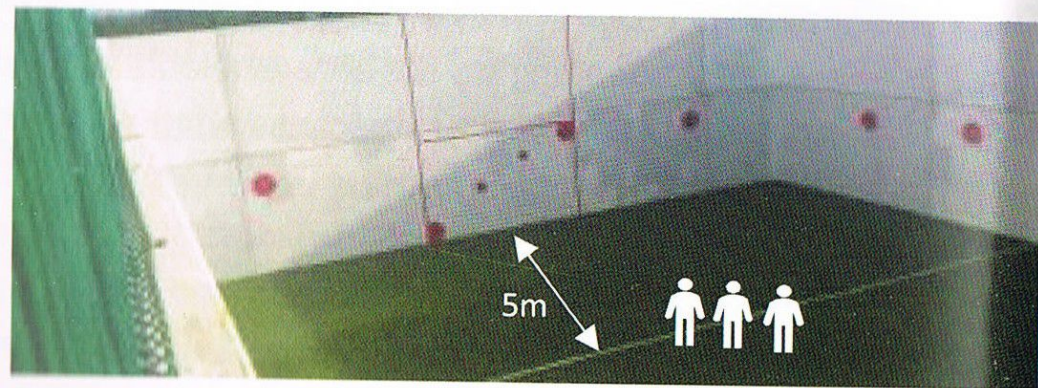


## Hand passing

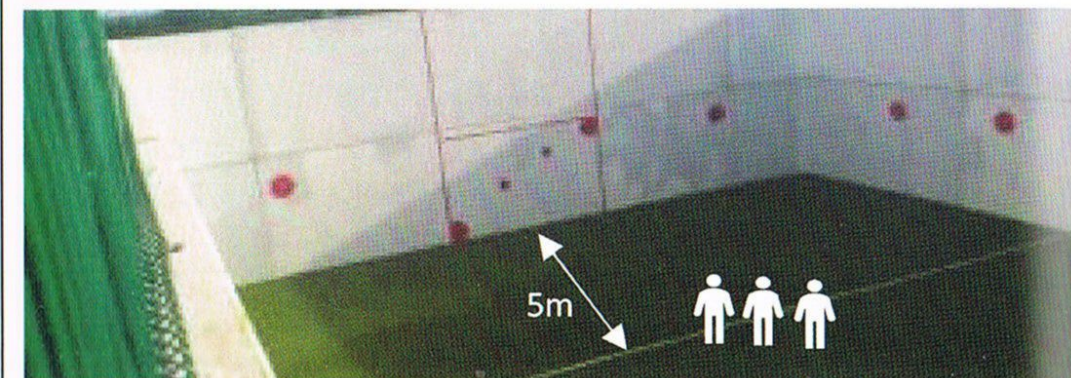
Equipment	Sliotars
Skills	Hand passing, Catching, Ball Control
Off the Wall & Progression	<p>Set up as in diagram.</p> <ol style="list-style-type: none"> <li>1. Player 1 hand-passes the ball off the wall, catches the ball and hand-passes it to Player 2, who repeats to Player 3. Keep rotating.</li> <li>2. Player 1 hand-passes it off the wall and Player 2 catches the ball and hand-passes it off the wall for Player 3 to catch and repeat.</li> <li>3. Player 1 stands at the wall, while player 2 has the ball. Player 2 must hand-pass the ball against the wall using overhand, underhand or bouncing hand-pass. Player 1 must try to stop the hand-pass. Player 1 then goes to back of line whilst Player 3 becomes the hand-passer, Player 2 becomes the blocker</li> </ol>



In the Area	<p>Using the whole area in their groups of 3.</p> <ol style="list-style-type: none"> <li>1. Piggy in the middle: Each player spends 45 seconds in the middle and the other two try to keep the ball off them. Each interception is a point for the Piggy. Player with the most points wins. Vary the type of hand-pass for each game</li> <li>2. 3 vs 3: Each group of 3 pair off against another group of 3. Team must retain possession for the 1-minute game. Team in possession at the end of the minute are the winners. Swap opposition after 2 games.</li> <li>3. Set up a 1m wide goals at either end of the area. 3 vs 3 again, team must hand-pass the ball into the opponents' goal for a score. Team with highest score after 2 minutes are the winners. Change opponents, where the winners will play another winner and the loser plays another loser. High focus on physical contact, Fitness and Game Specific Movements.</li> </ol>
Skill Focus	<ul style="list-style-type: none"> <li>• Encourage clear striking action of the hand so that it does not look like a throw. Exaggerate the movement in training.</li> <li>• Encourage rising the Hurley to protect the hand &amp; protect the flight of the ball</li> </ul>

## High Catch

Equipment	Wall Ball/Tennis Balls
Skills	High Catch
Off the Wall & Progression	<p>Set up as in Diagram</p> <ol style="list-style-type: none"> <li>1. Player 1 throws the ball high against the wall and catches the ball himself. He turns and hand-passes the ball to Player 2 who repeats and repeats for Player 3.</li> <li>2. Player 1 throws the ball high against the wall and Player 2 runs in to catch the ball. Player 2 then repeats for Player 3. Repeat</li> <li>3. Player 1 throws the ball up for Player 2. Player 2 tries to catch whilst Player 3 adds token pressure by trying (very lightly) to bat the ball. Player 2 then throws for Player 3 to catch and Player 1 to put on pressure. Increase intensity of pressure according to ability of the group. Alternate the pressure from the front and the back so player gets used to protecting himself from both sides</li> </ol>



In the Area

Using the whole area in their groups of 3

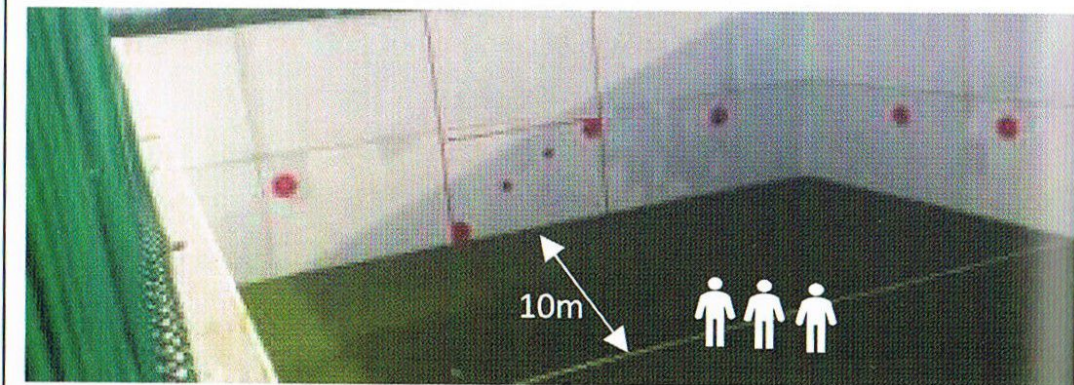
1. Player 1 throws the ball up between Player 2 and Player 3 who compete for the high catch. The person who catches/wins possession then becomes the thrower for the contest between the other 2 players.
2. Make goals using wall markings/cones. Player 1 starts in goals and throws the ball up between the Player 2 & 3. Whoever wins possession must then try to score a goal by hand-passing the ball past the goalkeeper. The goalkeeper then replaces the losing player, so winner stays on.
3. Pair up with another group. Team must try to maintain possession by any means but can only score a point when a teammate catches a ball above their head. Continue for 2 minutes. Swap opposition.

Skill Focus

- Build up opposition pressure slowly to coincide with players ability, Coach may have to step in for some of these elements.
- Encourage strong protection with the Hurley perpendicular to the ground.
- Strong wrists on Hurley hand and ideally the catching hand is at a 45-degree angle
- Hurley should be behind the line of the head when protecting behind and in front of the body when protecting in front.

## Striking for the Catch

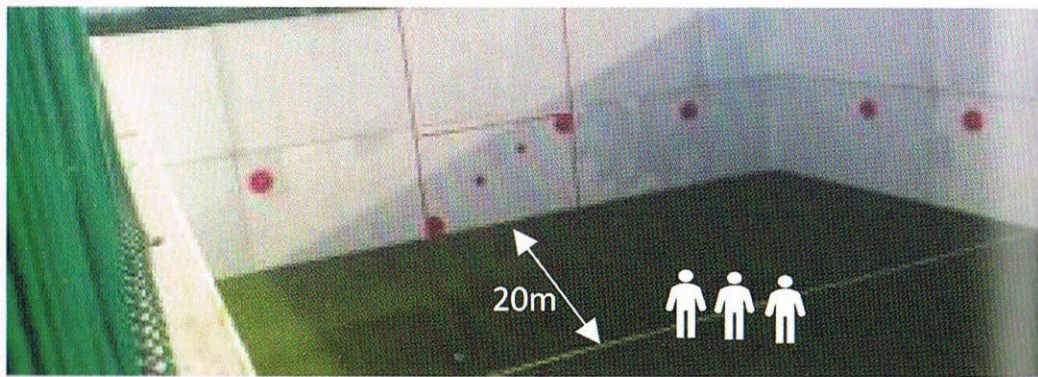
Equipment	Wall Ball/Tennis Balls
Skills	Close Strike, Catch, Ball Control
Off the Wall & Progression	<p>Set up as in Diagram</p> <ol style="list-style-type: none"> <li>1. Player 1 strikes the ball into the ground before the wall, so that it bounces up off the wall. He then catches, if it is high enough or control if low. He then hand-passes the ball to Player 2 who repeats. Repeat for Player 3.</li> <li>2. Player 1 strikes the ball as above, but this time Player 2 collects the ball. When Player 2 strikes the ball, Player 3 catches it. Player 3 then strikes for Player 1 to catch and repeat.</li> <li>3. Race between the groups. Repeat Exercise 2 and the first team to 10 clean catches or the team with the most amount of consecutive passes in 1 minute will be the winner</li> </ol>



In the Area	<p>Using the whole area in their groups of 3</p> <ol style="list-style-type: none"> <li>1. Piggy in the middle where 2 players keep the ball off one player for 45 seconds. Players are only allowed to pass the ball via bounce pass where the ball is hit into the ground so that it bounces up for the teammate to control/catch.</li> <li>2. 3 vs 3: Pair up with another group to play a possession game. Players can only pass the ball via bounce pass. Team in possession after 1 minute is the winner.</li> <li>3. 3 vs 3: As above, except with a 2m wide goal at each end. Players can only pass the ball via bounce pass and can only score via bounce pass into the goals, where ball touches ground before crossing goal line</li> </ol>
Skill Focus	<ul style="list-style-type: none"> <li>• For the bounce pass, it is a great pass to get the ball out of tight situations to a player close by.</li> <li>• This is a good pass as it gives the receiver an opportunity to catch the ball at waist level in the hand, rather than taking a touch if it is lower down.</li> <li>• Keep elbows tucked in and snappy wrists to flick the ball, as this skill is likely used when near an opponent, it needs to be a tight, sharp swing.</li> </ul>

## Long Strike and Gaining Possession

Equipment	Wall Ball/Tennis Balls
Skills	Long Strike, Ball Control, Catch
Off the Wall & Progression	<p>Set up as in Diagram</p> <ol style="list-style-type: none"> <li>1. Player 1 strikes the ball low against the wall, he then runs into collect the ball with his first touch or with a catch if the ball is above the knees. He turns, hand-passes the ball to Player 2 who repeats. Player 3 repeats.</li> <li>2. Player 1 strikes the ball low against the wall, but this time Player 2 runs in to control the ball. Player 2 then hits for Player 3 to control the ball and repeat for the group.</li> <li>3. Player 1 strikes the ball low against the wall, he then collects the ball and solos the ball forward into the wall. He touches the wall, then turns and strikes the ball low to Player 2. Player 2 repeats the same exercise. Repeat for the group.</li> </ol>



In the Area

Using the whole area in their groups of 3

1. Piggy in the middle, 2 vs 1 by passing the ball more than 15m in whatever way they want. If player does not control with first touch or catch at their first try, that player then becomes the piggy.
2. 3 vs 3: Pair up with another group and maintain possession by passing the ball at least 15m. Five consecutive passes is a point for the team. Continue for 2/3 minutes and then swap opponents.
3. 3 vs 3: Team in possession must make 3 passes (any pass will do, hand-pass, bounce pass, long pass etc). After getting 3 passes in a row, they must then strike the ball at the Wall from at least 10m away. That counts as 1 point. The game continues straight away, and teams repeat the activity for the allocated time.

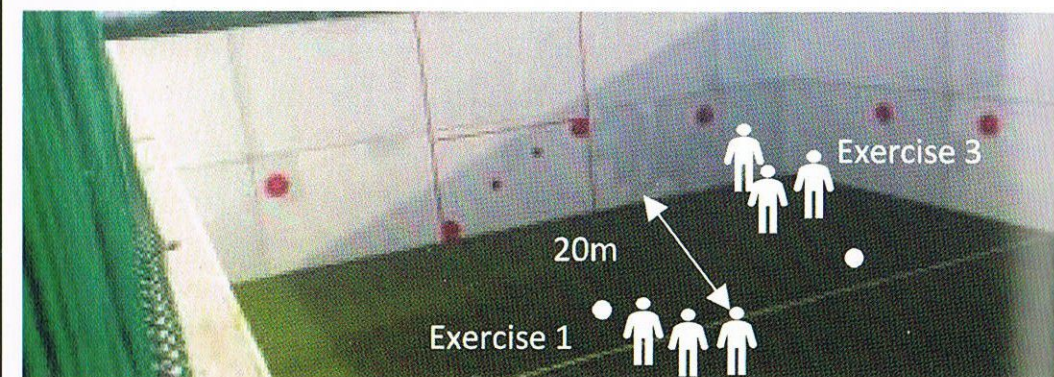
Skill Focus

- For Ball Control, player ideally gets in line with the ball so that he is taking the first touch with the ball directly in front of the body, not to the side. Hurley should be straight from top to bottom, so it would not be visible to someone standing behind.
- Two hands on the Hurley, and the Hurley in line with the body at a 45-degree angle facing in front of the body.

## Jab Lift

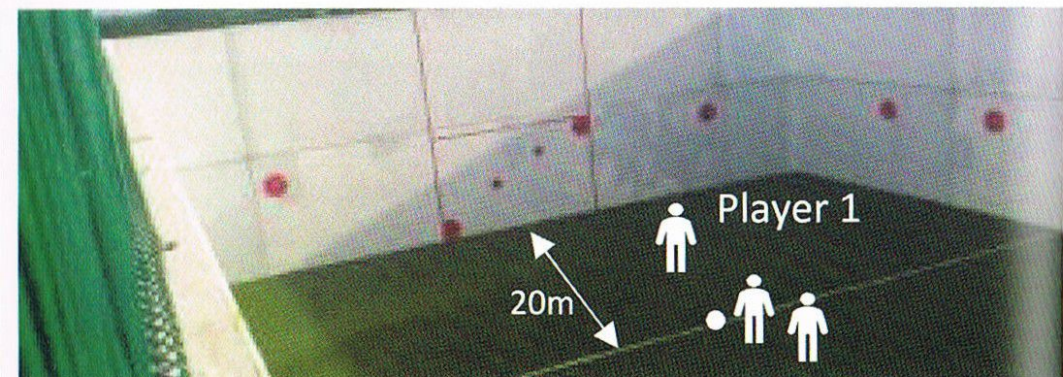
Equipment	Wall Ball/Tennis Balls
Skills	Jab Lift, Competing for Possession on Ground
Off the Wall & Progression	<p>Set up as in Diagram with ball on the ground 5m in front of the group</p> <ol style="list-style-type: none"> <li>1. Player 1 runs forward, Jab lifts the ball and strikes against the wall. He collects the ball and places it back at the line. Repeat for Player 2 and Player 3.</li> <li>2. 1 Minute Test: Each group to repeat the above exercise, and whichever team gets most jab lifts and strikes in 1 min is the winner</li> <li>3. Players start at the wall with the ball 15m out. On the whistle Player 1 and Player 2 run out to gain possession, whichever player gains possession then must try to pass the ball to Player 3 who is waiting at the wall. Rotate players each time, so that players get 2 turns, then have a break. Allow 1 player a 2m head-start.</li> </ol>

In the Area	<p>Using the whole area</p> <ol style="list-style-type: none"> <li>1. Spread all the balls out over the area. In pairs, Player 1 is to Jab lift as many balls as possible, whilst Player 2 tries to stop them. Swap roles after 30 seconds and swap opponents.</li> <li>2. Split the group into 2 teams. With all the balls in the area, Team 1 must jab lift all the balls and pass them to the coaches, whilst Team 2 try to stop them. Coach to time how long it takes for Team 1 to win every ball. Swap roles and repeat again.</li> <li>3.</li> </ol>
Skill Focus	<ul style="list-style-type: none"> <li>• For the bounce pass, it is a great pass to get the ball out of tight situations to a</li> <li>• Keep elbows tucked in and snappy wrists to flick the ball, as this skill is likely used when near an opponent, it needs to be a tight, sharp swing.</li> <li>• Player catching the ball to catch with fingers pointing up.</li> </ul>



## Feint and Side Step

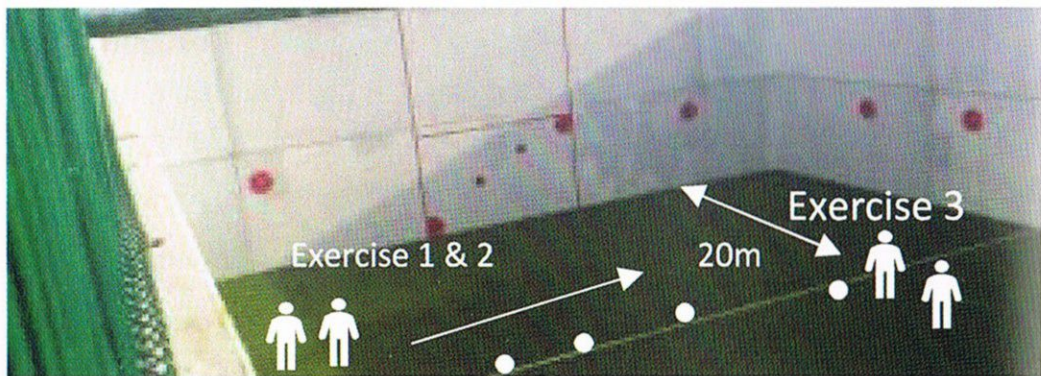
Equipment	Wall Ball/Tennis Balls
Skills	Feint, Side Step, Tackling
Off the Wall & Progression	<p>Set up as in Diagram</p> <ol style="list-style-type: none"> <li>1. Player 1 starts with the ball and hand passes the ball to Player 2. Player 2 then runs towards Player 1 and side steps him before striking the ball against the wall. Player 2 then turns and passes to Player 3, who runs toward Player 2 and side steps him before striking the ball against the wall. Repeat for Player 1 and continue.</li> <li>2. Same as above, except the Player that hand passes the ball is now an actual tackler. Player in possession must maintain possession and run to the wall whilst being tackled. Repeat for all Players.</li> <li>3.</li> </ol>



In the Area	<p>Using the whole area in their groups of 3</p> <ol style="list-style-type: none"> <li>1. Player 1 goes in goals, Player 2 starts 20m away and Player 3 is in the middle. Player 1 passes the ball to Player 2 who tries to side step/feint past Player 3 and hand pass to player 1. Player 2 then becomes the attacker, Player 3 is the passer and Player 1 is the tackler. Repeat for all players alternating starting point each time.</li> <li>2. Player 1 in goals, Player 2 vs Player 3 outside. Player 1 hits 50:50 ball up between Player 2 and Player 3. Whoever wins the ball, must run to the opposite wall before turning to take on their opponent and try to get past him. Change Goalkeeper after 1 minute and play 2 matches each.</li> <li>3. 3 vs 3: Pair up with another group. Possession game for 1 minute. But when a player is in possession, he can't pass the ball until he takes on an opponent and gets past him. Rotate opponents.</li> </ol>
Skill Focus	<ul style="list-style-type: none"> <li>• For the side step, it is important to get the player to feign to one side, plant the foot and then drive off to the other direction.</li> <li>• From a defender's perspective, learning to play the angles and force the player where you want them to go.</li> </ul>

## Hook

Equipment	Wall Ball/Tennis Balls
Skills	Feint, Side Step, Tackling
Off the Wall & Progression	<p>Set up as in Diagram in pairs</p> <ol style="list-style-type: none"> <li>1. Player 1 runs across the court and tries to Ground Strike each of the balls into the goals/cones marked on the wall. Player 2 stays behind and tries to hook each time. Ensure balls are adequately spaced out. Repeat on the way back and then swap roles before repeating.</li> <li>2. Same as above, except this time Player 1 is striking from the hand. He jab lifts the ball and strikes for goal whilst Player 2 tries to stop him. Repeat on the way back before swapping roles again. Repeat.</li> <li>3. Player 1 starts at 20m line and takes 4 steps forward and strikes against the wall. Player 2 to try to hook. Swap roles after 5 and repeat.</li> </ol>



In the Area	<p>Using the whole area</p> <ol style="list-style-type: none"> <li>1. 3 vs 3: Possession game. Players can only strike the ball a minimum of 15m. 5 consecutive passes for a 1 point. Each Hook is a point for opposing team. Continue for 2 minutes, then repeat with different opponents.</li> <li>2. All the Balls spread around the area. In pairs, Player 1 jab lifts any ball and tries to strike it to the wall. Player 2 tracks player 1 and tries to Hook him. After 3 strikes, swap roles. Repeat with different players.</li> </ol>
Skill Focus	<ul style="list-style-type: none"> <li>• For the Hook, building confidence in the players ability is crucial. By starting at Exercise 1 Off the Wall, the hooker is going to get a regular Striking motion (opponents ground strike) to increase confidence. This develops step by step to trying to hook in a game scenario in Game 1 of "in the area".</li> <li>• For the hook, Player should be stood full arm and Hurley length behind the striker. When going for the Hook, the player lunges in to place the Hurley between the hip and the elbow. This should get into the plane of the swing and get the hook.</li> <li>• Coach to work with players with poor technique and ensure a safe learning environment for these players.</li> </ul>

## Block Down

Equipment

Wall Ball/Tennis Balls

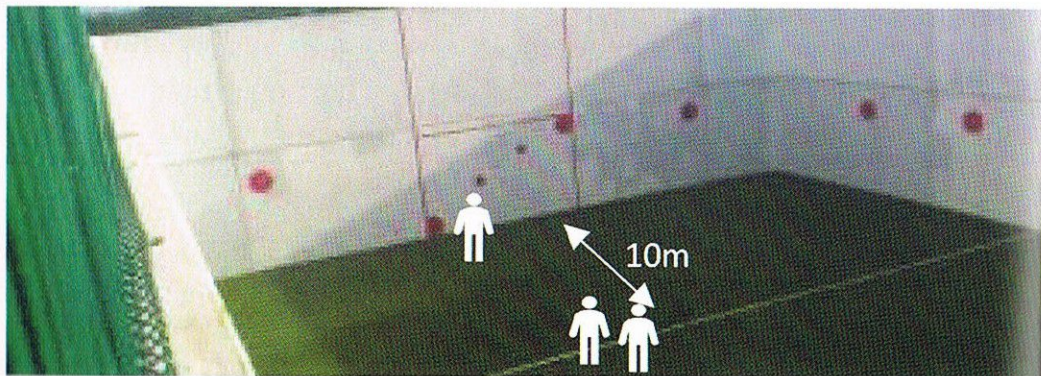
Skills

Feint, Side Step, Tackling

Off the Wall  
&  
Progression

Set up as in Diagram in pairs

1. Player 1 starts at the wall, he hand passes the ball to Player 2, who then tries to hit the ball over the bar/line marked on the wall. Player 1 after hand passing, follows out and tries to Block Down Player 2. Player 2 then becomes the Blocker and Player 3 the striker. Repeat for all players.
2. Player 1 passes the ball to Player 2, Player 2 then solos to the far side of the area to touch the opposite wall. Player 3 follows Player 2. Player 2 then turns and tries to hit a high ball to Player 1 whilst Player 3 tries to Block him down. All 3 players then rotate where Player 3 is the passer, Player 1 is the striker and Player 2 is the Blocker. Rotate again.



In the  
Area

Using the whole area in groups of 3

1. Piggy in the middle: One player in the middle of the other 2. Piggy must try to get as many Block Downs as possible. Players can only puck the ball over the Piggy's head. Swap roles after 45 seconds.
2. Piggy in the middle: This time, players can hit the ball in any direction, high or low. Piggy now must work harder to anticipate where the ball will be going and where he needs to put his Hurley to get the Block Down.
3. 3 vs 3: Possession game with 5 consecutive passes is a point. Players can pass by any methods but each Block Down is worth a point. Players will have to Block Hand passes, Bounce Passes, Overhead passes etc.

Skill Focus

- For the Block Down, building confidence in the players ability is crucial. Coach may be the striker initially, so that the player feels safe performing the skill.
- Key points are to ensure the Hurley stays up, not dropping down. Eyes on the ball and to make the body as small as possible.
- As players get older, they will progress to he Reach Block Down with one hand on the Hurley.



## Other Skills

Equipment

Wall Ball/Tennis Balls, Cones/Markers

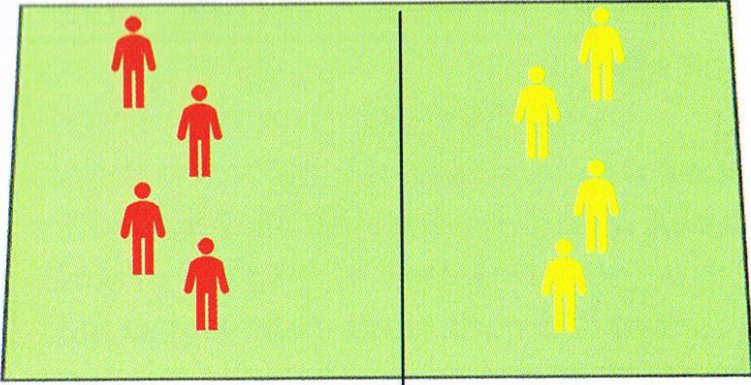
Other Skills

All these Skills done in the Area

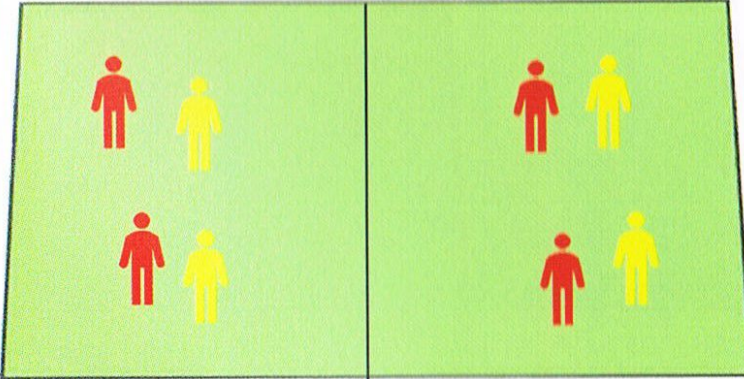
1. Solo Run: In pairs, Player 1 has the ball. Player 2 tracks and tries to dispossess Player 1. Each dispossession is a point for the tackler. Continue for 30 seconds and swap roles. Change opponents for Round 2 and Round 3.
2. Dribble: Same as solo run exercise, but only allow Ball on the ground.
3. Ground Strike: Set up No Mans Land. A line in the middle of the area, split the group into 2 teams either side of the line. Teams must strike the ball into the opponent's side. Team with most amount of Balls in their side are the losers. Add a Goal to the back of each end zone, so that teams must direct their ball to the goal and get a point for each goal scored.
4. Bat Down: Set up 2 end Zones. Teams must stay in their own end zone. Players must try to hit the ball against the 2m high Crossbar or Line on the wall. Players must try to Bat Down the opposition ball.
5. Roll Lift: In pairs, players have 1 ball between them. Players jostle for the ball and on the coaches' call, they must try to roll lift the ball

## Games Using the Area

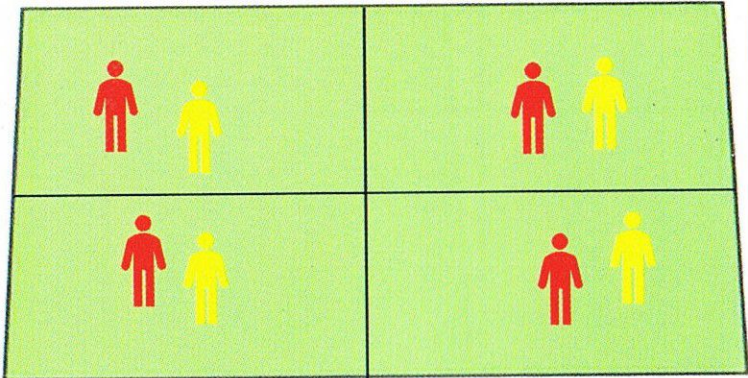
### No Mans Land 1

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as below, with 2 teams either side of a half way line</p> <ul style="list-style-type: none"><li>• Object is to hit all the balls into the other teams' side</li><li>• Team with the least amount of balls at the end of the time is the winner</li></ul>
Progressions	<ul style="list-style-type: none"><li>• Add in a Goal at the end of each teams' zone and players must try to score into the goal for a bonus point</li></ul>
Diagram	 A diagram showing a rectangular field divided by a vertical line in the center. The left half contains four red human icons, and the right half contains four yellow human icons, representing two teams of four players each.

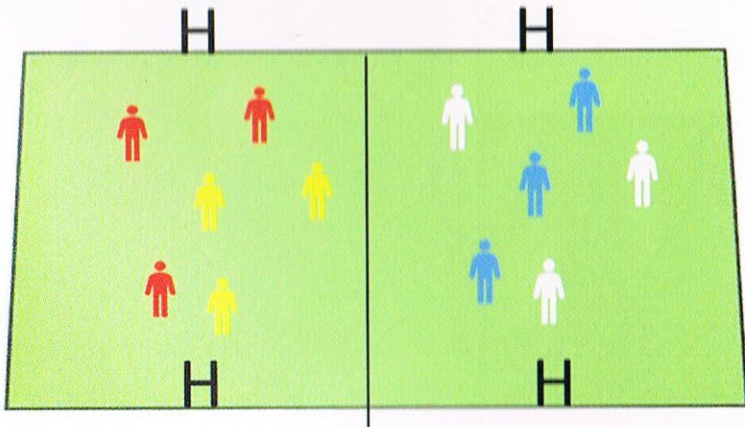
### No Mans Land 2

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as below, with 2 vs 2 on either side of a half way line</p> <ul style="list-style-type: none"><li>• Ball is thrown into either side. Team in possession must make 1 pass on their own side to a teammate, before then passing the ball to a teammate on the other half of the area.</li><li>• Each successful pass across the half way line is a point for the passing team.</li></ul>
Progressions	<ul style="list-style-type: none"><li>• Decrease the number to 1 vs 1 on either side.</li><li>• Increase the number to 3 vs 3 or 4 vs 4 and increase the number of passes needed on each side before passing across.</li></ul>
Diagram	 A diagram showing a rectangular field divided by a vertical line in the center. The left half contains two red human icons, and the right half contains two yellow human icons, representing two teams of two players each.

### No Mans Land 3

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as below, with 1 vs 1 in each <math>\frac{1}{4}</math>.</p> <ul style="list-style-type: none"> <li>Ball in thrown into any <math>\frac{1}{4}</math>.</li> <li>Players compete for the ball. Player in possession must pass the ball to a teammate in another <math>\frac{1}{4}</math>, who then does the same. After all 4 players in a team have successfully won possession and passed it on, they get a point. Team with most points after 3 minutes is the winner</li> </ul>
Progressions	<ul style="list-style-type: none"> <li>Increase the number to 2 vs 2 in each <math>\frac{1}{4}</math>. Players must complete 1 pass in here before moving it to another group.</li> <li>Vary the type of pass allowed, Hand pass, Low Strike, Bounce Pass etc</li> </ul>
Diagram	

### Mini Games 1

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as many small pitches across as needed to facilitate 3 vs 3 games with 1m wide goals</p> <ul style="list-style-type: none"> <li>Match: Teams can only score by Flicking the ball into the goals.</li> <li>Team with most goals after 2 minutes win.</li> <li>Swap opponents and repeat.</li> </ul>
Progressions	<ul style="list-style-type: none"> <li>Decrease the number to 2 vs 2 or increase to 4 vs 4 depending on size of area.</li> <li>Alter the method of scoring e.g. Normal scoring, Hand pass ball through goal to score, Carry the ball though the goal to score etc</li> </ul>
Diagram	

## Mini Games 2

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as below, with 1 goalkeeper and the 2 vs 2 outfield</p> <ul style="list-style-type: none"> <li>• Keeper pucks out the ball. Teams outside fight for possession and when in possession must complete 2 passes before, they can shoot for goals.</li> <li>• Play 5 games and rotate the keeper for each game</li> </ul>
Progressions	<ul style="list-style-type: none"> <li>• Increase the number to 3v3 or 4 vs 4 depending on space available.</li> <li>• Alter the method of scoring e.g. Normal scoring, Hand pass ball through goal to score, Carry the ball though the goal to score etc</li> </ul>
Diagram	

## Mini Games 3

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as shown, with one goal in each corner of the area. Games are played criss crossing from one corner to the opposite corner. Goal 1 vs Goal 4, Goal 2 vs Goal 3.</p> <ul style="list-style-type: none"> <li>• Normal Game playing the longest distance possible.</li> <li>• Games will be criss crossing so there will be lots of traffic to negotiate.</li> </ul>
Progressions	<ul style="list-style-type: none"> <li>• Increase the playing numbers to 4 vs 4 or 5 vs 5 depending on size of area.</li> <li>• Player must break a tackle when in possession.</li> <li>• Alter the method of scoring e.g. Normal scoring, Hand pass ball through goal to score, Carry the ball though the goal to score etc</li> </ul>
Diagram	

## Attacking & Defending Games 1

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as in the diagram.</p> <ul style="list-style-type: none"> <li>• Equal number of teams of 3 at Point X &amp; Y.</li> <li>• Teams attack for 1 possession, defend for 1 possession then take a break.</li> <li>• E.g. Blue teams have possession, they try to score on the Red Team. After play finishes, (score, save, dispossession), Yellow team become attackers and Blue become defenders. After play finishes, White become attackers and Yellow Defenders.</li> <li>• Repeat for all teams</li> </ul>
Progressions	<ul style="list-style-type: none"> <li>• Increase to 4 vs 4.</li> </ul>
Diagram	

## Attacking & Defending Games 2

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as in the diagram.</p> <ul style="list-style-type: none"> <li>• Equal amount of teams of 3 at Point X &amp; Y, with all players at Point Y Defenders &amp; Attackers at Point X.</li> <li>• Blue start with the ball, they must try to score on the red team.</li> <li>• Winning team stays on, the losing team is replaced e.g. If Blue Score, they restart with another ball from X. If Red get a stop, they stay on as Defenders to defend the White team who are now attacking.</li> <li>• Team with the most wins in a row are the winners after 5 minutes.</li> </ul>
Progressions	<ul style="list-style-type: none"> <li>• If the attackers score, the coach passes a ball into them, so they don't have to come all the way back to X.</li> </ul>
Diagram	

### Attacking & Defending Games 3

Equipment	Cones, Ball per Player, Bibs.
Description	<p>Set up as in the diagram.</p> <ul style="list-style-type: none"> <li>• Group split into 4 equal teams.</li> <li>• First team to score is the winner of the game.</li> <li>• Winning team stays on.</li> <li>• Losing team is replaced by the next team up.</li> <li>• Continue for 10 minutes, keep track of the wins for each team.</li> </ul>
Progressions	<ul style="list-style-type: none"> <li>• Just use 3 teams if space and numbers permit.</li> </ul>
Diagram	

### Fun Games to Finish the session

Games	<ul style="list-style-type: none"> <li>• Crossbar Challenge: Using a line on the wall, each player gets a chance to hit the crossbar.</li> <li>• Last man Standing: All players lined up one behind the other as far back from the wall as possible. Each player has 2 lives. First player lifts and strikes the ball of the wall. Player 2 must control the ball with 1 touch and strike back against the wall before the ball stops moving. Player 3 then repeats. Continue until only 1 player is left standing. Increase or decrease the number of lives according to group size.</li> <li>• Penalty Shoot out: Put a goalkeeper into the goal and each player takes a penalty. If you score, you progress to round 2, if you miss, you are eliminated.</li> </ul>
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