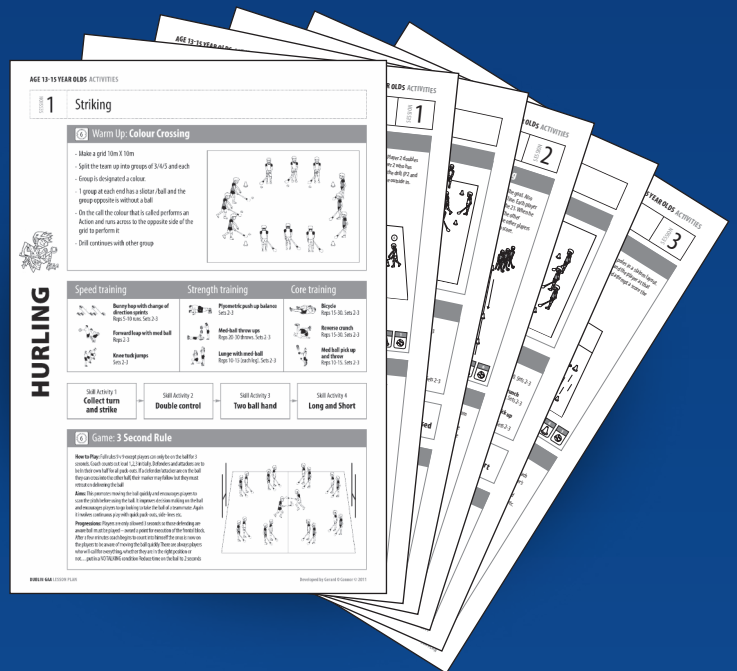


# LESSON PLAN FOR HURLING



## CONTAINS ACTIVITIES FOR GROUPS:

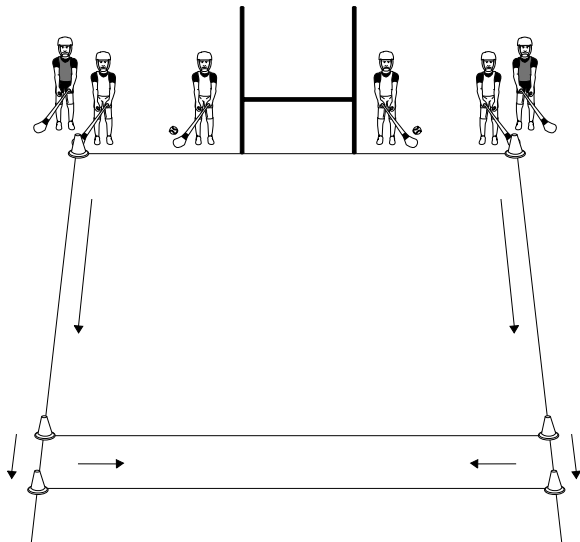
- Age 7-9
- Age 10-12
- Age 13-15
- Minor



# Attacking and defending

## Skill Activity 1: Fast Touch

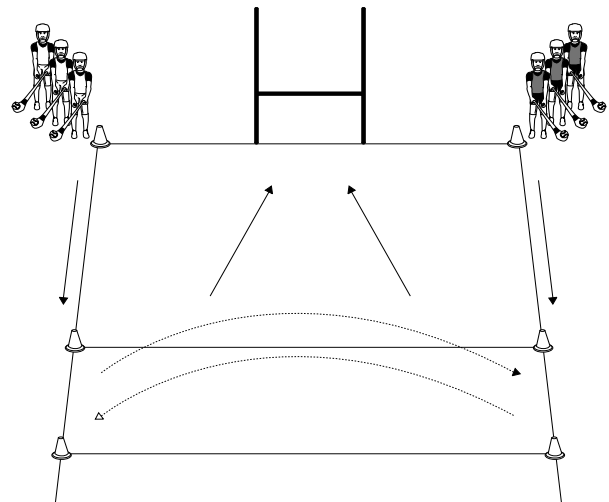
Divide players into 2 groups of 4/5. 2 feeders either side of the goal. Place 2 cones 1 40 yds from goal and the 2nd 45m from goal. Players should be in two at the end line. On the call the attacker runs around the near cone defender around the far cone. Feeder feeds the attacker the ball. The attacker under pressure must score.



8 min	6	6	2

## Skill Activity 2: Timing and shooting

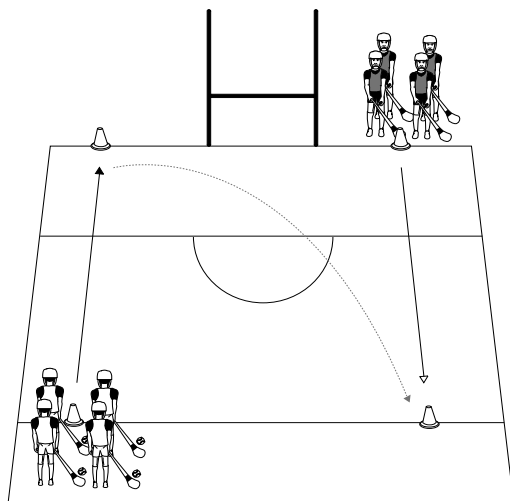
Divide the team into two groups. Place cones on either side of the goal. Also place cones on the 21 yard line on each side and on the 45 yard line. Each player has a sliotar / ball. 1 player from each side solos the ball out to the 21. When he reaches the 21 he/she turns and looks up and delivers a pass to the other player. After delivering the pass he/she must react and control the other players passed ball. When the ball is under control the players attempt to score.



8 min	6	6	6

## Skill Activity 3: Defender & Attackers

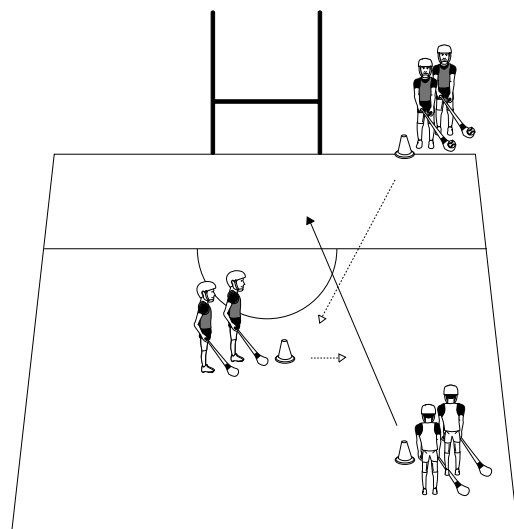
On the goals call 2,3,4,5 etc. Players set off from either side of the pitch. Defenders have the ball and pass to each-other. Attackers just run out to 45 Defenders once they have reached the end-line turn and kick the ball out to the field to the attackers. Attackers collect the ball and head for goals. Defenders take up positions in the scoring zone (Inside the D). Only once the attackers have entered the zone can they shoot for a score.



8 min	8	4	8

## Skill Activity 4: Target un-opposed

Split teams into 3 groups. 1 on the end-line. 1 diagonally 30m from cone num 1. 3rd group on the 45m line. Balls start at cone number 1. Cone number 1 feeds to cone number 2. As cone number 2 receives the ball player from cone number 3 times his run and receives a pass from cone number 2 and puts the ball over the bar (variation num 1 becomes a defender).



8 min	6	3	2