

PRIMARY SCHOOLS

GAA



JUNIOR INFANTS
SENIOR INFANTS



1st Class
2nd Class

HURLING



3rd Class
4th Class



5th Class
6th Class





PRIMARY SCHOOLS

(HURLING) CONTENTS

JUNIOR/SENIOR INFANTS

Week 1	6
Week 2	8
Week 3	10
Week 4	12
Homework Challenges	14

1st/2nd CLASS

Week 1	18
Week 2	20
Week 3	22
Week 4	24
Homework Challenges	26

3rd/4th CLASS

Week 1	30
Week 2	32
Week 3	34
Week 4	36
Homework Challenges	38

5th/6th CLASS

Week 1	42
Week 2	44
Week 3	46
Week 4	48
Homework Challenges	50

TURAS

ABOUT

TURAS is a coach development program

TURAS is the Irish word for Journey and was purposefully chosen to reflect the journey that is coach and player development. The main aim of TURAS is to provide club, school and talent academy coaches with regular and meaningful coach development opportunities. TURAS is based on five key principles that when applied will positively improve coach and player performance:

COACHING PRINCIPLES

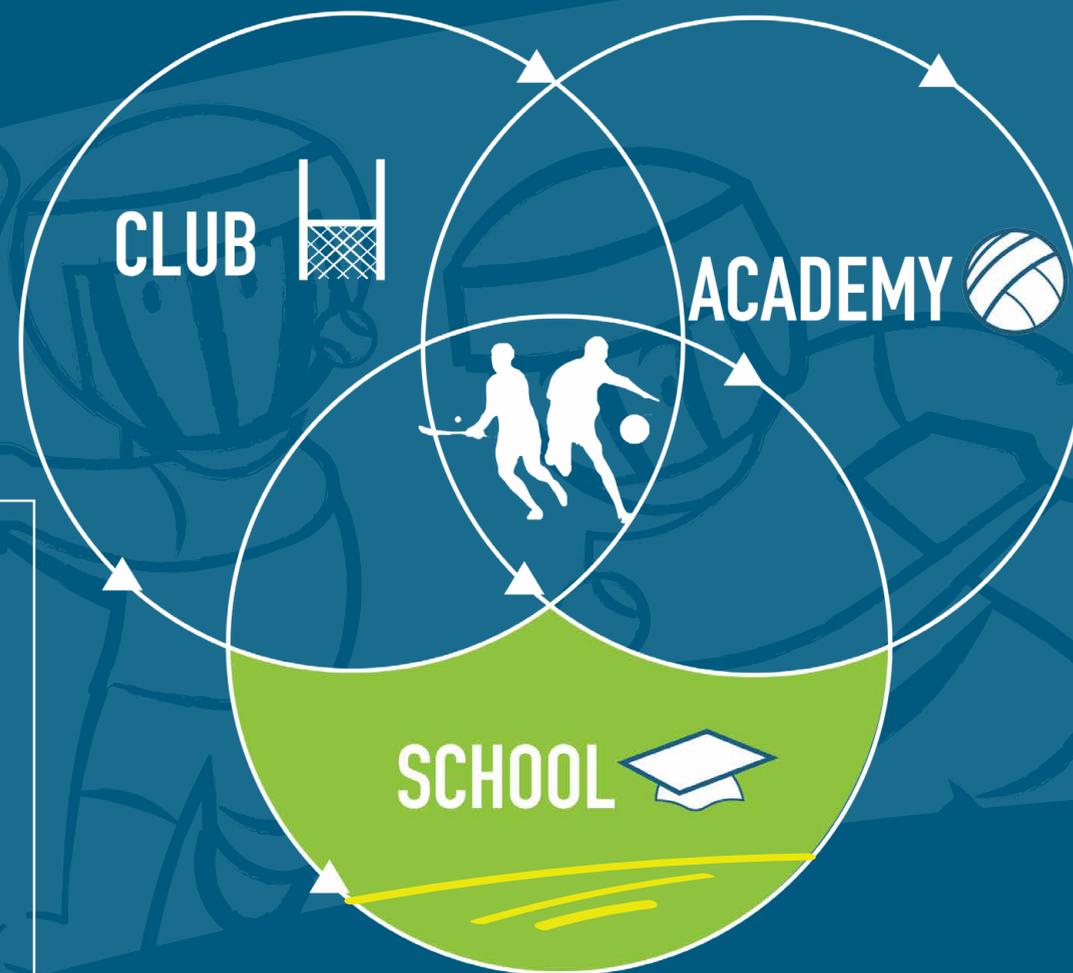
Testing and Challenging: all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience



TURAS PRIMARY SCHOOLS



JUNIOR INFANTS

SENIOR INFANTS

TURAS

PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience ✓

PRIMARY SCHOOLS

All my activities in today's session will be designed for pupils to have as much fun as possible. The sound of laughter will tell me if I'm successful!!



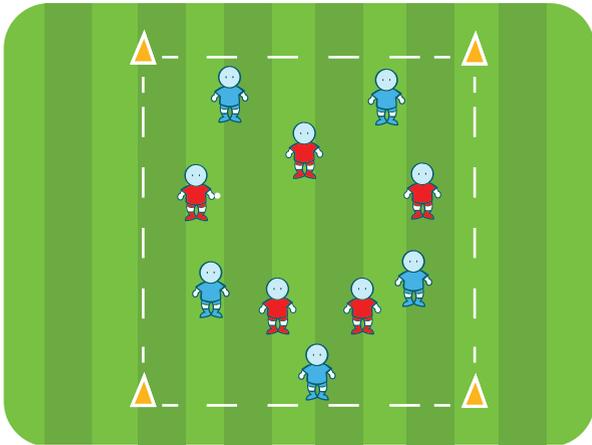


JUNIOR/ SENIOR INFANTS

Week 1 (Co Ordination)

STUCK IN THE MUD

1



- 4/5 catchers depending on class size.
- Players get caught they stand with their legs spread apart and arms out wide
- Players can only be freed when someone crawls through their legs

Progression

- Involves all players
- Works on fundamentals (e.g. running, evading)
- Decision making

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Hopping Side stepping	Balance	Catching

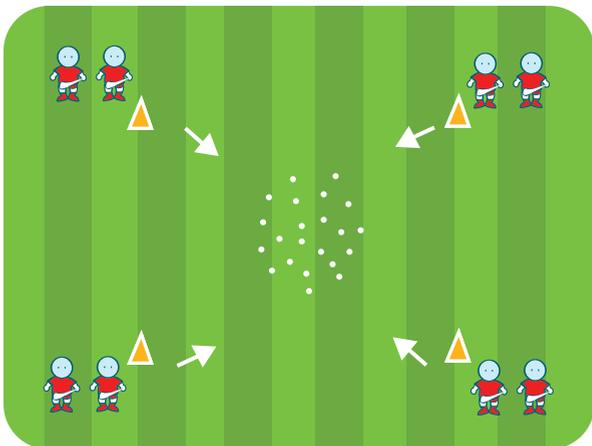
CURRICULUM LINK

Numeracy



Rob the Nest

2



- Place sliotars/beanbags in the middle of a large circle
- Divide players into groups of 2/3 around the circle
- First player in each group gets a cone
- Players must run into centre and pick up a sliotar with their cone, bring the sliotar back to the group and give cone to next person
- When coach shouts "rob the nest" players can rob sliotars from other groups
- Group with the most sliotars at the end wins

Progression

- Players work together as a team
- Decision making, running, evading
- Using cones forces players to bend and scoop the ball (similar to hurling pick up movement)
- Ensure players don't use body parts to aid picking up the ball

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping Hopping Skipping	Balance	Catching Throwing Dribble

CURRICULUM LINK

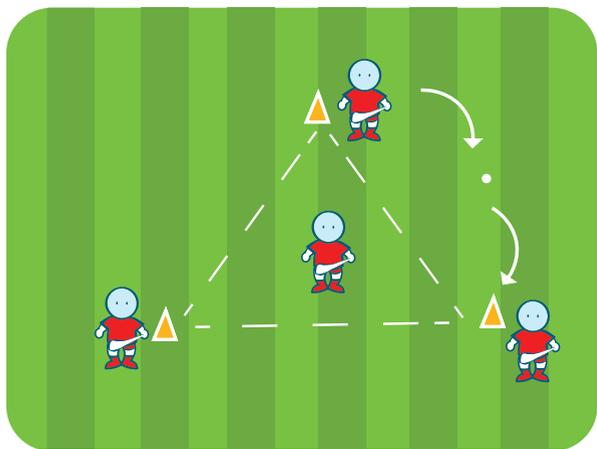
Numeracy



PIGGY IN THE MIDDLE

3

FUNDEMENTAL MOVEMENT SKILLS



- Mark out triangle with cones. Place one player at each cone and one in the middle.
- Players on outside pass the ball to their teammates on the outside cones but must keep the ball away from the player in the middle
- If player in the middle gets the ball, whoever threw it goes in the middle

Progression

- Great for fundamental movements (e.g. catching, throwing)
- Decision making
- Can also use footballs, tennis balls etc.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Hopping Side stepping	Balance Landing	Kicking Catching Throwing Striking with an implement Striking with the hand

CURRICULUM LINK

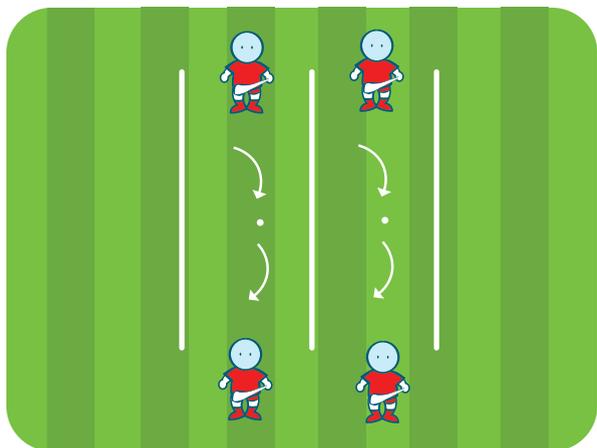
Numeracy



AIR HOCKEY

4

FUNDEMENTAL MOVEMENT SKILLS



- Divide the players into pairs
- Then divide the playing up into lanes approx. 5metres
- Lanes can be made using skipping ropes
- One player will kneel down either end of the lane
- Both players have a cone each and they one beanbag between them
- They must strike the beanbag with the cone and try get it passed their opponent for a score

Progression

- Works on hand eye coordination
- All players involved
- Competitive
- Variation: Get rid of the bean bag and cones, continue game with tennis ball. Rolling only and block with hands

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Dodging	Balance	Catching Throwing Striking with the hand Striking with an implement

CURRICULUM LINK

Numeracy



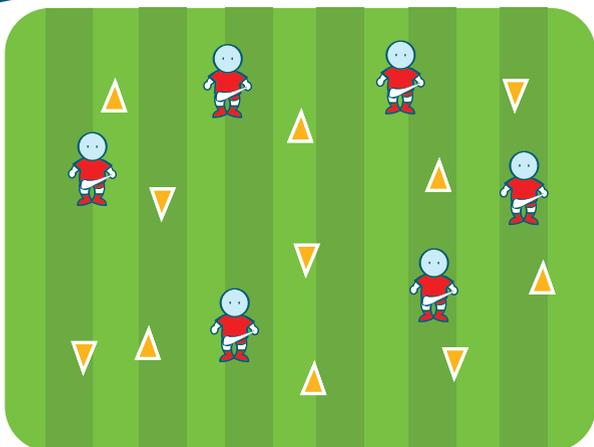


JUNIOR/ SENIOR INFANTS

Week 2 (STRIKING ACTION)

Cups and Saucers

1



- Place enough cones on the floor so that there are at least one for each child.
- Half of them need to be placed on the floor facing up, and half upside down. This creates the cups and saucers.
- Divide the class in two, depending on whether they are a cup or saucer and they have to turn the cones over for their team.
- The team with the most cones turned over within a set time (e.g. 30 seconds) wins.

Progression

- Involves all players
- Works on fundamentals (e.g. running, evading, bending)
- Decision making
- Increases level of competition

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Hopping Skipping Side stepping Jumping	Balance Landing	Catching

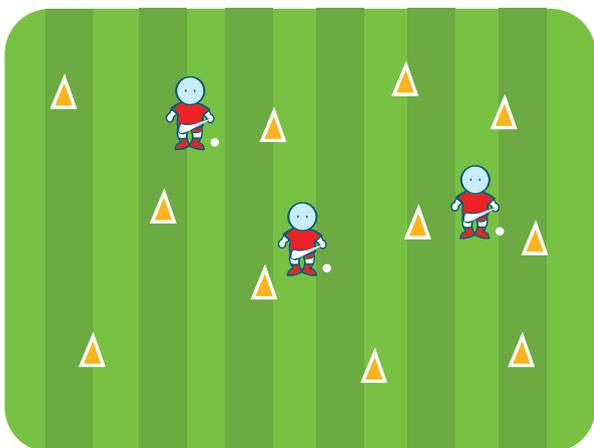
CURRICULUM LINK

Numeracy



MINEFIELD

2



- Spread lots of cones around the playing area
- Cones are labelled "bombs"
- Players must dribble the sliotar on the ground around the playing area, avoiding all the cones
- If the players hit a cone they are blown up and must jump on the ground and lie down for 3 seconds before they can get up and continue

Progression

- Involves all players
- Works on accuracy, co-ordination and fundamentals
- Vary the actions if they hit the cone e.g. jump, hop etc.
- Vary the skill involved e.g. solo on hurl, bouncing

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance Landing	Catching Throwing Striking with an implement Striking with the hand

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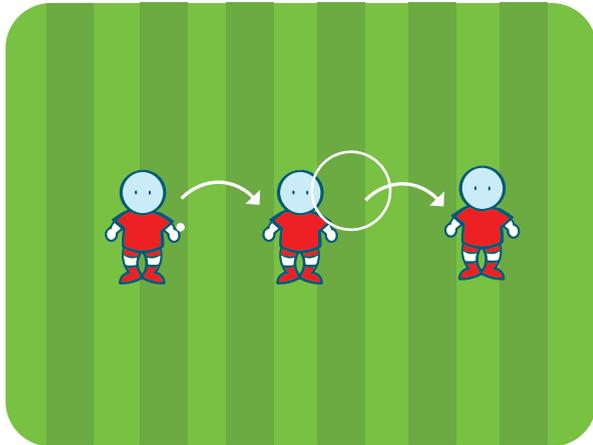
Numeracy



Hula Hoop Target

3

FUNDEMENTAL MOVEMENT SKILLS



- Divide players into groups of 3
- One player in the middle with a hula hoop
- Players stand either side of person in the middle and must throw the ball through the hoop to each other
- Switch person in the middle every few mins

Progression

- Involves all players
- Works on accuracy, coordination, catching, throwing, timing
- Variations – hand pass, throw, bounce through hoop
- Player in middle can move hoop to make it harder (up and down)

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Hopping Skipping Jumping Dodging	Balance Landing	Catching Throwing Striking with an implement Striking with the hand

CURRICULUM LINK

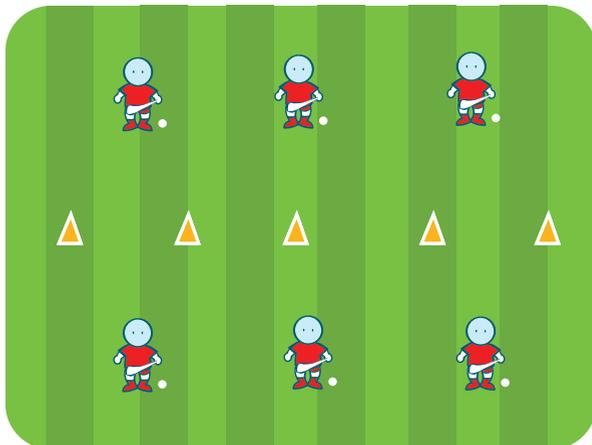
Numeracy

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Tennis Hurling

4

FUNDEMENTAL MOVEMENT SKILLS



- Divide the players into twos
- The playing area is divided into sections, with half the players in each section
- Players strike the ball on the ground into the opponent's section. When they strike the ball, it must not stop on their side.
- If the ball stops on the other side the team that struck it into there gets a point because it has stopped

Progression

- Use both sides when striking
- Add more sliotars
- Working on striking and blocking

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance	Striking with an implement Ground Strike Tackle

CURRICULUM LINK

Numeracy

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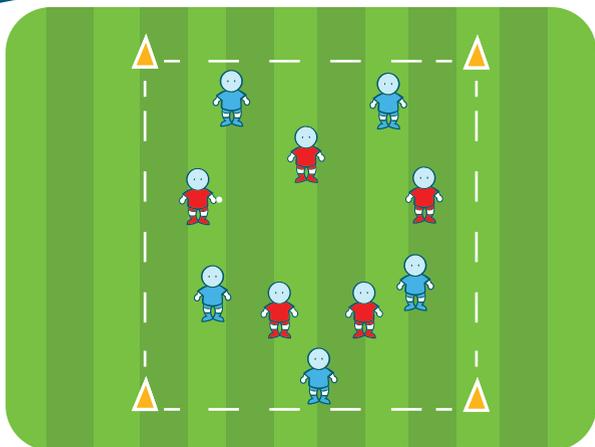


JUNIOR/ SENIOR INFANTS

Week 3 (STRIKING)

FLUSH THE TOILET

1



- 4/5 catchers depending on class size.
- When players get caught they stand with their arms out straight.
- Only freed when someone pushes their arm towards the ground

Progression

- Involves all players
- Works on fundamentals (e.g. running, evading)
- Decision making

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Hopping Skipping Jumping Side Stepping	Balance Landing	Tackle Catching

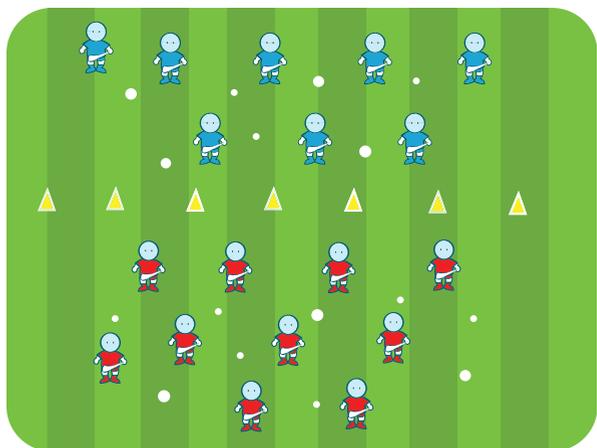
CURRICULUM LINK

Numeracy



EMPTY THE YARD

2



- 2 teams line up either side of the centre line.
- On coaches whistle the players strike with the hurl whatever balls are on their side across the line to the other side.
When coach blows the whistle again everyone freezes and the team with the least amount of balls on their side are the winners.
- Play three rounds.
Balls can be a mixture of 1st touch sliotars, sponge footballs, sponge tennis balls.

Progression

- Coach assigns a name to a player's right and left sides eg Robbie for Right and Larry for Left. Then when coach calls one of those names the player must strike with that side only. Coach keeps on calling the different names every couple of minutes.
- Swap 2 players from each team and they then become blockers on the side they are now. Their purpose is to stop the other teams clearing the balls.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sideways	Balance Landing	Dribble Ground Strike Control

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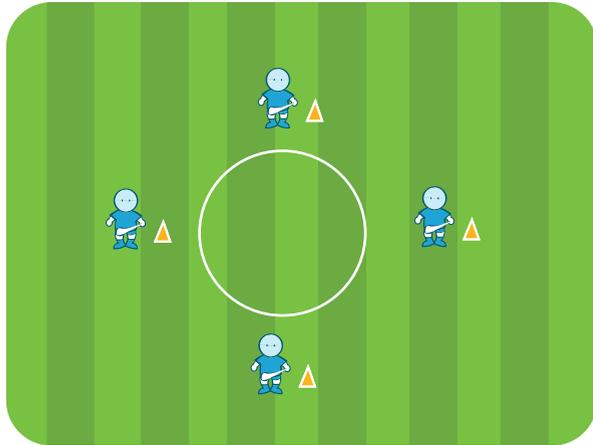
Numeracy



Pancake Toss

3

FUNDEMENTAL MOVEMENT SKILLS



- Set up as shown.
- 4 players each have a bean bag and hurley.
- Object of game is for each player to attempt to flick the bean bag off the hurl and land it in the hoola hoop gaining a point after each successful attempt.
- After each successful attempt the player then moves his/her cone back 1 step make the challenge harder.

Progression

- Put players in pairs facing each other across the hoola hoop.
- They now see if they can flick the bean bag across the hoola hoop to their partner to catch.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Jumping	Balance Landing	Striking Throwing

CURRICULUM LINK

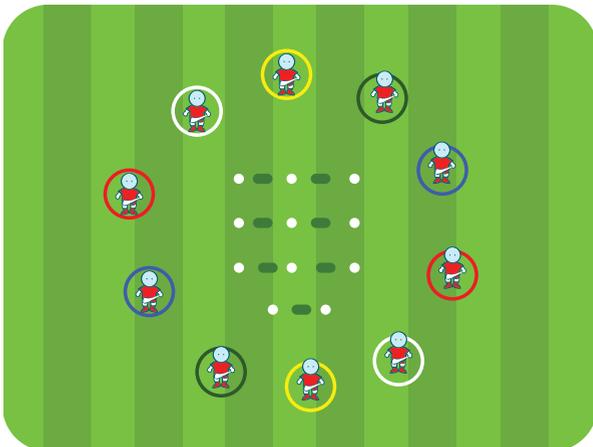
Numeracy



SHOP TILL YOU DROP

4

FUNDEMENTAL MOVEMENT SKILLS



- Each child has a Hurley. They must run into the shop and grab one item and bring it back to the hoop and then go get another.
- If a child gets a ball they must dribble it back on the ground without using their hands.
- If they get a bean bag they must put it on the Hurley and solo back to the hoop. When the shop is empty they can count how many they have in their house.

Progression

- Can solo the ball back.
- This game can also be done in partners with two at each loop one goes at a time.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping Hopping	Balance Landing	Dribble Ground Strike

CURRICULUM LINK

Numeracy



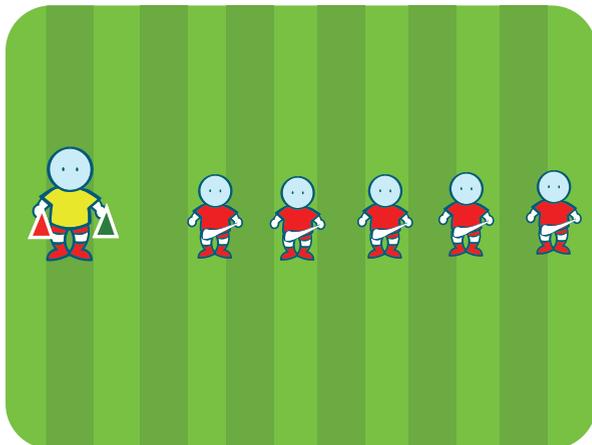


JUNIOR/ SENIOR INFANTS

Week 4 (Fun Games)

Red LIGHT, Green LIGHT

1



- Players line up on one side of the court and the person who is calling out "Red Light!" and "Green Light!" stands at the other end
- Whenever the green cone is held up players can run forward.
- However, when the red cone is held, they must stop immediately.
- If any of the players are caught moving when the red cone is up, they are out.
- First person to reach the person in charge of the cones gets to be on

Progression

- Involves all players
- Works on fundamentals (e.g. running)
- Decision making
- Reaction
- Body control

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Skipping Hopping	Balance Landing	Catching

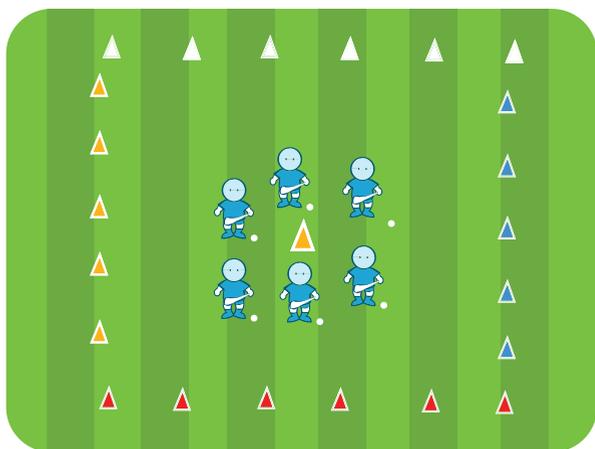
CURRICULUM LINK

Numeracy



4 Wall Game

2



- Set up as shown with 4 different coloured sides to the square.
- Players stand at the centre cone.
- Coach calls a colour and the players dribble the ball to the associated coloured line and returns to the centre cone.

Progression

- Coach then calls a series of colours which players must follow before returning to the centre cone.
- Eg Red, yellow, blue. The players must first go to Red then yellow and finally Blue before returning to the centre cone.
- First player back to centre cone is deemed the winner.
- Use multiple squares to accommodate numbers.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Sideways	Balance	Dribble Ground Strike

CURRICULUM LINK

Early Mathematical Activities – Matching and Sorting



2 Goals



- Set up multiple pitches each with 2 goals as per diagram.
- Players act as goalkeeper and shooters.
- Players take turns striking a ball and scoring a goal.
- After 2 minutes rotate partners so everyone has a new opponent each game.
- Balls to be used can be 1st touch sliotar, sponge tennis balls, big sponge balls.

Progression

- Increase distance between goals.

3

FUNDEMENTAL MOVEMENT SKILLS

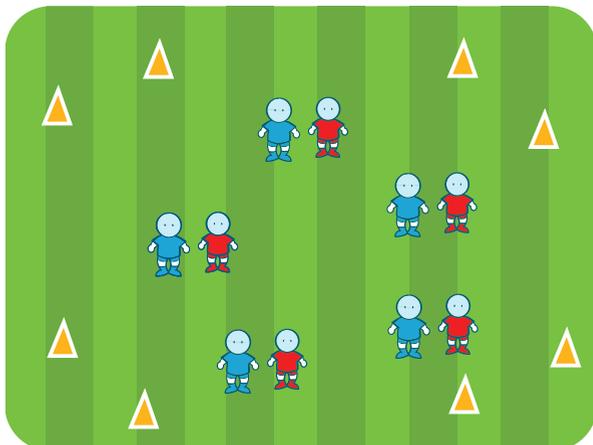
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Jumping Side stepping	Balance Landing	Dribble Ground Strike

CURRICULUM LINK

Numeracy



4 goal game



- Mark out playing area depending on the numbers
- Position a goal at each corner
- 2 teams (A+B)
- Each team defends 2 goals but no goalkeepers are used

Progression

- Before a team can score every teammate must receive a pass first.
- To win the game a team must have scored in all 4 goals.

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping Jumping	Balance Landing	Dribble Ground Strike Tackle

CURRICULUM LINK

Numeracy

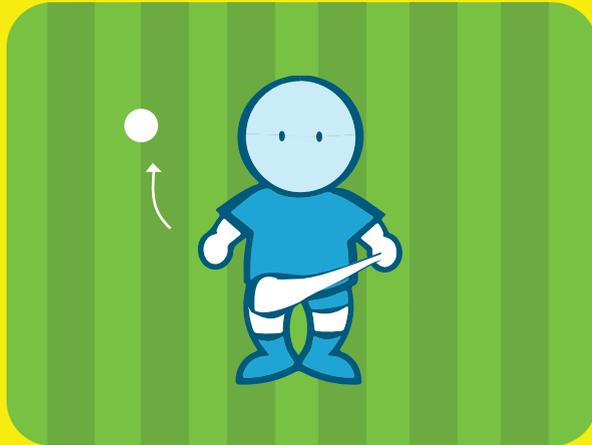


HOMEWORK CHALLENGES



1

Week 1



Player must hold the hurl in one hand and throw the ball up in the air and catch it with the other hand

Count how many catches they can get in 20 seconds

Repeat the activity everyday and try to beat your own score

2

Week 2



A cone and a hula hoop are set up 10m apart

Players have 10 sliotars at cone

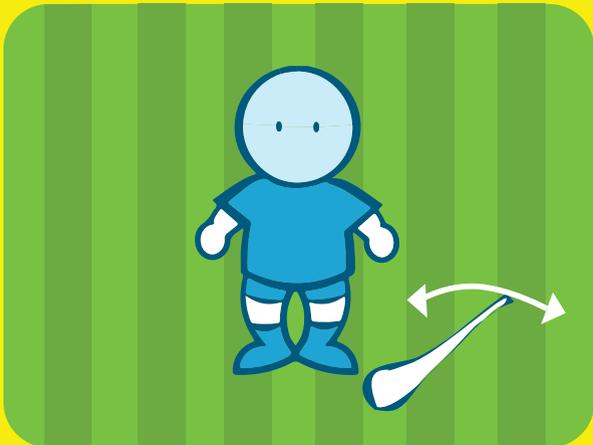
Players must dribble the sliotar to the hula hoop (one by one)

Players time themselves and aim to beat their score everyday

Progression: Add obstacles between cone and hula hoop

3

Week 3



Player to jump sideways across hurley for 20 seconds.
Count how many times over and back the child jumps over the hurley.
Child repeats exercise and attempts to beat their own score.

Variations:

Child can jump forwards and backwards over hurley.
Child can jump using one leg instead of two.

4

Week 4



Child attempts to strike ball with as few strikes as possible into target.

The target can be anything eg hoola hoop, jumper on the ground, goals etc.

The child is encouraged to be creative and place obstacles on the course eg bicycle, bin, box.

TURAS PRIMARY SCHOOLS



1st Class
2nd Class

TURAS

PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience

PRIMARY SCHOOLS

Today all pupils will have a ball each for lesson. The best way for pupils to improve is to ensure they get plenty of ball contacts and improve their skill.



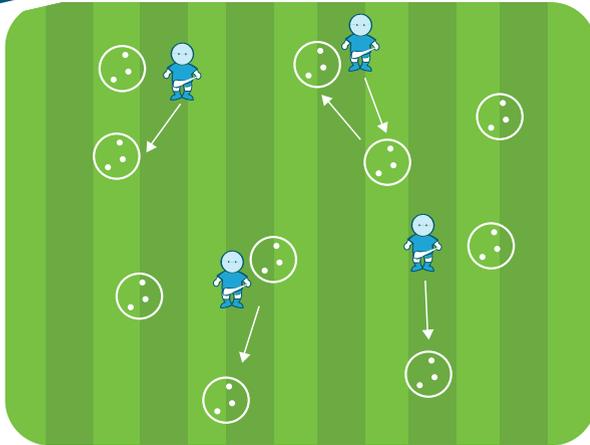


1st/2nd CLASS

Week 1 (DRIBBLING and STRIKING)

BALL SWOPS

1



- 10 hoops laid out with 3 slottars in each one.
- Players are all running or skipping or hopping etc around the area waiting on a number to be called.
- Teacher calls number '3'
- Players have to dribble 3 different slottars from one hoop to another
- Teacher can put time limits on the game, 'Players have 15 seconds to transfer 3 different slottars'

Progression

- Players perform a roll lift and carry/solo to next hoop

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Skipping Hopping	Balance Landing	Dribbling

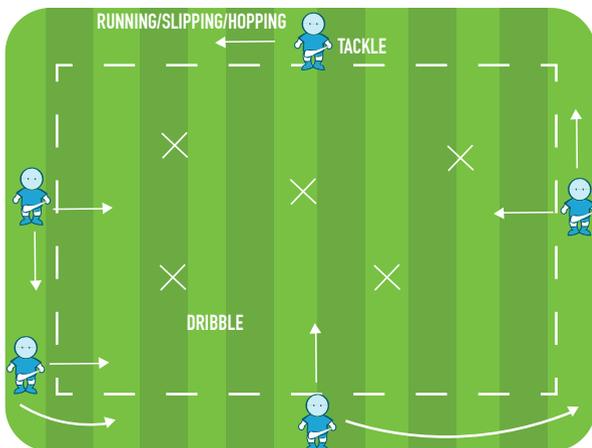
CURRICULUM LINK

Numeracy



King or Queen of the Square

2



- A square is marked out
- 5 players are inside the square with a slottar each, practising their dribble
- 5 other players are running/skipping/hopping/crawling around the outside of the square.
- On the whistle all the players race inside the square and attempt to flick the other players slottars outside the square. (Give it 30 seconds or so to allow both teams some time to perform their skill or movements)
- Once their slottar is hit out of the square, they go to the outside and perform jumping jacks
- The player who is last with their slottar is the king or queen of the square.
- Swap teams.

Progression

- Players in the square are soloing a slottar and the players tackling must chase them until the slottar fall off.

FUNDEMENTAL MOVEMENT SKILLS

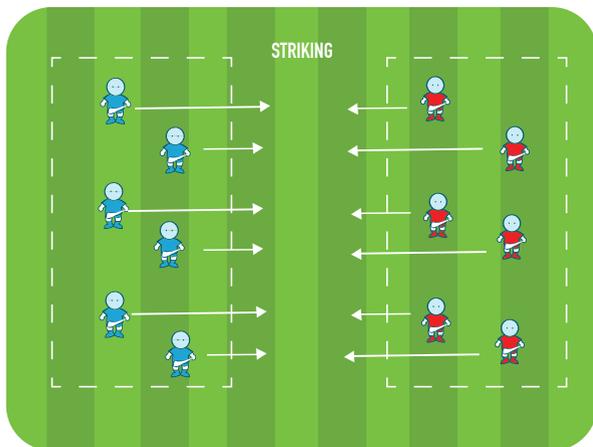
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Skipping Hopping Dodging	Balance	Dribble Ground Strike Tackle

CURRICULUM LINK

Numeracy



Clear Your Side



- Group is split into 2 teams, 5 v 5/8 v 8
- All players have a sliotar
- On the whistle the players strike their sliotar across to the other side
- The players then continue to strike any sliotar on their side across to the other until the whistle goes again
- The team with the LEAST amount of sliotars on their side wins
- Play for best of 5

Progression

- Only allow 3 touches, stop, set up and strike.
- Strike from the hands.

3

FUNDEMENTAL MOVEMENT SKILLS

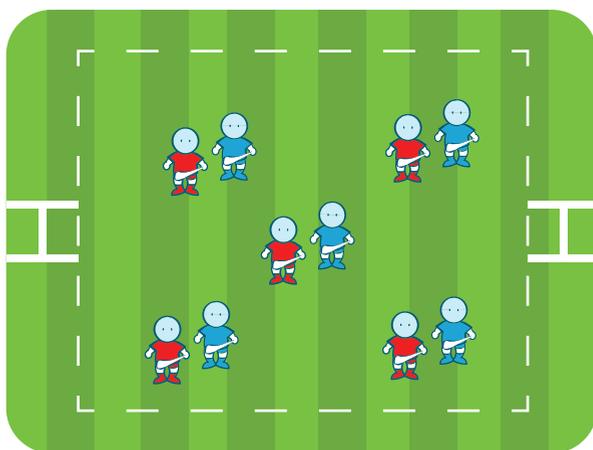
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sideways Move- ment	Balance	Dribble Strike

CURRICULUM LINK

Numeracy



5v5 Match



- Organise 2 teams, 5 per team.
- Set up a normal playing pitch with 2 goals.
- Teams are scoring into the other team's goals.

Progressions

- Teams play with/without goalkeepers
- Players only allowed 5/3 seconds on the ball
- Same player does not score twice in a row
- Periods of ground hurling and periods of air hurling. (If ability allows)
- Bonus points for goal scored from non-dominant side

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sideways Movement	Balance Landing	Dribble Strike Tackle

CURRICULUM LINK

Numeracy



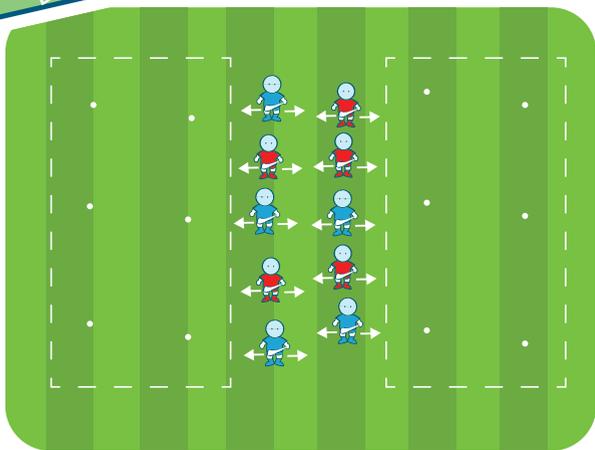


1st/2nd CLASS

Week 2 (TRAVELLING WITH BALL)

FILL YOUR SIDE

1



- 2 teams of 5v5.
- 2 areas set up on either end of a playing area with 5 sliotars in each grid.
- On the whistle the players run/skip/hop into the other grid and dribble a sliotar back to their area.
- Both teams are trying to fill their area by taking from the other area at the same time.
- On the whistle both teams stop and the team with the most amount of sliotars in their area win.

Progression

- Players perform a roll/jab lift and solo back to their grid

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sidewards Move- ment	Balance	Dribble Solo Lifting

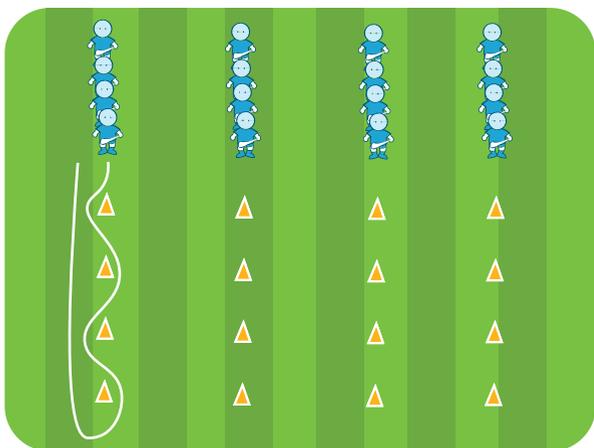
CURRICULUM LINK

Numeracy



FLIP THE Pancake Relay Race

2



- Players in lines of 3, each with a hurl
- The 1st player has a bean bag, (Pancake) balanced on the Bás of their Hurl.
- The race out around the obstacles and return to the start
- At the last cone before the next person, the player "Flips The Pancake" to the next player who tries to receive the 'Pancake' on their Hurl.
- Continue like a normal relay race.

Progression

- Replace the beanbag with a sliotar and attempt to catch in the hand

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Weaving	Balance	Passing Receiving

CURRICULUM LINK

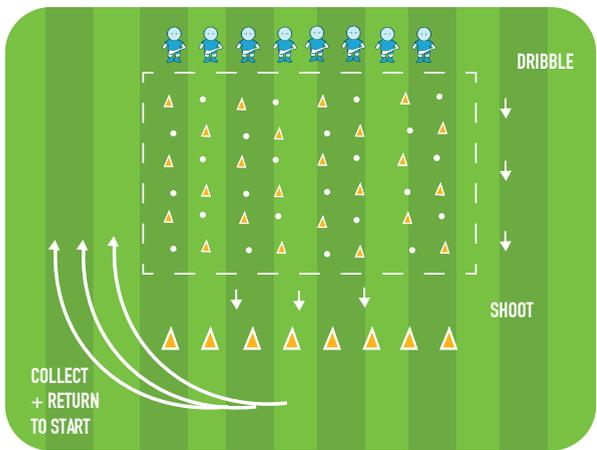
Numeracy



MINEFIELD AND SHOOT

3

FUNDEMENTAL MOVEMENT SKILLS



- Set up a large area with cones/hoops scattered out, these will be the minefield.
- 10 to 15m past the end of the minefield set up some tall cones that will be the targets.
- All players have a sliotar and they must dribble their way through the minefield, once they get to the end of the minefield, they attempt to strike and hit one of the cones.
- The players then follow their sliotar and return to the start via the outside of the minefield and go again.

Progressions

- If players touch a mine, they go back to the start.
- The players must dribble/solo the sliotar back on the outside
- A defender can be put in the minefield to flick sliotars away
- Players can solo through the minefield and strike from their hands.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging	Balance	Dribble Ground Strike Tackle

CURRICULUM LINK

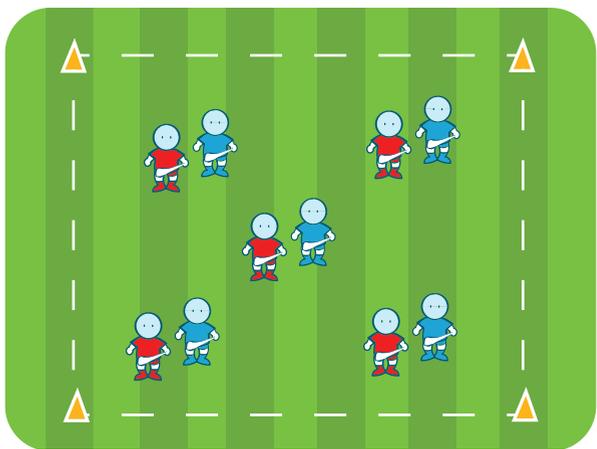
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ACTIVITY 4

4

FUNDEMENTAL MOVEMENT SKILLS



- Organise 2 teams of 5
- Set up a grid, 20x20m if space allows.
- The 2 teams must try keep possession of the sliotar
- If a team complete 3 consecutive passes without the other team intercepting, they get a score
- When the other team intercept the sliotar, they attempt to complete their 3 passes straight away.

Progressions

- Periods of ground hurling and periods of air hurling. (If ability allows)
- Increase the number of passes to 5
- Allow 3/5 seconds on the ball
- Bonus point for strike on non-dominant side

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sideways Move- ment	Balance	Dribble Strike Tackle

CURRICULUM LINK

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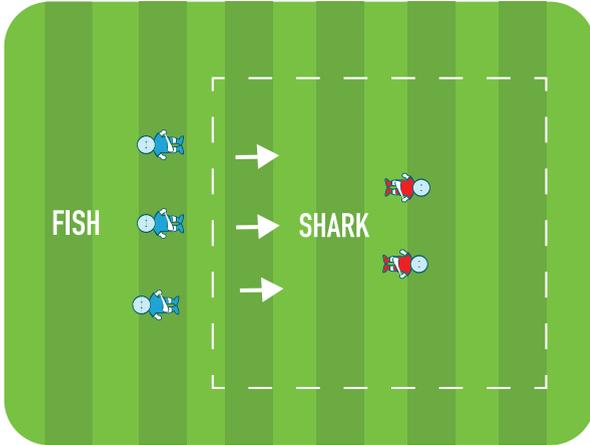


1st/2nd CLASS

Week 3 (DRIBBLING)

SHARK ATTACK

1



- Choose 2 players as the catchers or "Sharks" they stand in the middle of the grid.
- The rest of the players are the "Fish".
- The Fish attempt to run from A to B without getting caught by the sharks.
- Players go on the coaches whistle
- If a player gets caught they become seaweed and cannot move their feet but can catch others.
- Keep going until last man standing

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running, Dodging Side stepping	Balancing	

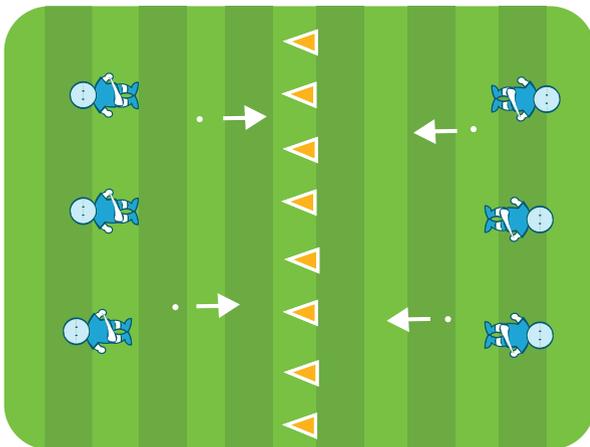
CURRICULUM LINK

Numeracy



KING OF THE CASTLE

2



- Split into two teams
- Players attempt to knock over the cones in the middle by striking the ball.
- The team that knocks over the most cones wins.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging		Ground Strike

CURRICULUM LINK

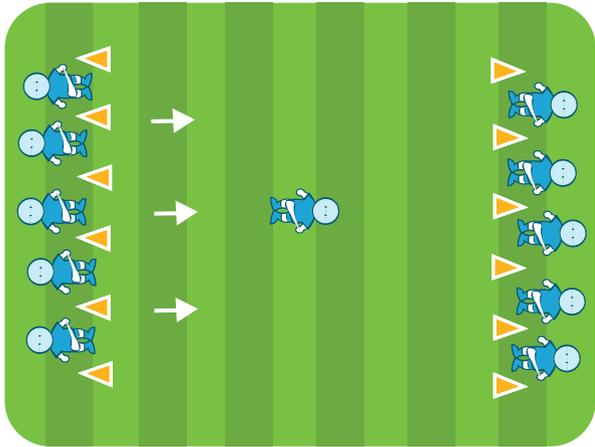
Numeracy



CROKER Run

3

FUNDEMENTAL MOVEMENT SKILLS



- Each player has a ball and must attempt to dribble from A to B without being dispossessed
- Coach/Teacher starts off as the catcher they must attempt to dispossess the players as they dribble from A to B
- If they lose their ball, they become a tackler with the catcher for the next run, which goes from Line B to Line A
- Keep going until down to the last player

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sidestepping	Balance	Dribble Tackle

CURRICULUM LINK

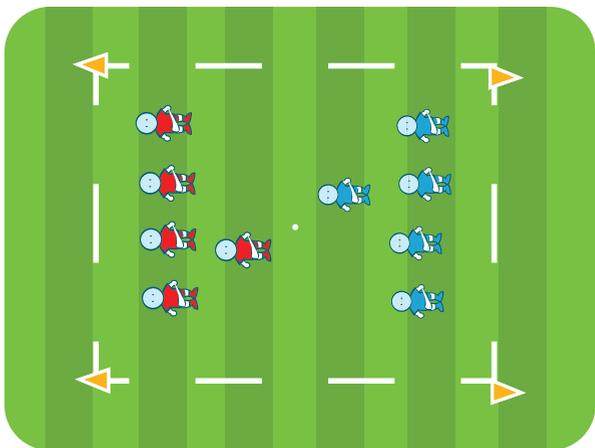
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DRIBBLE CONDITIONED game

4

FUNDEMENTAL MOVEMENT SKILLS



- Split players into teams 5v5
- Mark out a grid with cones Divide the Players into two teams Each team tries to keep possession of the ball by dribbling and passing using the ground strike
- A score is recorded when the ball is dribbled over the opponent's end-line
- Hurleys should not be raised above knee level

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance	Dribble Ground Strike Tackle

CURRICULUM LINK

Numeracy



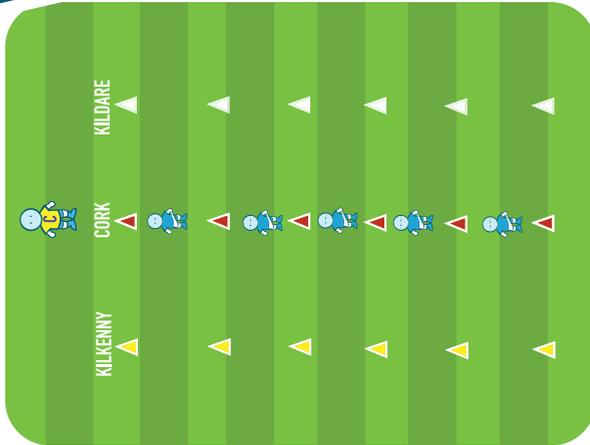
1st/2nd CLASS

Week 4 (handpass)



County Run

1



- Layout three lines of cones 10m apart
- Name each line of cones a county
- Every Player has a ball
- Coach calls out a county and the players must dribble to the correct set of cones
- Last players there are out.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Sideward Movement	Balance	Dribble

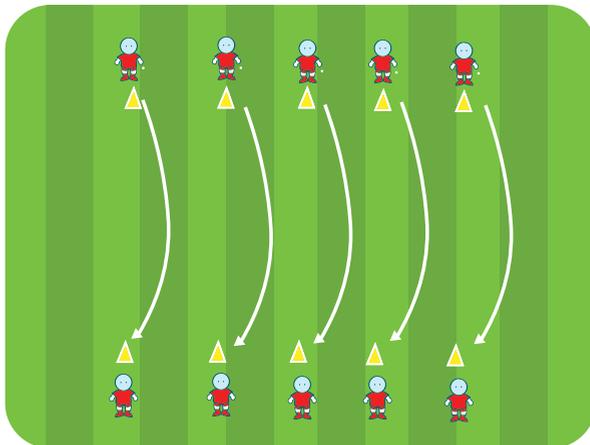
CURRICULUM LINK

Numeracy



HOSPITAL BALL

2



- Players get into pairs and face each other 5m apart.
- Players handpass the ball to their partner
- If they fail to catch the ball the
- 1st time they have to stand on one leg
- 2nd time they have to put 1 arm behind their back
- 3rd time they have to close one eye
- 4th time they have to go down on there knees
- 5th time they are "Dead" or out
- Last pair alive are the winners.

FUNDEMENTAL MOVEMENT SKILLS

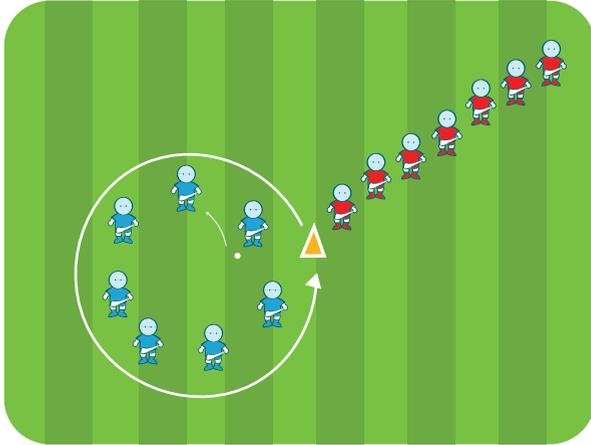
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
	Balance	Catching Throwing Handpassing

CURRICULUM LINK

Numeracy



BEAT THE CIRCLE



- Divide players into 2 teams (A+B)
- Team A forms a circle
- Team B line up behind cone outside circle
- In turn, team B runs one-way around the outside of the circle while team A pass the ball going in the opposite direction
- Team A counts how many times they pass the ball around the circle before every member of team B runs around the circle.
- Then swap over.

3

FUNDEMENTAL MOVEMENT SKILLS

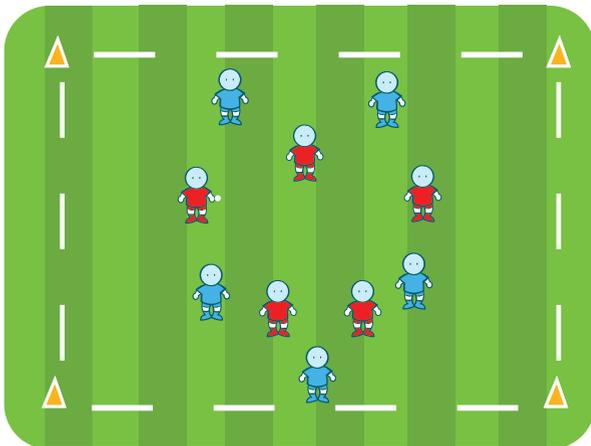
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging	Balance	Throwing Catching Handpassing

CURRICULUM LINK

Numeracy



HANDPASS CONDITIONED GAMES



- Divide Players into teams 5V5
- Players must keep position by hand passing the ball
- Three handpasses in a row equals a score.

4

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sidestepping	Balance	Catching Handpassing

CURRICULUM LINK

Numeracy

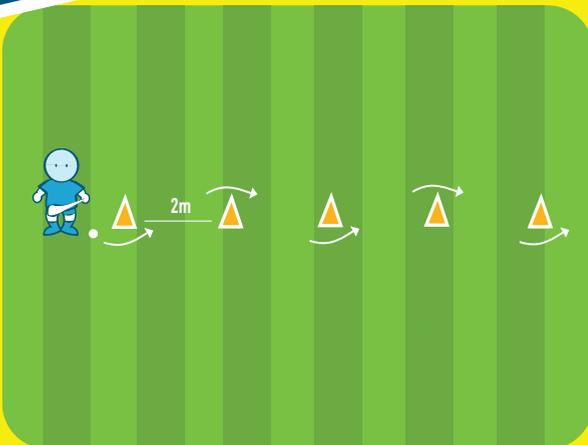


HOMWORK CHALLENGES



1

Week 1

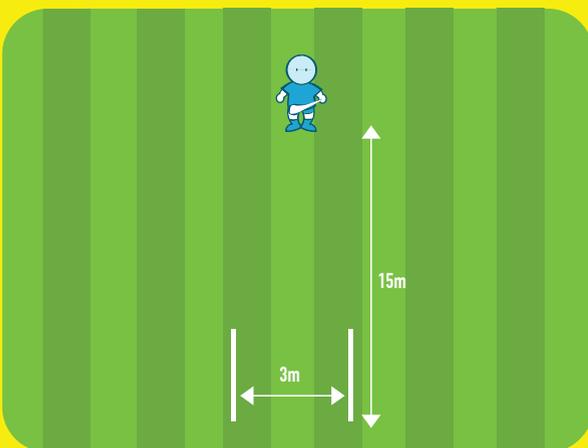


Player sets up 5 markers/jumpers in a straight line 2m apart. They then dribble/solo as fast as they can through the markers by weaving up and down.

How fast can they get up and down. Try beat their time.
Repeat 10 times.

2

Week 2



Player sets up a goal 3m wide. They stand 15m back and attempt to strike the sliotar through the goal 10 times in a row off both sides.

When they achieve this, they then either make the goals smaller, (2m) or they increase the 15m to 20m.

3

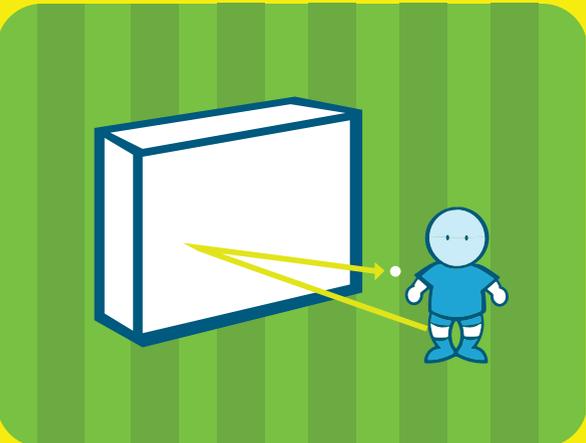
Week 3



Hurling Homework: Set up an obstacle course using water bottles, jumpers or cones and practice dribbling in and around them. Time yourself and see how quick you can get through in course.

4

Week 4



Hurling Homework- Practice Throwing and catching off a wall, progress to a one handed catch and throw. See how many you can get in a row without dropping the ball.

TURAS PRIMARY SCHOOLS



3rd Class
4th Class

TURAS

PRINCIPLES IN ACTION

PRIMARY SCHOOLS

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based) ✓

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Today all my activities will be based around a game. I will avoid straight line drills and any activities that wouldn't be considered a game. This is the best way to bring all the skills of the game into my lesson.





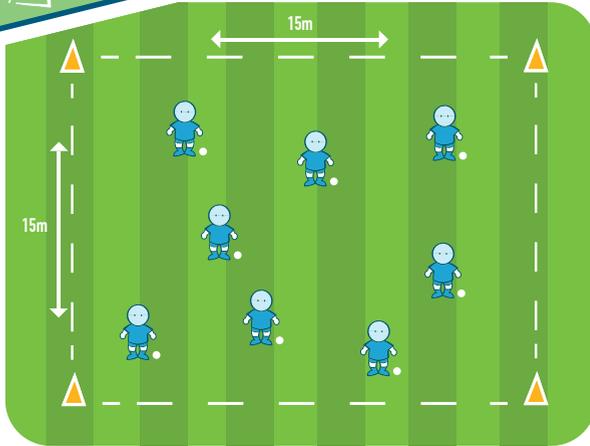
3rd/4th CLASS

Week 1 (PLAY WITH YOUR HEAD UP)

King of The Ring

1

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- 1 ball per player.
- Players instructed to dribble inside square. Aim is to keep your ball in square and knock other players ball out.
- Score by knocking opposition ball out of square.
- Concede by your ball being knocked out of square.
- Players keep own score.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging	Balance	Dribble Ground Strike Tackle

CURRICULUM LINK

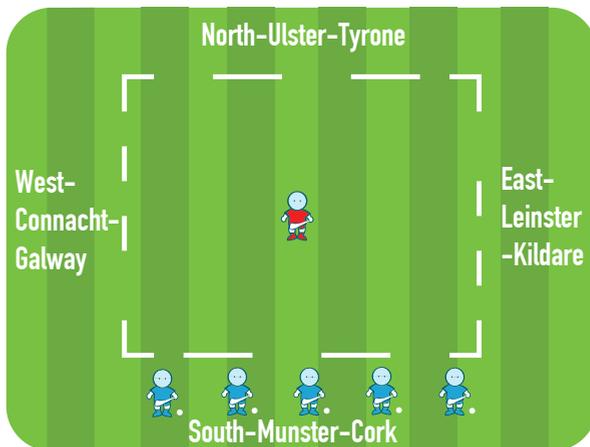
Numeracy



Discover Ireland

2

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- 1 ball per player.
- 1 player selected as chaser per grid.
- Aim is to dribble the ball across the grid to the other base when called out by chaser or when "bull rush" is called.
- If dispossessed by chaser, player becomes a chaser too.
- Continue until all players are caught.

Progression

- Solo instead of dribble.
- Introduce Geography – each corner of square assigned North, South, East, West. This can then be progressed to provinces and counties in those provinces.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side stepping	Balance	Dribble Solo Tackle

CURRICULUM LINK

Geography



Relay Race

3

FUNDEMENTAL MOVEMENT SKILLS



- Rules / Instruction**
- Divide players into equal teams (max 4 players per team).
 - 1 ball per team.
 - First player from each group dribble ball to colour cone directed by coach and return to start.
 - Next player goes on coach's instruction.

- Progression**
- Coach call multiple colours (e.g. blue & red = blue - start - red - start).
 - Point system – each colour has a value, coach calls a number, player must make up that value by travelling to number of cones (e.g. Yellow=3 Points, Blue = 2 Points, Red = 1 Point)
 - Solo instead of dribble.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Change of Direction	Balance	Dribble Solo

CURRICULUM LINK

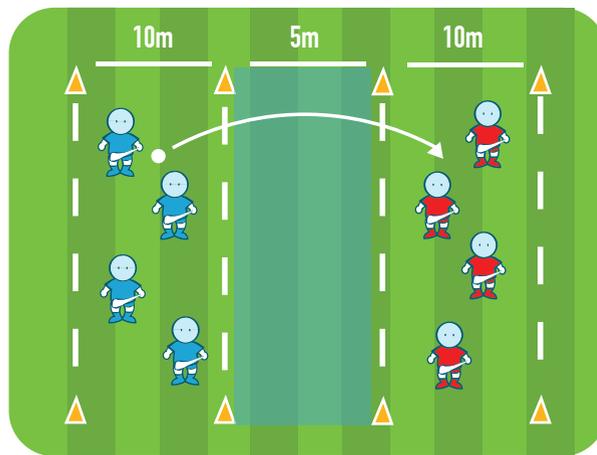
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No Mans Land

4

FUNDEMENTAL MOVEMENT SKILLS



- Rules / Instruction**
- Divide players into 2 equal teams (max 7 players per team). For bigger numbers either add in extra teams or a 2nd game)
 - Objective of game is to land ball in opposition side of court.
 - Ball must be thrown underhand and enter opposition zone at minimum chest height.
 - If player successfully lands ball in opposition court, they score a point for their team.
 - Players defend by catching balls entering their zone.
 - If ball is thrown into No Mans Land, opposition is awarded a point.
 - Players must take turns throwing the ball.

- PROGRESSION**
- Rules can be modified to challenge players
 - Overhead catch = bonus point
 - Increase size of playing area
 - Introduce air strike

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Jumping	Balance Landing	Catching Throwing Handpass Striking

CURRICULUM LINK

Numeracy

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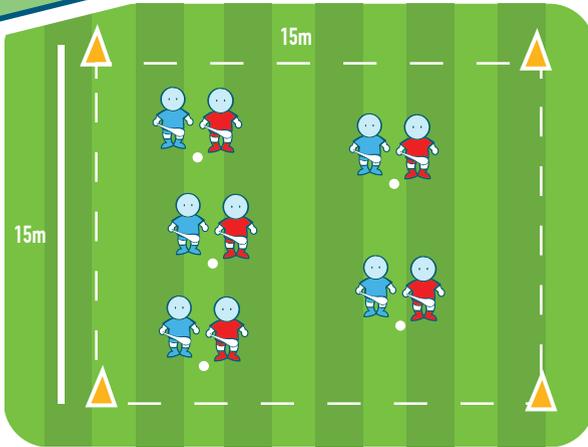
3rd/4th CLASS

Week 2 (Contesting)



OPPOSITION TUSSLE

1



Rules / Instruction

- 1 ball per pair.
- Player A attempts to maintain possession by dribbling and using their body to shield the ball.
- Player B attempts to dispossess.
- After a set time reverse roles (30 sec).

Progression

- Player in possession maintains possession until dispossessed. Whoever has possession on final whistle wins (30 sec).

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Walking Running Dodging	Balance	Dribble Ground Strike Tackle

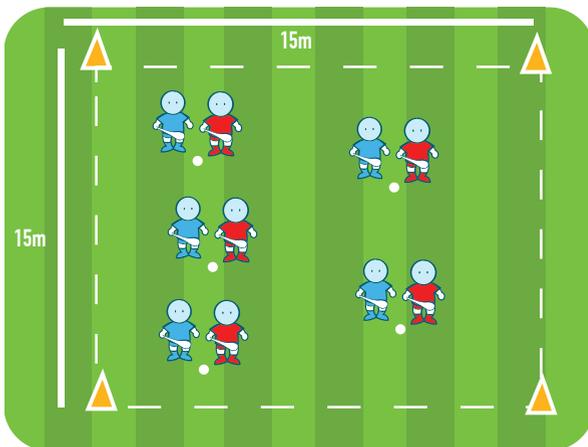
CURRICULUM LINK

Numeracy



MUSICAL SLOTS

2



Rules / Instruction

- Balls placed randomly throughout grid.
- Coach instructs players to perform various movements inside grid (e.g. skipping, crawling, back-pedaling, etc.)
- On whistle/Go players attempt to pickup a ball (jab or roll lift).
- Score – Players receive a point for each successful pickup.

Progression

- Coach removes ball/balls from grid to create a contest for possession.
- Coach instruct players to perform a specific lift.
- Change whistle/Go instruction to a set rule e.g. Go if you hear an odd number / Go if you hear a country in Europe.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Jumping Skipping Crawling Change of Direction Back-pedal	Balance Landing	Jab lift Roll lift Tackle

CURRICULUM LINK

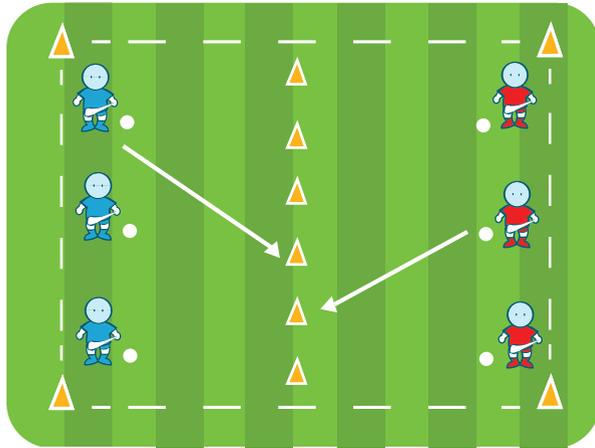
Numeracy
Geography



HIT THE CONES

3

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- Divide players into equal teams (max 6 players per team).
- Each player has a ball.
- Players attempt to strike cones with ball.
- Each successful cone hit awards a point to players team.
- Players collect closest ball to them and strike continuously until coach blows whistle. Any cones knocked after whistle don't count.

Progression

- Award extra point for successful strike on weak side.
- Assign different points to different colour cones (e.g. Red = 1 point, Blue = 3 points, Yellow = 5 points)
- Extend strike zone distance.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
		Ground Strike Air Strike Roll lift Jab Lift

CURRICULUM LINK

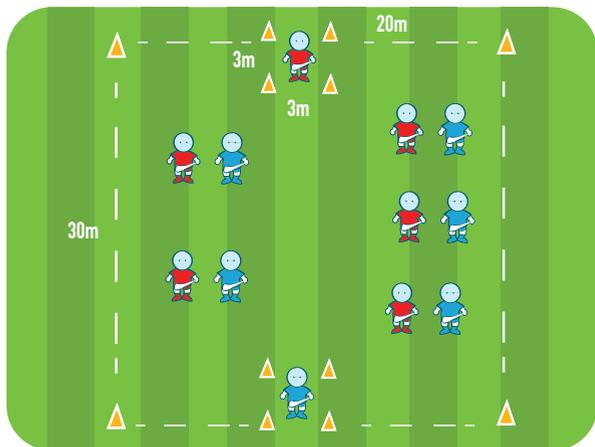
Numeracy



CAPTAINS BALL

4

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- Divide players into 2 equal teams (max 6 players per team). For bigger numbers add in a 2nd game.
- One player from each team acts as captain.
- Objective of game is for team to pass ball to captain.
- Captain is not permitted to leave his/her square.
- To score captain must catch the ball cleanly.
- Player who complete final pass to captain resulting in a score replaces captain in the square.
- After a score opposition team receive possession behind square.

PROGRESSION

- Rules can be modified to challenge player
- Throwing progress to handpass
- Throw / handpass only progress to striking permitted.
- Hurleys may be replaced by a cone in hurley hand to increase catching confidence.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping	Balance	Dribble Solo Ground Strike Air Strike Roll Lift Jab Lift Handpass Tackle

CURRICULUM LINK

Numeracy



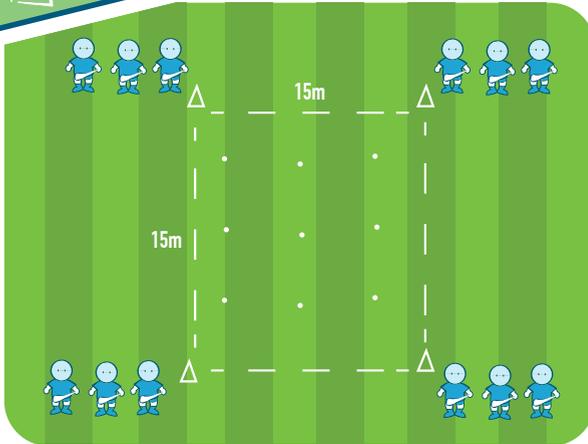
3rd/4th CLASS

Week 3 (Teamwork)



Pick a Number

1



Rules / Instruction

- Divide players into equal teams (max 4 players per team).
- 8 Balls placed randomly throughout grid.
- Coach calls a number, player A from each group must run in and perform that amount of pick ups and return to their team.
- Player must take 4 steps with ball in hand after each pickup.

Progression

- Introduce competition, 1st player back wins a point for their team.
- Roll lift and jab lift.
- Coach instruct players to perform a specific lift.
- Coach instructs team to complete a certain number of lifts, all players must complete at least 1 lift.

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Agility	Balance	Jab lift Roll lift Tackle

CURRICULUM LINK

Numeracy



Rob The Bank

2



Rules / Instruction

- Divide players into equal teams (max 4 players per team).
- On whistle player A from each group collects a ball from the central area and dribbles out to own grid.
- Relay – player B permitted to go once player A high 5s him/her.
- Team with most balls returned to their area win.

PROGRESSION

- Coach instructs players to perform various movements on way into central area (e.g. skipping, crawling, back-pedaling, etc.)
- Solo instead of dribble.
- Roll lift and jab lift.
- Strike back.
- Introduce other equipment with different points value (e.g. bib = 3 points, cone = 5 points, ball = 10 points).

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Jumping Skipping Crawling Change of Direction	Balance Landing	Dribble Solo Jab lift Roll lift Ground Strike Air Strike

CURRICULUM LINK

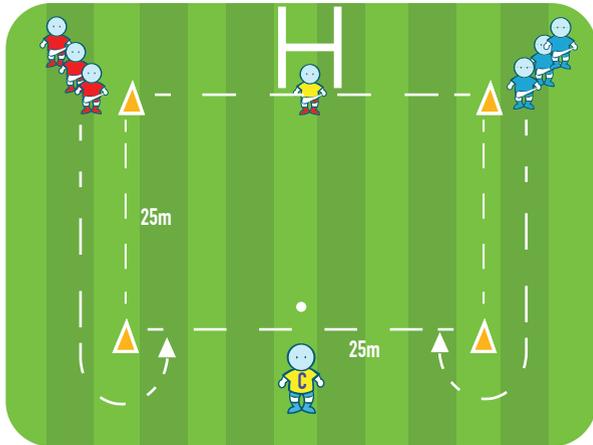
Numeracy



ATTACK BY NUMBERS

3

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- Divide players into 2 equal teams (max 6 players per team). For bigger numbers add in a 2nd game.
- Coach assigns each player a number per team (i.e. 1-6).
- Coach calls a number, player with that number from both teams run out to marker and into the game zone.
- Players compete to score a goal on goalkeeper.
- If ball goes out of area, play is over.

PROGRESSION

- Rules can be modified to challenge player e.g. progress from ground hurling to air hurling)
- Coach can call multiple numbers for the same play.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping	Balance	Dribble Solo Ground Strike Air Strike Roll Lift Jab Lift Handpass Tackle

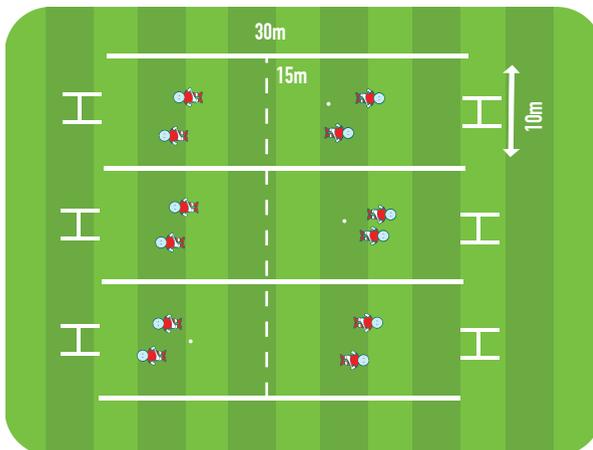
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Numeracy

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ROAD TO CROKER

4

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- 2v2 on multiple pitches.
- 30m x 10m.
- Place cones across the middle of grid.
- Each pitch is given a name (e.g. local club pitch, county grounds, provincial grounds, Croke Park).
- Croke Park should be the last pitch.
- Game duration 3 min.
- Players attempt to score a goal by striking ball from their half of pitch.
- Players are not permitted to cross halfway line.
- Players keep own score for game.
- After each game winning team moves up a pitch and losing team moves down a pitch.
- In case of draw result is decided by game of rock, paper, scissors.

Progression

- Rules can be modified to challenge players
- Ground strike
- Air strike
- Remove halfway line rule & permit tackling.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Agility Jumping Side stepping Dodging	Balance Landing	Ground Strike Air Strike Roll lift Jab Lift Solo Dribble

CURRICULUM LINK
Numeracy
Geography

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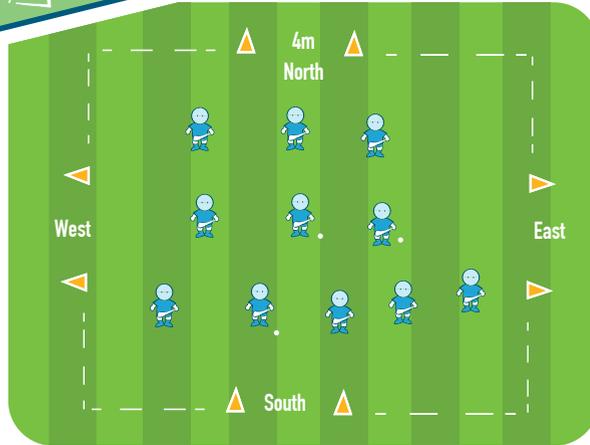
3rd/4th CLASS

Week 4 (Descisions)



Compass

1



Rules / Instruction

- 14 players maximum (for bigger numbers create a 2nd game).
- 4 balls.
- Players pass balls between each other.
- Players must take 4 steps every-time they receive a pass before they can pass again.
- Once coach calls a direction (e.g. North), the players in possession become the catchers.
- All other players must try to get to the directed base.
- If caught players lose a life.
- Players re-enter grid and game continues.

Progression

- Rules can be modified to challenge player
- Dribble – Solo
- Underhand throw – handpass

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping	Balance	Dribble Solo Ground Strike Air Strike Roll Lift Jab Lift Handpass Tackle

CURRICULUM LINK

Geography



Relay Grid Swap

2



Rules / Instruction

- Divide players into equal teams (max 4 players per team).
- 3 ball per team.
- Player A dribbles a ball to each grid.
- Player B collects balls from each grid and returns to start.
- Player C repeats Player A instruction.
- Player D repeats Player C instruction.

PROGRESSION

- Solo instead of dribble.
- Roll lift and jab lift.
- Point system – each square has a value, coach calls a number, player must make up that value by travelling to number of squares (e.g. 6 points = yellow (3points) start yellow (3 points) start)

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Change of Direction	Balance	Dribble Solo Jab lift Roll lift

CURRICULUM LINK

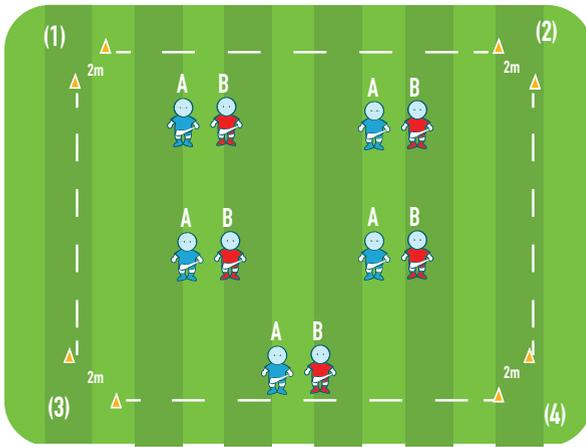
Numeracy



4 Goal Game

3

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- Divide players into 2 equal teams (max 6 players per team). For bigger numbers either add in an additional team or 2nd game.
- Objective of game is for team to score in any of the 4 goals.
- If team scores, they keep possession.
- Team cannot score in same goal consecutively.
- Extra balls should be placed behind each goals to keep game going without breaks.

Progression

- Rules can be modified to challenge player
- Ground hurling
- Air hurling
- Strike through goals
- Carry through goals

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping	Balance	Dribble Solo Ground Strike Air Strike Roll Lift Jab Lift Handpass Tackle

CURRICULUM LINK

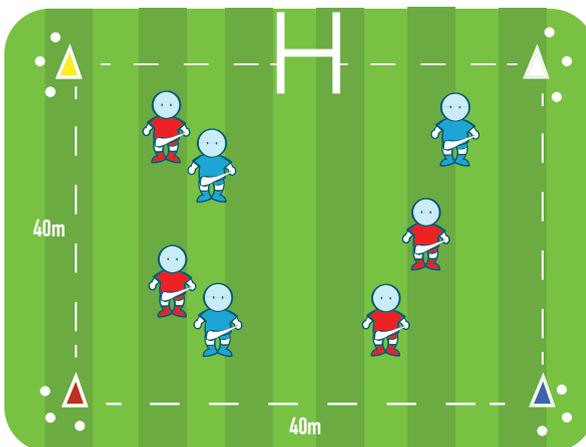
Numeracy



COLOUR CALL

4

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- Coach assigns each player a number per team, Coach calls a colour and attacking team pick a ball from that colour.
- Attacking team try to create a score.
- Defending players try to dispossess.
- Once ball goes dead, coach calls a new colour and game resumes.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping	Balance	Dribble Solo Ground Strike Air Strike Roll Lift Jab Lift Handpass Tackle

CURRICULUM LINK

Numeracy

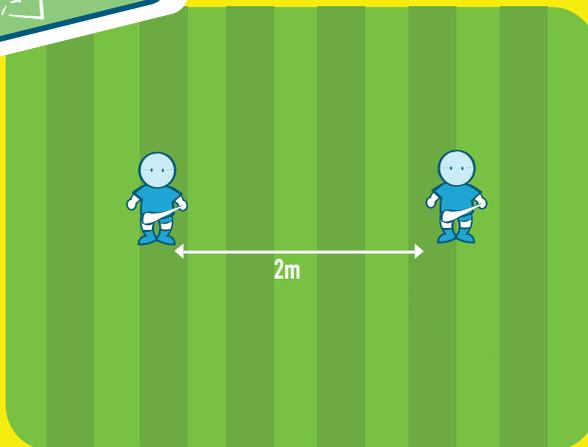


HOMework CHALLENGES



1

Week 1



Donkey

Setup

- Minimum 2 players.
- Players stand 2m away from each other.

Instruction

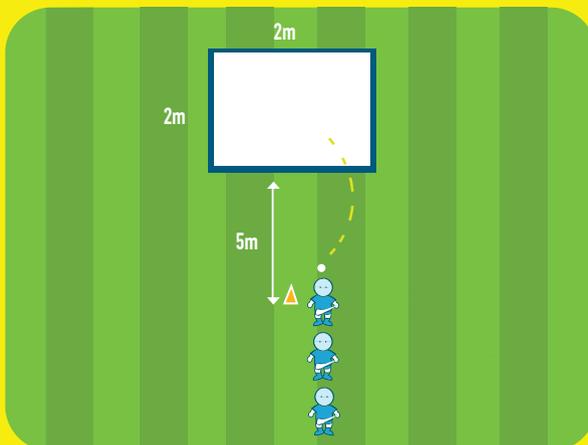
- Players underhand throw ball to each other.
- If player drops ball they receive a letter (e.g. D-O-N-K-E-Y). 1st player to spell donkey loses.

Progressions:

- Only catch and throw with Catching Hand (players should hold a hurley or bottle in Hurley Hand to stop them using it).
- Increase distance between players.

2

Week 2



Keep the Kettle Boiling

Setup

- Minimum 2 players. (Involve Friend, Mam and dad, brother, sister)
- Target Wall (2m wide x 2m tall approx overhead height).
- Start cone 5m from wall.

Instruction

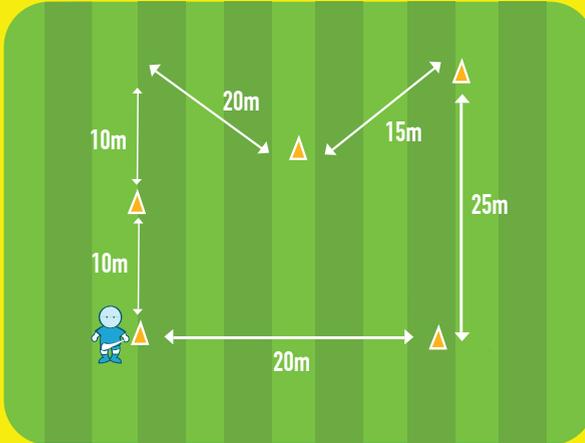
- Player A underhand throws ball against wall, Player B must catch ball before it bounces twice.
- Player B then throws ball off wall from the position they caught ball for next player to catch.
- If ball bounces twice or player misses wall target they lose a point.
- All players start on 5 points, player who gets to 0 1st loses.

Progression

- No bounce permitted.
- Increase start distance from wall.

3

Week 3



Crazy Golf

Setup

- Setup as in diagram.
- Mark out targets using cones, hula-hoops, basins, bins etc.

Instructions

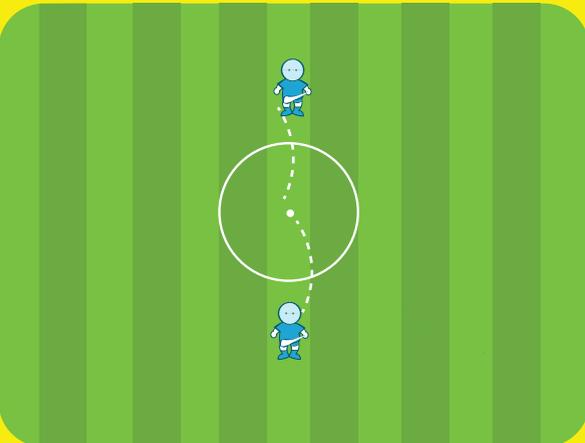
- Player underhand throws ball into each target.
- Player cannot move onto next target until they have scored in previous target.
- Player must count the number of throws it takes to get around the course.
- Least amount wins.

Progression

- Handpass
- Hurley strike

4

Week 4



Bounce Ball

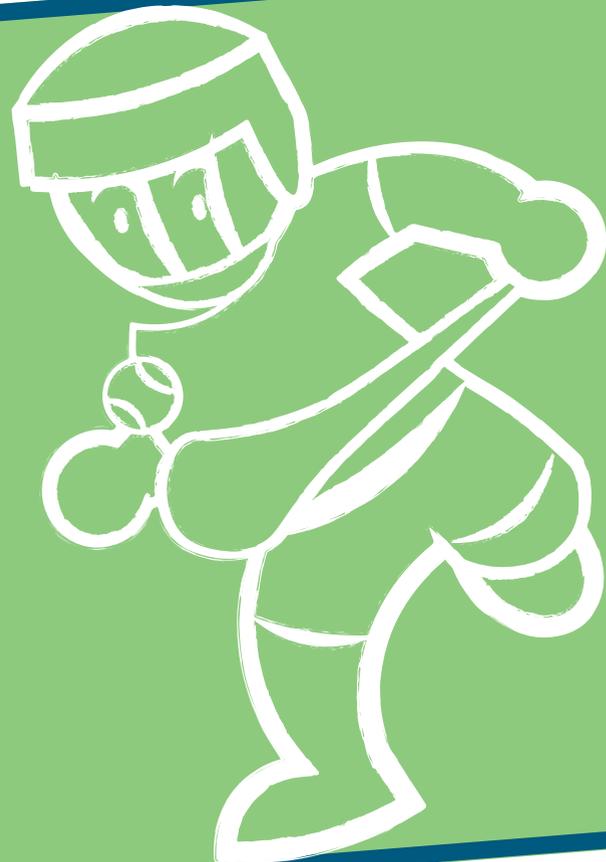
Setup

- 2 players
- 1m diameter circle (cones or hula hoop)

Instructions

- Player A throws/slams ball into circle so it bounces out.
- Player B must catch the ball before it bounces outside circle.
- Player loses point if he/she:
- Misses circle target with throw.
- Ball bounces outside circle.
- 1st player to 0 loses.

TURAS PRIMARY SCHOOLS



5th Class
6th Class

TURAS

PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience

PRIMARY SCHOOLS

In today's lesson I will try to give 4 pupils individualised coaching on a skill they are performing. I will ask them to work on this coaching point during their GAA homework and will ask for feedback on how they felt it improved their game.



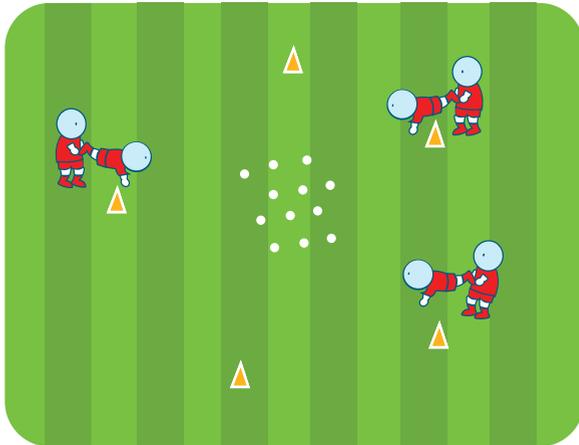


5th/6th CLASS

Week 1 (Attack Play)

HUNGRY HIPPOS

1



- Divide players into pairs
- Place around 40 cones in the middle of a circle
- Players must wheelbarrow race into the middle of the circle grab a cone and bring it back to their original cone
- Players with most cones at the end wins

Notes:

- Involves all players
- Teamwork
- Arm and core strength
- Decision making

Progression:

- Add different equipment with different values to increase decision making and add some maths (e.g. bib =10pts, cone=5pts, football=20pts)

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Crawling coordination	Balance	

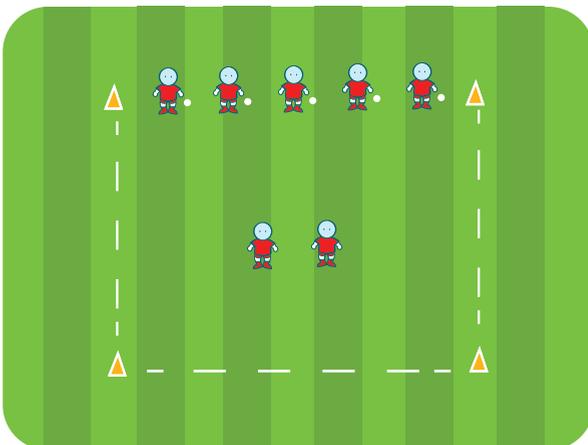
CURRICULUM LINK

Numeracy



BULLDOG SOLO

2



- Use the whole playing area to ensure there's sufficient room for players
- All players get a football and line up at the start line
- Two players are chosen as catchers. On their shout the players must solo the ball from the start of the playing area to the end
- Catchers must dispossess the players using the near hand tackle
- When a player gets tackled and loses their ball they become a tackler too
- Play until there is one winner

Notes:

- Fun game
- Works on side step, soloing and tackling
- Competitive
- Encourages players to take a play of the ball under pressure

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side step Jumping	Balance Landing	Solo Ground Strike Tackle

CURRICULUM LINK

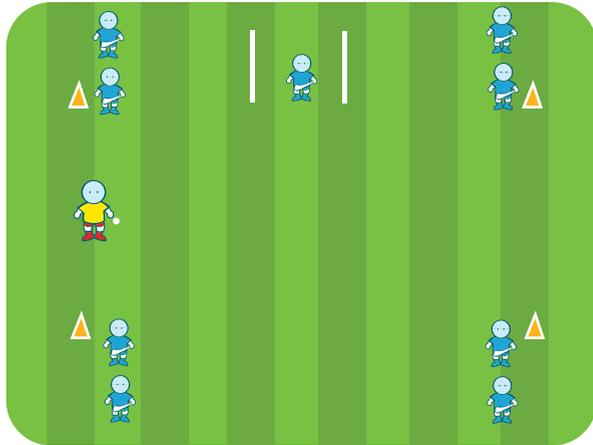
Numeracy



Province and County Challenge

3

FUNDEMENTAL MOVEMENT SKILLS



- Players line up as shown in diagram.
- Teacher assigns a province name to each cone.
- To start the game the teacher will call out multiple county names.
- The players from the associated province cone will then enter the square. Eg Teacher calls Kildare & Mayo. A player from the Leinster cone and the Connacht cone will enter the square.
- The teacher then throws in the ball.
- Players contest for possession and try score a goal.

Progression:

- Teacher can call multiple counties from the one province. The players work together as a team then against the other provinces.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping Jumping	Balance Landing	Dribble Ground Strike Tackle Air Strike

CURRICULUM LINK

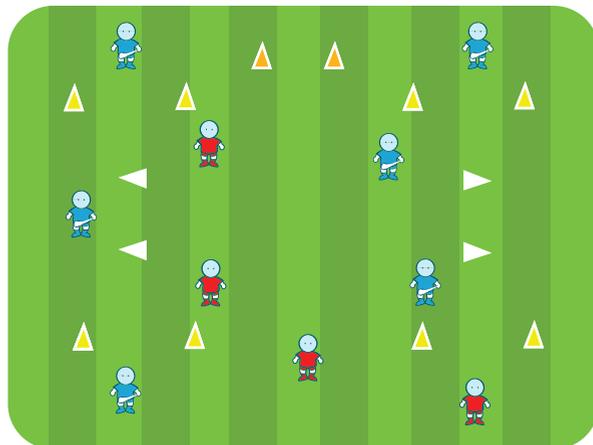
Geography



Odds and Evens Match

4

FUNDEMENTAL MOVEMENT SKILLS



- 2 teams set up as shown 5 Vs 5
- Teacher throws ball into playing area.
- When a team gains possession the teacher call either odds or evens.
- If its odds then the team in possession has to try and get the ball through either of the 3 white gates.
- If the teacher calls evens the team in possession has to try and get the ball through either of the 4 yellow gates.
- Every time a team gains/regains possession the teacher calls out odd or evens.

Progression

- Teacher calls an odd or even number now instead of "odds" or "evens".

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Side Stepping	Balance	Dribble Ground Strike Tackle Air Strike

CURRICULUM LINK

Numeracy





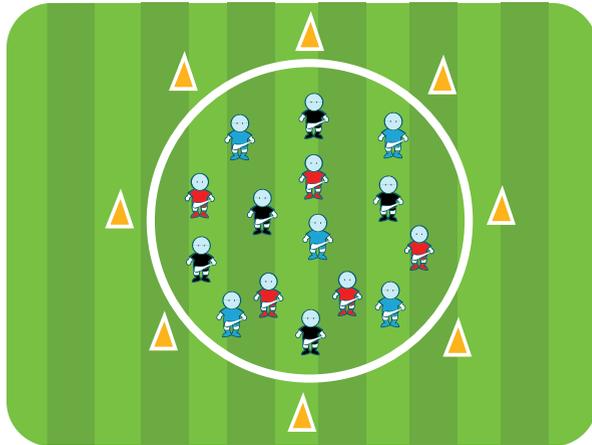
5th/6th CLASS

Week 2

2v1

1

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- 4 balls.
- 3 teams of 5 players – 15 players maximum (for bigger numbers create a 2nd game).
- 2 teams v 1 team (e.g. blue & red v black)
- Blue & red team work together to keep possession of the 4 balls.
- After a pass the player must run outside an outer cone before rejoining the game.
- The black team attempt to dispossess the blue and red team as fast as possible.
- Each time a ball leaves the grid or is intercepted by a black team player that ball is removed from game.
- Each game is timed and the defending team who completes the game quickest are the winners.

Progression

- Rules can be modified to challenge player
- Underhand throw – handpass.
- Alter rules – 2 v 1 – 2 teams keep possession of 1 ball. If intercepted, team who lost possession become the defenders.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sidestepping	Balance	Dribble Solo Ground Strike Air Strike Roll Lift Jab Lift Handpass Tackle

CURRICULUM LINK

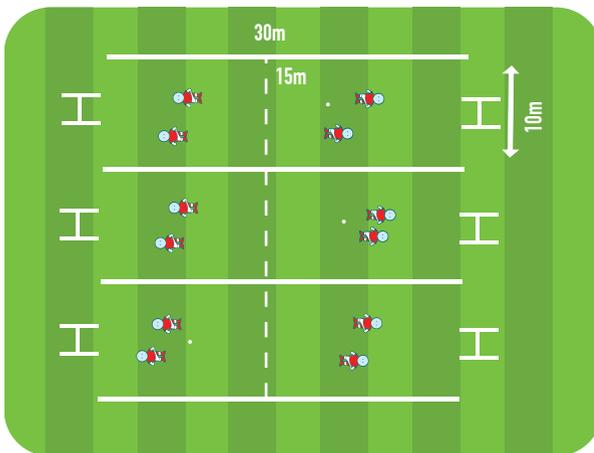
Numeracy



Road to CROKER

2

FUNDEMENTAL MOVEMENT SKILLS



Rules / Instruction

- 2v2 on multiple pitches.
- 30m x 10m.
- Place cones across the middle of grid.
- Each pitch is given a name (e.g. local club pitch, county grounds, provincial grounds, Croke Park).
- Croke Park should be the last pitch.
- Game duration 3 min.
- Players attempt to score a goal by striking ball from their half of pitch.
- Players are not permitted to cross halfway line.
- Players keep own score for game.
- After each game winning team moves up a pitch and losing team moves down a pitch.
- In case of draw result is decided by game of rock, paper, scissors.

Progression

- Rules can be modified to challenge players
- Ground strike
- Air strike
- Remove halfway line rule & permit tackling.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Agility Jumping Side stepping Dodging	Balance Landing	Ground Strike Air Strike Roll lift Jab Lift Solo Dribble

CURRICULUM LINK

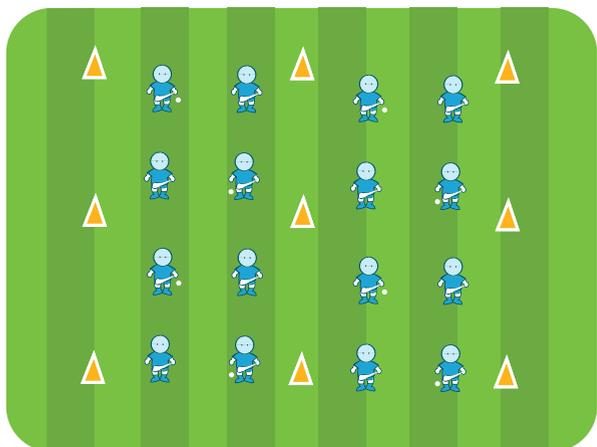
Numeracy



Clear the Squares

3

FUNDEMENTAL MOVEMENT SKILLS



- Split the players up into 4 teams
- Teams to stay in their zone.
- When a player gets possession of a ball, they must hand pass the ball into any of the other teams zones.
- Whichever team has the least amount of balls in their zone at the end of the game is the winner

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Walking Dodging	Balance	Catching Handpassing

CURRICULUM LINK

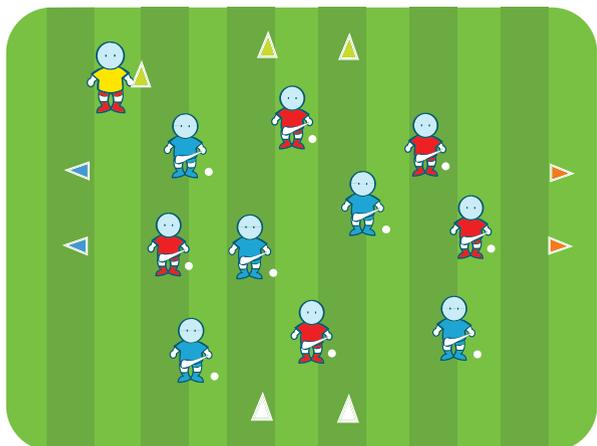
Numeracy



Goal Change

4

FUNDEMENTAL MOVEMENT SKILLS



- Split players into teams
- Set up 4 different colored goals Eg. red, yellow, blue, green.
- The coach has 4 cones, a yellow, a red, a blue and a green.
- The coach holds any colour cone up and for the next 15 seconds the team in possession must try to carry the ball through the goals of that colour.
- Keep changing the cone color.
- After a team scores the ball is given back to the other team.
- If a team scores into the wrong goal, they lose a point.

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging Sidestepping	Balance	Dribble Ground Strike Tackle

CURRICULUM LINK

Numeracy



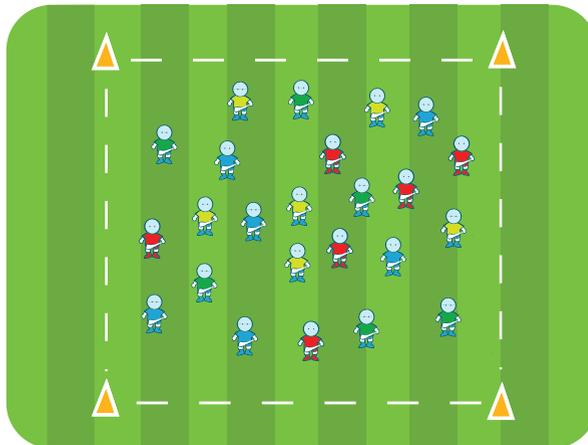


5th/6th CLASS

Week 3

PASS AND MOVE

1



- The class is divided into groups of 5 to 7 people
- Each group has two balls each
- The group must hand pass the ball between its team members (however a student cannot pass the ball back to the person who passed to them. Students must be moving at all times)
- Each person counts the number of passes they give in 30 seconds
- The team then add up each individual team members score to get the overall team score

Adaptations/Progressions

- Students are allowed to throw the ball
- When students catch the ball they become stationary until they pass the ball
- Opposing team can try to intercept the other teams' ball
- Teams must pass and receive the ball using only their Hurley's

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging	Handpassing Catching	Balance

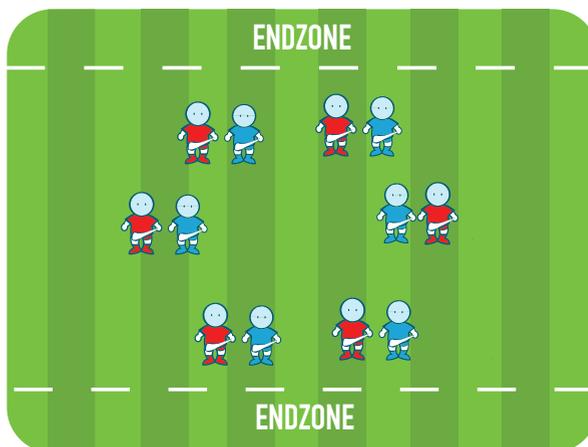
CURRICULUM LINK

Numeracy



TOUCH DOWN

2



- The students are divided into teams of 5 to 7
- To include all students this is a ground hurling game
- To score the team must dribble the ball over the attacking endzone
- Players can strike the ball in the playing area but a student must be in control of the sliotar when crossing the endzone to score
- All communication must be done through Irish

Adaptations/Progressions

- Instead of using a sliotar try using a bigger ball or even a football
- If space is an issue and there is a large class, have two teams work together i.e. when a team concedes a score the other team then take over for them starting in their endzone
- Students can play full hurling but must still carry the ball over the endzone
- When a team scores one end they retain possession and now try to score the opposite end

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Dodging	Striking Dribbling Blocking	Balance

CURRICULUM LINK

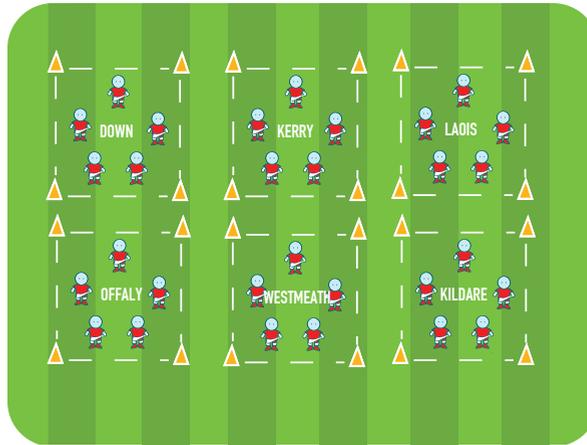
Gaeilge



Square Champion

3

FUNDEMENTAL MOVEMENT SKILLS



- The class is divided into 6 groups with each group allocated a square called Down, Kerry, Laois, Offaly, Westmeath, Kildare
- One student in each square is nominated as the "defender"
- This "defender" is sent to one of the other square where he/she must dispossess all of the members of that team. Using the county names above you can ask 2 defenders to go to a county with 1 vowel in the name, 2 defenders to go to a county with 2 vowels and the final 2 defenders to go to the county with 3 vowels in the name but they cannot go to their own county
- Each of the students in the square have a ball that they are dribbling along the ground.
- The "defender" from the other team must flick their ball out of the square to knock them out
- The "defender" who dispossess the entire team first wins that round for his/her team
- All students get a chance to play the role of the "defender"

Adaptations/Progressions

- Use a variety of ball sizes
- Students can balance the ball on their hurley and once it falls they are knocked out
- Each team can nominate two defenders
- Give each square a county

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running, agility	Balance	Dribbling, soloing,

CURRICULUM LINK

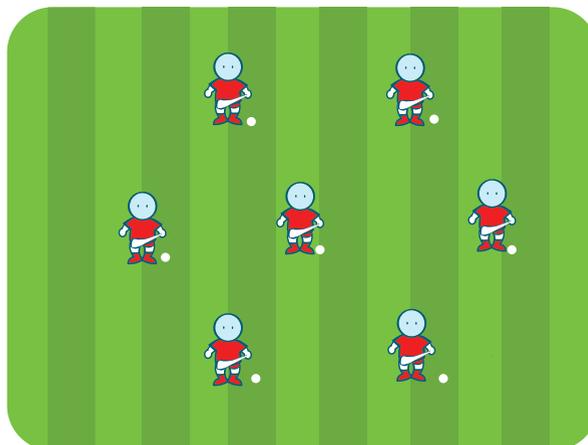
Literacy

A B C

Freestyle Challenge

4

FUNDEMENTAL MOVEMENT SKILLS



- All students have a hurley and ball (or a ball between 2)
- Students spend a few minutes trying to do different tricks/skills with the ball and hurley which they must then name
- On the teachers whistle/call it becomes "challenge time"
- The students then start challenging each other to complete their trick /skill. When a student completes a trick/skill that their opponent can't they get a point and visa versa. They then move on to another opponent

Adaptations/Progressions

- There is no "challenge time" but rather the teacher picks the best trick/skill, most unique trick/skill etc. to recognise effort rather than talent
- Pair students up of equal ability and they stay challenging each other
- Pair students up and they have to teach each other how to do their skills/tricks

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running, Agility, Jumping	Balance, Landing	Self Selected Skills

CURRICULUM LINK

Literacy

A B C



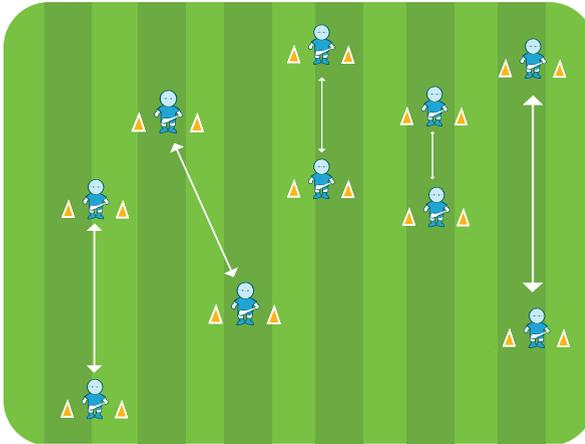


5th/6th CLASS

Week 4

Goal to Goal

1



- Students are put in pairs and given to cones each.
- They make their own goals, deciding on the size and distance apart
- They take shots on each other, using what ever strike suits their ability i.e. ground strike, out of the hand or off the hurley

Progressions

- They must strike from the hurley
- They can only use the second-best side

FUNDEMENTAL MOVEMENT SKILLS

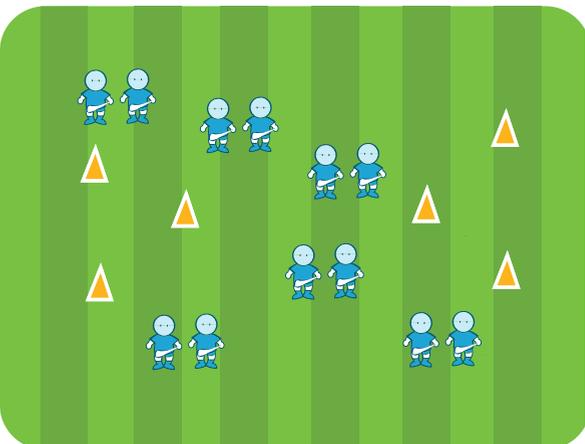
LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Shuffling, Jumping	Striking, Blocking	Balance, Landing

CURRICULUM LINK



Triangle Game

2



- Set up 2 equilateral triangles 15 feet apart.
- Put the students into 2 teams of 5 to 7 players.
- To score the students must strike the ball through the opposite teams triangle.
- The key to this game is the ball never goes out of play for puckouts or line balls, when a "goal" is score the play continues

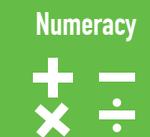
Adaptations/Progression

- Increase the size of the ball / use a soft sponge ball
- Include two balls into the one game
- Students can rise and strike the ball
- Increase the distance between the triangles
- Include bonus times when the teacher call "bonus time" all scores are worth double

FUNDEMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running, Jumping, Dodging, Sidestep, Agility	Balance, Landing	Striking, Dribbling, Roll Lift, Jab lift, Solo

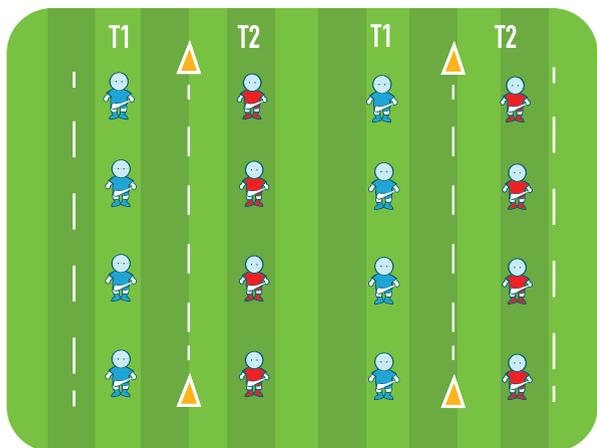
CURRICULUM LINK



End Zone

3

FUNDEMENTAL MOVEMENT SKILLS



- The aim of the game is for team 1 (T1) to strike the ball to each other without T2 intercepting the ball
- If Team 2 (T2) get the ball they then must pass to their team mates without T1 intercepting

Adaptations /Progressions

- This can be ground striking only
- Players could strike from their hand but must be below head height
- If he ball goes past the team mate on the outside then possession is turned over

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Shuffling	Balance	Striking blocking

CURRICULUM LINK

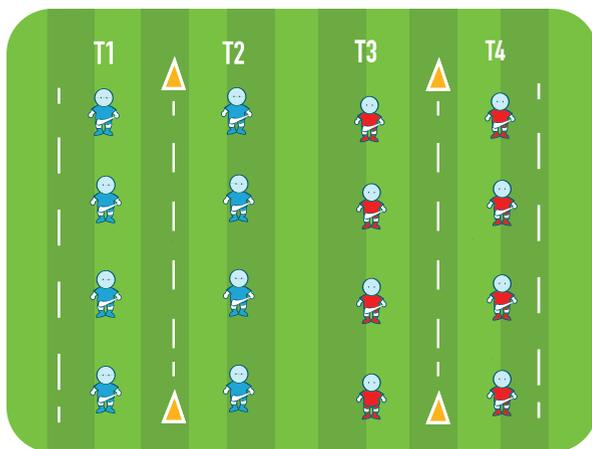
Numeracy



Danger Zone

4

FUNDEMENTAL MOVEMENT SKILLS



- Teams T1 & T2 are together against Teams T3 & T4
- Teams T2 & T3 are the strikers to begin with. They try to strike the ball past the opposition to go over the endline. If T2 strike a ball and it goes past the T3 zone they get 1 point but if it passes the T4 zone then they get 3 points and visa versa.
- After a set time Teams t1 & T2 swap position and teams T3 & T4 swap positions so everyone has a chance to be a striker.

Adaptions/Progressions

- Change the type of ball being used
- Include more than one ball
- Allow players to strike from the hand but the ball must stay below a certain level

LOCOMOTOR SKILLS	STABILITY SKILLS	MANIPULATIVE SKILLS
Running Shuffling	Balance	Striking blocking

CURRICULUM LINK

Numeracy



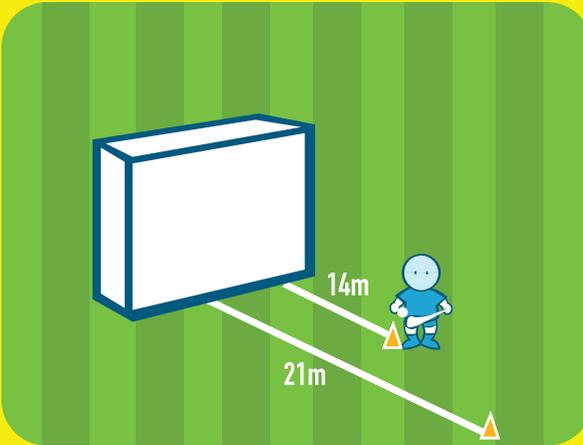


HOMWORK CHALLENGES



1

Week 1



How Many Low Ball Challenge

- Player Stands 14m from wall.
- The player strikes the ball low at the wall and controls the low rebound.
- The player continues exercise for 40 seconds and counts how many balls he/she can control successfully.
- Player repeats exercise attempting to beat their own score.

Variations:

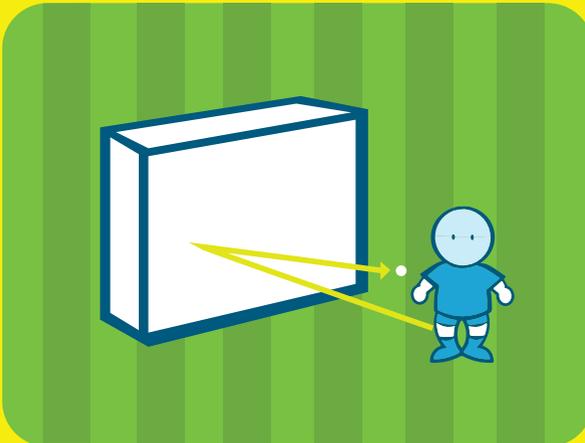
- Use right side only
- Use left side only

Progression:

- Player starts 21 metres from the wall.
- He/she strikes the ball and then moves towards the wall to control the ball while moving.
- When the player controls the ball they run back to the start position on the 21metre mark and continues for 40 seconds.

2

Week 2

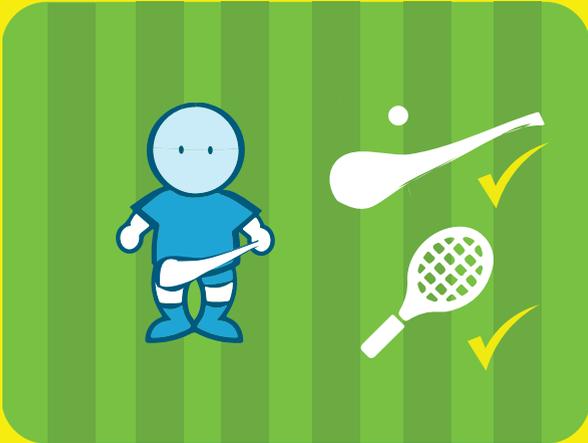


Practice handpassing the ball of a wall.

See how many hanpasses you can get before dropping the ball.

3

Week 3

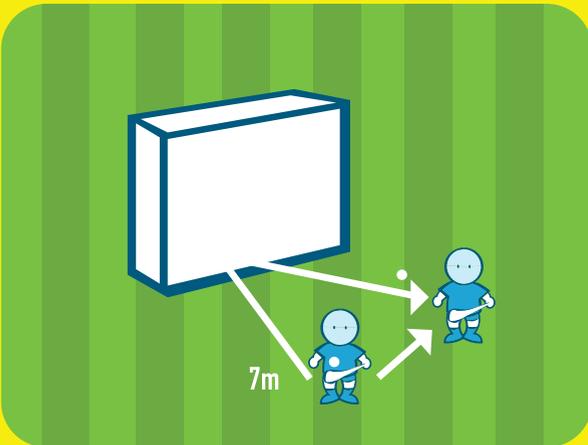


Freestyle Hurling

- Using whatever equipment, you have at home, ideally a sliotar/tennis ball and hurley, but if not a tennis racket etc. will work.
- Experiment with what tricks you can do using the hurley and ball. This can be different ways to pick the ball off the ground, different ways to bounce the ball, different ways to catch the ball.
- The only limitation is your own imagination – Have fun trying.
- Share your tricks with your teacher and other classmates, challenge them to see can they do your trick

4

Week 4



Diagonal Ball Challenge

- Players starts 7 metres from wall. Players throws the ball at the wall as shown in diagram. The player then runs forward and attempts to lift the diagonal ball. The player repeats the exercise returning in the opposite direction.
- Challenge: Player to time how long it takes to do 4 successful lifts on each side.

Variations:

- Players move back 14 metres from wall. Strike low ball at wall, run forward and lift ball on the move.
- Strike ball high or chest high at wall and attempt to catch/control the diagonal ball.

Notes



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PRIMARY SCHOOLS

ALL ACTIVITIES CREATED BY THE FOLLOWING LEINSTER GAA STAFF:

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Declan O'Toole
Paul Divilly

Ian O'Shea - Graphics & Design

More coaching resources available at Leinstergaa.ie/turas



TURAS PRIMARY SCHOOLS

