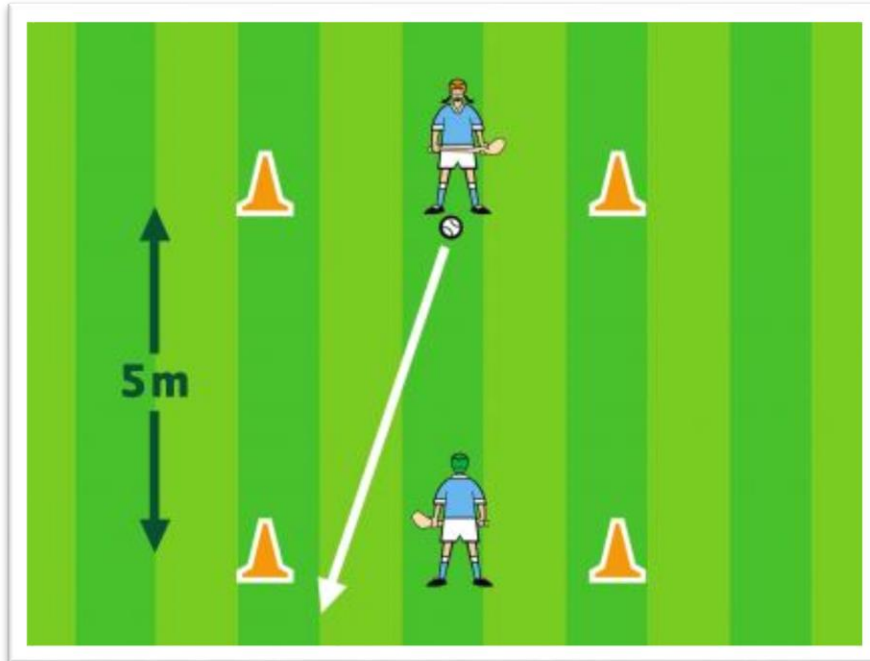
Assigning a number to each corner player who throws the ball when their number is called by the Coach the middle player adjusting their position in response

More exercises on links below

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Exercise 3

GROUND BALL – GOAL TO GOAL – 10 Minutes



Video Link to Exercise:

<https://youtu.be/Ctd7jmTMEUQ>

Organisation:

- Mark out goals 5m apart using cones
- Divide the players into pairs, one ball per pair
- Each player in turn tries to score a goal by throwing the ball along the ground and past their partner
- Repeat the drill for a set time

Variation:

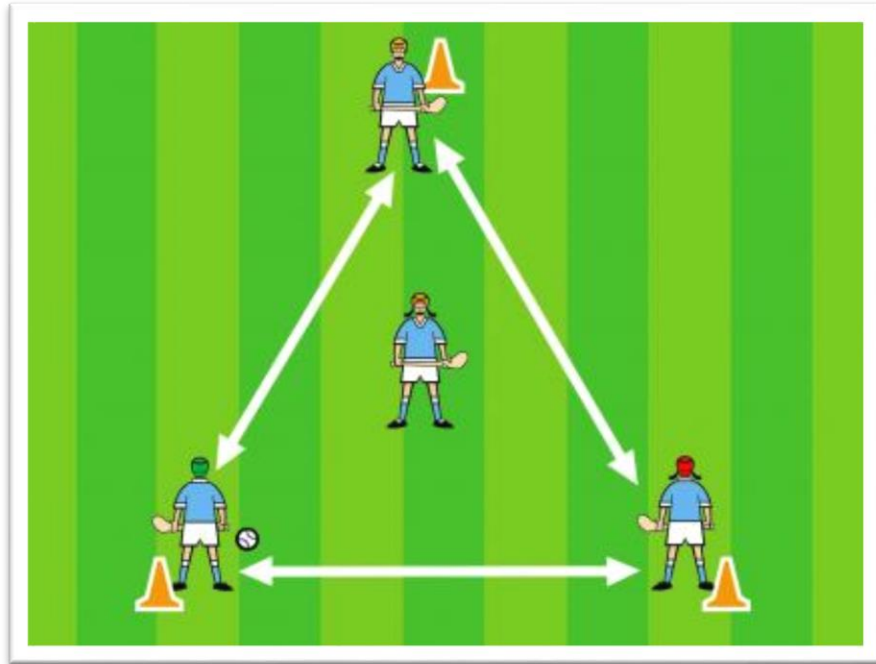
Increase the distance between them and allow them to strike the sliotar

More exercises on links below

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Exercise 4

GROUND BALL – PIGGY IN THE MIDDLE – 10 Minutes



Video Link to Exercise:

<https://youtu.be/VTf-qw1YtFU>

Organisation

- Mark out a triangle 5m x 5m using cones
- One player is positioned at each cone with the fourth as the 'piggy in the middle'.
- The players at the cone throw the ball to one another while the 'piggy in the middle' attempts to block it
- Any player whose throw is blocked becomes the new 'piggy in the middle'

Variation:

Increase the distance between the cones and allow them to strike the sliotar

More exercises on links below

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Session 5

Skill Focus – Chest Catch

Key Teaching Points for the Chest Catch

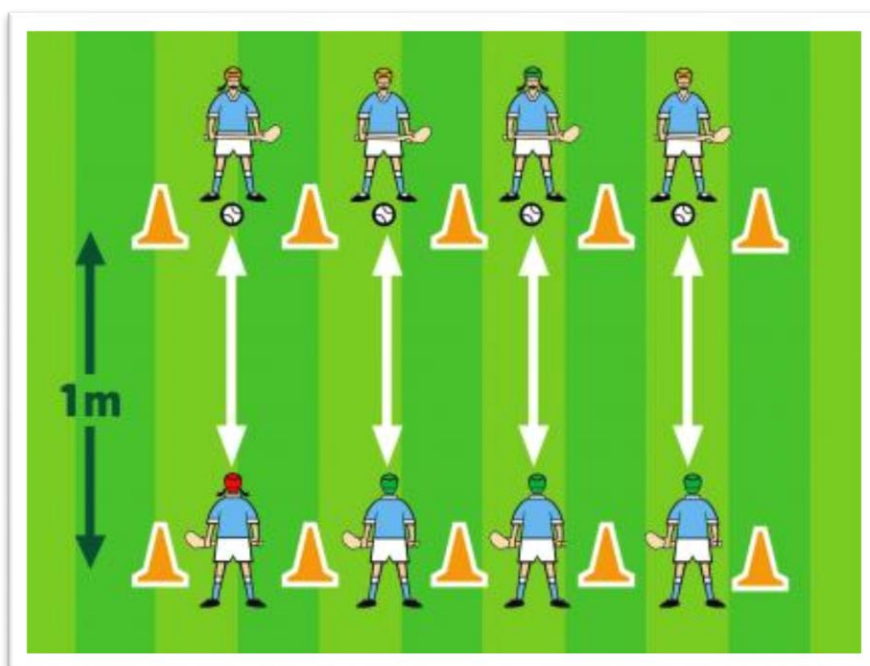
- Use the non-dominant hand in a cupped position to catch the sliotar
- Place hand against the lower chest to receive the sliotar
- Position the feet to receive the sliotar at the appropriate point
- Grasp the sliotar into your possession while the hurley is used in the dominant hand to provide protection against possible tackles

More exercises on links below

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Exercise 1

CHEST CATCH – PARTNER CATCH – 10 MINUTES



Video Link to Exercise:

https://youtu.be/DYAJH_QfZX0

Organisation:

- Divide the players into pairs; one sliotar per pair
- The players face each other approximately 1m apart
- Each player throws the ball underarm for their partner to chest catch

Variation

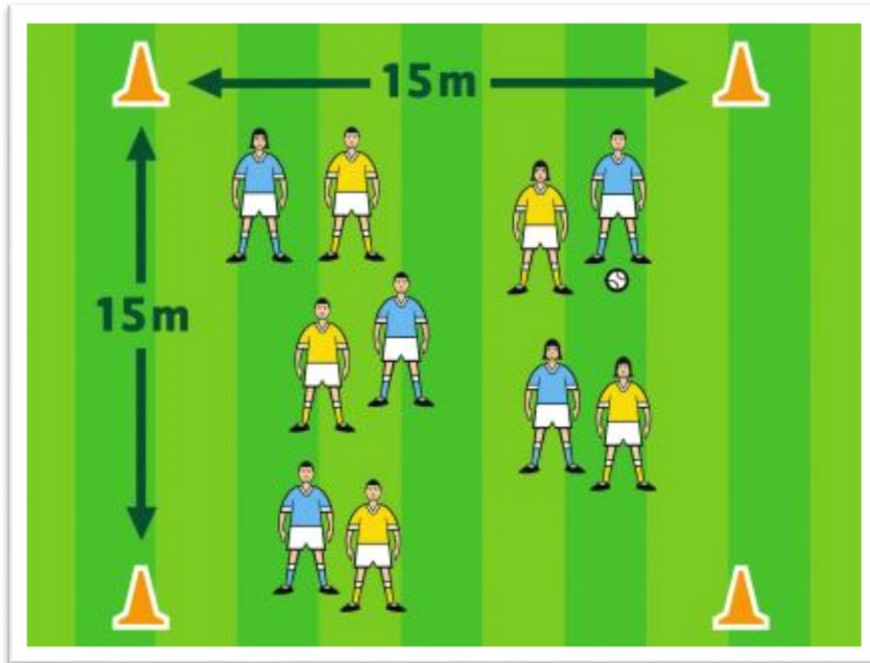
Increase the distance between the players

More exercises on links below

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Exercise 2

CHEST CATCH – KEEP BALL – 10 MINS



Video Link to Exercise:

<https://youtu.be/nKpNFes9Ymk>

Organisation

- Mark out a playing area 15m by 15m
- Divide the players into two equal teams
- Hurley's are not permitted
- The players attempt to retain possession by throwing the sliotar to a team mate to chest catch
- The opposing players attempt to intercept the sliotar by catching or knocking it to the ground
- Change the team with the sliotar every 60 seconds

Variation

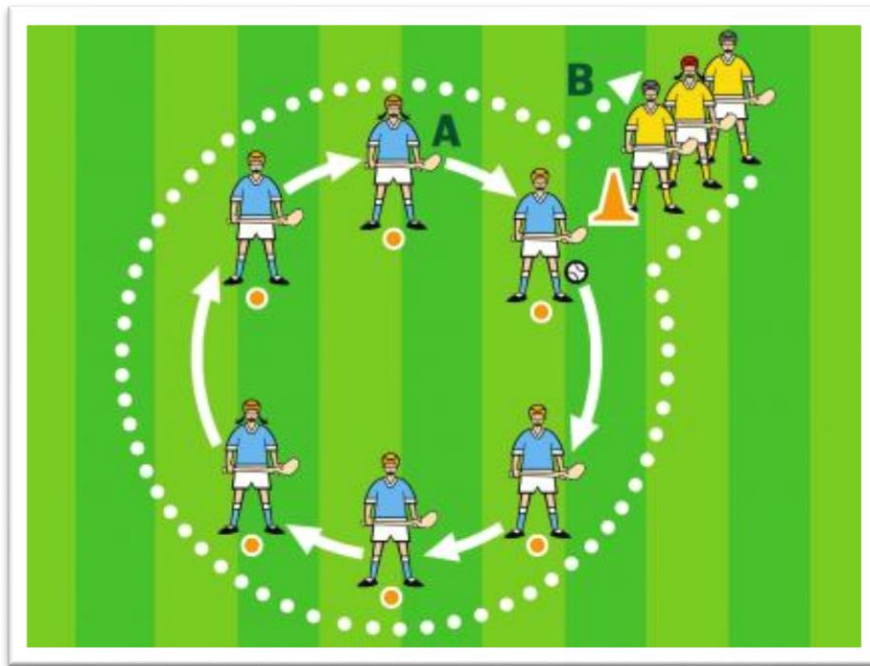
Allow a two handed catch at first and then progress to catching with one hand as the players become more proficient

More exercises on links below

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Exercise 3

CHEST CATCH – BEAT THE CIRCLE – 10 Minutes



Video Link to Exercise

<https://youtu.be/f1pi9sLFpfl>

Organisation

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run round the circle, while Team A throw the ball around the circle from one to another
- Team A count the successful Chest Catches completed before the last player in Team B finishes their run
- Reverse the roles and the team with the most Chest Catches wins

Variation

Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins

More exercises on links below

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Chest Catch Skills Challenge



Video Link to Exercise

<https://youtu.be/hgYOHan0hhc>

Organisation

- Throw the sliotar approx. 1m in the air
- Chest catch the sliotar
- See how many chest catches you can complete in 30 seconds

More exercises on links below

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Session 6

Skill Focus – Roll Lift

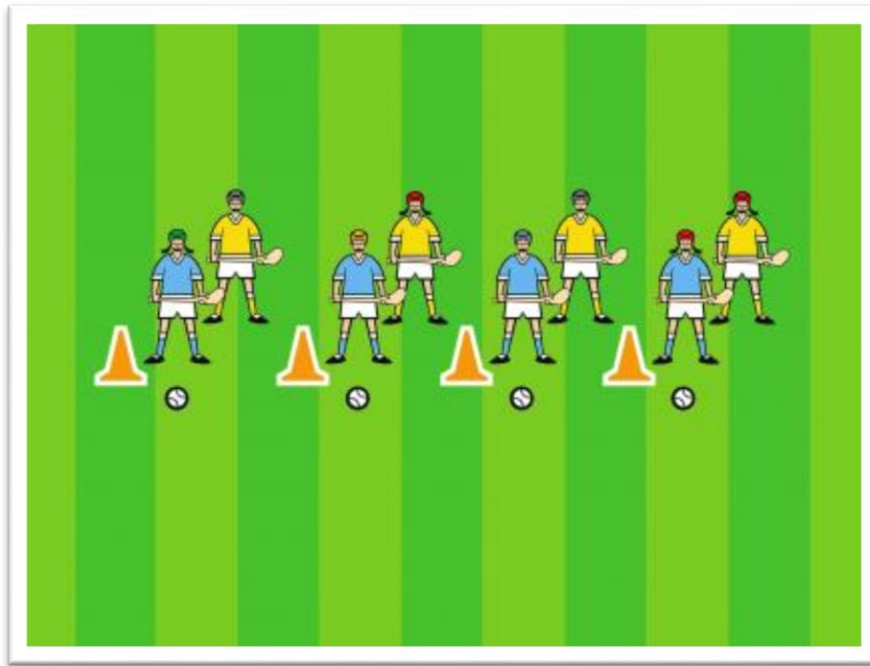
Key Teaching Points for the Roll Lift

- The dominant hand against the safety catch and the non-dominant hand is further down the hurley nearest the bas
- With thumbs pointing down the hurley, the player crouches down so the hurley is parallel to the ground
- Roll lift the ball and catch into the non-dominant hand

More exercises on links below

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Exercise 1
ROLL LIFT – STATIONARY ROLL LIFT – 10 MINS



Video Link to Exercise:

<https://youtu.be/1YHpECDgxUE>

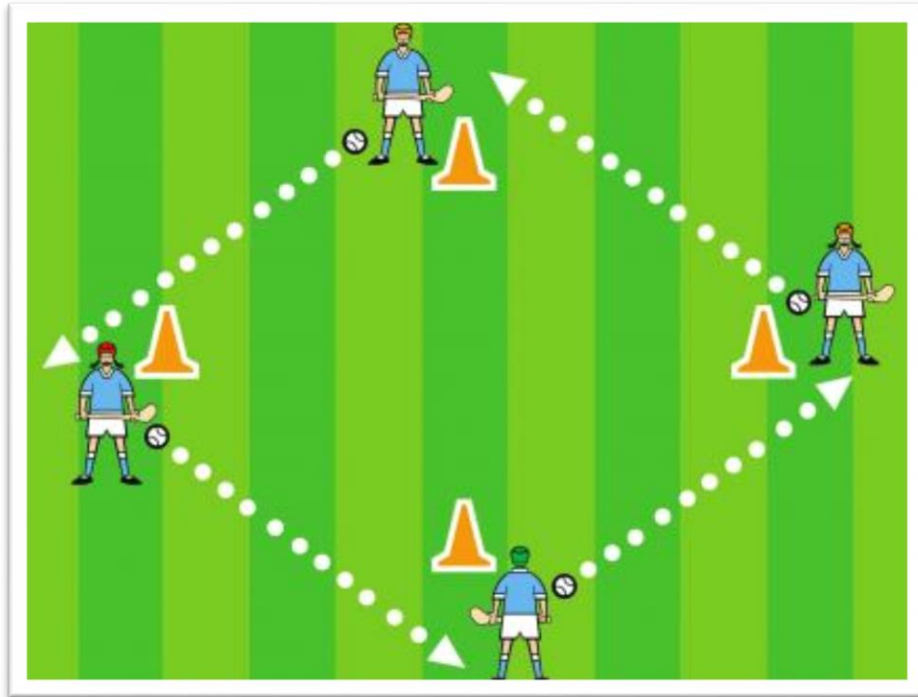
Organisation:

- Divide the players into pairs, one ball per pair
- One player in each pair roll lifts the ball repeatedly for 1 minute
- The second player in each pair counts successful attempts by their partner
- After 1 minute the players switch roles
- Encourage players to beat their own record on repeat attempts

More exercises on links below

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Exercise 2
ROLL LIFT – ROLL LIFT & MOVE – 10 MINS



Video Link to Exercise:

<https://youtu.be/giuPQNLojvc>

Organisation

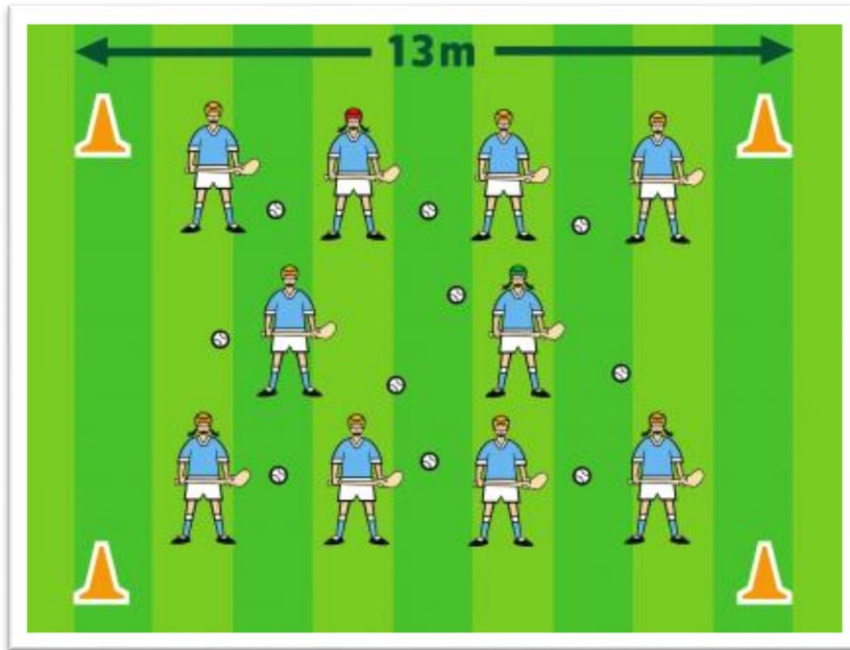
- Mark out a square using cones
- Position one player and one ball at each cone
- Players roll lift the ball at each cone 10 times before moving to the next cone

More exercises on links below

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Exercise 3

ROLL LIFT – MUSICAL CHAIRS – 10 MINS



Video Link to Exercise:

<https://youtu.be/EuGm61flgqE>

Organisation:

- Mark out a grid 13m x 13m
- 10 players and 10 balls are positioned randomly throughout the grid
- The players jog slowly around the grid
- On the whistle the players move to the nearest ball and roll lift it into their hand
- One ball is taken away and the game continues
- On the next whistle the player who fails to roll lift a ball leaves the game, continuing until only one player remains

More exercises on links below

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ROLL LIFT CHALLENGE



Video Link to Exercise

<https://youtu.be/Twyf3OfeyKc>

Organisation

- Player roll lifts as many balls as possible with correct technique in 30 seconds

More exercises on links below

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Session 7

Skill Focus – Rising Roll & Jab Lift

Key Teaching Points for the Roll & Jab Lift

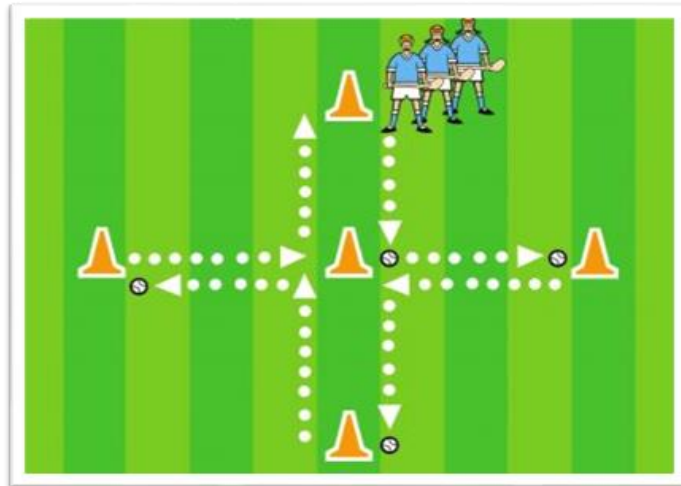
- The dominant hand against the safety catch and the non-dominant hand is further down the hurley nearest the bas.
- With thumbs pointing down the hurley, the player crouches down so the hurley is parallel to the ground.
 - Roll or jab lift the ball and catch into the non-dominant hand.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 1 – Agility Roll Lift - 5 minutes



Video Link to Exercise

https://youtu.be/VGE_yGM1g70

Organisation

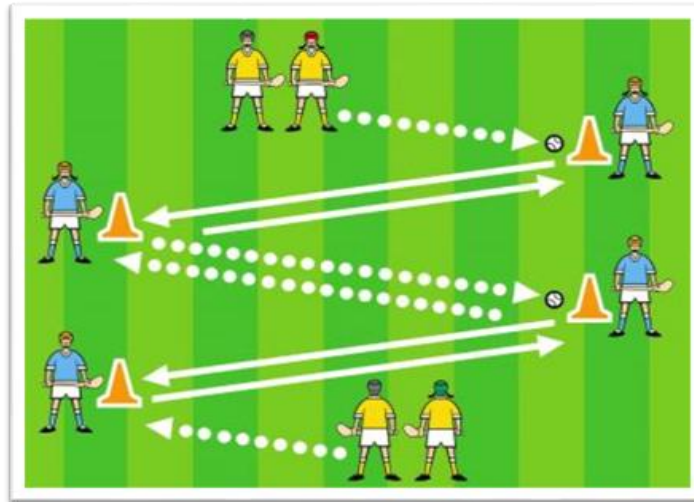
- Place five cones in a cross formation; 3m between each outer cone and the centre cone.
- The players form a line behind one of the outer cones.
- Place a ball at each of the other cones.
- The first player jogs to the centre cone, roll lifting and replacing the ball at the cone.
- They continue to each outer cone in a clockwise motion, returning to the centre cone each time.
- Once returning to the first cone, the next player repeats the drill.

For more details on exercises see links below

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Exercise 2 – Zig Zag Roll Lift - 5 minutes



Video Link to Exercise

<https://youtu.be/3YgAR1vYoU>

Organisation

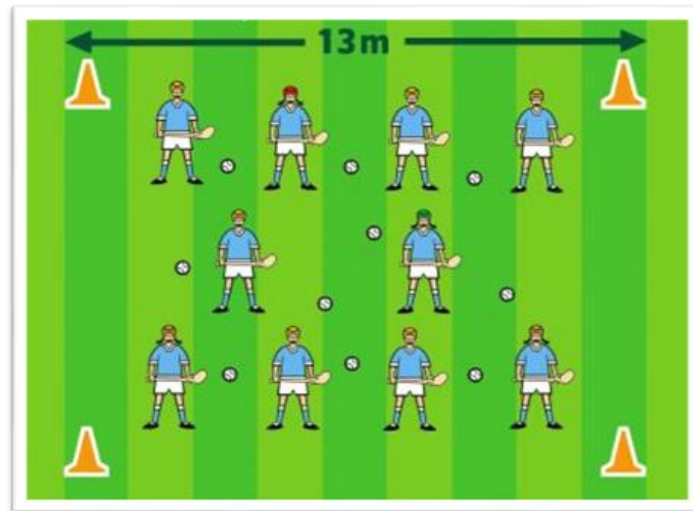
- Place 4 cones in a zig-zag formation 5-8m apart.
- A line of players is positioned behind a marker at each end.
- A further player is positioned at each of the four cones; place one sliotar at the first and third cones.
- The front player in the near line moves forward and roll lifts the ball at the first cone, carrying it and placing it at the second cone; repeat at cones three and four.
- The front player in the far line repeats in the other direction.

For more details on exercises see links below

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Exercise 3 – Musical Chairs - 10 minutes



Video Link to Exercise

<https://youtu.be/M1YLNflmSmw>

Organisation

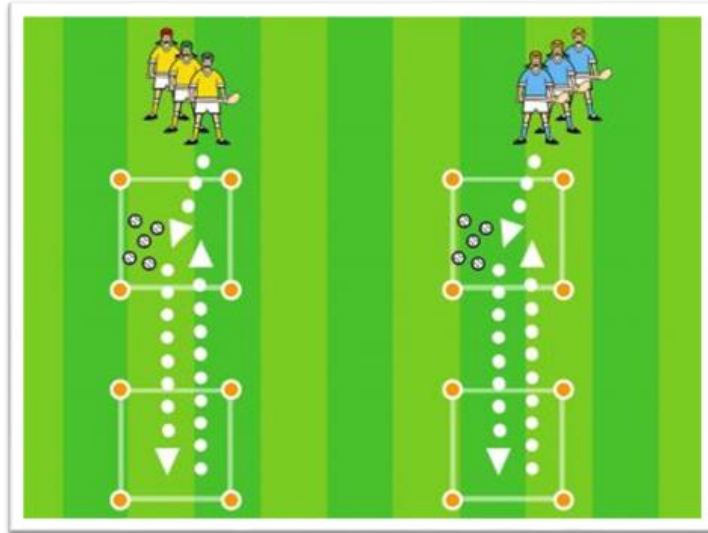
- Mark out a grid 13m by 13m.
- Ten players and 10 balls are positioned randomly throughout the grid.
- The players jog slowly around the grid.
- On the whistle, the players move to the nearest ball to jab lift it into their hand.
- One ball is taken away and the game continues.
- On the next whistle, the player who fails to jab lift a ball leaves the game.
- Continue until only one player remains.
- Players may compete for the ball.

For more details on exercises see links below

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Exercise 4 – Grid Swap - 10 minutes



Video Link to Exercise

https://youtu.be/bQqfF4_6DBU

Organisation

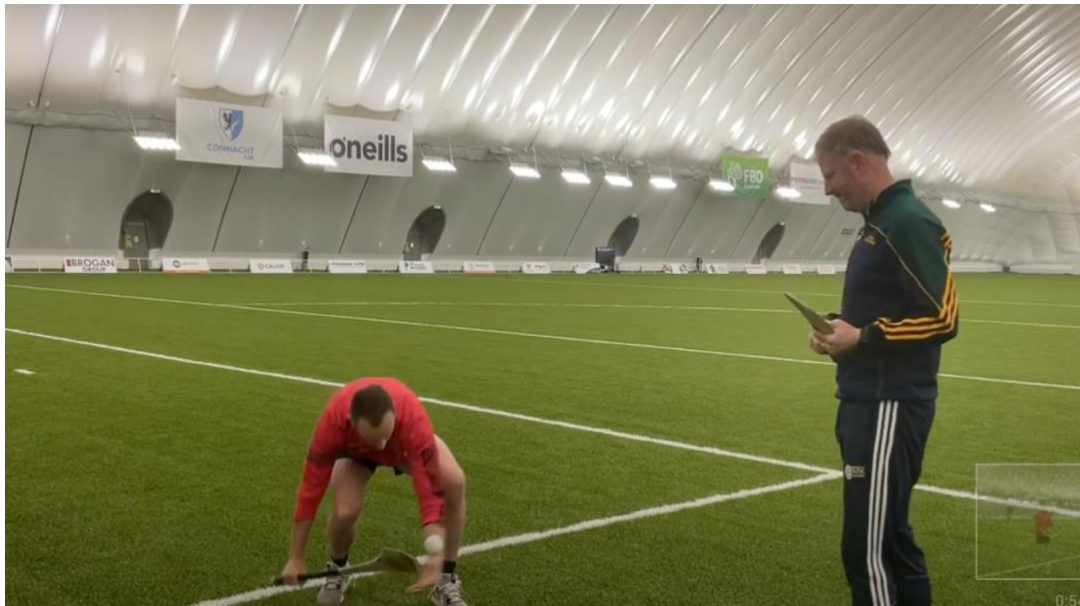
- Divide the players into equal teams.
- Mark out four grids 5m by 5m, with a distance of 5m between each grid; each team is assigned two grids.
- Place the same number of balls in each of the near grids.
- The first player in each team jabs lifts each ball in turn and transfers it to the other grid.
- Each player in turn transfers the balls in the opposite direction.
- The team who completes the drill in the quickest time wins.

For more details on exercises see links below

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Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/1bR1abRzBhY>

Organisation

- Perform as many job lifts as possible in 20 seconds.
- Ensure to use proper technique while performing the job lift.

For more details on exercises see links below

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Session 8

Skill Focus – Hand Pass

Key Teaching Points for the Hand Pass

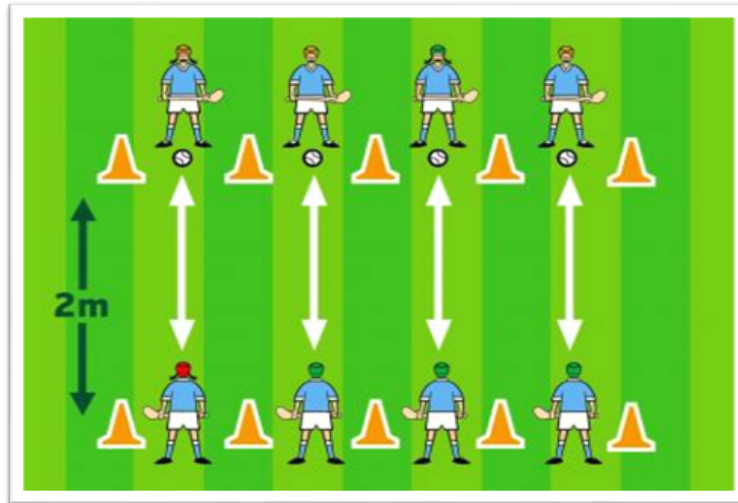
- Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.
- Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.
- Swing back the non-dominant arm; strike the sliotar in the direction of the receiver.
 - Point of impact is where fingers meet palm of the hand.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Pass in Pairs - 10 minutes



Video Link to Exercise

https://youtu.be/SVtThLH_Qjc

Organisation

- Divide the players into pairs; one ball per pair.
- The players stand facing each other two Hurley lengths apart.
- Each player in turn hand passes the ball to their partner who catches it and hand passes it back.

Variation

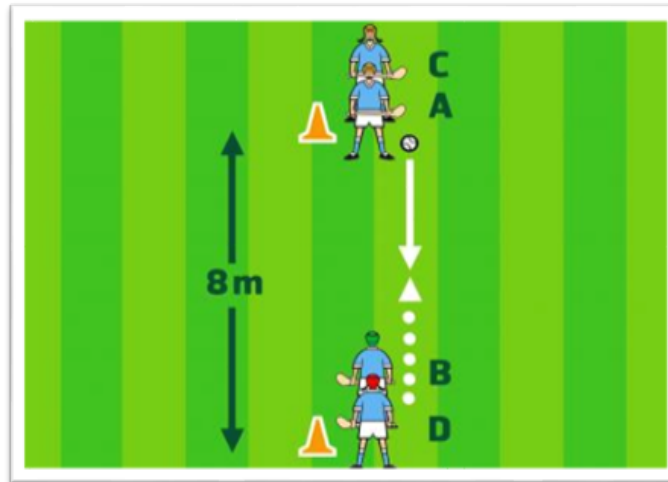
To increase the challenge, alternate between using the dominant and non-dominant hands to pass.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Move & Pass - 10 minutes



Video Link to Exercise

<https://youtu.be/XrOsXG622kk>

Organisation

- Mark out a distance of approximately 8m using cones.
- Divide the players into groups of 4; 2 balls per group.
- The players line up 2 facing 2.
- Working in pairs, the players pass the ball over and back to one another, Player A to Player B and Player C to Player D.
- The receiver moves to the ball requiring the passer to time and weight their pass accordingly.
- Both passer and receiver move to the far cone as the pass is completed.

Variation

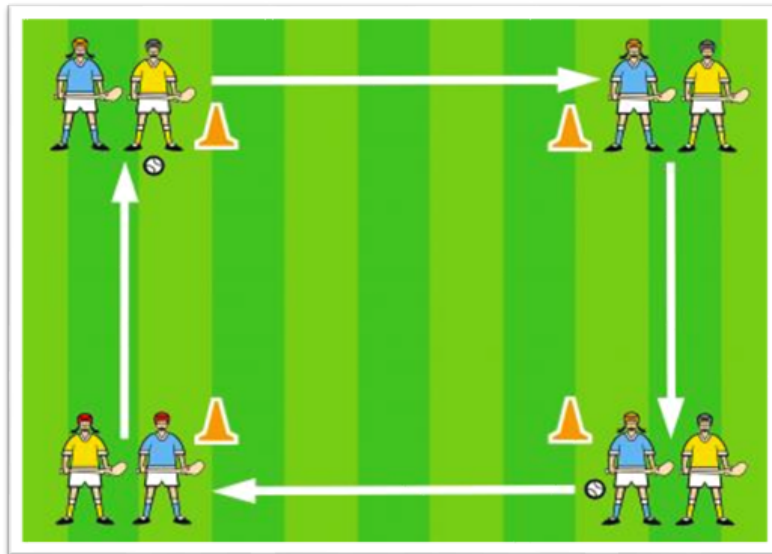
Use one ball per group, each player in turn passes to the next player in the opposite line.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 3 – Around The Square - 10 minutes



Video Link to Exercise

<https://youtu.be/Jcvayhwyt4c>

Organisation

- Mark out a square or circle using cones.
- Divide the players into two teams, one ball per team.
- Position one player from each team at each cone.
- One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction.
- The first team to have the sliotar back to the starting player wins.
- If the sliotar hits the ground, it must be returned to the starting player to begin again.

Variation

To increase the challenge, increase the size of the square.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/gXgXCWDg8yc>

Organisation

- Perform as many handpasses against a wall in 20 seconds.
- Ensure to use proper technique throughout the movement.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 9

Skill Focus – Strike From The Hand

Key Teaching Points for the Strike From The Hand

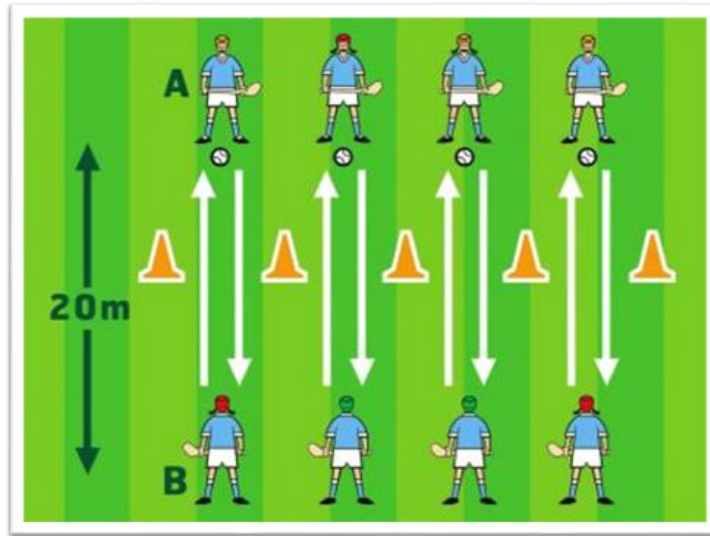
- Hurl in the dominant hand and ball in the non-dominant hand.
- With hip to the target, toss the ball to the striking position.
- Eyes on the ball as non-dominant hand locks onto the hurley.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Striking in Pairs - 10 Minutes



Video Link to Exercise

https://youtu.be/_2X14Y9fgPU

Organisation

- Divide the players into pairs; one ball per pair.
- Mark out a distance 15 – 20m wide.
- Mark a goal midway between each pair.
- The players strike the ball through the goal to their partner.

Variation

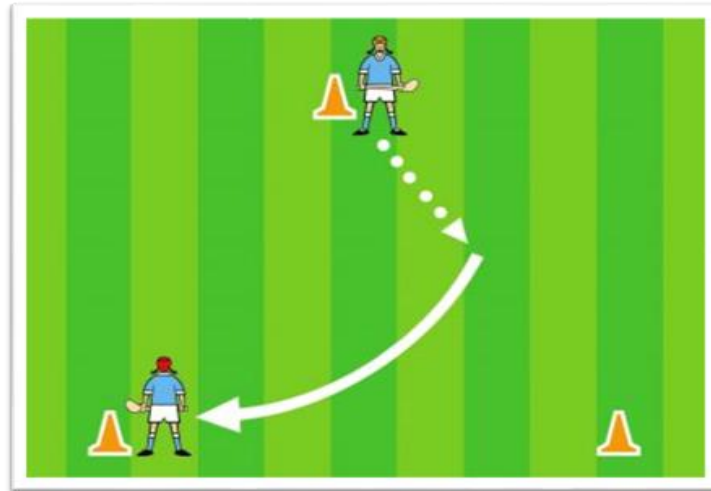
To increase the challenge, increase the distance between the players or reduce the width of the goal.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Strike & Move - 10 Minutes



Video Link to Exercise

<https://youtu.be/XOgsi4Qm9co>

Organisation

- Divide the players into pairs, one ball per pair.
- Place 3 cones 20m apart to form a triangle.
- First, each player strikes the ball on the run while moving along a length of the triangle, their partner remains in a stationary position.
- Second, each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle.
- Third, each player strikes the ball on the run to their partner who is also moving.
- Change the direction of the movement to strike off the alternate side.

Variation

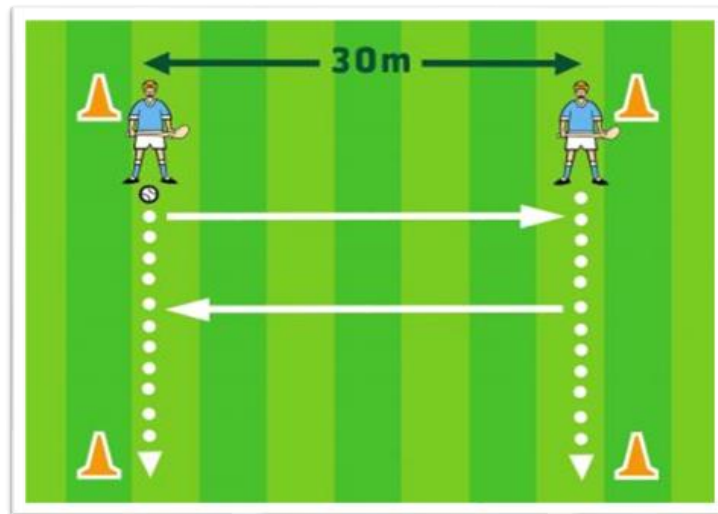
Vary the type of strike the player must use, e.g. high, low, to hand or to bounce.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Keep It Wide - 10 minutes



Video Link to Exercise

<https://youtu.be/yreRt63RBI4>

Organisation

- Divide the players into pairs; one ball per pair.
- Mark out a distance 30m wide using cones.
- The players strike the ball back and forth across the distance as they are moving up the field.
- When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side.

Variation

To increase the challenge, increase the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/S2QRqFNuteU>

Organisation

- Set out a marker on the wall.
- Stand out approximately 10 metres from the target.
- Try and strike the sliotar from the hand to hit the target.
- Count how many attempts it takes to hit the target.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 10

Skill Focus – Strike From The Hand (Weak Side)

Key Teaching Points for the Strike From The Hand (Weak Side)

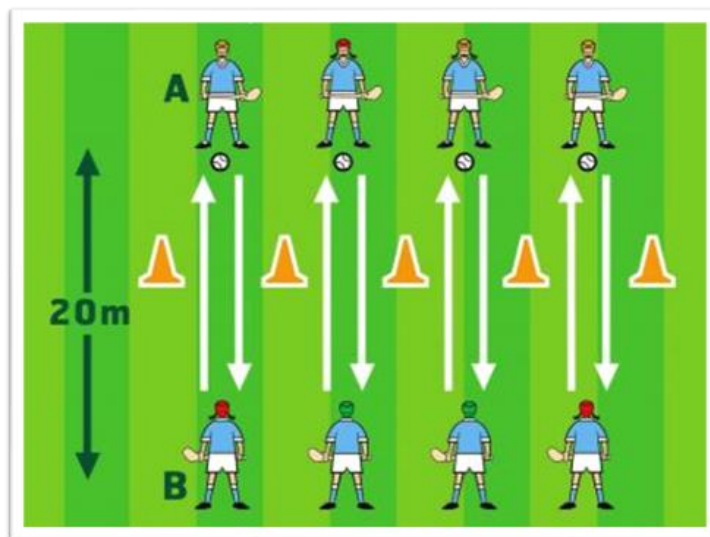
- Hurl in the dominant hand and ball in the non-dominant hand.
 - With hip to the target, toss the ball to the striking position.
 - Eyes on the ball as non-dominant hand locks onto the hurley.
 - Using your weaker side, develop a nice consistent swing.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Striking in Pairs - 5 minutes



Video Link to Exercise

https://youtu.be/_2X14Y9fgPU

Organisation

- Divide the players into pairs; one ball per pair.
- Mark out a distance 15 – 20m wide.
- Mark a goal midway between each pair.
- The players strike the ball through the goal to their partner.

Variation

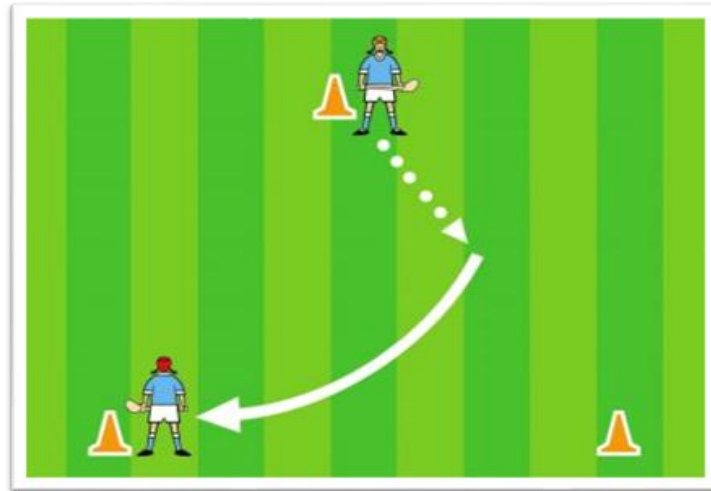
To increase the challenge, increase the distance between the players or reduce the width of the goal.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Strike & Move - 5 minutes



Video Link to Exercise

<https://youtu.be/XOgsi4Qm9co>

Organisation

- Divide the players into pairs, one ball per pair.
- Place 3 cones 20m apart to form a triangle.
- First, each player strikes the ball on the run while moving along a length of the triangle, their partner remains in a stationary position.
- Second, each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle.
- Third, each player strikes the ball on the run to their partner who is also moving.
- Change the direction of the movement to strike off the alternate side.

Variation

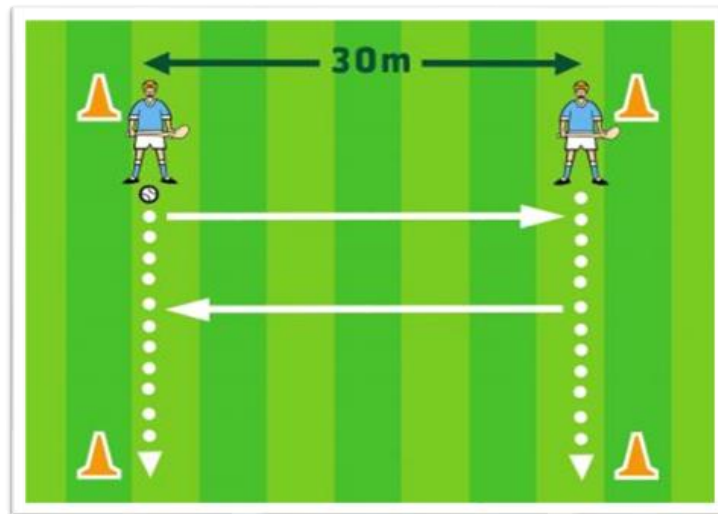
Vary the type of strike the player must use, e.g. high, low, to hand or to bounce.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Keep It Wide - 10 minutes



Video Link to Exercise

<https://youtu.be/yreRt63RBI4>

Organisation

- Divide the players into pairs; one ball per pair.
- Mark out a distance 30m wide using cones.
- The players strike the ball back and forth across the distance as they are moving up the field.
- When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side.

Variation

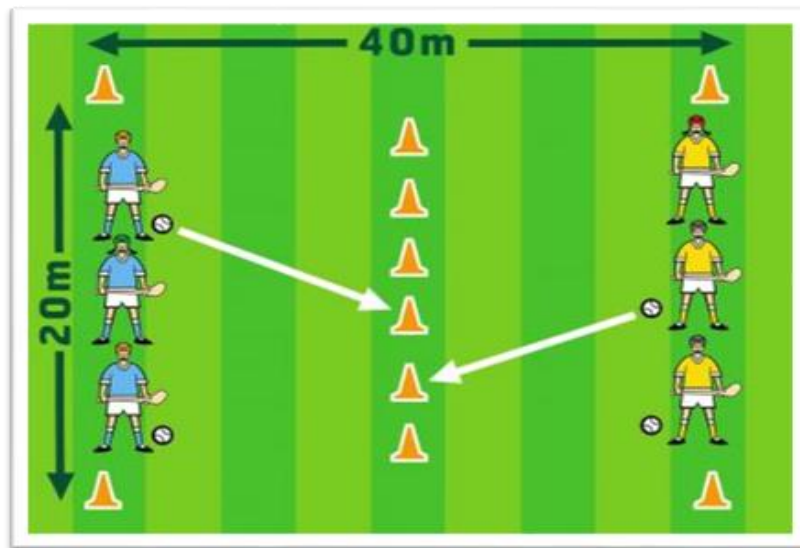
To increase the challenge, increase the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 – Hit The Cones - 10 minutes



Video Link to Exercise

<https://youtu.be/YMeEDPUCpXM>

Organisation

- Mark out grid 40m long by 20m wide.
- Place a number of cones across the middle of grid.
- Divide the players into groups of three to five players, one or two balls per team.
- The players in possession attempt to strike the cones in the middle of the grid.
- For each successful strike, award one point.

Variation

To reduce the challenge, reduce the distance.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/DPvKRfqHvf4>

Organisation

- Set out a marker on the wall.
- Stand out approximately 10 metres from the target.
- Try and strike the sliotar from the hand to hit the target.
- Count how many attempts it takes to hit the target.
- Ensure to strike with the weaker hand.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 11

Skill Focus – Batting

Key Teaching Points for the Strike From The Hand (Weak Side)

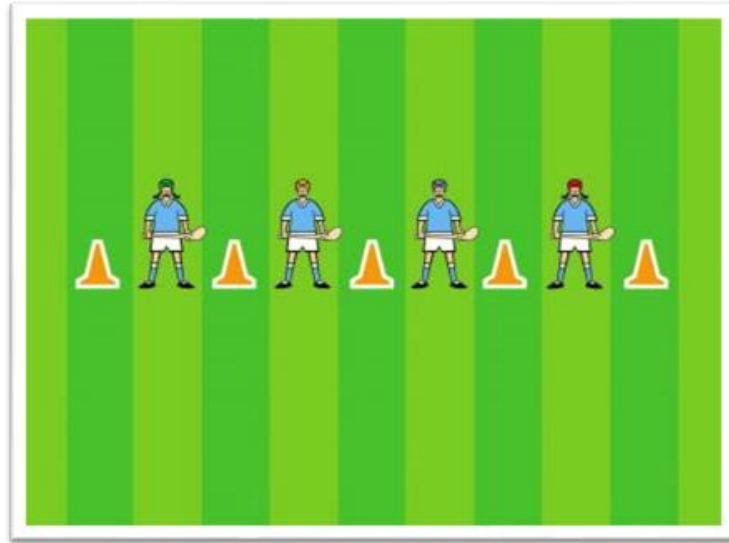
- Position hands so that both thumbs are on the hurley and pointing towards the bas.
 - Keeping an eye on the sliotar, tilt the hurley back as the sliotar approaches.
 - Swing the hurley forward to meet the sliotar with the bas of the hurley.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Imaginary Bat -10 minutes



Video Link to Exercise

<https://youtu.be/X5HvvsfcKuM>

Organisation

- Line up the players side by side in the ready position 2m apart.
- On the whistle, or a call from the coach, each player performs the overhead bat on an imaginary ball.

Variation

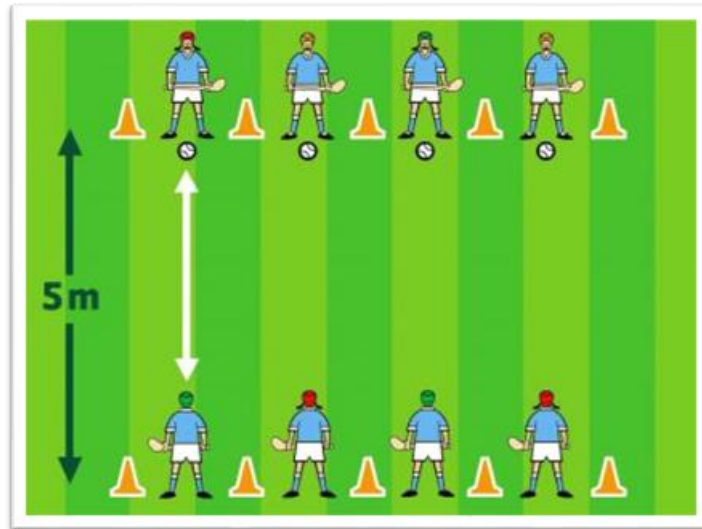
As the players become more competent walk and then jog forward and jump to bat on the whistle.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Batting In Pairs - 10 minutes



Video Link to Exercise

<https://youtu.be/ASaA2bvXP9w>

Organisation

- Mark out a distance 5m wide using cones.
- Divide the players into pairs; one ball per pair.
- Player A throws the ball underarm for Player B to bat overhead.
- Player A catches the batted ball.
- Reverse the roles after a set number of throws.

Variation

To increase the challenge, the server throws the ball higher requiring the receiver to jump to bat the ball back.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

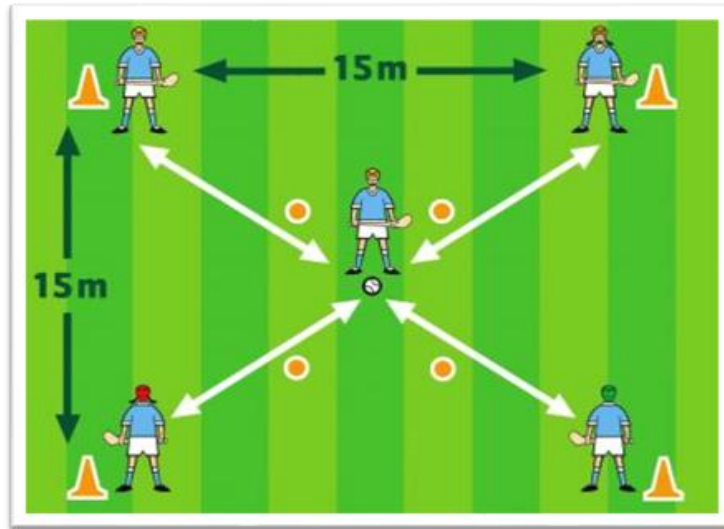
Click [here](#) for Connacht Nursery Programme

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Target Bat - 10 minutes



Video Link to Exercise

<https://youtu.be/jaN9MclMDcE>

Organisation

- Divide the players into groups of five.
- Mark out a grid 15m by 15m, in the middle mark another grid 2m by 2m.
- Position one player at each corner of the larger grid, with a fifth player in the middle.
- The middle player throws the ball for each of the outer players to bat in turn.
- A score is awarded for each bat caught by the middle player.
- The middle player rotates after every four throws.
- Count the total number of catches after all of the players have completed the game.

Variation

To increase the challenge, the middle player throws to each corner randomly.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/HzKwGsE-ogU>

Organisation

- Set up two cones as a small goal which is 1 and a half steps wide.
- Set another cone up, 5 steps from this goal.
- The player must throw the ball up and try and bat the ball through the goal.
- Count how many times it takes to get the ball through the goal.

For more details on exercises see links below

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Session 12

Skill Focus – Solo Run

Key Teaching Points for the Solo Run

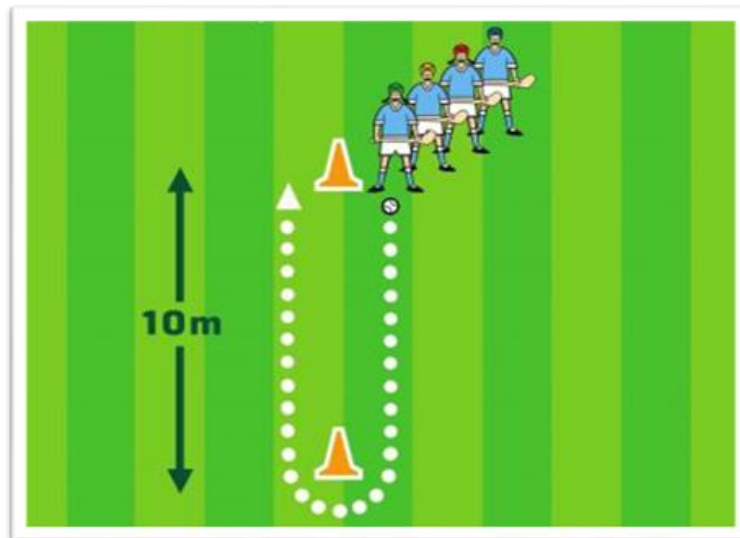
- The hurley is held with the dominant hand just below the grip for balance.
- Ensure the toe of the hurley is pointed away from the player (right handers to the right – left handers to the left).
- With eyes on the sliotar move forward with the sliotar balanced or hopping on the hurley.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Straight Line Solo - 5 minutes



Video Link to Exercise

<https://youtu.be/8o-MbijWZK4>

Organisation

- Divide the players into groups of five; one ball per group
- Mark out a distance of 10m using cones
- The players line up behind the first cone
- Each player solos out and around the far cone
- On the return, they hand pass to the next player in line who repeats the drill

Variation

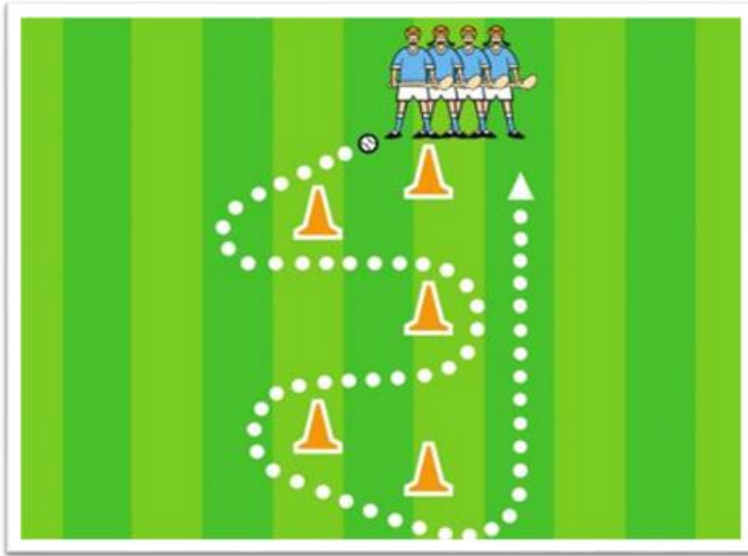
Initially, players should catch the ball as they round the far cone, progress to rounding the cone without catching the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Zig Zag Solo - 5 minutes



Video Link to Exercise

<https://youtu.be/UoGM0twykeE>

Organisation

- Divide the Players into groups of five, one ball per group.
- Place five cones in a zigzag formation, 5m between each cone.
- Each player solos out and around each cone.
- Once round the far cone, they solo straight back and hand pass to the next player who repeats the drill.
- Initially, players should catch the ball as they round the far cone.

Variation

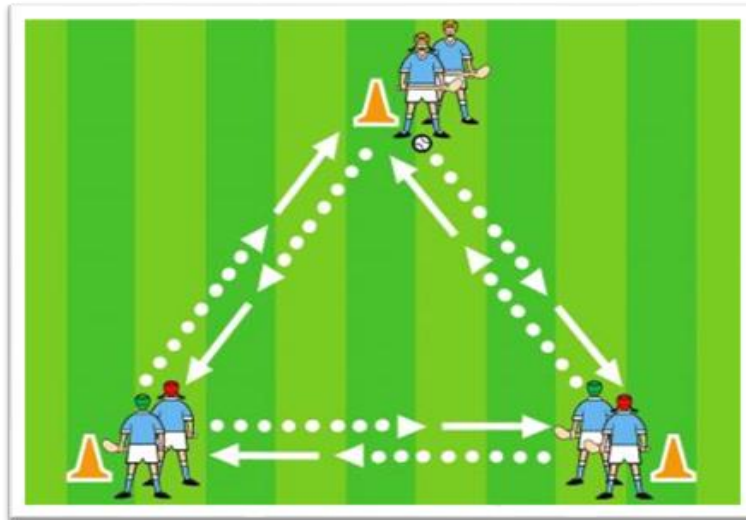
Initially, players should catch the ball as they round the far cone; progress to rounding the cone without catching the ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Solo & Pass - 10 minutes



Video Link to Exercise

https://youtu.be/Amo_2YLSRuU

Organisation

- Divide the players into groups of six, one ball per group.
- Mark out a triangle with cones 10m apart.
- Two players line up at each corner.
- Each player solos to the next cone, hand passing the ball to the next player from 2 to 3m.
- Repeat the drill in the opposite direction; pass the ball using the right hand when moving in an anti-clockwise direction and vice versa.

Variation

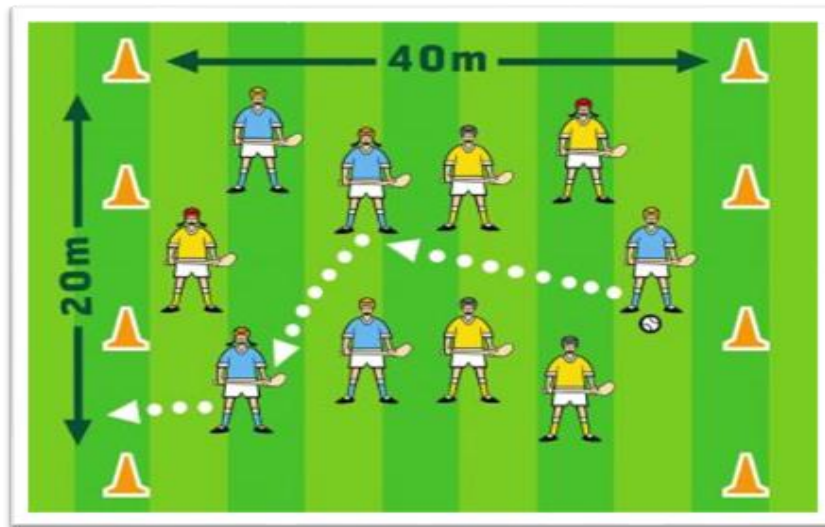
To increase the challenge, the receiving player should move along their line to provide a moving target for the passer.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Exercise 4 – Solo On The Run - 10 minutes



Video Link to Exercise

<https://youtu.be/al1mL-o-m9c>

Organisation

- Mark out a playing area 40m long and 20m wide.
- Divide the group into two teams of five players.
- The aim is to score by soloing with the ball over the opponent's end line.
- Players may only solo and hand pass the ball.
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley.
- If a ball is intercepted or falls to the ground, the other team gain possession.

Variation

The teams take turns in possession, allow more players on the team in possession.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/4-T6CZKYwco>

Organisation

- Set out 3 cones approx. 3 metres apart from each other.
- The players run and perform the solo run in a figure of eight or zig zag motion (see video attached).
- Ensure players perform the solo run without dropping the ball.
- Count how many cones the player can run to in 20 seconds.

For more details on exercises see links below

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Session 13

Skill Focus – Overhead Catch

Key Teaching Points for the Overhead Catch

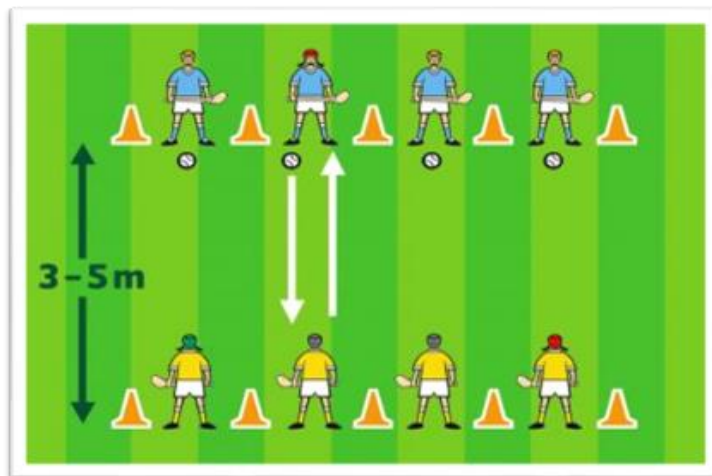
- Our aim is to catch the ball at the highest point overhead with the non-dominant hand.
 - When catching the sliotar, allow the sliotar to fall gently into the fingers.
- Protect the catching hand with the hurley and keep the elbows straight for extra height and stability.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Partner Catch - 5 minutes



Video Link to Exercise

<HTTPS://YOUTU.BE/04SHMCREE38>

Organisation

- Divide the players into pairs 3 to 5m apart.
- Player A throws the ball underarm for player B to catch overhead.
- Player B then throws the ball for player A to catch.
- Encourage players to raise the hurley to protect the catching hand.
- Count how many successful catches each pair complete in 30 seconds.

Variation

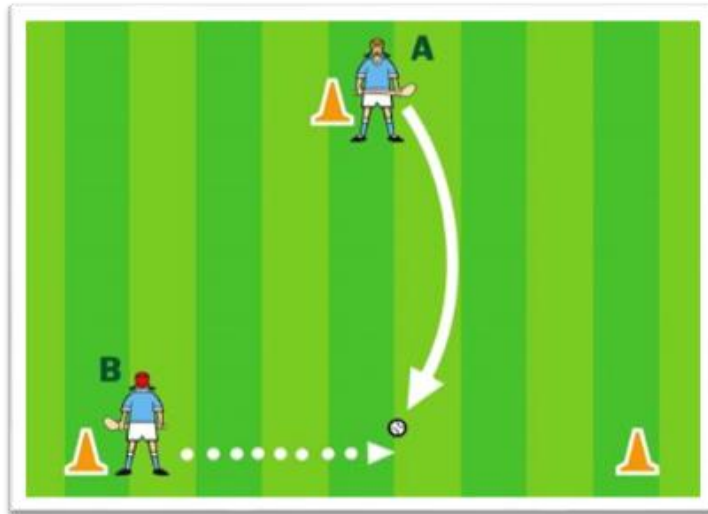
To increase the challenge, increase the distance between each player.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Move & Catch - 10 minutes



Video Link to Exercise

<https://youtu.be/VUjvqBV5E1A>

Organisation

- Mark out a triangle using cones approximately 5m apart.
- Divide the players into pairs; one ball per pair.
- The players are positioned at two corners of the triangle.
- Player A throws the ball for player B to catch as they move to the free cone.
- The ball should be thrown approximately half way between the two cones.
- Player B then throws the ball for player A to catch and so on.

Variation

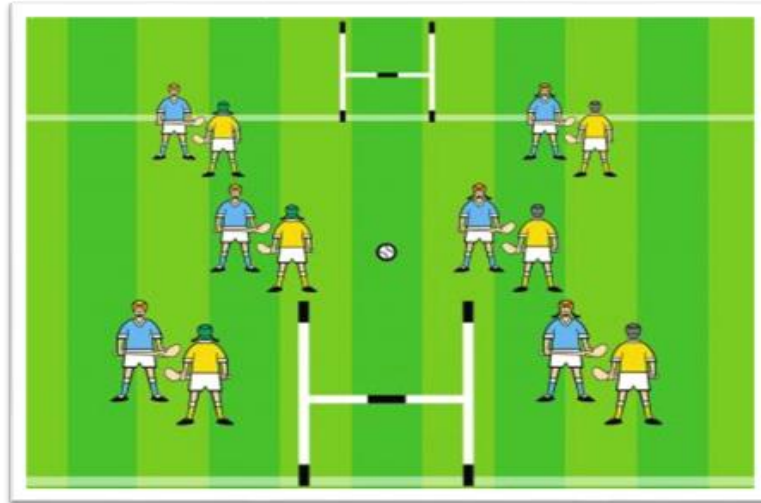
To increase the challenge, enlarge the triangle. If there is enough space, players may strike the ball for their opponents to catch.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Skill Point Game - 15 minutes



Video Link to Exercise

<https://youtu.be/BJe8GgnaOTc>

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the players.
- Divide the players into equal teams.
- The players may strike the ball from the hand, and from the ground, and use the hand pass.
- Award 3 points for a goal and 2 points for performing the Overhead Catch successfully.

Variation

To ensure plenty of striking, do not permit solo running.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

https://youtu.be/75AR9_dbDSw

Organisation

- Throw the ball up in the air and perform the overhead catch as many times as possible in 20 seconds.
- Ensure to keep the Hurl behind your hand to protect yourself during each catch.
- Try and beat Aoife's score.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 14

Skill Focus – Blocking

Key Teaching Points for the Blocking

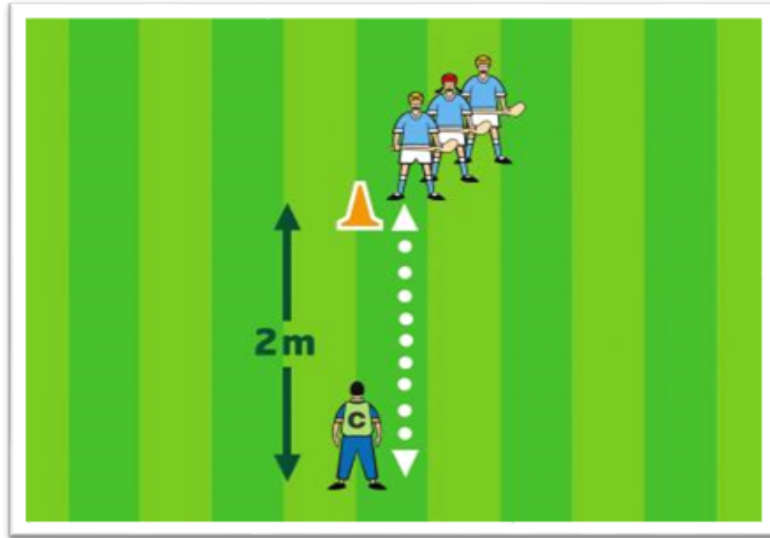
- Position hands so that both thumbs are on the hurley and pointing towards the bas.
- Stand more than a hurley-and-outstretched-arm's length away from your partner.
- As your partner swings, lunge forward with the hurley held out in front and above the head, and block your partner's strike.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Contact Block - 10 minutes



Video Link to Exercise

<https://youtu.be/5nU3z3zdcUo>

Organisation

- The players line up in single file behind a cone.
- The coach stands approximately 2 meters away directly in front of the first player in the line.
- Each player in turn advances to perform a block down on the coach striking an imaginary ball.
- The coach should adjust the strength of their swing to suit each player's confidence and ability.

Variation

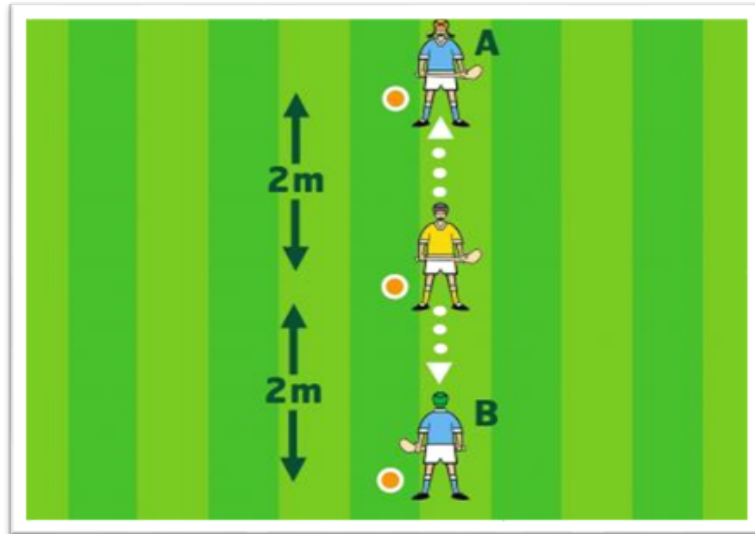
As players gain confidence, introduce a ball, for example a first touch sliotar.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Turn & Block - 10 minutes



Video Link to Exercise

<https://youtu.be/2VOw5W5Vqjo>

Organisation

- Divide the Players into groups of three.
- Place 3 cones in a line approximately 2 meters apart; one player at each cone.
- Player A and Player B in turn strike an imaginary ball.
- The centre player moves to block player A and player B in turn.
- The coach may count or talk the players through the stages of the technique to help them with the sequence and the timing.
- Change the centre player after a set time.

Variation

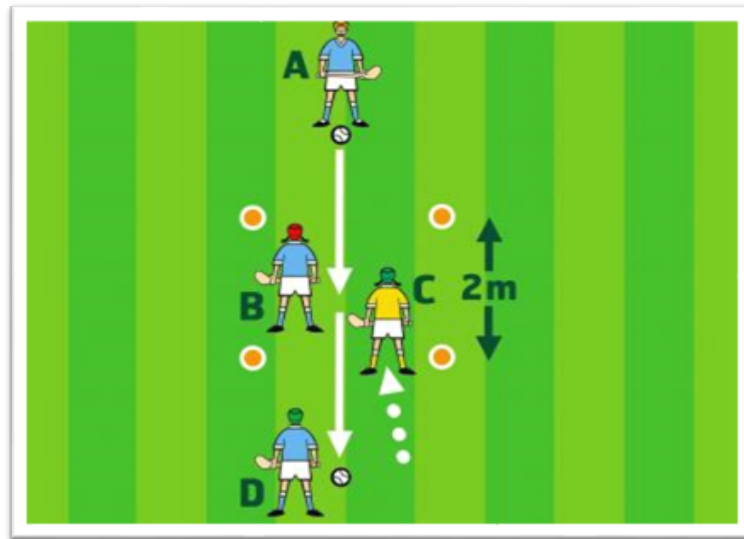
To increase the challenge, introduce a ball, for example a first touch sliotar.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Hit The Target - 10 Minutes



Video Link to Exercise

<https://youtu.be/DxOz1AWtPJ0>

Organisation

- Mark out a grid 2m X 2m using cones.
- Mark out a grid 2m x 2m using cones.
- On a signal player A, positioned 10m to one side of the grid, strikes the ball to player B, positioned inside the grid.
- Player C, beginning on the other side of the grid, attempts to block player B from striking the ball to the player D at the far cone.
- Player D continues the drill by striking to player C as player B attempts to block and so on.

Variation

As the players become more proficient, introduce a smaller ball like the quick touch hurling ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

For more details on exercises see links below

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Session 15

Skill Focus – Hooking

Key Teaching Points for the Hooking

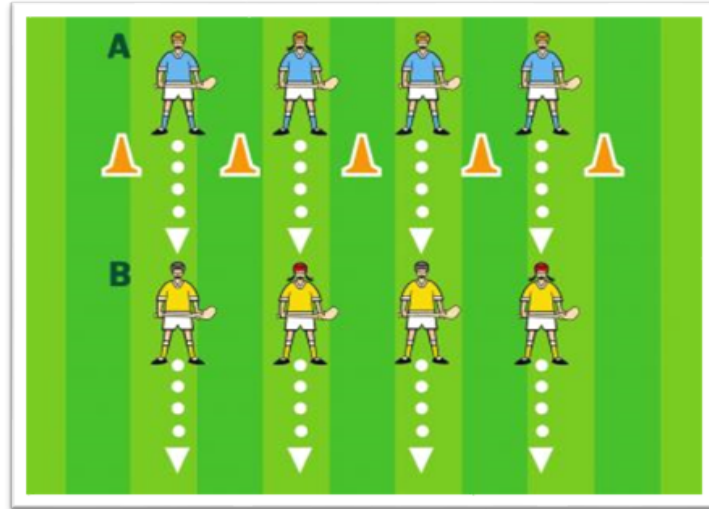
- Hold the hurley at full length in the dominant hand.
- Position yourself behind a partner, who will act as the striker - close enough to extend your hurley to reach your partner, but not too close to be struck by their backswing.
- As your partner attempts to strike, reach your hurley out at full length to connect with your partners backswing and disrupt the path of the swing.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Position & Hook - 10 minutes



Video Link to Exercise

<https://youtu.be/-CAfnQj6d5o>

Organisation

- Players pair off.
- Beginning shoulder to shoulder player A takes three steps backwards and one to the side to position themselves behind player B.
- Player A adjusts this position to ensure their dominant arm is behind the side player B is going to strike from.
- Player A begins in the ready position while player B adopts the lock position.
- Player A strides into the hooking position on the whistle.
- Repeat several times before changing roles.

Variation

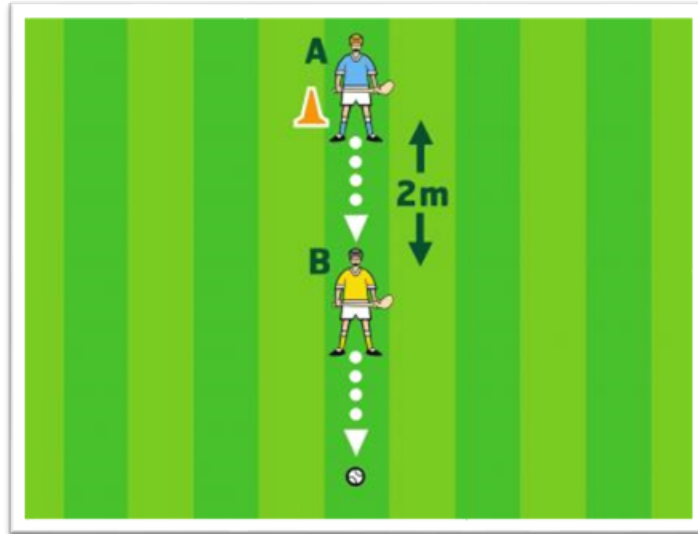
Challenge the players to improve their positioning by repeating the drill while walking, and eventually while jogging across the field.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Chase & Hook - 10 minutes



Video Link to Exercise

https://youtu.be/f3_OkxhQer0

Organisation

- Players pair off; one ball per pair.
- Player A is positioned 2m behind player B, with both players in the ready position.
- On a signal from the coach, both players run towards the ball.
- Player B attempts to strike it on the ground, while player A attempts to hook.
- Encourage player A to follow up the tackle and gain possession by jab-lifting the ball.
- Switch roles after each successful hook and lift.

Variation

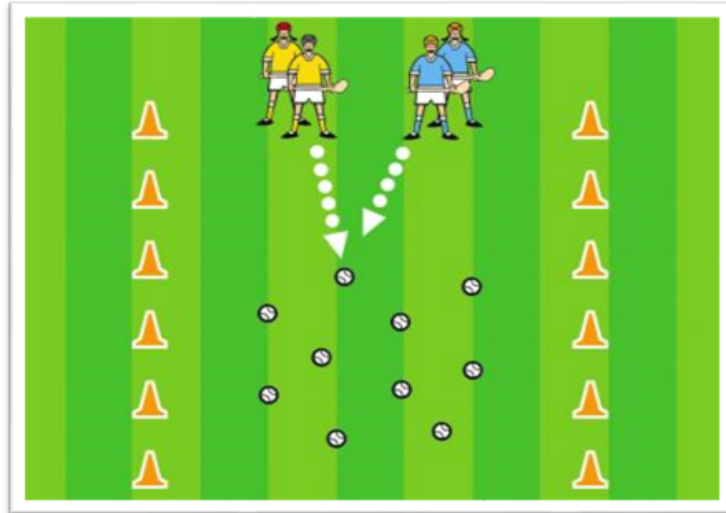
Player A must hook player B who runs in a line to strike a number of balls placed at regular intervals.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Race Against Time - 10 Minutes



Video Link to Exercise

<https://youtu.be/0GIHB42w3hM>

Organisation

- Mark out a grid using cones.
- Place a number of sliotars randomly throughout the grid.
- Divide the players into pairs, one designated the striker and the other the tackler.
- Each pair jog around the grid, the tackler attempting to perform the hook tackle on each strike.
- Switch the roles after a set time.
- The winner is the player with the greatest number of successful hooks in the time allowed.

Variation

As the players become more proficient, use a smaller ball, e.g. the quick touch ball. Alternatively use a fixed ball, such as the ball and pin apparatus.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 16

Skill Focus – Solo Run 2

Key Teaching Points for the Solo Run

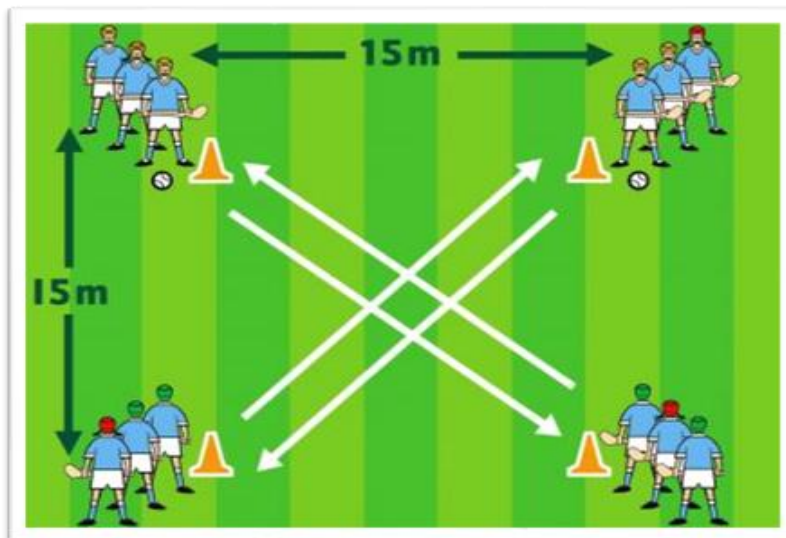
- The hurley is held with the dominant hand just below the grip for balance.
- Ensure the toe of the hurley is pointed away from the player (Right handers to the right – Left handers to the left).
- With eyes on the sliotar move forward with the sliotar balanced or hopping on the hurley.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Through The Middle - 5 minutes



Video Link to Exercise

<https://youtu.be/IThI8CqVLR8>

Organisation

- Mark out a grid 15m square, using cones.
- Three players line up at each corner of the grid.
- Starting from two corners the players must solo across the grid and hand pass to the next player from 2 to 3 m away.
- The players may catch the ball as they pass through the centre of the grid.

Variation

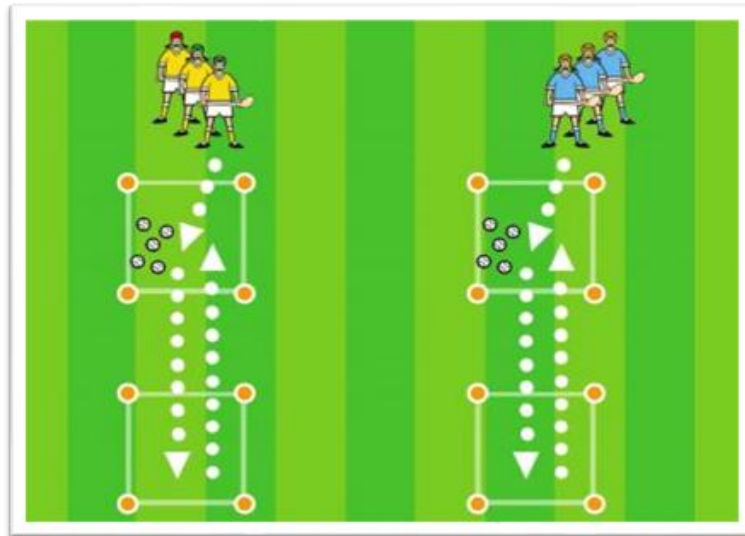
To increase the challenge, add two more balls so four players go through centre of grid.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Grid Swap - 5 minutes



Video Link to Exercise

<https://youtu.be/vv8hv44Klnw>

Organisation

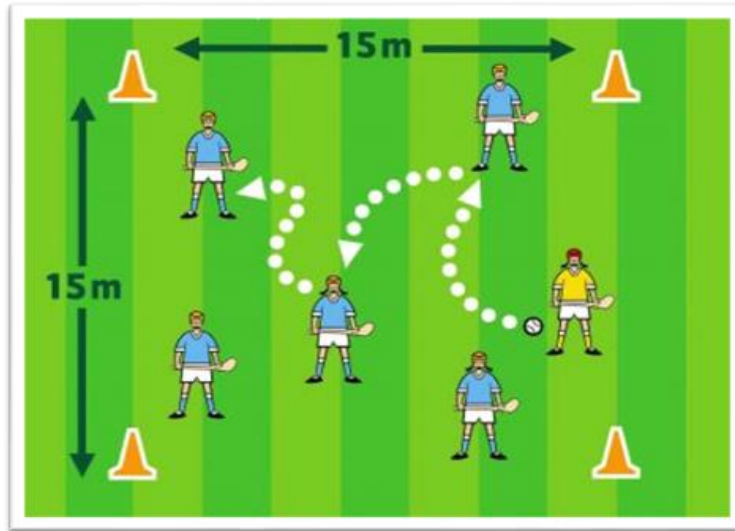
- Divide the players into equal teams.
- Mark out four grids 5m by 5m, with a distance of 5m between each grid; each team is assigned two grids.
- Place the same number of balls in each of the near grids.
- The first player in each team jabs lifts each ball in turn and transfers it to the other grid.
- Each player in turn transfers the balls in the opposite direction.
- The team who completes the drill in the quickest time wins.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Solo Tag - 10 Minutes



Video Link to Exercise

<https://youtu.be/yN70iZJNin4>

Organisation

- Mark out a grid 15m X 15m.
- One player with a ball solos around attempting to tag the other players.
- The player must solo the ball as they travel between the players, catch the ball to tag each player.
- As each player is tagged they must leave the game.
- Change the player with the ball when all the players have been tagged.

Variation

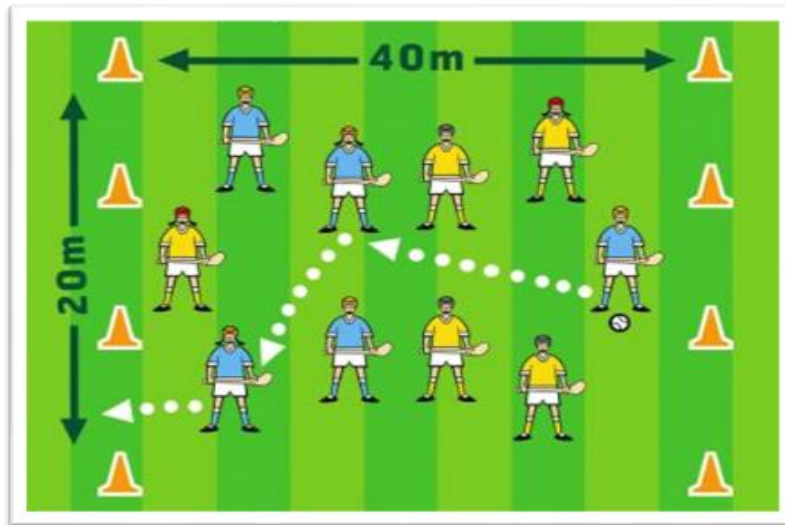
To increase the difficulty, increase the number of taggers.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Solo On The Run - 10 Minutes



Video Link to Exercise

<https://youtu.be/al1mL-o-m9c>

Organisation

- Mark out a playing area 40m long and 20m wide.
- Divide the group into two teams of five players.
- The aim is to score by soloing with the ball over the opponent's end line.
- Players may only solo and hand pass the ball.
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley.
- If a ball is intercepted or falls to the ground, the other team gain possession.

Variation

The teams take turns in possession, allow more players on the team in possession.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/vJiZB2JdliM>

Organisation

- Set out 3 cones about 3 metres apart.
- Perform the solo run while completing a figure of 8 in-between the cones.
- Try and perform the solo run for 20 seconds without dropping a ball.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 17

Skill Focus – First Touch (Control)

Key Teaching Points for Block & Control

- Stand in the ready position with dominant hand at the top of the hurl and catching hand close to the bas.
- Keep hands in the ready position as you react to stop and control a moving ball.
- Move the bas towards the ground and bend the knees, keeping the feet close together, to control the ball.

Progression

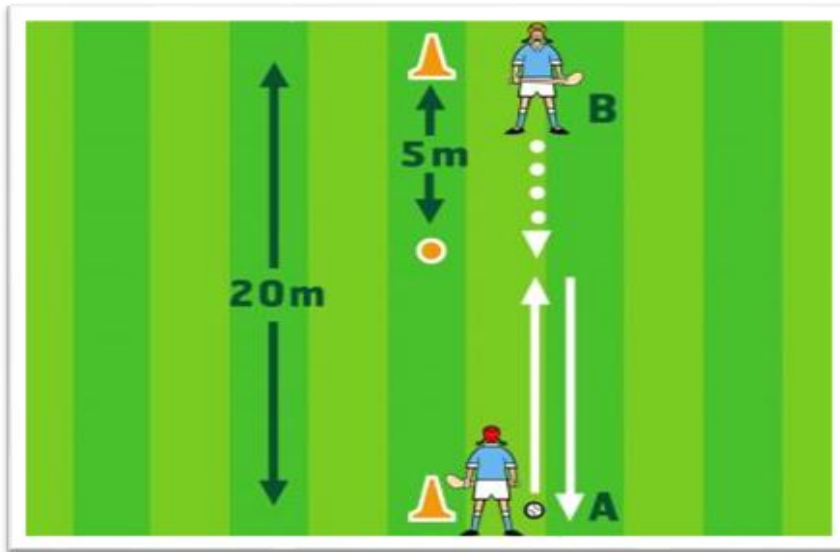
- When flicking or lifting the ball into the hand, try to catch it below your hips.
- Soft hands on the hurley will prevent the ball rebounding too far away from the body.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Move & Control - 5 minutes



Video Link to Exercise

<https://youtu.be/Ma8t16idHso>

Organisation

- Divide the players into pairs 20m apart.
- Place a marker 5m from one of the outer cones.
- On the whistle, player A strikes the ball low, player B runs forward to control it at 5m mark.
- Player B continues forward, striking the ball back to player A before jogging backwards to the outer cone.
- On next whistle, repeat the drill.
- Reverse the roles after a set number of repetitions.

Variation

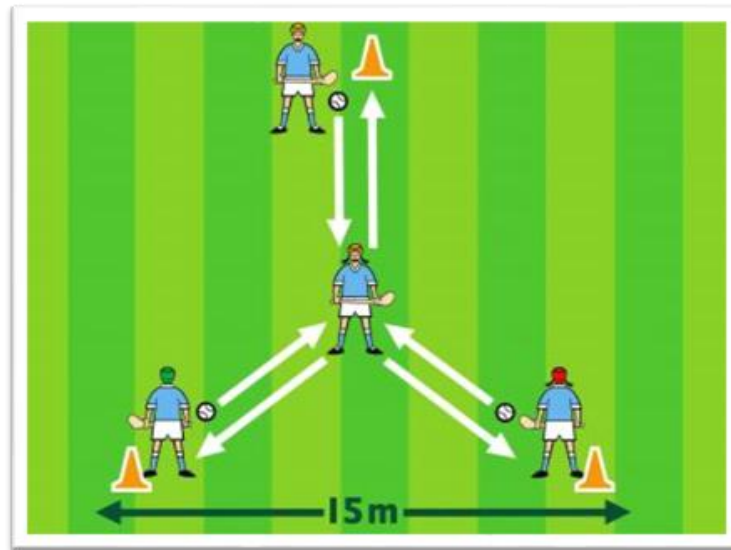
The players strike the ball at hip height for their partner to control.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Turn & Control - 5 minutes



Video Link to Exercise

https://youtu.be/SR_UG2-hqFA

Organisation

- Divide the players into groups of four.
- Mark out a triangle with cones 15m apart.
- Position one player at each corner, with a fourth player in the middle.
- In turn, the outer players strike the ball low for the middle player to control and return.
- After a set time, change the player in the middle.

Variation

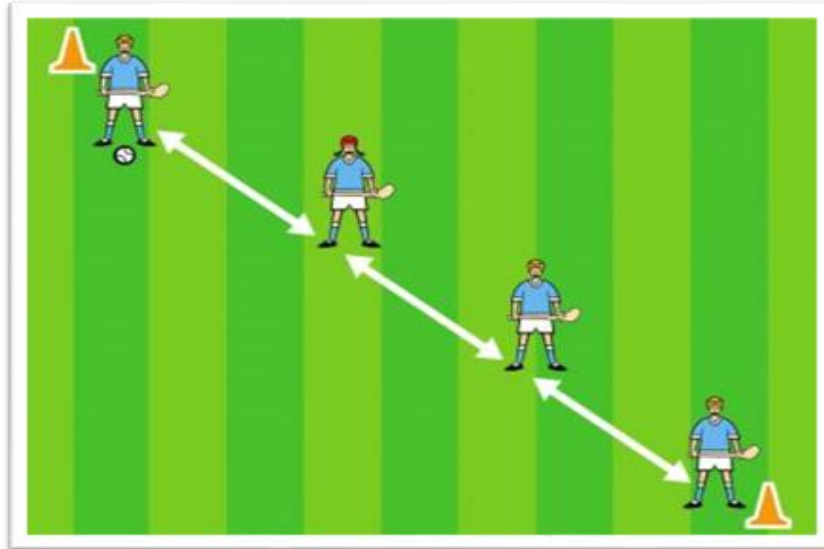
To increase the challenge; increase the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Control & Strike Relay - 10 Minutes



Video Link to Exercise

<https://youtu.be/gRfOt8b9MVs>

Organisation

- Divide the group into teams of three or four players.
- Line up each team at regular intervals over the length of field.
- The players move the ball up and down the line as many times as possible in a set time.
- The team who moves the ball up and down the line quickest is the winner.

Variation

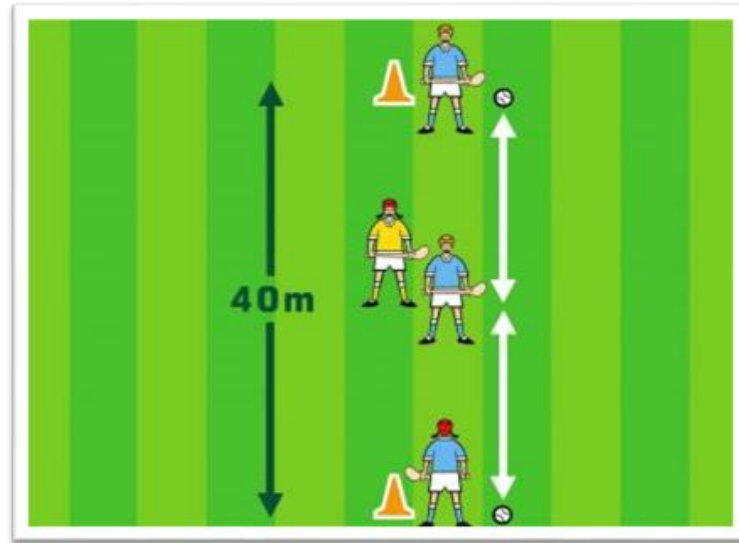
Add more players to each line and reduce the distance between the players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – Opposed Control - 10 Minutes



Video Link to Exercise

<https://youtu.be/ZO5rfGaHy14>

Organisation

- Divide the players into groups of four.
- Mark out a distance of 40m using cones.
- Position one player at each end with a ball, and two players in the middle.
- In turn, the outer players strike the ball for the nearest middle player to control and strike back.
- The second middle player provides shadow opposition.
- Reverse the roles of the middle players as the second ball is played.
- Change the feeders and receivers after a set time.

Variation

The players strike the ball at varying heights and speeds for the middle player to control.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/imyQP-STiPA>

Organisation

- Roll the slotar against a solid surface such as a wall so that it will bounce back.
- Try and control the ball both on the ground and in the hand.
- Keep performing it until you lose control.
- Count how many successful controls you performed in a row.

For more details on exercises see links below

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Session 18

Skill Focus – Overhead Strike

Key Teaching Points for the Overhead Strike

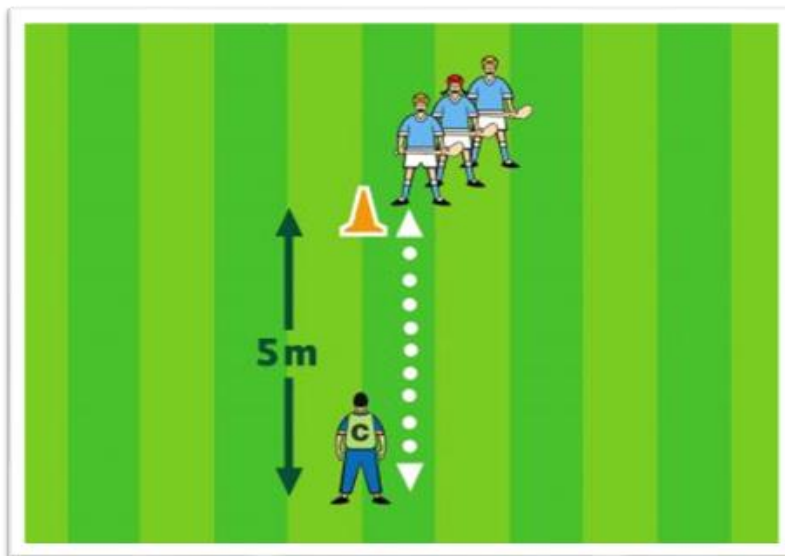
- Hands in the lock position, and feet adjusted to the position of the dropping ball.
 - Eyes on the ball as it drops in your area.
 - Connect with the ball overhead.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 1 – Imaginary Strike - 5 minutes



Video Link to Exercise

<https://youtu.be/NAQF8XDkAs>

Organisation

- Players line up in single file behind one cone.
- The coach stands 5 meters away directly in front of the first player in the line.
- The first player strides forward and pulls overhead connecting with the coaches hurley.
- The coach should adjust the height of the hurley to suit each player's confidence and ability.
- Ensure the players practice striking off both their right and left sides.

Variation

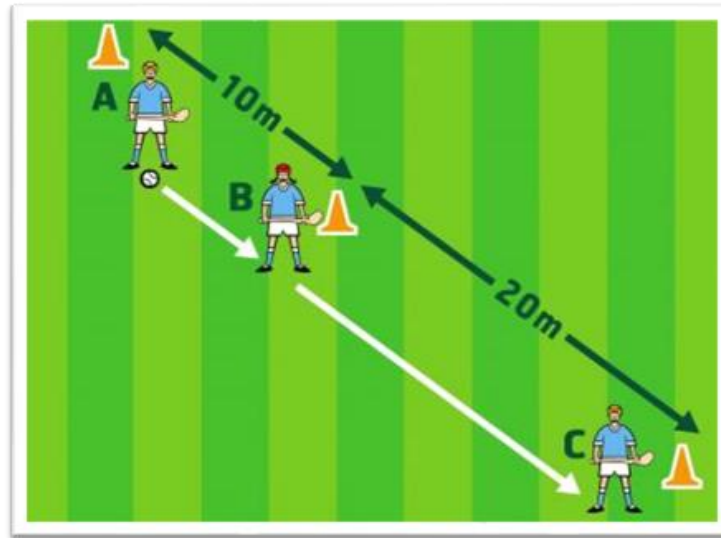
Increase the height of the hurley to require the players to jump to strike the bas.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 2 – Stand & Strike - 5 minutes



Video Link to Exercise

https://youtu.be/B_rh7YIIttM

Organisation

- Divide the players into groups of three, one ball per group.
- Mark out distances of 10m and 20m using cones.
- Player A throws the ball underarm for player B to strike overhead to player C.
- Player C retrieves the ball and plays it back to player A to repeat the drill.
- Repeat for a set time before rotating positions.
- Ensure the players practice striking off both their right and left sides.

Variation

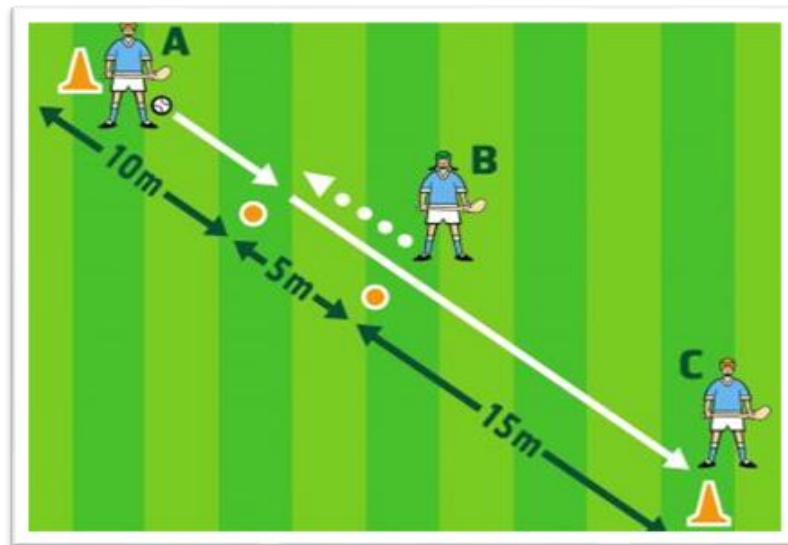
Vary the height and side to which the ball is thrown to challenge the striker further.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 3 – Move & Strike - 10 Minutes



Video Link to Exercise

<https://youtu.be/SyZb4MNoqcQ>

Organisation

- Divide the players in groups of three, one ball per group.
- Mark out distances of 10m, 5m and 15m using cones.
- Player A throws the ball underarm for player B to strike overhead.
- Beginning at the 5m marker, player B moves forward to strike the ball to player C from the 10m marker.
- Player C retrieves the ball and plays it back to player A to repeat the drill.
- Repeat for a set time before rotating positions. After a set time, rotate positions.

Variation

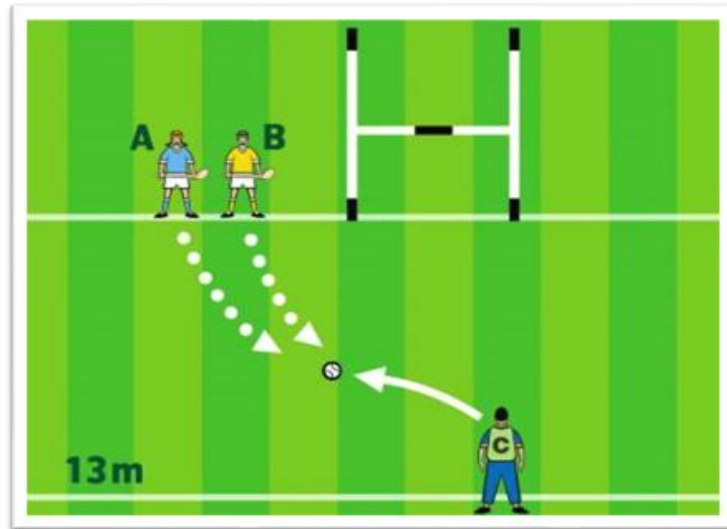
Vary the height and side to which the ball is thrown to challenge the striker further.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Exercise 4 – One On One - 10 Minutes



Video Link to Exercise

<https://youtu.be/DqAlb- E Tg>

Organisation

- Divide the players into two teams, designate one the attacking and one the defending team.
- Both teams line up beside each other in pairs on the end-line.
- The coach is positioned on the 13m line.
- On the whistle the first pair jogs out from the end line.
- The coach throws the ball up for the attacking player to strike overhead for goal.
- The defending player attempts to block the shot or bat the ball clear.
- Reverse the roles of the teams after a set time.

Variation

As the players become more proficient, increase the distance to goal.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Weekly Skills Challenge



Video Link to Exercise

<https://youtu.be/U81T6VOtQZU>

Organisation

- Set up a goal using 2 cones approx. 1 metre apart.
- Set up a single cone approx. 5 metres away from the goal.
- Stand at this cone with your back facing the goal.
- Throw the sliotar up and turn and use the overhead strike to get the ball in through the target.
- See how many strikes it takes you to get the sliotar through the target.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 19

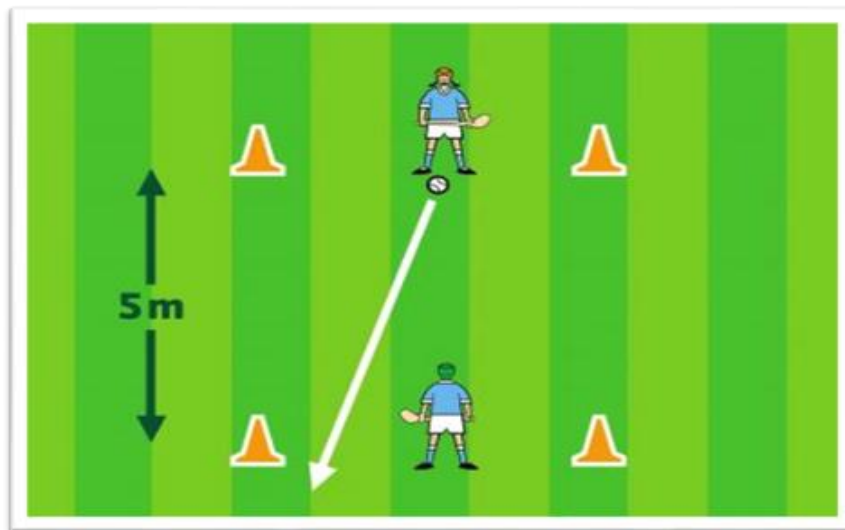
Skill Focus – Games 1

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 1 – Stop A Ground Ball – Goal To Goal - 15 minutes



Video Link to Exercise

<https://youtu.be/Ctd7jmTMEUQ>

Organisation

- Mark out goals 5m apart using cones.
- Divide the players into pairs, one ball per pair.
- Each player in turn tries to score a goal by throwing the ball along the ground and past their partner.
- Repeat the drill for a set time.

Variation

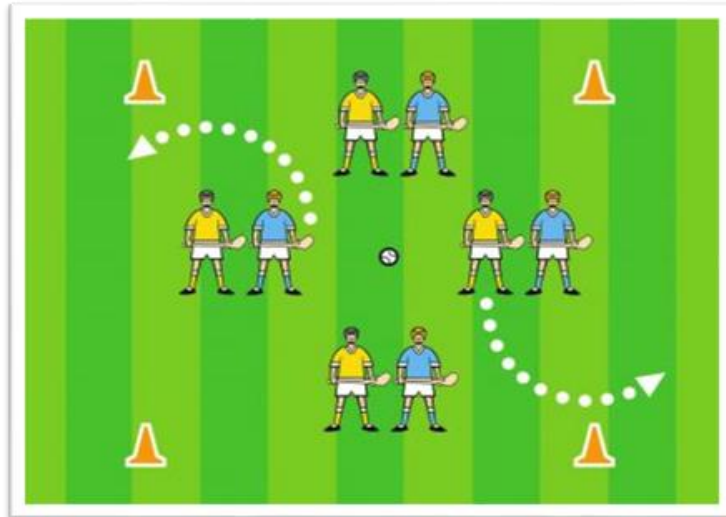
As the players develop, increase the distance between them and allow them to strike the sliotar.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 2 – Dribble - Dribble & Score - 15 minutes



Video Link to Exercise

<https://youtu.be/9pGrnXwYIsY>

Organisation

- Mark out a grid with cones.
- Divide the players into two teams.
- Each team tries to keep possession of the ball by dribbling and passing using the ground strike.
- A score is recorded when the ball is dribbled over the opponents end-line.
- Hurley's should not to be raised above knee level.

Variation

To reduce the challenge, reduce the number of players.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 20

Skill Focus – Games 2

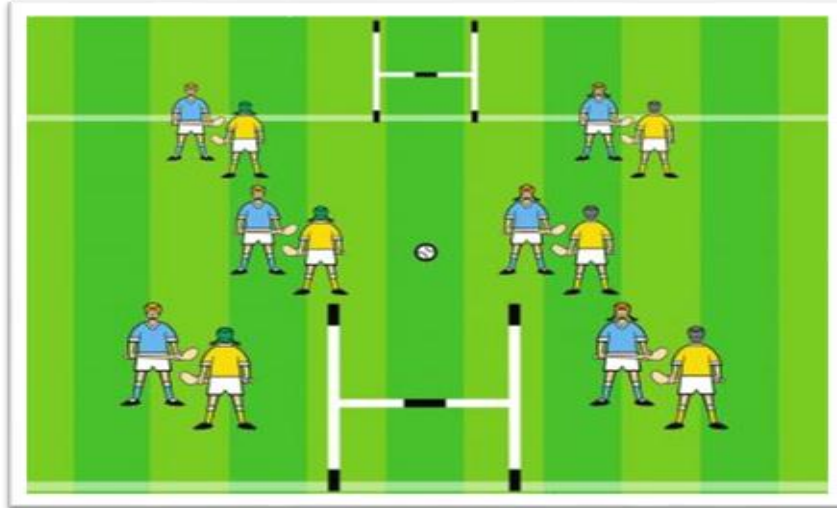
For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 1 – Frontal Ground Block – Skill Point

Game - 15 minutes



Video Link to Exercise

<https://youtu.be/e5EtHsrVYRY>

Organisation

- Repeat the drill for a set time.
- Using cones, mark out a playing area of appropriate size for the number and ability of the players.
- Divide the players into equal teams.
- The players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand.
- Award 3 points for a goal and 2 points for each successful frontal ground block.

Variation

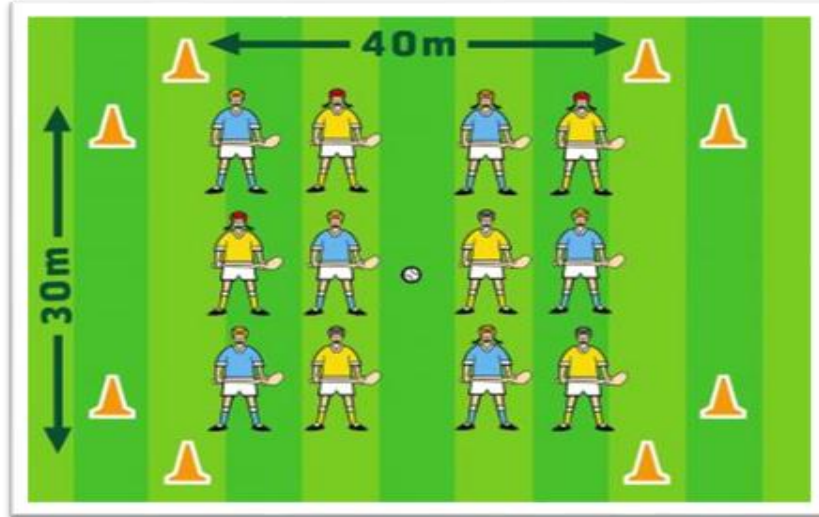
To increase the difficulty of the drill, switch to a smaller sliotar such as the quick touch sliotar.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 2 – Strike On The Ground – Four Goal Game - 15 minutes



Video Link to Exercise

https://youtu.be/Wvj4g_ICdJE

Organisation

- Mark out a playing area 40m x 30m.
- Position a goal at each of the four corners.
- Divide the players into two equal teams of four to six players.
- Each team defends two goals but no goalkeepers are used.

Variation

To increase the difficulty of the drill, switch to a smaller sliotar such as the quick touch sliotar.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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Session 21

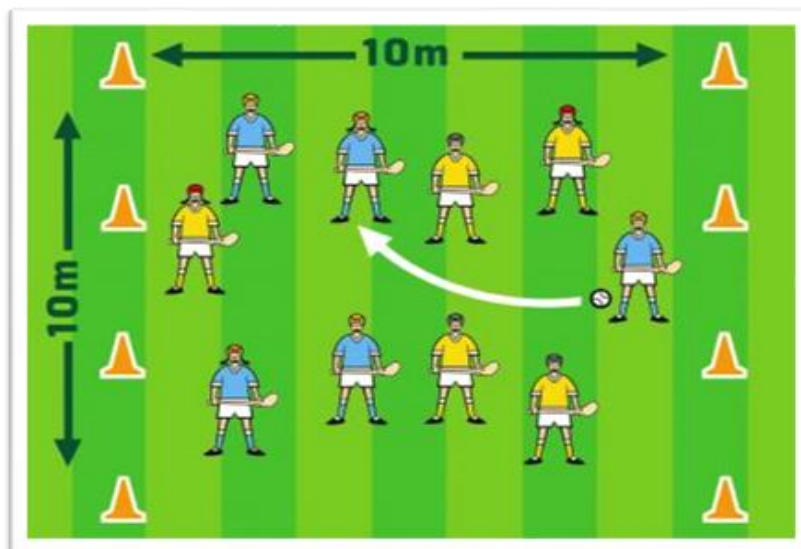
Skill Focus – Games 3

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 1 – Hand Pass – Possession Hand Pass - 15 minutes



Video Link to Exercise

https://youtu.be/_qj6ays4SX0

Organisation

- Divide the players into two teams of three to five players each.
- Mark out a grid 10m by 10m using cones.
- Team A must retain possession of the ball by hand passing it to each other.
- Team B gain possession by intercepting the ball, or when the ball hits the ground or leaves the grid.
- The player in possession may not be tackled.
- Each successful catch gains a score, alternatively, the team who makes the highest number of passes in succession wins.

Variation

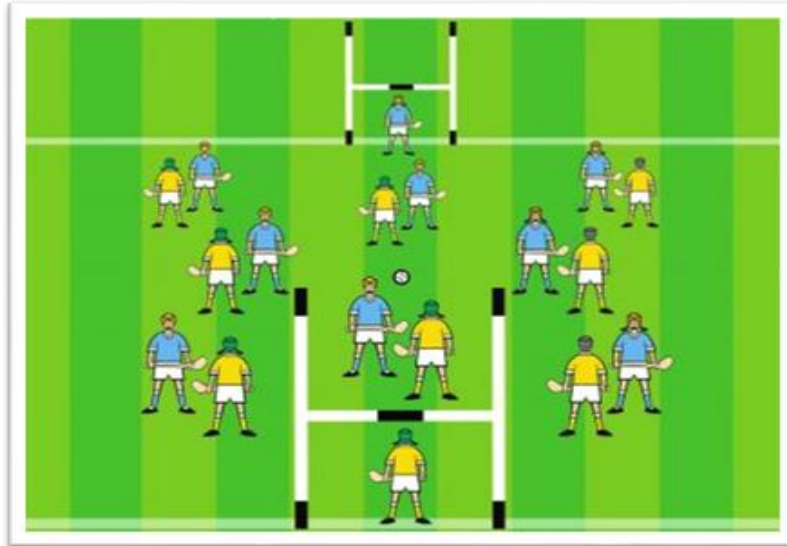
To increase the challenge; increase the number of players on each team.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 2 – Chest Catch – Captain Ball - 15 minutes



Video Link to Exercise

<https://youtu.be/pfQ8PRtm-U>

Organisation

- Set up a playing area approximately 30m x 20m.
- Mark a goal area at each end using cones.
- Divide the players into two equal teams.
- One player from each team acts as the goal receiver.
- The aim of the game is to retain possession using the handpass and score by handpassing the ball to the goal receiver.
- After each score, the goal receiver returns the ball to the opposing team.
- The players are not permitted to use their hurley's.

Variation

Challenge the Players to score with as few passes as possible.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 22

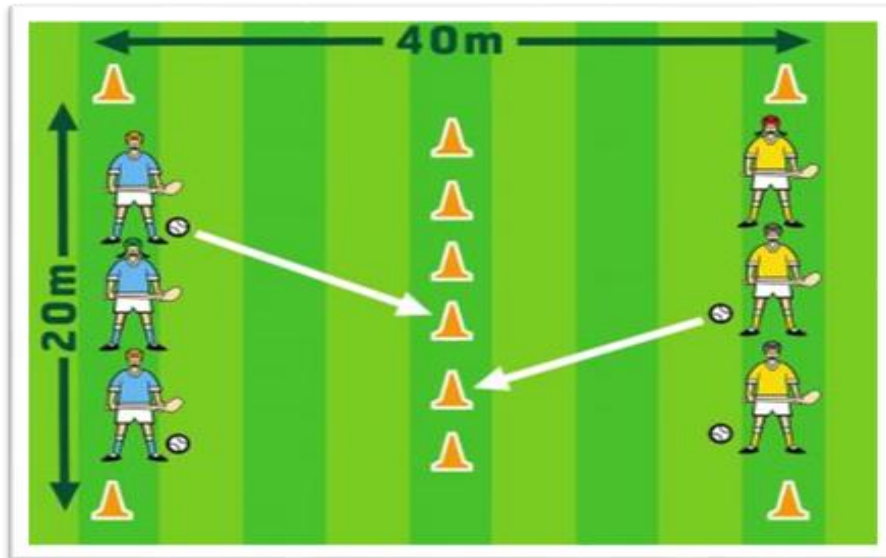
Skill Focus – Games 4

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 1 – Strike From The Hand – Hit The Cones - 15 minutes



Video Link to Exercise

<https://youtu.be/YMeEDPUCpXM>

Organisation

- Mark out grid 40m long by 20m wide.
- Place a number of cones across the middle of grid.
- Divide the players into groups of three to five players, one or two balls per team.
- The players in possession attempt to strike the cones in the middle of the grid.
- For each successful strike, award one point.

Variation

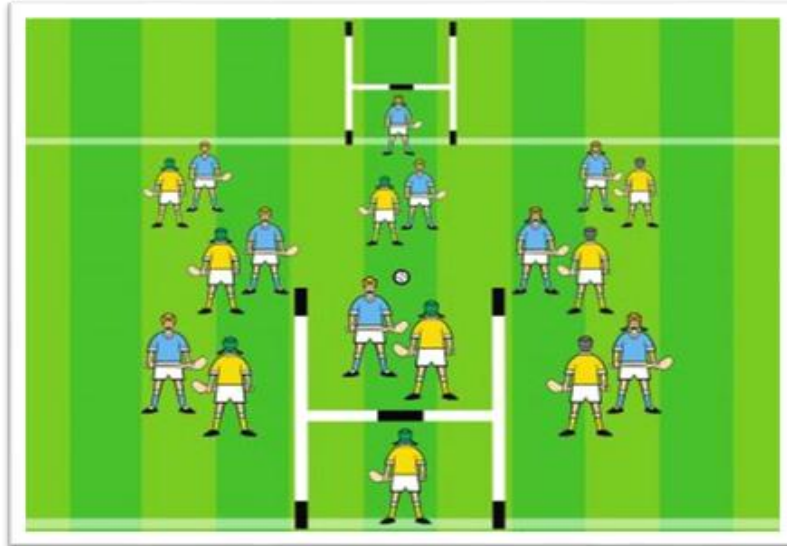
To reduce the challenge, reduce the distance.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 2 – Strike From The Hand – Skill Point **Game - 15 minutes**



Video Link to Exercise

<https://youtu.be/D6GhINzZ8Lg>

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the players.
- Divide the players into equal teams.
- The players may strike the ball from the hand, and from the ground, and use the hand pass.
- Award 3 points for striking a point from the hand and 2 points for a goal.

Variation

To ensure plenty of striking, do not permit solo running.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme



Session 23

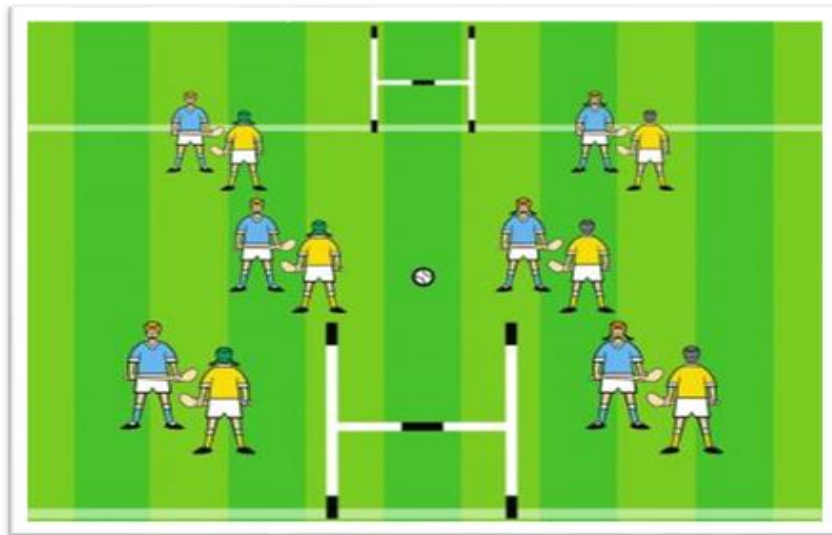
Skill Focus – Games 5

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 1 – Hook – Skill Point Game - 15 minutes



Video Link to Exercise

<https://youtu.be/BJe8GgnaOTc>

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the players.
- Divide the players into equal teams.
- The players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand.
- Award 3 points for a goal and 2 points for performing the hook successfully.

Variation

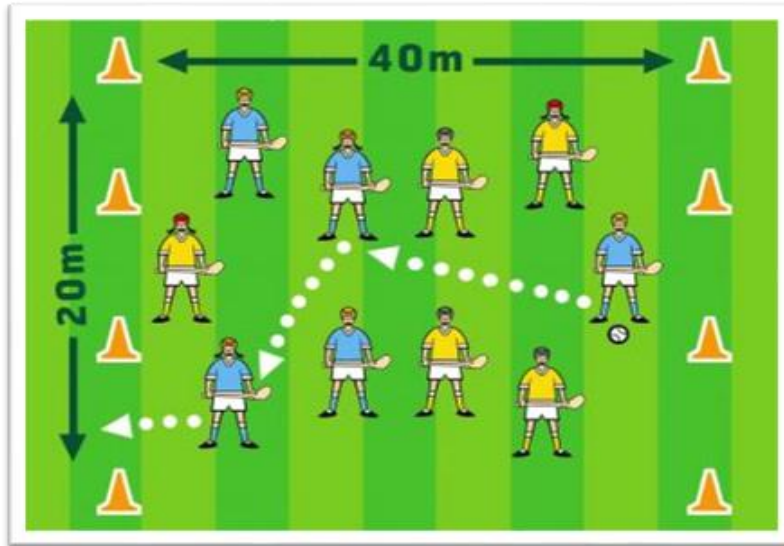
To increase the difficulty, switch to a smaller sliotar, such as the quick touch sliotar.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

Game 2 – Solo Run – On The Run - 15 minutes



Video Link to Exercise

<https://youtu.be/al1mL-o-m9c>

Organisation

- Mark out a playing area 40m long and 20m wide.
- Divide the group into two teams of five players.
- The aim is to score by soloing with the ball over the opponent's end line.
- Players may only solo and hand pass the ball.
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley.
- If a ball is intercepted or falls to the ground, the other team gain possession.

Variation

The teams take turns in possession, allow more players on the team in possession.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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CONNACHT

GAA

Session 24

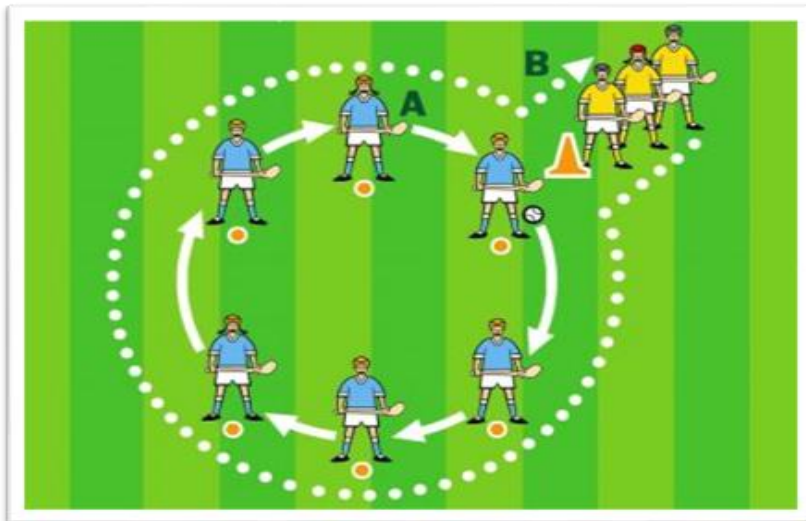
Skill Focus – Games 6

For more details on exercises see links below

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Game 1 – Chest Catch – Beat The Circle - 15 minutes



Video Link to Exercise

<https://youtu.be/f1pi9sLFpfl>

Organisation

- Divide the players into two teams.
- Team A forms a circle with a distance of 3m between each player.
- Team B lines up behind a cone outside the circle.
- In turn the players in team B run round the circle, while team A throw the ball around the circle from one to another.
- Team A count the successful chest catches completed before the last player in team B finishes their run.
- Reverse the roles, the team with the most chest catches wins.

Variation

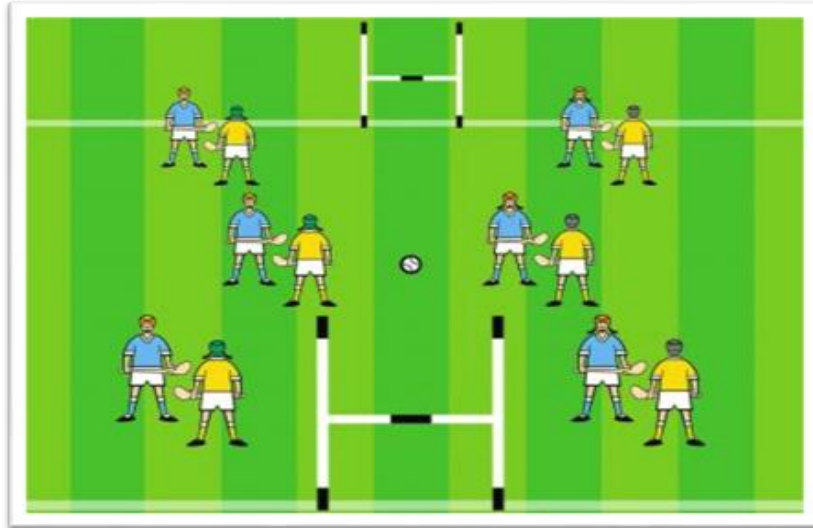
Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins.

For more details on exercises see links below

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Game 2 – Overhead Catch – Skill Point Game **- 15 minutes**



Video Link to Exercise

<https://youtu.be/BJe8GgnaOTc>

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the players.
- Divide the players into equal teams.
- The players may strike the ball from the hand, and from the ground, and use the hand pass.
- Award 3 points for a goal and 2 points for performing the Overhead Catch successfully.

Variation

To ensure plenty of striking, do not permit solo running.

For more details on exercises see links below

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