

## Key Stage 2 Hurling Coaching

### Skills

(Work through the Skills by going down the list)

(all Skills, Drills, games can be found in the GAA FUN-DO Pack)

Primary 2	Primary 3
Gaelic Start Programme	Hurling Nursery Programme
Primary 4	Primary 5
Holding the Hurley Chest Catch Dribble Shoulder Clash Stop Ball on Ground Strike on Ground Frontal Ground Block Hook U Can Award – 1 Star First Touch Game	Ground Strike on Run Roll Lift Overhead Catch Jab Lift Strike from the hand Frontal Block Hand Pass U Can Award – 2 Star U Can Award – 3 Star Quick Touch Game
Primary 6	Primary 7
Low Catch Overhead Block Solo Run Control Moving Ball Doubling Back Batting Overhead Ground Flick (snig) Overhead Striking U Can Award – 4 Star Quick Touch Game	Puc Out Free Puck Side line Cut Penalty Puck Stopping a Ball (Goalkeeper) U Can Award – 5 Star Skill Star Challenge Smart Touch Game

### 6 Session Plan

Session 1	Games
Holding the Hurley Chest Catch Overhead Catch Shoulder Clash	Catch and Pass
Session 2	
Stop & Strike on the Ground Frontal Ground Block	All in One 3v3
Session 3	
Ground Strike on Run Hook	3v3 Road to Croker
Session 4	
Jab Lift Roll Lift Hand Pass Solo	Lifting Comp Treasure Island  Catch and Pass with Tackle
Session 5	
Strike from Hand Frontal Block	2v2 (1v1 with Goalkeepers)
Session 6	
Control Moving Ball Doubling Back	5v5