

GRIP AND SWING (4 - 6 YEARS):

Correct grip is the fundamental starting point. It is helpful to coach the ready, lock and lift position.



Players must hold the hurley with their “writing hand” at the top of the handle. Players must catch the sliotar with their other hand - “catching hand”.



Ready position.



Lock



Lifting position - toe of the hurley facing away from the body, thumbs facing the base, hips and knees bent.

To Coach this Skill
use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

Common errors: Holding the hurley with the “catching hand” on top.
Holding the hurley with the toe facing inwards.
Not locking the hands.

GRIP AND SWING PRACTISE THE TECHNIQUE



1



2



1. Holding the hurley in the “writing hand” wave it up and down.
2. Move between each position repeatedly.

GRIP AND SWING DEVELOP THE SKILL



1

Hold the Hurley in both hands. Swing the Hurley in a circular motion above the head.



2

Hop the ball on either side of the bas of the Hurley alternately.

STRIKING FROM THE HAND (7 - 9 YEARS+):

Players should be encouraged to practise striking from the hand off both sides from an early age.



Toss the sliotar to shoulder height, keeping eyes on the sliotar.



Slide the hands to the lock position and bend the elbows.



Step forward onto the front foot and strike.
Relax in the strike and follow through.

Common errors: Missing the sliotar completely.
Incorrect grip.

Tossing the sliotar too high or too far in front.

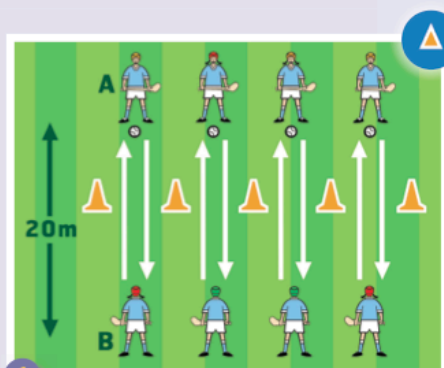
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When coaching striking from the hand off the weak side players should be encouraged to shorten their grip on the hurley - “shorten the grip, cross the arms, toss the sliotar underneath.”

As players grow more confident and can accomplish standing striking it becomes important to emphasise to strike on the run - i.e not breaking stride.

STRIKING FROM THE HAND PRACTISE THE TECHNIQUE



1 STRIKING IN PAIRS: ACCURACY
Players in pairs. Strike the sliotar through the gate.
Strike off dominant and non-dominant sides.



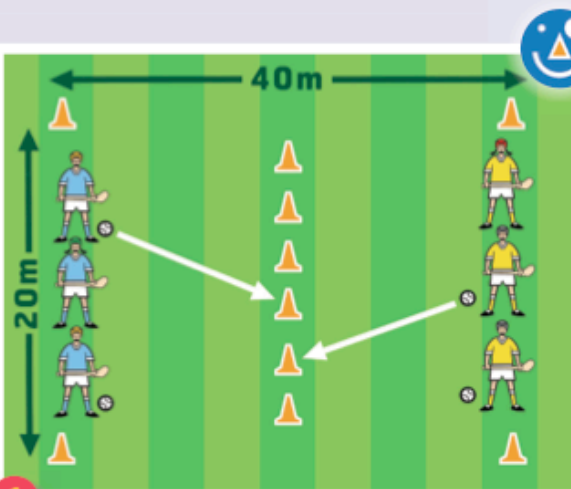
2 STRIKE AND MOVE
Strike on the run to stationary partner.



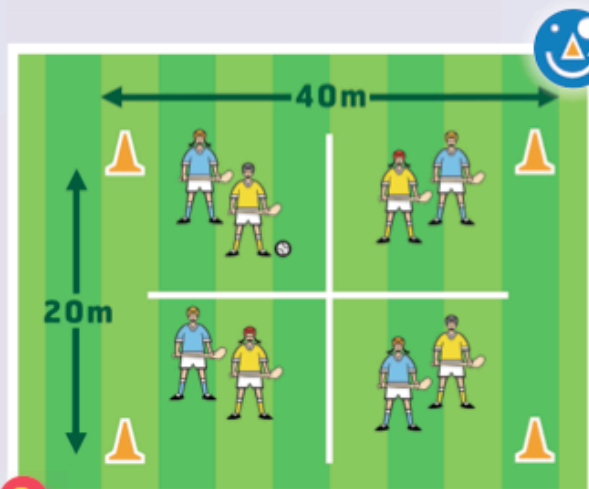
3 STRIKE AND SCORE
Players run through gate and shoot for a score.

The ball wall is an excellent facility to improve striking and coaches should constantly impress upon players that practise at the ball wall is the best way to improve ball striking and ball control.

STRIKING FROM THE HAND DEVELOP THE SKILL



1 HIT THE CONES
Players strike the sliotar to attempt to knock over



2 KEEP BALL
Players in pairs, one per part of the grid. Players attempt

CATCH / OVERHEAD CATCH (7 - 12+ YEARS):

I advocate players attempting to catch the sliotar from knee height up. There is a distinct tendency in our players to preferentially control the sliotar on the hurley, I believe this is not beneficial and we as coaches should try to encourage more direct catching. This allows possession to be secured quickly and transferred quickly. Players should be encouraged to always try to catch the ball in the catching hand, thus allowing the sliotar to be struck without the player having to change hands and risk losing possession. In a minority of situations players may be forced to use the hurling / “writing” hand to catch the sliotar.

Overhead catch (10 - 12 Years):



Move towards the sliotar. Eyes on the sliotar.



Release the non-dominant hand and extend it above the head.



Raise the Hurley above the head to protect the catching hand.



Relax the hand on impact, catching the sliotar with the fingers.

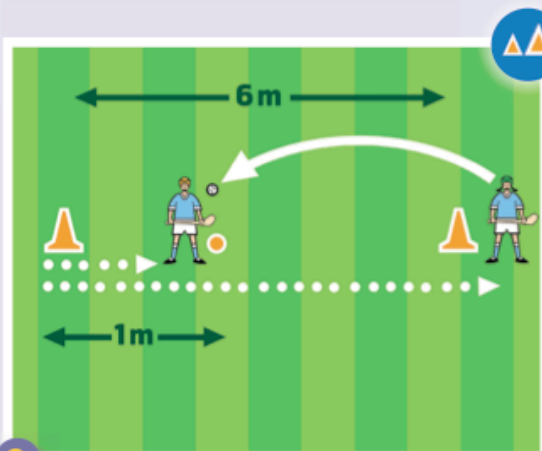
Common errors: Not relaxing the catching hand, attempting to grasp or snatch at the sliotar
Failing to protect the catching hand with the hurley**.
Not timing the jump correctly if catching the sliotar overhead.

**The positioning of the hurley to protect the hand is important. The aim here is to protect the catching hand but also to obstruct the path of the opponent's hurley as he attempts to flick the sliotar away in the air. Coaches must instruct their players how to position the hurley overhead accordingly - behind / in front or to the side of the catching hand.

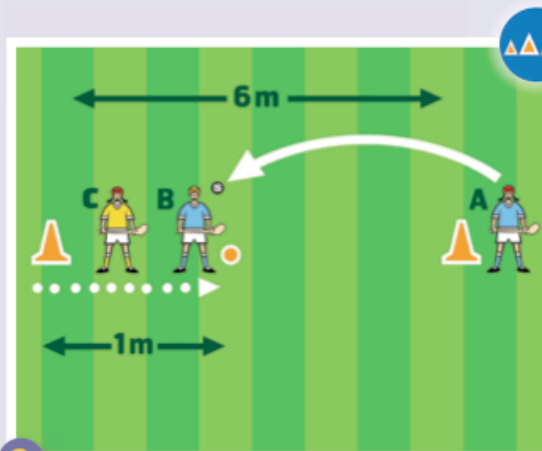
OVERHEAD CATCH PRACTISE THE TECHNIQUE



- 1 PARTNER CATCH**
Players in pairs. Each player throws the sliotar for their partner to catch overhead.

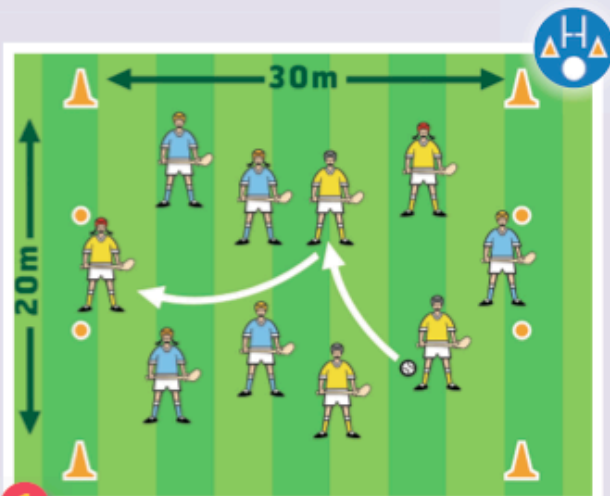


- 2 MOVE AND CATCH**
Players in pairs. Player A throws the sliotar for Player B to catch.

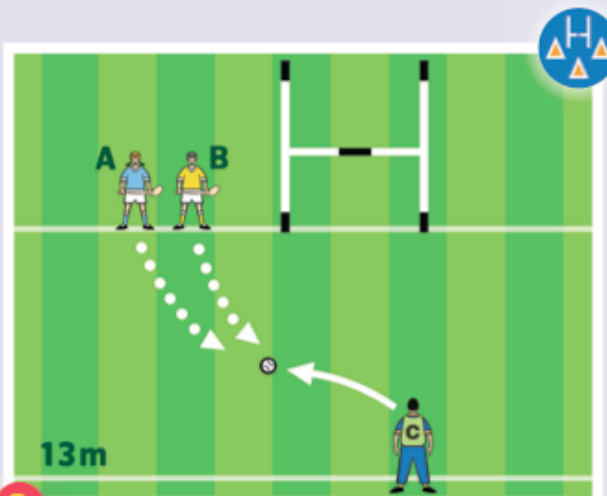


- 3 OPPOSED CATCH**
Player A throws the sliotar for Player B to catch. Player C provides opposition.

OVERHEAD CATCH DEVELOP THE SKILL



- 1 CAPTAIN BALL**
One player from each team acts as goal receiver. To score players must throw for receiver to catch overhead.



- 2 ONE ON ONE**
Players in pairs. Coach throws the sliotar for Player A to catch and attempt to score. Player B provides opposition.

FRONTAL BLOCK (7+ YEARS):

The frontal block is a key tackling skill to prevent the opponent striking the sliotar from the hand.



Eyes open and head facing forward.

Eyes on the ball.

Hurley up, held in one hand**, thumb facing the bas.

Lunge in.

Block **the sliotar** - if done correctly the coach should hear the sound of ash against leather resulting in a complete block of the strike.

Don't block down excessively - once a player puts his hurley up he should be encouraged to keep it up until the opponent attempts to strike the sliotar. Coaches should watch out for players who get in too close and block the sliotar too early but not the striking hurley.

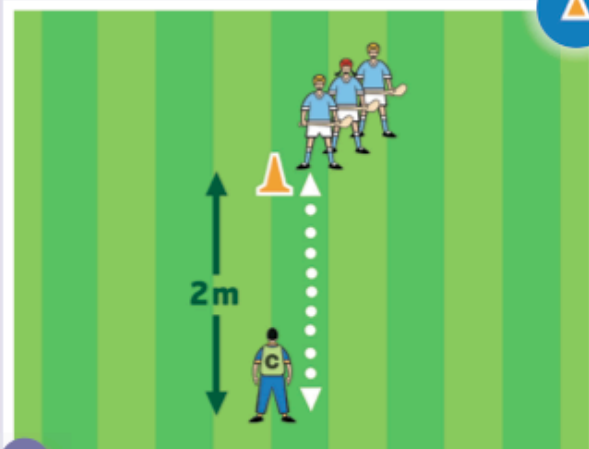
Players should be encouraged to follow up on the blocked sliotar to win possession back.

**It may be helpful for younger players to use two hands in the initial stages of learning the frontal block for added sense of protection but coaches should realise that as players get older and move into competitive game situations almost all frontal blocks will demand use of one hand only as players are required to move and reach at high speed.

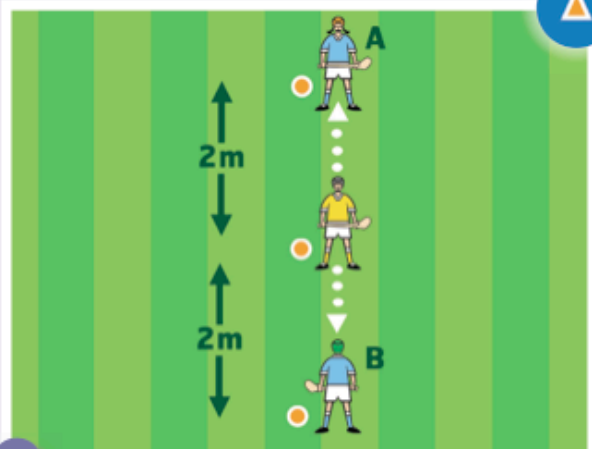
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FRONTAL BLOCK PRACTISE THE TECHNIQUE



1 **CONTACT BLOCK**
Players line up and block the strike of the coach.

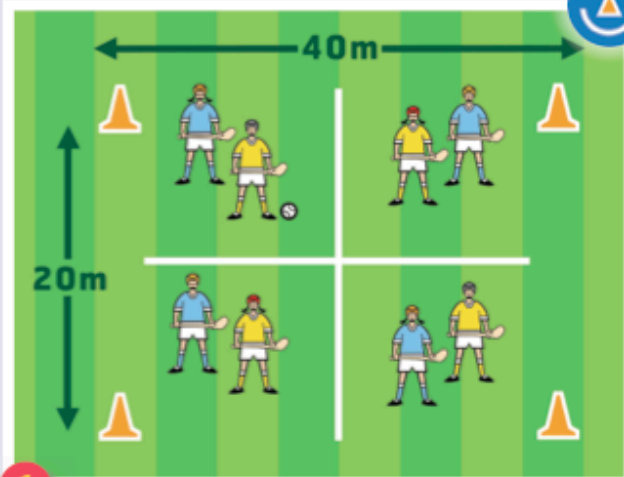


2 **TURN AND BLOCK**
Blocking player turns to block each player in turn.

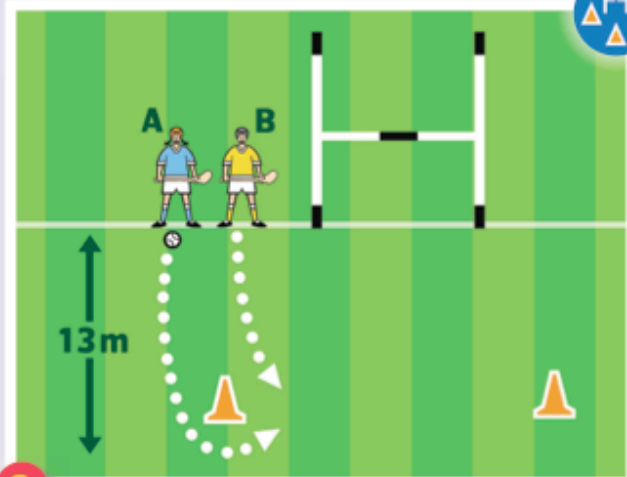


3 **HIT THE TARGET**
Player A strikes to Player B. Player C attempts to block the strike to Player D.

FRONTAL BLOCK DEVELOP THE SKILL



1 **GRID BLOCK**
Players in pairs, one per part of the grid. Players attempt to keep possession by striking the sliotar to each other. Opponents attempt to block.



2 **CHASE AND BLOCK**
Players in pairs. Player A moves around the cone and attempts to score. Player B attempts to block.

HOOK (7+ YEARS):

The hook is a tackling technique used to prevent an opponent from striking the ball on the ground or from the hand. It involves hooking or deflecting the swing of the opponents hurley **from behind**.

Holding the hurley at full length with the arm extended.



Extend the Hurley into the path of an opponents swing. The Hurley may be held with the toe pointing upwards or flat.



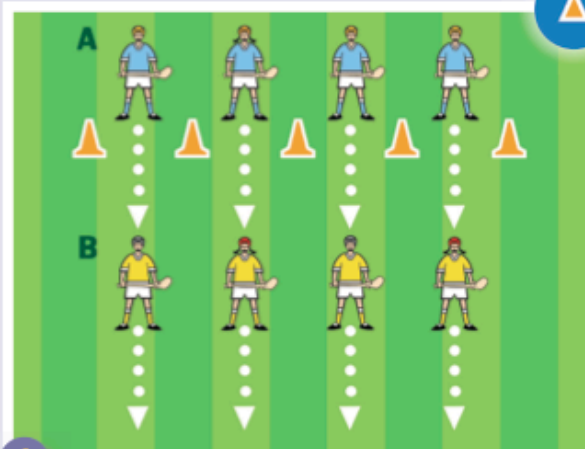
Flick the wrist as the opponents Hurley is deflected.



Move in quickly to gain possession.

Common errors: Attempting to hook from the front.
Not striding into the tackle and extending the arm.
Not following up on the sliotar after completing the hook.

HOOK PRACTISE THE TECHNIQUE



1

SWING AND HOOK

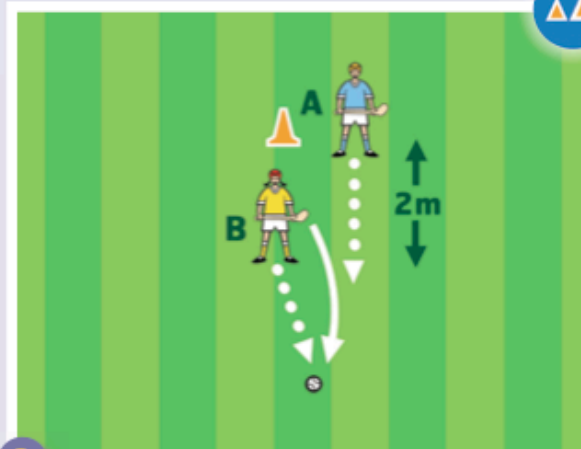
Player B strikes an imaginary sliotar while Player A attempts to hook.



2

CHASE AND HOOK I

Player B attempts to strike the sliotar; Player A hooks.

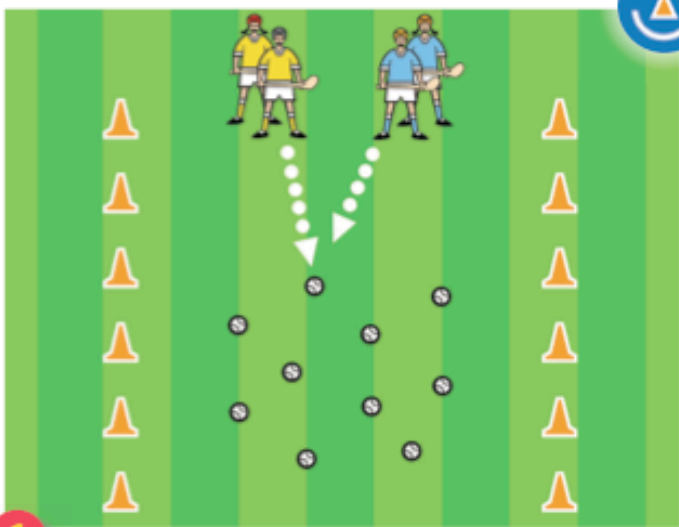


3

CHASE AND HOOK II

Player B throws the ball randomly and attempts to strike on the ground; Player A hooks.

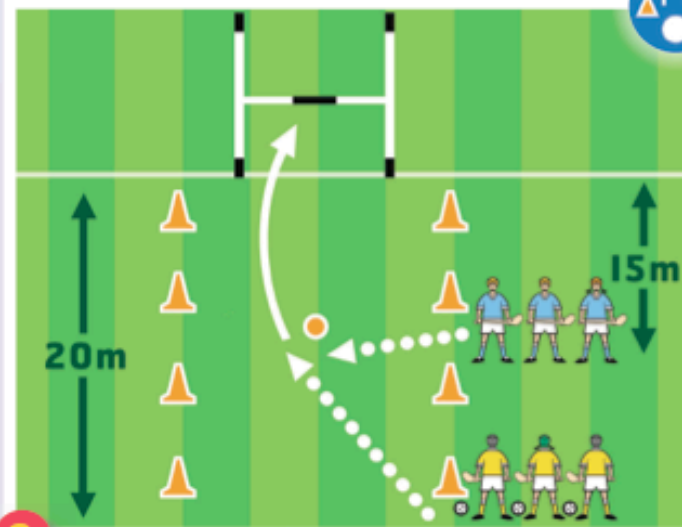
HOOK DEVELOP THE SKILL



1

A RACE AGAINST TIME

Scatter sliotars around playing area. In pairs, one player attempts to strike each sliotar; partner attempts to hook.



2

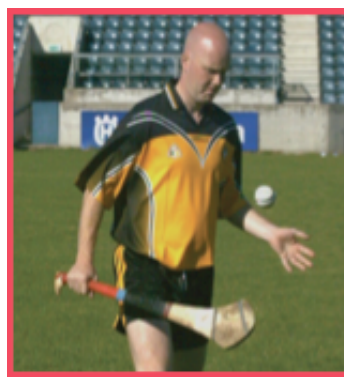
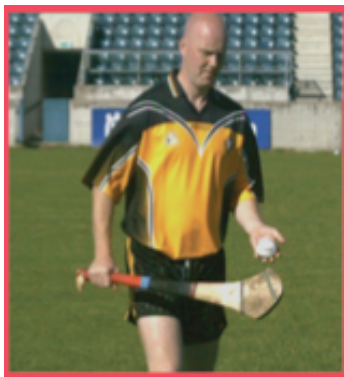
ONE ON ONE

Attacking players attempt to dribble towards goal and score. Defending players chase and attempt to hook.

HAND PASS (10+ YEARS):

The hand pass is used to pass the sliotar over shorter distances using the fingers and palm of the hand.

The player is in possession with the sliotar secure in the catching hand.



Toss the sliotar and step towards the receiver.

Strike the sliotar in the direction of the receiver. The point of impact is at the junction of the fingers and palm of the catching hand.

Follow through the pass with the arm.

Common errors: Tossing the sliotar too high.
Swinging the passing arm back too far.
Striking the sliotar with the palm of the hand.

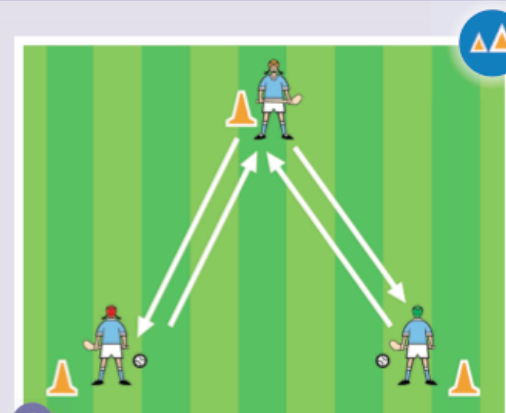
Players (12+ Years) need to develop proficiency at handpassing with both hands. Players may need to toss the sliotar on the bas of their hurley when changing hands until they develop the skill to toss and pass with the alternate hand while transferring the hurley from hand to hand simultaneously.

Hand passes need to be directed to the receiver's advantage and the sliotar should generally travel below shoulder height.

It is also important for coaches to encourage players to allow for movement of the receiver when hand passing, i.e the passer must direct the sliotar to where the moving receiver “will be” rather than where “he is”. Failure to do this will result in passes that force the receiver to check his run or worse still, behind the receiver altogether resulting in loss of possession.

A good rule of thumb is: “If in doubt, put the pass out in front”.

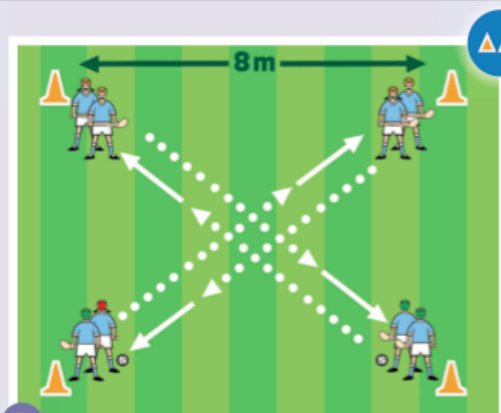
HAND PASS PRACTISE THE TECHNIQUE



1 PRESSURE PASS
Players in groups of 3, 2 sliotars per group. Players hand pass the sliotar to central player in turn.

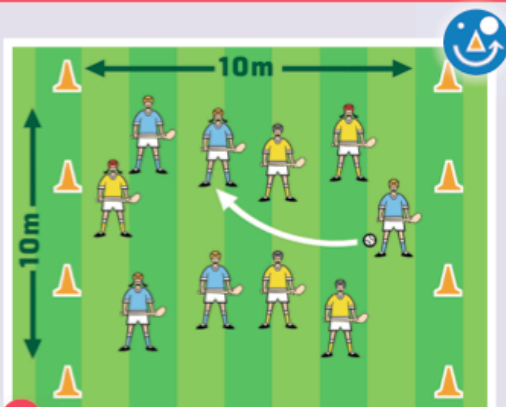


2 MOVE AND PASS II
Players jog forward and hand pass to players coming from opposite direction.



3 CROSS RUNNING HAND PASS
Players hand pass the sliotar to players from the group opposite.

HAND PASS DEVELOP THE SKILL



1 POSSESSION HAND PASS
Players in two teams. Teams attempt to keep possession using the hand pass.



2 CAPTAIN BALL
One player from each team acts as goal receiver. To score players must hand pass the sliotar for receiver to catch.

BATting OVERHEAD (10 YEARS+):

Mostly used by defenders and midfielders to prevent the sliotar passing through and to play it back in the direction it came from.



Hands **together**, (closer together than illustrated in picture 3 above) holding the hurley long at the handle.

Thumbs pointing towards the bas.

Toe of the hurley facing **away** from the body.

Eyes on the sliotar, tilt the hurley back as the sliotar approaches, swing the hurley forward to bat the sliotar with the bas.

Only a relatively small range of movement is required to bat the sliotar correctly, its not necessary to draw the hurley way back behind the head.

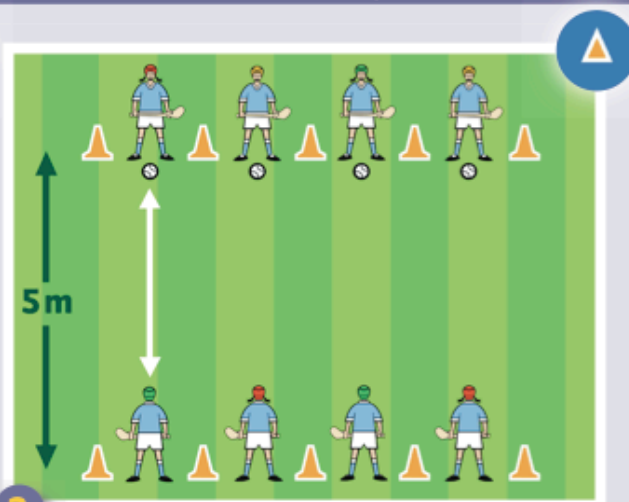
If jumping, time the jump correctly.

Common error: players will attempt to bat the sliotar with too much force resulting in incorrect technique, often missing the sliotar.

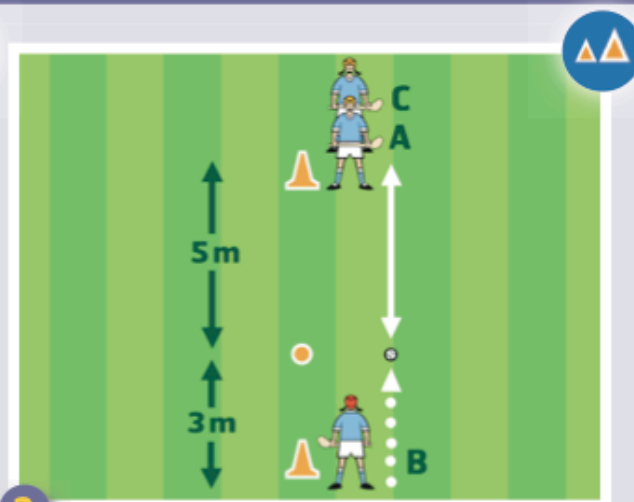
BATTING A BALL OVERHEAD PRACTISE THE TECHNIQUE



- 1** **IMAGINARY BATTING**
Players perform the bat on an imaginary sliotar.

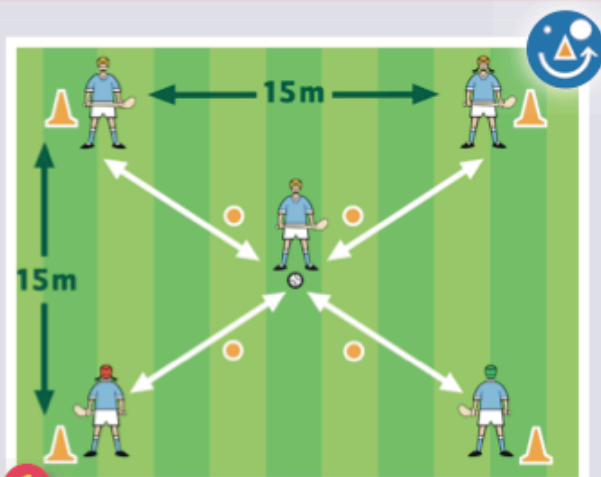


- 2** **BATTING IN PAIRS**
Players in pairs. Players throw the sliotar for their partner to bat it back.



- 3** **ATTACK AND BAT**
Player A throws the sliotar for Player B to attack and bat. Player C catches.

BATTING A BALL OVERHEAD DEVELOP THE SKILL



- 1** **TARGET BAT**
In rotation, perimeter players throw the sliotar for the central player to bat.



- 2** **BATTING VOLLEYBALL**
Divide into two teams. Teams attempt to bat the sliotar into their opponents court. A score is awarded if the sliotar hits the ground.

JAB LIFT (7 YEARS+):

VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

Used to raise the sliotar from the ground to the hand.
Normally used when the player is moving / on the run.



Begin in the lifting

position - toe of the hurley facing away from the body, thumbs facing the bas, hips and knees bent.

Slide the hurley under the sliotar to lift it.

Release the catching hand to catch the sliotar.

Ensure that the hurley is suitably angled low to the ground to allow a correct lift.

Once players are proficient at the basic skill it is helpful to encourage them to catch the sliotar as quickly as they can (before it reaches it's highest point) after the lifting motion - this reduces the time the sliotar is in the air and available for dispossession by an opponent.

Coaches should also encourage players to use the hurley to protect the sliotar during and after the lift by placing it in the way of a potential dispossession flick from an opponent.

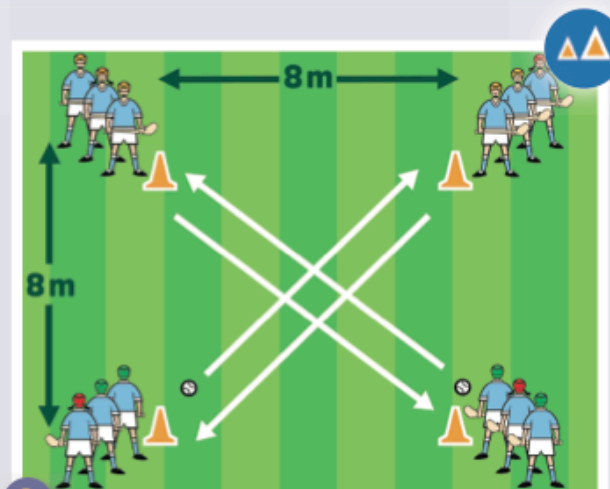
JAB LIFT PRACTISE THE TECHNIQUE



1

MOVE AND JAB LIFT

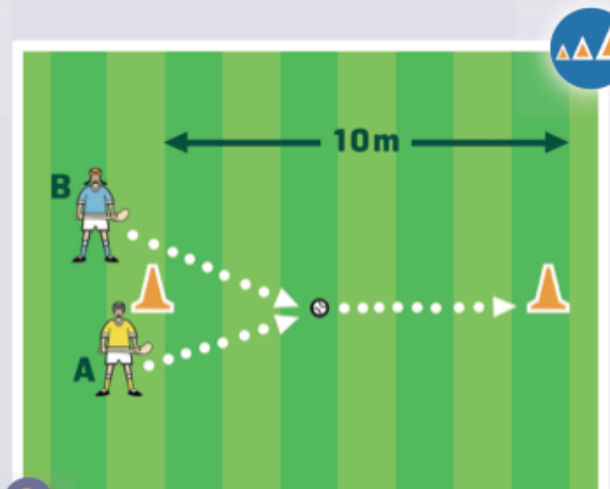
Players jab lift at one cone and drop at the next.



2

CROSS RUNNING JAB LIFT

Players jab lift the sliotar and drop for the group opposite.



3

JAB LIFT WITH OPPOSITION

Player A runs forward to jab lift the sliotar. Player B provides opposition.

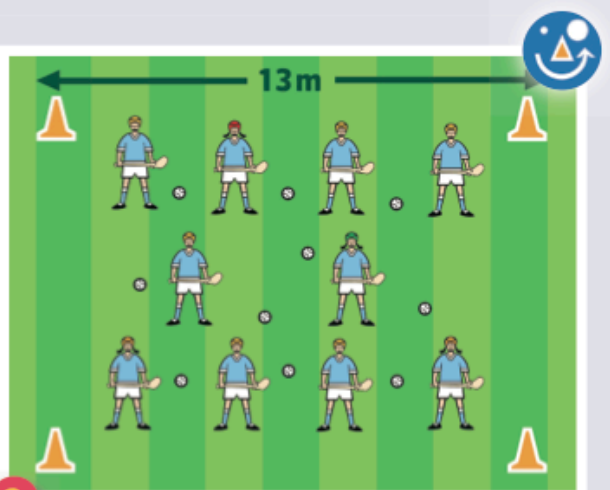
JAB LIFT DEVELOP THE SKILL



1

GRID SWAP

Mark out two grids. Players must transfer sliotars from one grid to next using jab lift.



2

MUSICAL CHAIRS

Scatter sliotars throughout grid. On a signal players must Jab Lift the nearest sliotar.

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DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine

ROLL LIFT (7 YEARS+):

Used to raise the sliotar from the ground to the hand.
Normally used when the player is stationary.



Toe of the Hurley should be pointed away from the body. Thumbs point towards the bas.



Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.



Begin in the lifting position - toe of the hurley facing away from the body, thumbs facing the bas, hips and knees bent.

Roll the sliotar towards the body and place the toe of the hurley underneath to lift it.

Release the catching hand to catch the sliotar, attempting to minimise the time between lift and catch.

Players when proficient should be encouraged to use their legs, hips and catching arm to protect the sliotar during the lift. Players can usefully protect the sliotar by placing their feet to position their body to block a tackling opponent's access to the sliotar.

Once players are proficient at the basic skill it is helpful to encourage them to catch the sliotar as quickly as they can (before it reaches it's highest point) after the lifting motion - this reduces the time the sliotar is in the air and available for dispossession by an opponent.

Coaches should also encourage players to use the hurley to protect the sliotar during and after the lift by placing it in the way of a potential dispossession flick from an opponent.

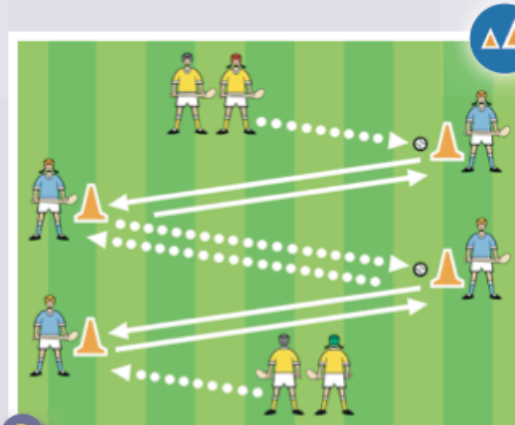
ROLL LIFT PRACTISE THE TECHNIQUE



1 STATIONARY ROLL LIFT
Players in pairs. Each player roll lifts the ball for 1 minute.

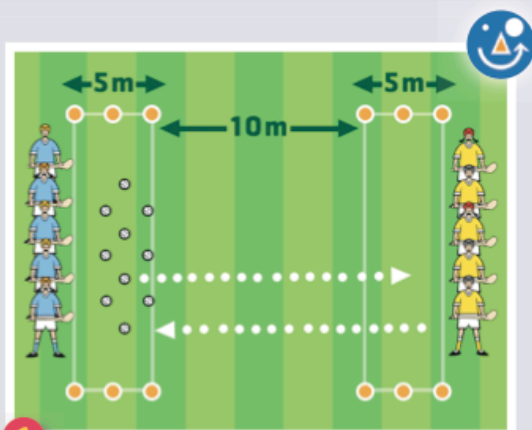


2 AGILITY ROLL LIFT
Players must roll lift the sliotar at each cone in turn.



3 ZIG ZAG ROLL LIFT
Players must roll lift the sliotar and change direction placing the sliotar at the next cone.

ROLL LIFT DEVELOP THE SKILL



1 GRID SWAP
Mark out two grids. Players must transfer sliotars from one grid to next using roll lift.



2 MUSICAL CHAIRS
Scatter sliotars throughout grid. On a signal players must roll lift the nearest sliotar.

VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

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DESCRIPTIVE ICONS



GROUND STRIKE (4 YEARS+ stationary sliotar / 6 YEARS+ moving sliotar):

It is important that players are encouraged to strike from the right and left sides from an early age.



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use the **IDEA** method

- I** NTRODUCE the skill
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Young players learning the basic skills should be coached the ground strike using a stationary sliotar beginning in the ready position with feet shoulder width apart.

Slide the catching hand into the lock position and bend the elbows to raise the hurley.

Swing the hurley to strike the sliotar, keeping eyes on the sliotar.

Keep the head down and follow through.

Common errors: Feet too close together.

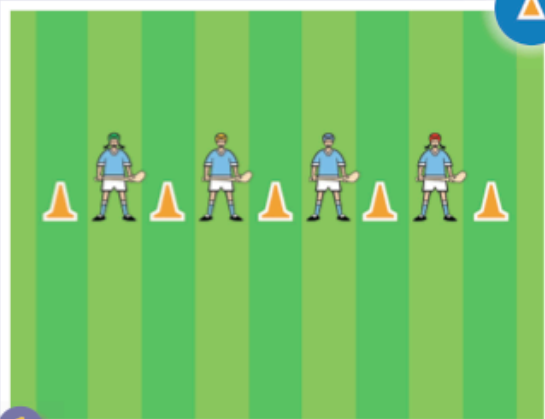
Not standing close enough to the sliotar.

Lifting the head early to follow the sliotar.

When striking the moving sliotar the phrase “timing is everything” is appropriate.

Players must anticipate the movement of the sliotar. Agile foot movement co-ordinated with a timely strike results in a true connection between hurley and sliotar.

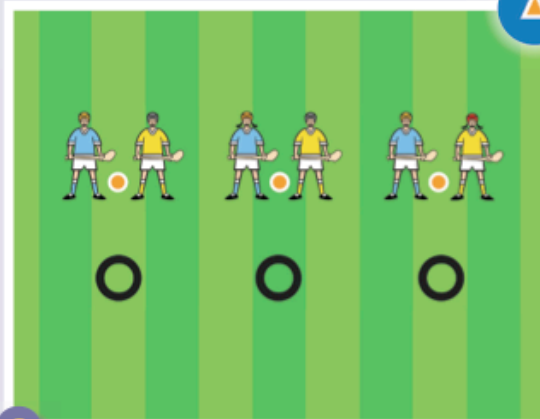
GROUND STRIKE PRACTISE THE TECHNIQUE



1

IMAGINARY STRIKING

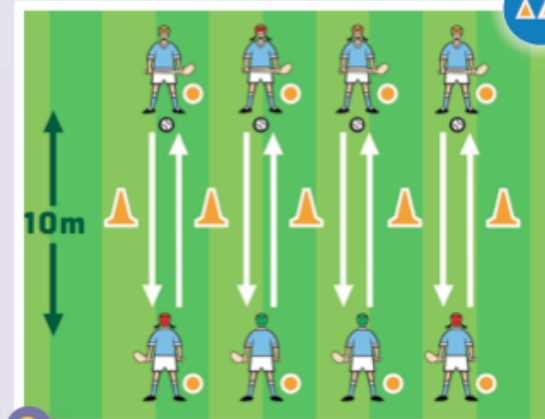
Players strike an imaginary sliotar in front of them.



2

TYRE STRIKE

Players in pairs, one tyre per pair. Each player in turn strikes the tyre.

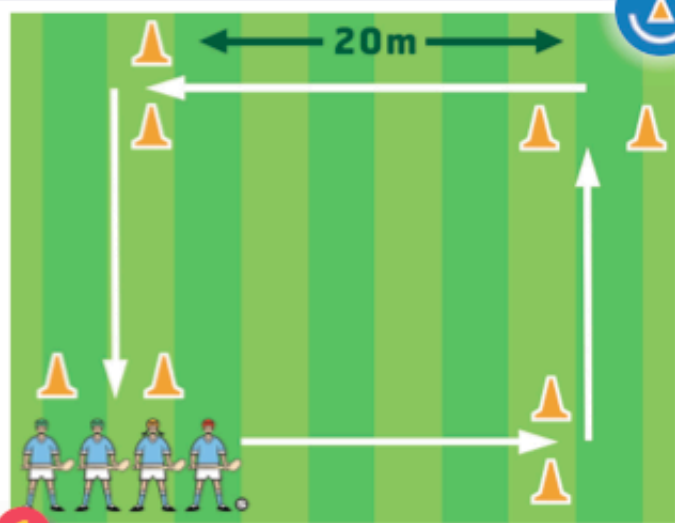


3

STRIKING IN PAIRS: ACCURACY

Players in pairs, one sliotar per pair. Players strike the sliotar through the goal to their partner.

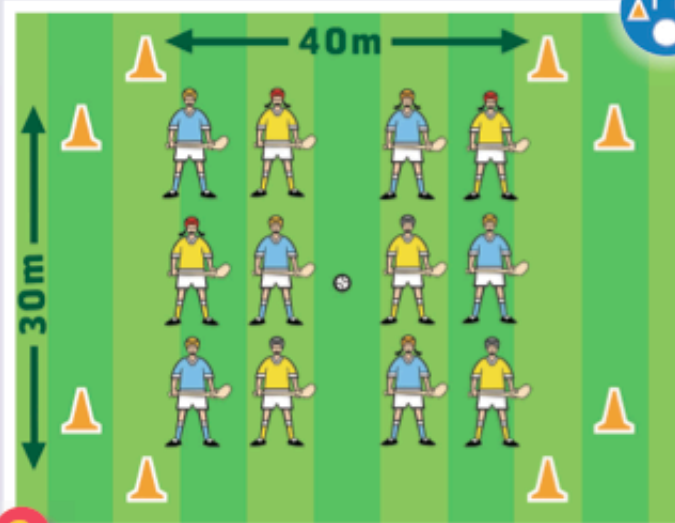
GROUND STRIKE DEVELOP THE SKILL



1

GOLF GOALS

Mark out a course. Players to strike in turn through the goals and around the course.



2

FOUR GOAL GAME

Place 4 goals – 1 in each corner of the pitch. Teams attack and defend two sets of the goals.

DRIBBLE (4 YEARS+):

Dribble is a technique used to move the sliotar along the ground in order to avoid opponents or to place the sliotar in a better position for striking.

It may be performed with one hand on the hurley but using two hands will provide more control.



Bend the hips and knees,

placing the heel of the hurley on the ground.

Place the catching hand further down along the hurley.

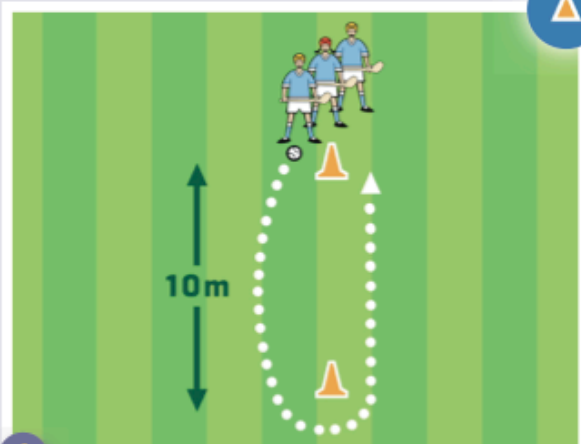
Use alternate sides of the bas on every second stroke.

Progress to one hand.

Common errors: Locking the hands.

Pushing the sliotar too far in front.

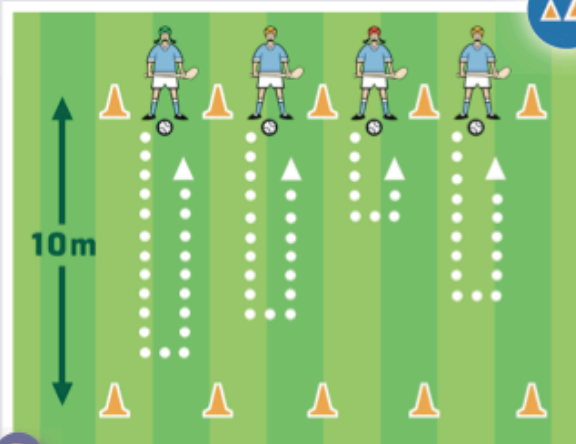
DRIBBLE PRACTISE THE TECHNIQUE



1

OUT AND BACK

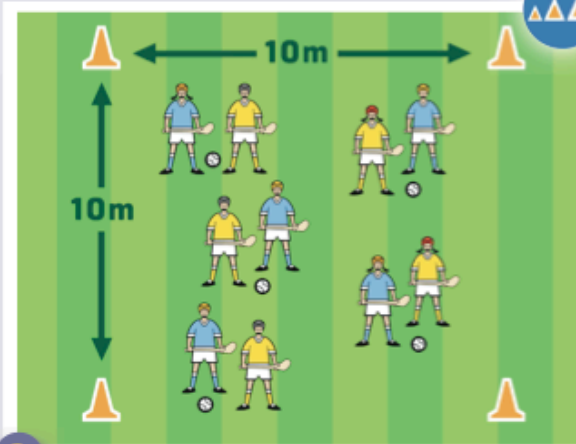
Dribble out to the far cone and back in turn.



2

SIGNAL AND TURN 1

Change direction when signalled by the coach.

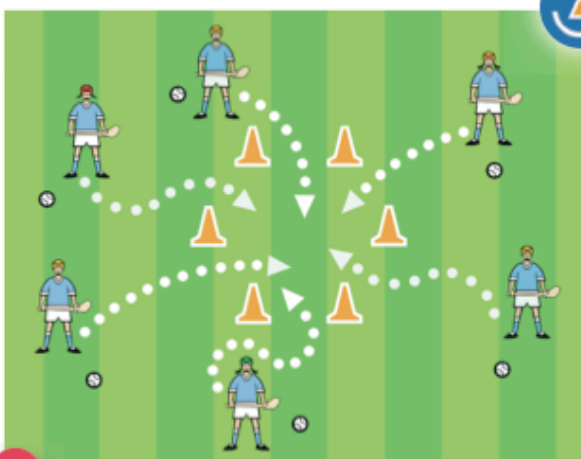


3

OPPOSITION TUSSLE

1 player dribbles, 1 player tries to flick the ball.

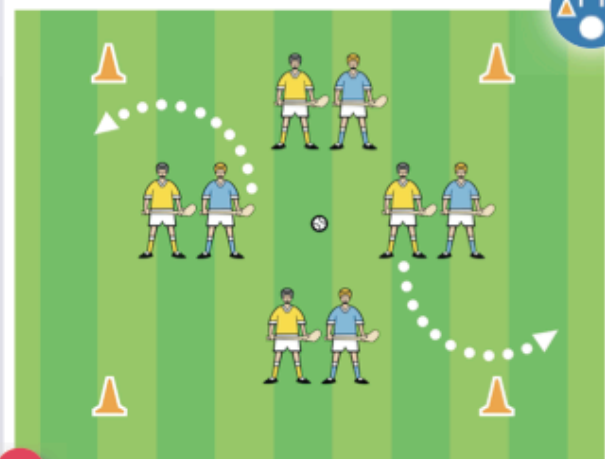
DRIBBLE DEVELOP THE SKILL



1

FILL THE CIRCLE

Players dribble ball into the circle as fast as possible.



2

DRIBBLE AND SCORE

Dribble and pass using the ground strike
Dribble ball over the line to score.

SOLO RUN (10 YEARS+):

The solo run is used to carry the sliotar to a better position, or to get away from an opponent. The sliotar may be balanced or hopped on the hurley.



Point

To Coach this Skill
use the **IDEA** method

- I** **NTRODUCE** the skill
- D** **EMONSTRATE** the technique
- E** **XECUTE** the activity
- A** **TTEND** and provide feedback

the

hurley forward with the bas flat and the toe facing away from the body.

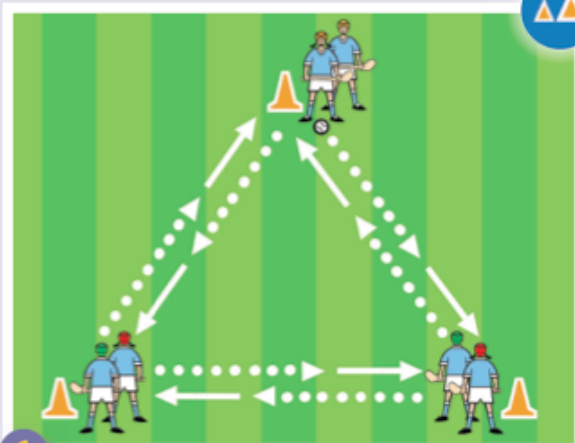
Toss the sliotar onto the bas of the hurley.

Move forward, balancing or hopping the sliotar on the bas.

Use a shortened grip for added control.

Common errors: Turning the toe of the hurley in towards the body.
Holding the hurley at full length.

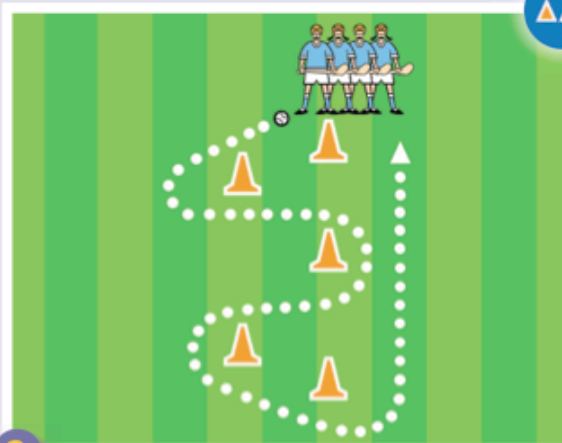
SOLO RUN PRACTISE THE TECHNIQUE



1

SOLO AND PASS

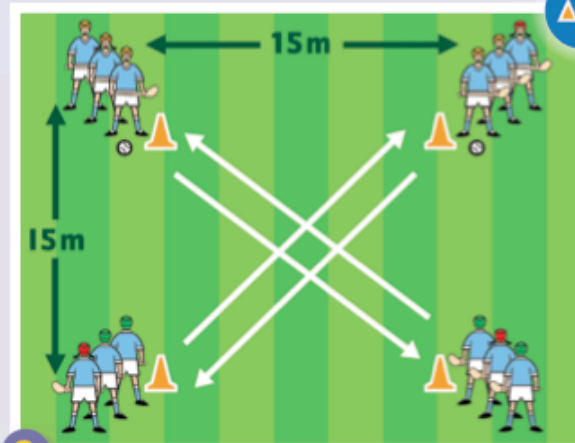
Players solo and hand pass either from the hand or off the Hurley.



2

ZIG ZAG SOLO

Players solo around the cones and hand pass to the next player.

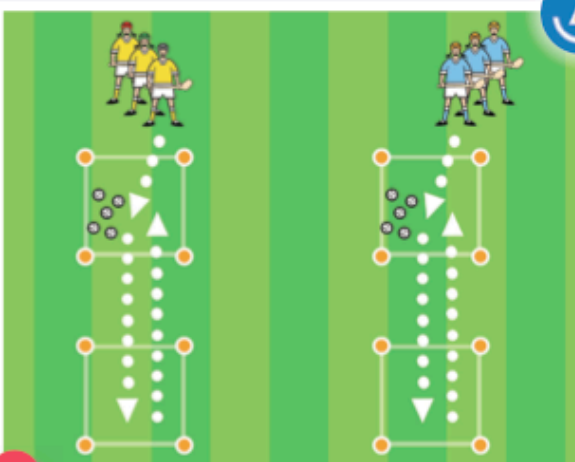


3

THROUGH THE MIDDLE

Players solo through the middle and hand pass the sliotar to players from the group opposite.

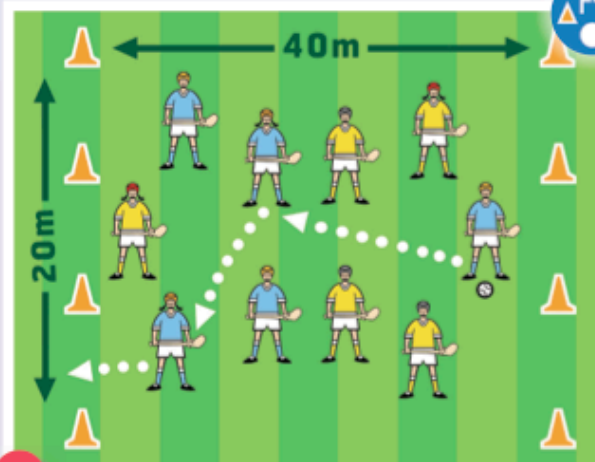
SOLO RUN DEVELOP THE SKILL



1

GRID SWAP

Mark out two grids. Players to transfer sliotars from one grid to next using the solo run.



2

ON THE RUN

Divide into 2 teams. Teams score by soloing the sliotar over their opponents endline.

