

Adapting FUN games for Hurling

The Workshop will be broken down into 3 sections:

1. Individual and Pair Games
2. Small Sided Games
3. Full sided Conditioned Games

World Cup

Aim: attacking, defending, ball control, confidence on the ball and work rate.

Rules:

- 1 goalie 2 players
- 1min to score as much as you can
- Then rotate Goalkeeper
- Goalie must play out 50/50 ball

Variations:

- Score must be under the height of the cones

Push the Button

Aim: attacking, defending, ball control, confidence on the ball and work rate.

Rules:

- 4,6 or 8 Players
- 1 player at either side with a ball. 1v1 in middle.
- 1v1 must win possession then return ball.

Variations:

- 1v1 can only play ball out to one side.
- 2v2 in middle; must pass ball before releasing.

10sec Touchdown

Aim: team play at pace and how to make best use of an extra player.

Rules:

- A game played across the pitch [from sideline to sideline] and in an area 30m wide.
- Best run with 6 players; 3v3
- Each team starts on its own end line; one team has the ball and a limited time [i.e. the countdown from 10 to 0 called out by the coach] to work the ball across the pitch and over the opposition line.

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- The team without the ball drops one player off for this play, leaving two to defend against three; 3v2

- Rotate roles and repeat.

Variations:

- Add more players or reduce time
- Make team even i.e. 3v3

3v3; Road to Croke Park

Aim: improve players skills, conditioning and team work

Rules:

- Set up 3 mini pitches: Recommend at least 30m by 50m
- Each game last 3min. There are no goalkeepers as goals are quite small around 10m wide and either use poles or 12" cones.
- Team must play the ball out after a score or wide, cannot solo ball out.
- How the movement works – If you win you move closer to Croke Park. If you lose you move further away.

Variations:

- Ball must be under the height of the cone to score.
- If a foul occurs the team committing the foul have to restart from their goals and the opposition are awarded 1pt.
- 2 passes before you can shoot or only aloud 3 seconds on the ball.

4 Goals; Corner Goals

Aim: Forces players to use longer passes, work on accuracy and note how punishing a poor pass can be.

Rules:

- A game played on a reduced pitch with teams of 5, 6 or 7 [whatever suits skill level best].
- Set up four goals near the corners, using poles or tall cones
- Ask players to play as normal in the outfield area.
- To score, a player must be in possession of the ball as they run between the posts of any goal.

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- 1 When the coach signals a score, the **same player** passes to restart the game [so the scoring team still has possession of the ball] and their team-mates must move the ball to score in one of the two goals at the opposite end of the pitch.

Variations:

- 2 More Players.
- 3 Reduce or widen Pitch.

Who's Attacking

Aim: This game is designed to force players to change quickly from defensive mode to attacking mode and vice versa.

Rules:

- 1 Two teams of 6-8 outfield players line out in one half of the pitch.
- 2 One goalkeeper stands ready to play for whichever team is defending.
- 3 The coach starts the game by lobbing a ball into the playing area.
- 4 The team that wins possession must work the ball out over the halfway line, keeping possession. Once across the line, this team turns with the ball to attack the goals.
- 5 The other team defends and tries to win the ball back.
- 6 If the ball goes dead [score, wide, sideline] the coach lobs the next ball in.
- 7 Should one team dispossess the other during open play, that team must work the ball out in the same fashion.
- 8 In short, no attack may be mounted without the ball first being taken over the halfway line.

Variations:

- 9 After a Score the Defending team must work ball out over half way line.

Work It Out

Aim: positional play, space awareness, team work.

Rules:

- 1 Set up:
 - area from one end line to the 65m or far 45m line
 - teams line out in backs v forwards style
 - goalkeeper starts with all the balls

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- As soon as the ball goes dead i.e. wide or score the keeper starts again.
- 1 The scoring is as follows
 - The attackers get 1pt for a point and 2pts for a goal.
 - The Defenders get 1pt for playing the ball through either set of poles and 2pts if they can carry the ball through either poles
- 2 Don't tell your players any tactics just how the rules at the beginning. Let them work it out

Variations:

- 3 To improve the length of the Goalkeepers puc out, have a 5pt bonus if they can hit it through the poles.

2min Countdown

Aim: lets players experience two situations – a game with only 2 minutes of added time left and either one point down or one point ahead.

Rules:

- 1 A simple backs v forwards series of games. For the purposes of this game, the backs may only defend the lead and try to clear the ball out over the far 45m line.
- 2 A number of balls are set out along that far 45m line. The game starts with the defenders 1 point ahead and an attacker lifting a ball from the far 45m line.
- 3 The attackers have two minutes on the clock to draw or win the game. Should a ball go out of play as a 'wide', a 'score', a '65' or a defensive clearance over the far 45m line, the game always restarts with an attacker lifting another ball from that far line.

Variations:

- 1 A win for either team earns 2 points – a draw earns 1 point. Give one-minute rest between games, keep switching the teams and play 4 or 6 games to see which team earns most points.
- 2 Play on from Sidelines and frees.

3 Seconds

Aim: One of the traits a good player has is the ability to look up when in possession and scan the area ahead.

Rules:

- 1 One of the easiest methods of developing this is by running the 'Three Second Game'.

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- 13 This simply means playing a match or a backs v forwards game and introducing the rule that allows each player a maximum count of '3' on the ball.
- 14 To highlight this, the coach should referee the game and call out loudly "1.....2....3 when a player receives the ball.
- 15 Should the ball be played on the count of '2' then the coach stops the call and begins again as the next player receives the ball.
- 16 Should any player still be in possession after the count of '3', a free may be awarded to the opposition.

Variations:

- 17 The same count applies to the free – too long and the opposition gets a free.

Wipe-Out

Aim: Focuses players much more and leads to a higher degree of intensity. Players are keener to defend, to find space, to shoot sooner and to turn the ball over.

Rules:

- 18 Choose two teams [e.g. 7v7 up to 15v15], bib them and adapt the size of the pitch to suit.
- 19 The game is normal with one twist. To win the game, a team must score 3 times consecutively (without their scores being interrupted by an opposition score). Should the opposition score before 3 consecutive scores are taken, any scores earned are wiped out and the opposition are now deemed to be winning 1-0.
- 20 e.g. Team A scores a point and then a goal. They are now winning 2-0 in scores taken. Team B scores a point. Team A's two scores are wiped out and Team B leads 1-0.

Variations:

- 21 A game to try as part of a series
- 22 Delay the 'wipeout' element until a certain number of scores has been reached.
- 23 Play to 5pts but Goals count as 3or2pts