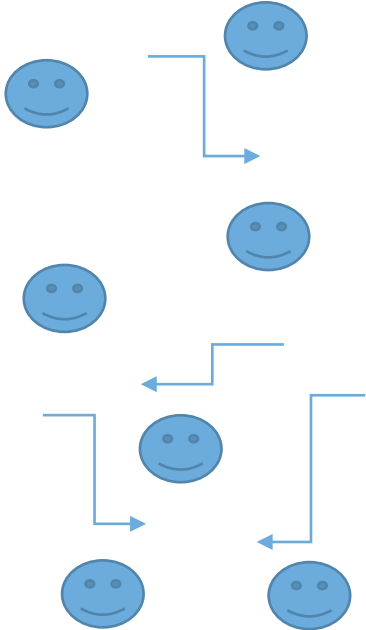
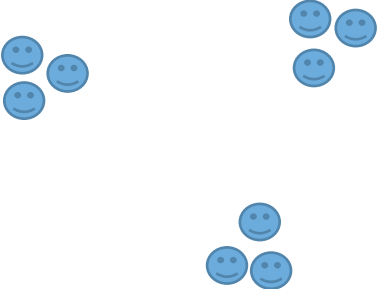
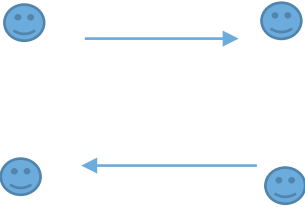
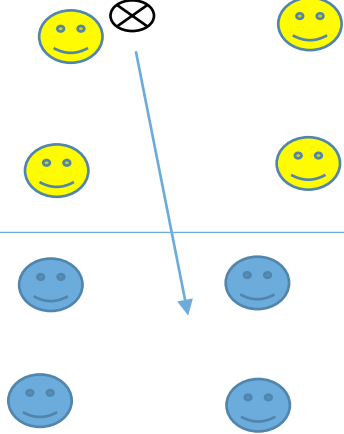
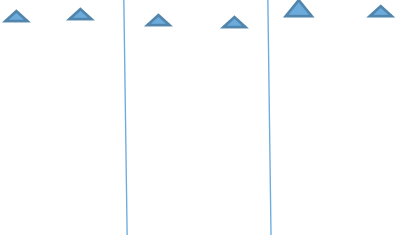


SESSION PLAN: HURLING

THEME : CATCHING

	Description of activity	Diagram
<p>Warm Up (10/15 mins)</p> <ul style="list-style-type: none"> Fundamental movement 	<p>Get all players moving around playing area doing the following:</p> <ul style="list-style-type: none"> Running Skipping Side to side Walking Jogging Walking/Jogging Backwards Hopping Jumping on 1 Leg Crawling <p>To ensure players get sufficient touches get players to have sliothar in hand when warming up.</p>	
<p>Fun Game</p> <ul style="list-style-type: none"> Number Call 	<p>Entire group runs around area when coach calls out number eg '3'. The players then have 5 seconds to get in a group of 3. Anyone who does not get in a group within the time must do 5 jumping jacks.</p>	
<p>Skill Development (10/15 mins)</p> <ul style="list-style-type: none"> Catching Demonstrate to players the different types of catches eg. Claw catch Explain what it is 	<p>Coach divides players into groups of 3 Passing ball back and over working on Catching.</p>	

used for		
<p>Game 2 (10-15mins)</p> <ul style="list-style-type: none"> Astride Ball 	<p>Coach divides players into 2 teams (if you have large numbers make more teams) A bit like tennis Players throw the sliothar back and over to the other teams side. No hurleys to start. If a player catches with 1 hand gets 10 points, two handed catch is 1 point and if player throws it to otherside and other team let it hit the ground they get 5 points.</p>	
<p>Game 2 (10-15 mins)</p> <ul style="list-style-type: none"> Small Sided Game 	<p>Small sided game 4v4, 3v3, 5v5. Reward any player who makes a clean catch. Eg – Clean catch is 10 points for team</p>	
Cool Down (5 mins)		