

Hurling/Camogie Nursery

Equipment

Medical Kit	Indoor Huris	GO-Games Balls	Ladders	Cones
Session Plan	Helmets	Bean Bags	Hurdles	Domes
Registration Forms	Balloons	Tyres	Hoops	Skipping Rope
Whistle	Watch	Footballs	Skipping Rope	Bibs

Warm Ups

4-6yrs old	7-8yrs old	9-10 yrs old
Dodgems Signal Man Colours Bridges and Rivers	Monkey Tails Cups & Saucers Simon Says Stuck in the mud	Dodge ball Hoop Games Treasure Island

Stations

SAQ		
Ladders	Hurdles	Ropes
<ul style="list-style-type: none"> One Foot 2 Feet Sideways Sideways in and Out 	<ul style="list-style-type: none"> One foot over Bound over Long strides over 	<ul style="list-style-type: none"> Walk on rope balancing with arms out

Balloon	
Basic	Advance
Throw & catch balloon to self	Clap in Between
Throw & Jump to Catch	
Bounce of Hands	Bounce of Hands using alternative hands
Throw against wall and catch	
Tennis against wall	Tennis against wall using both hands
Hit to Partner and catch	Hit/Catch & swap cones

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Bean Bags	
Basic	Advance
Balance on hands & walk around	
Throw to self	Throw to self & Clap in Between
Throw & Catch with Partner	Throw & Catch with Partner 2 at a time
Throw & run	Throw & Swap cones with partner
Balance on Head	Balance on Head & Walk on Rope
Balance on head & run through ladder	Balance on head and jump over Hurdles

Tyres	
Basic	Advance
Intro Ready, Lock, Strike	
Strike left & Right for 30secs (No. Tyres) Strike tyre named by coach	Run and Strike left & Right Strike tyre straight on (shuffle feet)
Strike all sides of tire (4 strikes)	Intro. Clash

Ball Skills	
3-5 yrs	6-8 yrs
Dribble Balloon with hurl both sides	Intro. Wall Ball – 1 ball per player
Strike balloon with Hurl	Strike of wall – Right & Left
Balance balloon on Hurl	Dribble and strike off each wall in hall
Bounce balloon on Hurl	Solo Beanbag <ul style="list-style-type: none"> Solo Hop Hop into hand Pass off stick to partner

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Games
Organised Chaos <ul style="list-style-type: none"> • Players hit any ball anywhere • Practise Ready/Lock/Strike • On whistle coach times them to pick up every ball and get back in bag
6v6 Football Hit <ul style="list-style-type: none"> • Teams either end of hall. Line set which teams cannot cross. Football in Middle. • Each team strike sliotars to move the football pass oppositions line.
6v6 All in One <ul style="list-style-type: none"> • Teams either end of hall. Line set which teams cannot cross. • Teams try to get all sliotars into oppositions end at same time.
3v3 Ground Hurling
3v3 Hurling Cubed
1v1 Wall Ball game
Small sided games <ul style="list-style-type: none"> • Set conditions

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Top Tips from Ready to Play Book

1. Establish a Nursery Committee
 - Roles must be clearly understood
 - Provisions should be made for people not being available
2. Nursery Registration Day
 - Plan and organise the day well in advance. First impressions last
 - Make sure you have enough personnel to run the day smoothly
 - Make sure that the registration area is clearly visible
3. Implementing a Coaching Structure for the Nursery
 - A shortage of personnel may mean one individual carrying out two tasks particularly at administration
 - Ensure that coaches are aware of their responsibilities and the tasks that are expected of them
 - Make sure that the content of the session matches the ability of the children
 - Est. a Floating Coach in order to work on technique and assist with new coaches
4. Properly Manage Coaches
 - Ratio - 1 Coach: 5 Children
 - Coaches should wear distinctive clothing so they are easily identified.
5. Managing Risk
 - Reduce the Child: Adult ratio when hurling is being coached
 - Clearly signpost each station
 - Make sure groups are colour coded.

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6. Equipment

- Make a list at the beginning of each year and check every 4-6 weeks
- Organise a communal storage space
- Check regularly and replace as necessary
- Always aim for 1 ball/beanbag per child

7. Using Stations

- Number all stations
- Place a coach at each station and another coach/parent per group
- Vital that coaches arrive early and set up sessions before children arrive
- If various ages/ abilities are at a station the coach needs to be able to adjust the activities as required.
- If running Football/Hurling Nursery, reduce the time of each to 45mins. Players will be encouraged to stay for both codes.

8. Games

- The smaller the teams the better ie. 3v3
- Condition the game to suit the needs

9. Coach Recruitment

- Most parents are willing to assist in nursery coaching
- Ask them directly for help and then promote coach education and encouragement
- Ongoing communication is the key to retaining coaches.

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Resources

Ready to Play Book

By: Gerard O'Connor £5/ €10

www.dublingaagamesdevelopment.ie

To buy this book contact:

Coaching Department
Parnell Park,
Donnycarney,
Dublin 5

Phone: +44353 1831 2099

Email:

coachingdept@eircom.net

LTPD Manuals

FUNDamentals Manual £25/€35

FUNDamentals CD/ROM £10/€15

Learn to Train Manual £50/€75

Train to Train Manual £50/€75

To buy any of these Resources

Contact:

Coaching and Games

8-10 Market Street,

Armagh

BT61 7BX

Phone: +4428 3752 1900

FUN DO Pack

FUN Do Resource Pack £80/€100

To Buy this Resource Contact:

Phone: +44353 1202 2820

Email: sales@mcsport.ie

Fundamentals/Gaelic Start Packs

Contact Details: Padraic McKeever/Noel Hegarty

Email: info@thegaastore.com

Tel: 02838392233

fax: 02838392266

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Fundamentals/Gaelic Start Packs

Basic Pack All prices include VAT @ 15% £200.00

1 x Large Bag with wheels	4 x Large Sponge Balls (Tuff skin)
2 x 4M Ladders	16cm
2 x 6" hurdles	6 x Cloth Bean bags
2 x 9" hurdles	1 x Sequencing floor spots pack
1 x Set of dome cones	of six
1 x sets of 10 9" collapsible cones	6 x Rubber coits
4 x 50cm flat hoops	2 x Balzac (Balloon) Balls
2 x 65cm hoops	2 x 6', 2 x 7' Cloth Skipping Ropes
6 x Coloured Tennis balls	

- Go Games Hurling Balls Quick, Smart @ £5.00
- 25 balls plus @ £4.75, 50 balls plus @ £4.50 & £100 balls plus @ £4.25
- First Touch hurling Ball @ £6.00
- 25 balls plus @ £5.75, 50 balls plus @ £5.50 & £100 balls plus @ £5.25
- Indoor hurls Pack of twelve @ 6 indoor Balls @ £170.00
- 26", 28", 30", 32", 34" Wooden shaft, rubber head.

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Topics discussed at Workshop

-  Complements the FUNdamental and Gaelic Start Programs, currently being run.
-  Handout on skills, drills & Games
-  Equipment & Resources
-  Recruiting, training and managing coaches
-  Implementing a Coaching Structure
-  Training Venues – Why Indoor
-  Club/ school Links
-  Competition for this age group