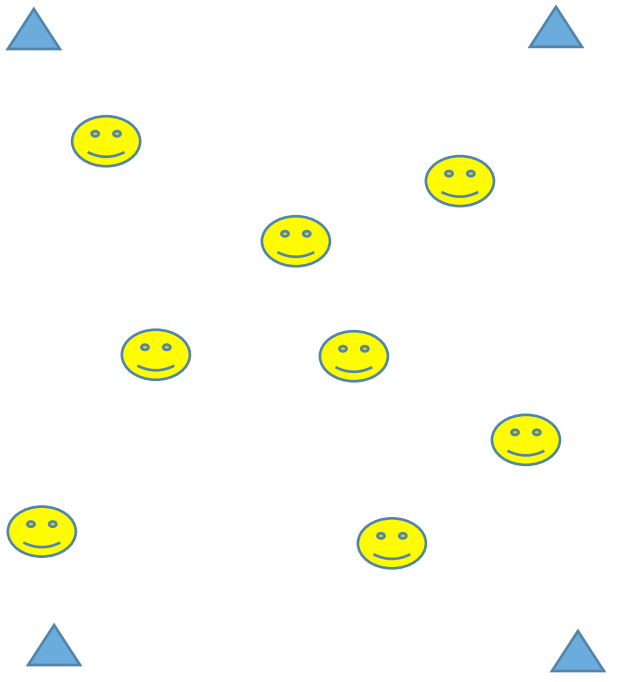
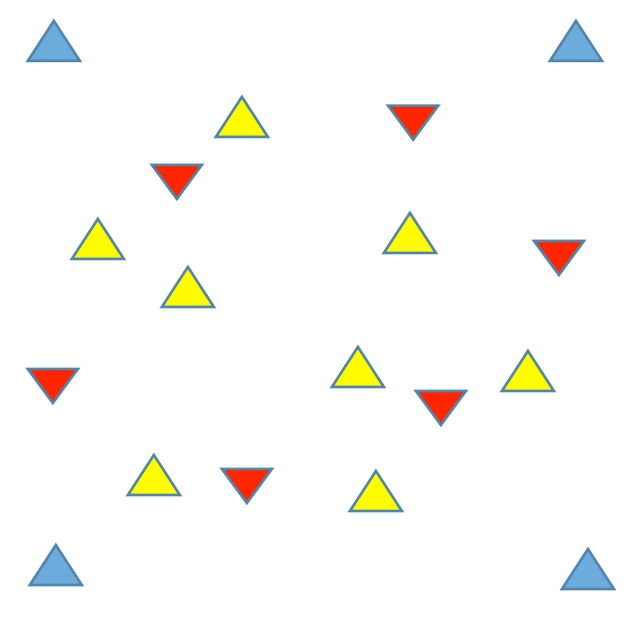
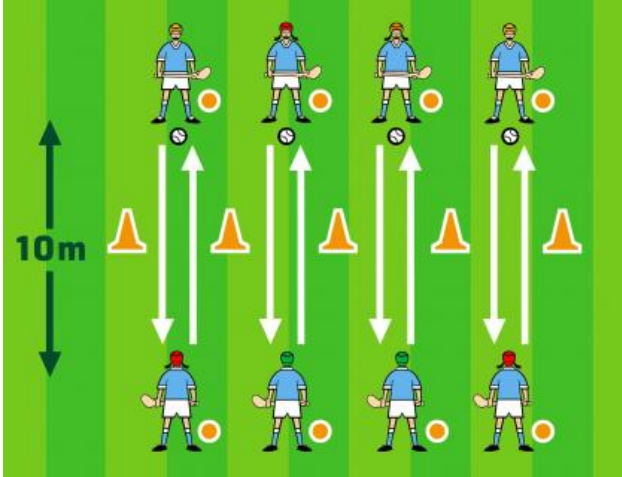
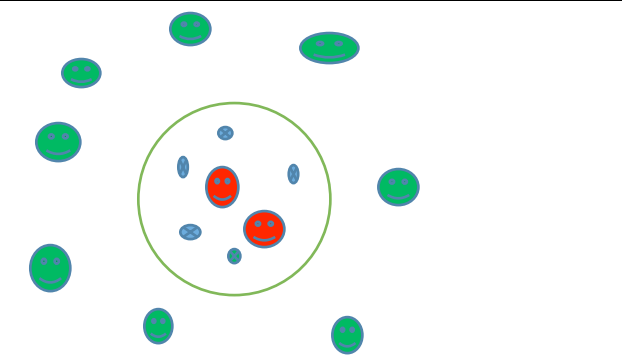
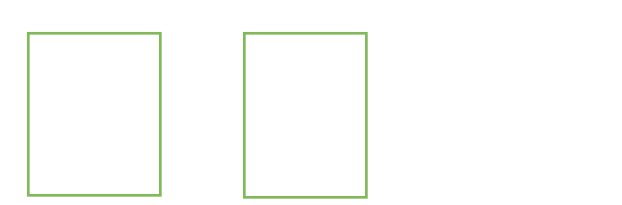
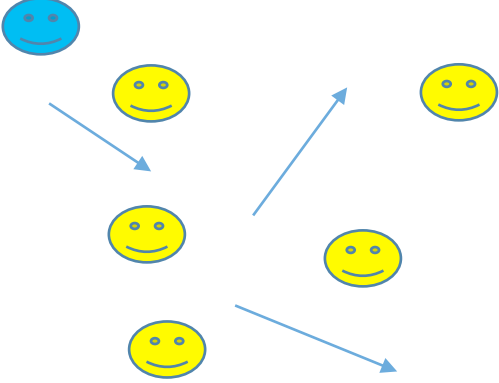


Session Plan

Session Theme FUNDAMENTAL MOVEMENTS AND GROUND STRIKE U5/U6 HURLING

| | Description of activity | Diagram |
|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Warm Up (10 mins)</p> <ul style="list-style-type: none"> Fundamental Movements | <p>Coach gets players to do different movements inside marked out area.</p> <ul style="list-style-type: none"> Running Moving side to side Skipping Moving backwards Hopping on one leg Hopping two feet together Crawling |  |
| <p>Game 1 (10/15 mins)</p> <ul style="list-style-type: none"> Cups and Saucers | <p>Coach divides players into teams 'CUPS' and 'SAUCERS'. Using cones the coach scatters cones around playing area upside down and right side up. The cups must flip the cones upside down. The saucers must then flip them the right side up.</p> <p>Progression: Players do other movements such as crawling or hopping on one leg to move around area.</p> |  |

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| <p>Skill Development (10/15 mins)</p> <ul style="list-style-type: none"> Striking balls | <p>The coach puts players in groups of two. They strike the ball along the ground back and over to each other around playing area. Encourage player to strike with both sides. Player waiting for ball should be in ready position.</p> <p>Progression: Get players to count how many successful strikes they can get in a minute</p> |  <p>The diagram shows a green rectangular area representing a playing area. A vertical double-headed arrow on the left is labeled '10m'. Inside the area, there are four pairs of players, each pair consisting of a player in a blue shirt and a player in a red shirt. They are positioned at the ends of four parallel lanes. White arrows point from each player to the ball in the center of the lane, and another white arrow points from the ball to the other player, indicating the direction of the strike. Orange cones are placed between the lanes to define the boundaries.</p> |
| <p>Game 2 (5/10 mins)</p> <ul style="list-style-type: none"> Conditioned to reflect skill Fill the Circle | <p>On the whistle, players in the circle must hit every ball out of the circle as fast as possible (You could also get 2 coaches to stand in circle too). Players on the outside circle must gain possession and strike it back into the circle.</p> |  <p>The diagram shows a central green circle containing several blue and red balls. Two red smiley faces are also inside the circle. Surrounding this central circle are several green smiley faces, representing players positioned around the perimeter of the circle.</p> |
| <p>Game 3 (10 mins)</p> <ul style="list-style-type: none"> Go Games – small sided No conditions | <p>Coaches divide teams into 4 groups and have two games going at same time ie. 5v5. Coaches should</p> |  <p>The diagram shows two empty, vertically oriented rectangular boxes, one on the left and one on the right, representing the layout for two simultaneous 5v5 games.</p> |

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| | <p>encourage skill worked in session and give extra points for a score with weaker side or pass with weaker side.</p> | |
| <p>Fun Game : Stuck in the mud</p> | <p>Coach picks 5 players to be on. They must try and catch rest of group. IF caught the player must freeze with legs spread wide. To be freed another player must climb under their legs.</p> |  |