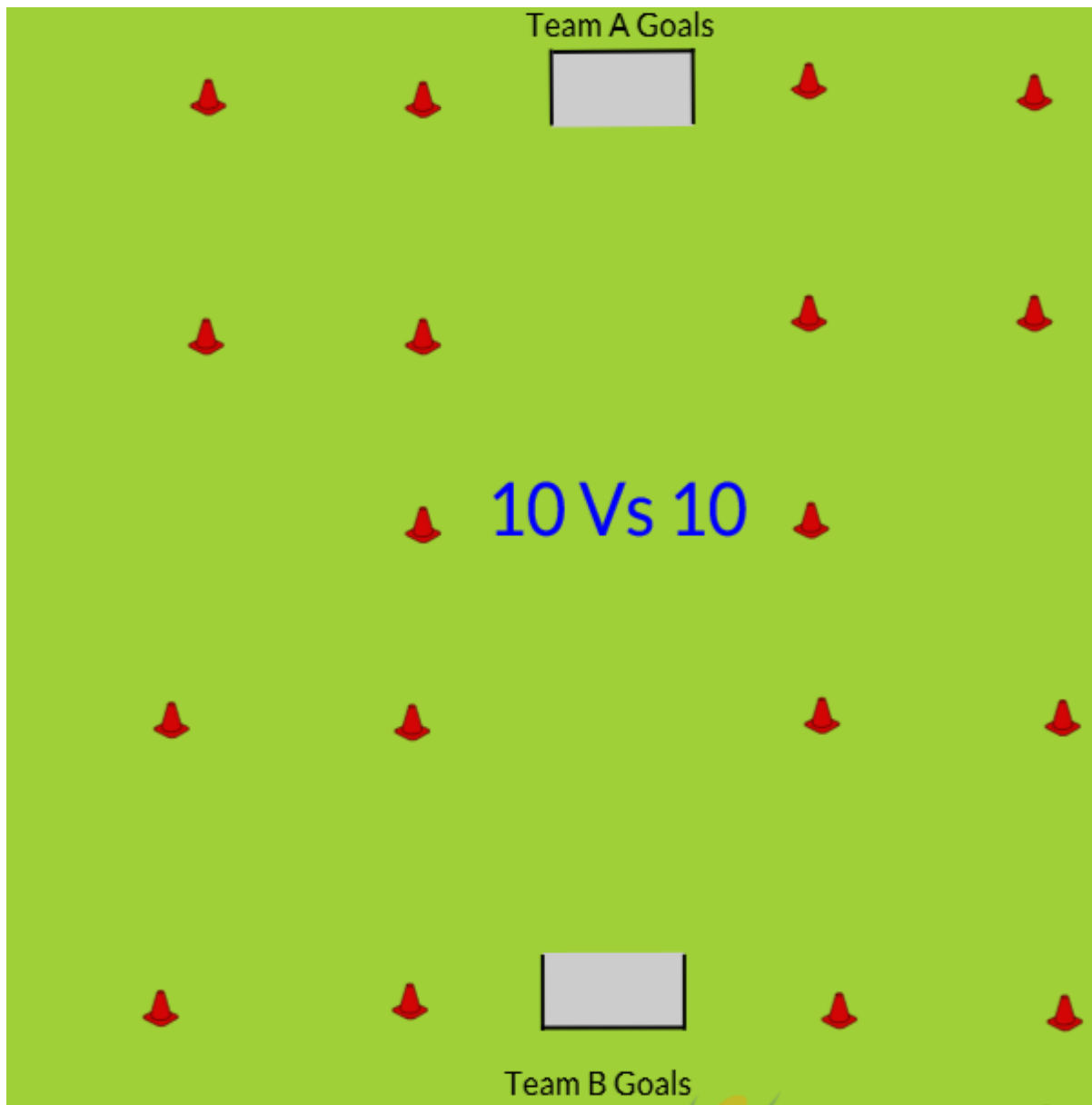




Camán Chill Dara Hurling Workshops –
in partnership with Maynooth University

Paudie O' Neill Session Coaching Hurling Principles – Building teamwork in a panel.



The Corridor

Team A attempts to score on Team B by working the ball through the narrow corridor and then into the space in front of team B's goal and scoring.

Team B attempts to stop and disposes team A and then scores.

Objective: Team on ball is forced to work together to attack a specific area of pitch. Team without the ball has to organize themselves to defend this area.

Free the Prisoner



8 Reds Vs 8 Blues



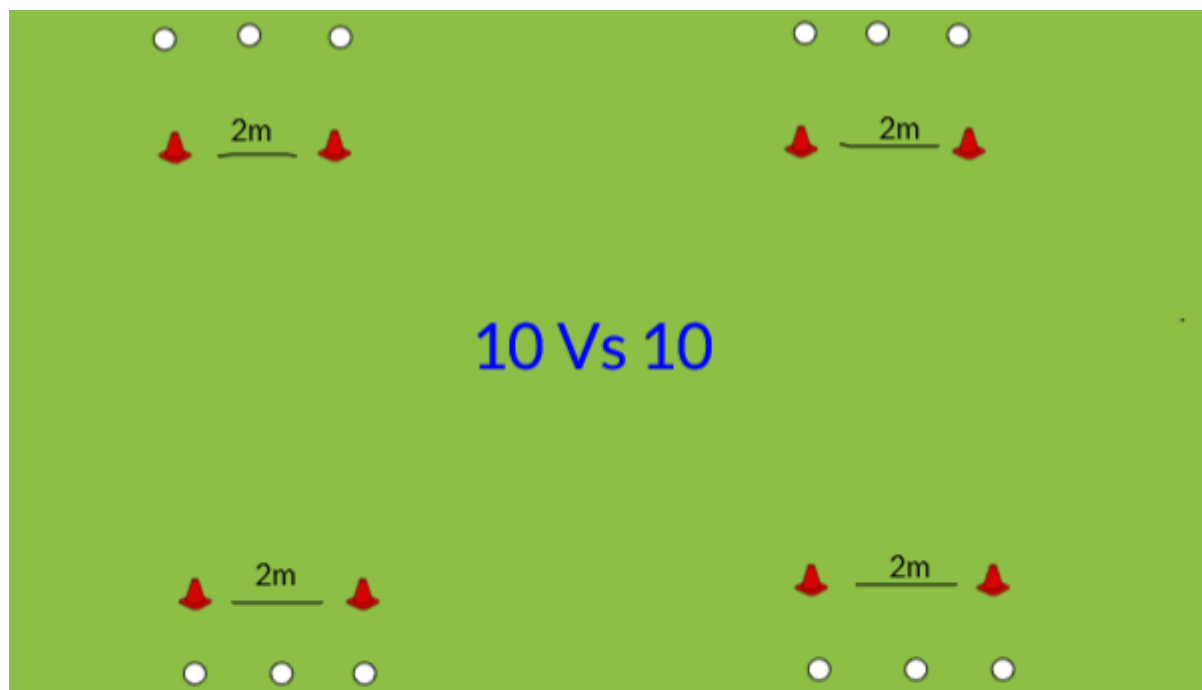
Free the Prisoner

Red team try to get ball to player in either "red square" with red bib. Players must receive ball in cone area. He is then replaced by the player who delivered the ball.

Aim is for players to make correct decisions as to which square to go for and how best to defend 2 potential targets when not in possession. Works on communication between players.



Work the Gate




10 Vs 10

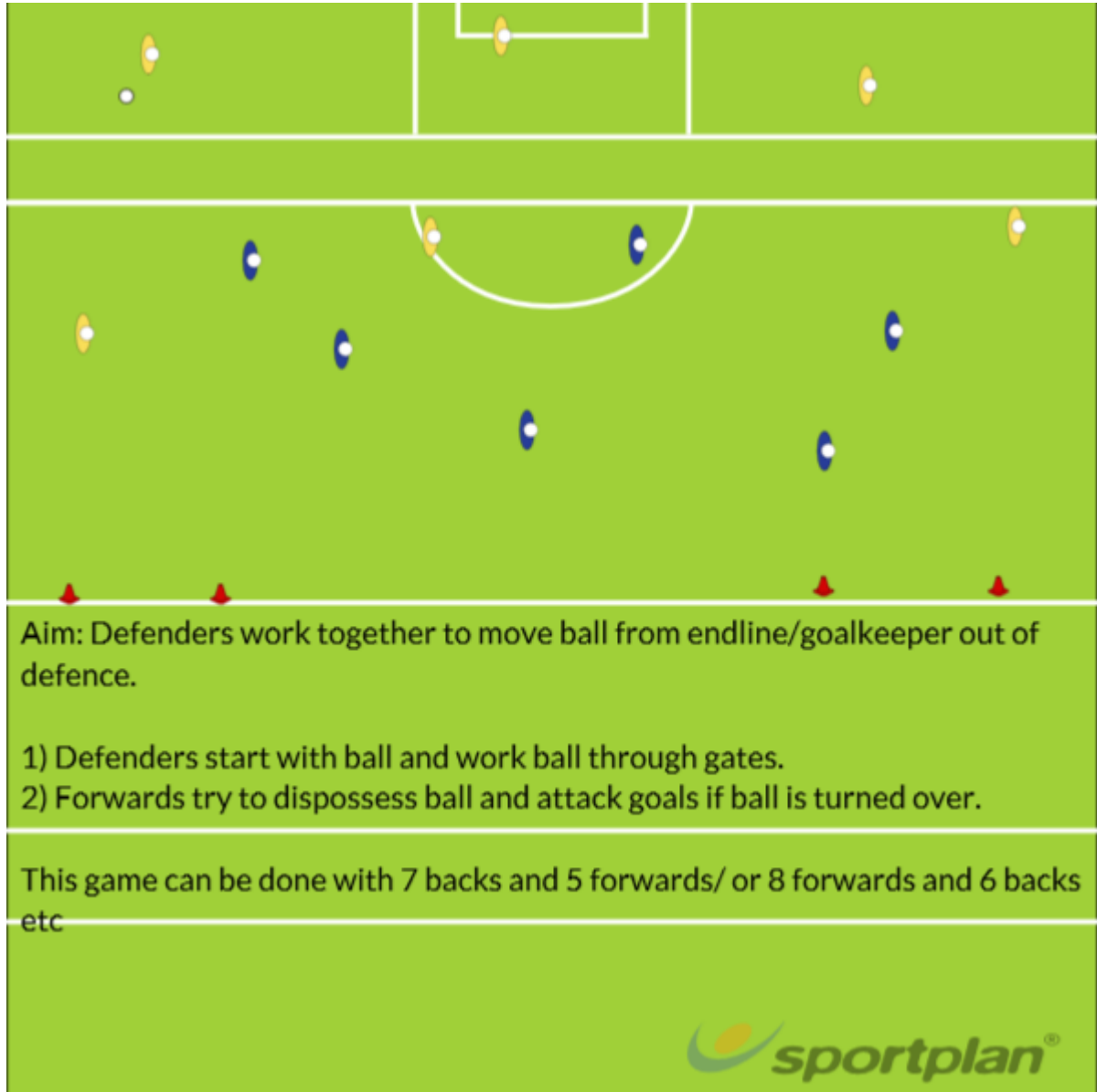
Purpose: To work on players awareness of their surroundings and Communication

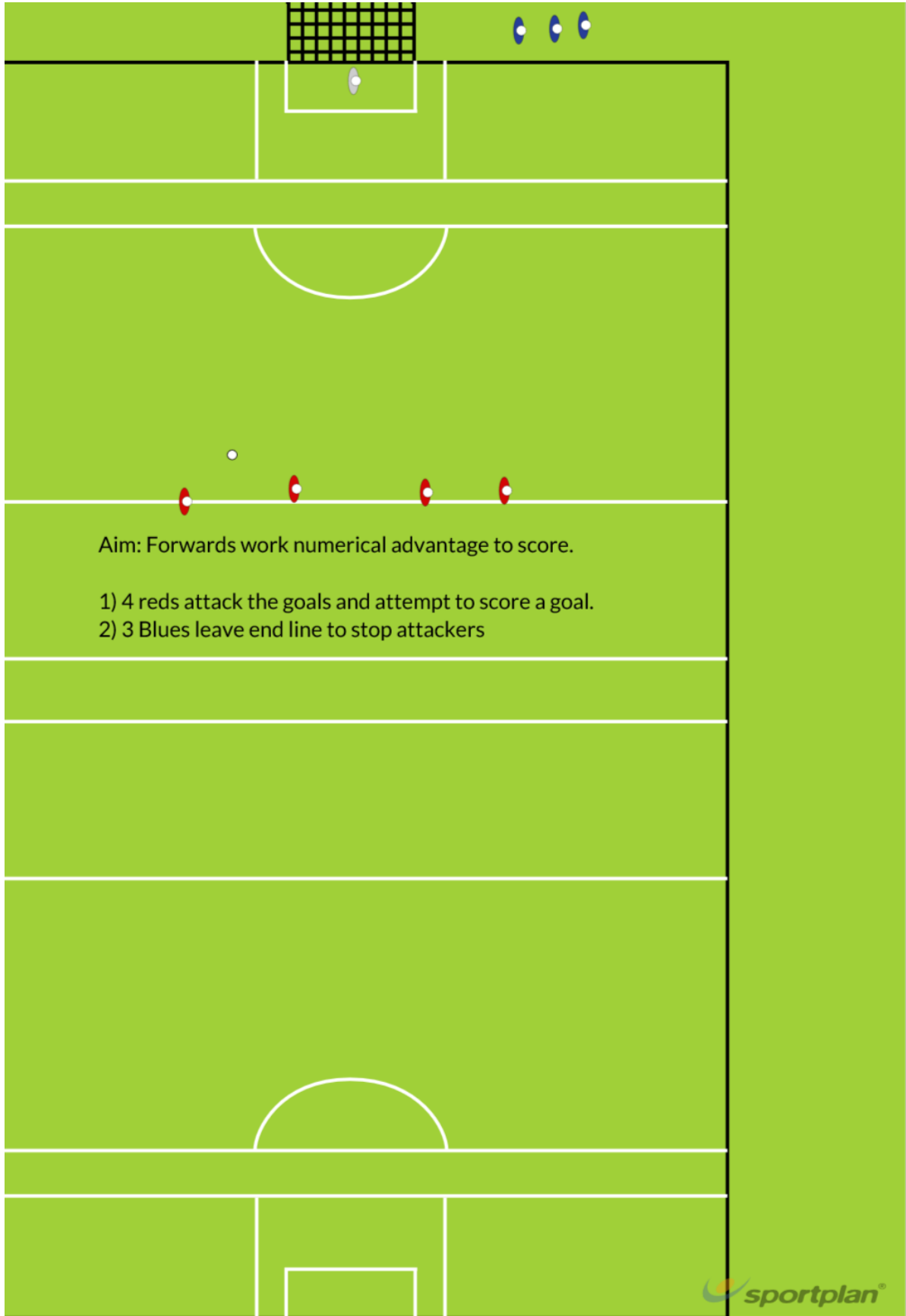
Coach throws ball in to start game.
Players work ball through a gate.
Each time leaving down the ball (which the coach will then remove from game)
Another member from the scoring team must get a ball from behind a different gate and then re start attack.
After every score a coach removes the ball.

Players must communicate to each other as to which player is going to take a ball from the gate.
Players must be aware of best gates to strategically attack and where there are still balls at gates.



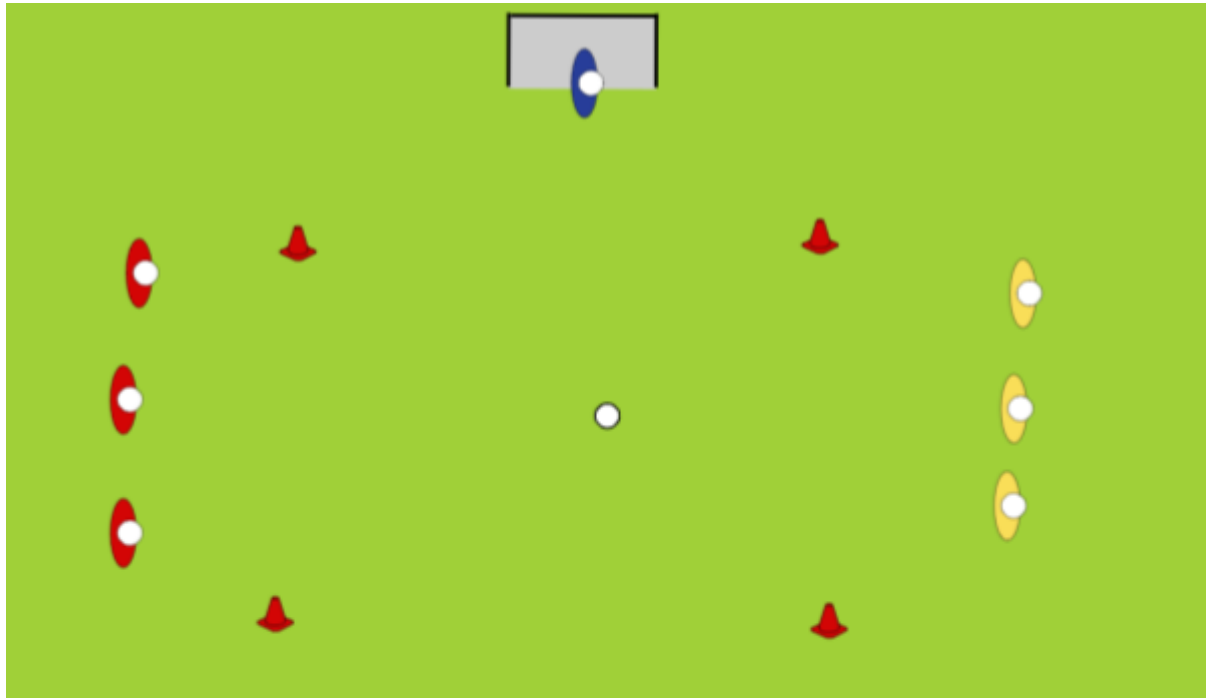
Ken Hogan Sessions - Games Based Coaching





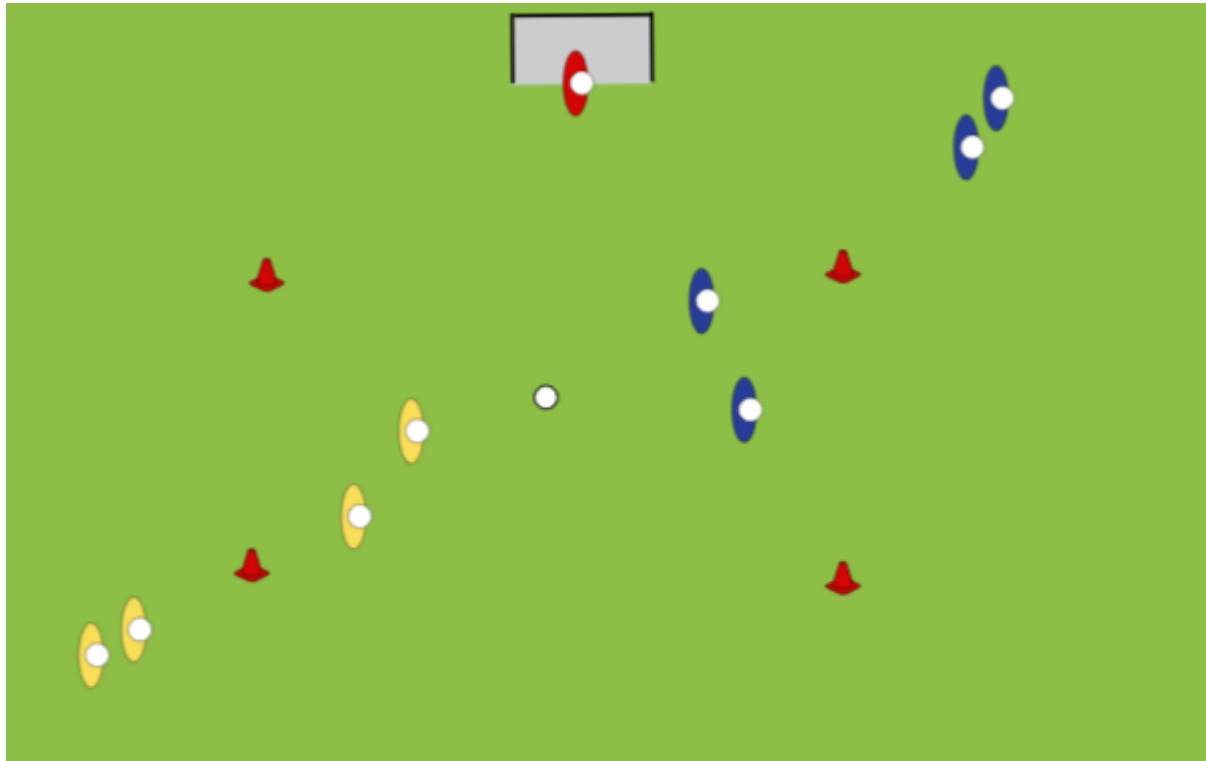
Aim: Forwards work numerical advantage to score.

- 1) 4 reds attack the goals and attempt to score a goal.
- 2) 3 Blues leave end line to stop attackers



Aim: Teams attempts to winning possession and then is either on attack or defence

- 1) Coach throws ball into square and 3 reds and 3 yellows enter square and attempt to win possession.
- 2) Team that wins ball attacks the goal. Other team acts as defenders.



Aim: Work on winning ruck ball, keeping possession in small area, attacking goals.

- 1) On Coaches whistle 2 yellows and 2 blues enter square and try win possession of ball.
- 2) Teams attempt to hold possession as long as possible.
- 3) On coaches command team in possession attempts to score on goals.