



Scoil Ui Chonail Coaching Newsletter



Issue 1 : February 2024

Newsletter Goals

The aims of the Newsletter:

- To highlight the Key skills in both Hurling/Camogie & Football
- To allow coaches/mentors reflect on their players progress and level, and to identify gaps in learning that need to be addressed
- To share resources and ideas to support coaches

HURLING / CAMOGIE

THE MAGNIFICENT 7



- Striking
- Blocking
- Rising
- Catching
- Hand Pass
- Hooking
- First touch

HURLING / CAMOGIE : BACK TO BASICS

GROUND STRIKE

POSITION

Side on to direction of strike

Ball in front of forward foot

COACHING POINTS

Ready - Lock – Swing

Lock hands – Bend elbows

Hurl high, over away shoulder (Striking to right – hurl over left shoulder ..)

ONE fluid motion / arc

Strike sliotar with flat of bas

Hurl follows through in direction of strike

Transfer weight to forward foot



CLICK PICTURE FOR VIDEO

Ground Striking Progression

BEGINNER

- Striking stationary ball standing dominant side
- Striking stationary ball standing second side

This can be done with stake balls / loose sliotars...

Tyres are also a great way to strengthen swing

COMPETE

With tyres – who can move their tyre to touch the cone first? (inches away!)

Distance, through a target...

IMPROVER

- Run onto stationary ball and strike – develop to both sides (*rope balls here save a lot of chasing balls*)
- Strike a moving ball, keeping it moving in same direction – develop to both sides

ADVANCED

- Strike a moving ball to reverse direction – develop to both sides
- Change the direction of moving ball – left, right, reverse - develop both sides
- Strike accurately in any direction through a target on both sides

COMPETE

Races/relays, how many in a row, through a target, distance, conditioned games etc.

To ensure accurate delivery of oncoming sliotar – sliotar could be rolled.

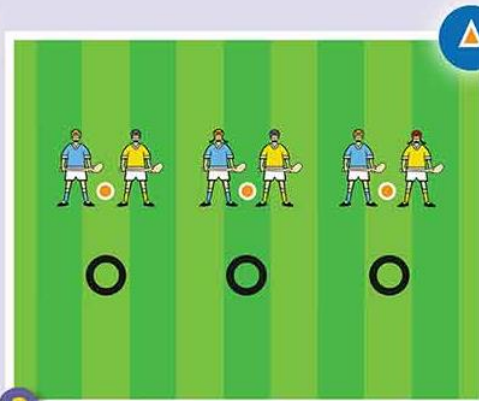
As players strike progresses, partners can strike to each other.

Ground Striking Exercises

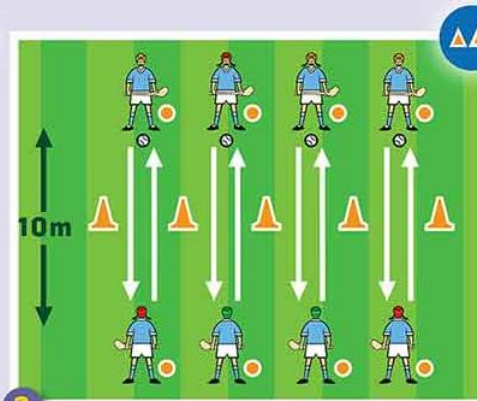
GROUND STRIKE PRACTISE THE TECHNIQUE



1 **IMAGINARY STRIKING**
Players strike an imaginary sliotar in front of them.



2 **TYRE STRIKE**
Players in pairs, one tyre per pair. Each player in turn strikes the tyre.



3 **STRIKING IN PAIRS: ACCURACY**
Players in pairs, one sliotar per pair. Players strike the sliotar through the goal to their partner.

GROUND STRIKE DEVELOP THE SKILL



1 **GOLF GOALS**
Mark out a course. Players to strike in turn through the goals and around the course.



2 **FOUR GOAL GAME**
Place 4 goals – 1 in each corner of the pitch. Teams attack and defend two sets of the goals.

VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS



LINKS

Click on Links for videos

[Tyres](#)

[Ground Striking Exercise](#)

[Doubling on moving ball](#)

GROUND STRIKE

Striking the ball on the ground is one of the most important techniques in Hurling. It is important that players are encouraged to strike from the dominant and non-dominant side from an early age.



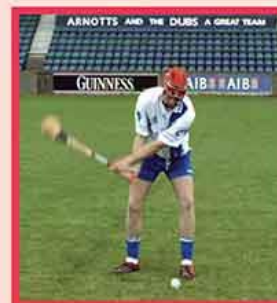
KEY TEACHING POINTS



Adopt the Ready Position. Feet shoulder width apart.



Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.



Swing the Hurley down. Strike the sliotar flat on with the bas.



Keep the head down. Follow through in the direction of the strike.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- Feet too close together
- Not standing close enough to the sliotar
- Lifting the head to follow the sliotar

GRIP & SWING GROUND STRIKE



- Adopt ready position.
- Ball in front of non-dominant (weak) foot.
- Slide non-dominant (weak) hand into Lock Position.
- Elbows bent.
- Knees bent.
- Swing and strike ball flat on with bas with "wristy" action.
- Follow through to shoulder height.
- Transfer weight to non-dominant leg.



HEAD

Eyes on ball 'til strike completed.



HANDS

Slide from Ready Position to Lock Position – follow through.



FEET

Ball in front of non-dominant (weak) leg – feet shoulder width apart – transfer weight to non-dominant leg.



VITAL

Feet not too close together – stand close to ball – place bas behind ball before swinging – keep eyes on ball until swing completed. Non-dominant hand slides from Ready to Lock Position for each strike.

FOOTBALL: KEY SKILLS

- Catching
- Kicking
- Handpassing
- Soloing
- Blocking
- Rising Ball



FOOTBALL: BACK TO BASICS



PUNT KICK

POSITION

Head down
Eyes on ball

COACHING POINTS

- Hold ball firmly
- Eyes on the ball
- Step forward non kicking foot
- Release ball
- Kick with instep - laces
- Toes pointed
- Opposite arm extends for balance
- Leg follows through in direction of target

CLICK ON PICTURE FOR VIDEO

Punt Kick Progression

BEGINNER

- Kicking from stationary position dominant side
- Kicking from stationary position second side
- Kicking on the move – develop to both sides

COMPETE

Distance, through a target...

IMPROVER

- Kicking in accurate direction – develop to both sides
- Kicking over the bar – develop to both sides
- Kicking for Goal – develop to both sides

ADVANCED

- Increasing distance
- Increasing accuracy / aim
- Judging height and distance required
- Selecting correct kick for situation

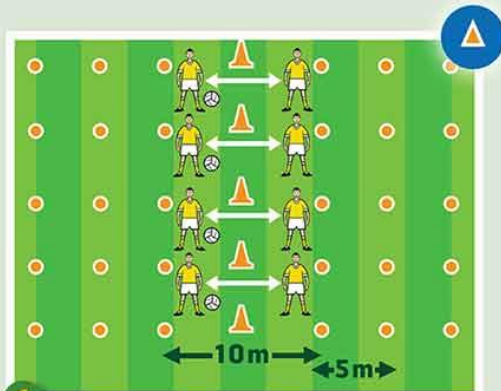
All developed on both sides

COMPETE

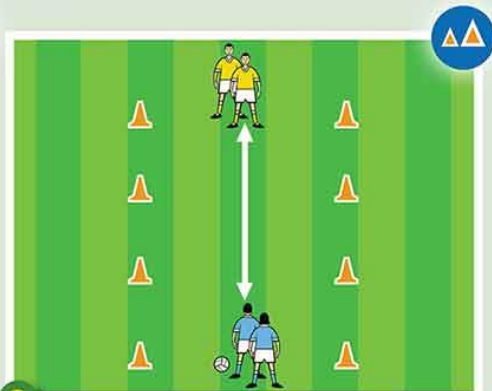
Races/relays, through a target, distance, conditioned games etc.

Punt Kick Exercises

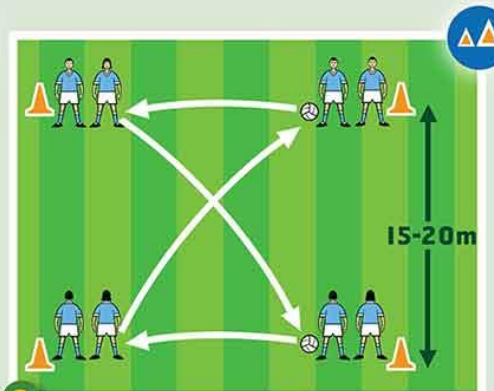
PUNT KICK PRACTISE THE TECHNIQUE



1 PARTNER KICK
Players in pairs. Mark out various distances. Players to punt kick to partner over each distance.

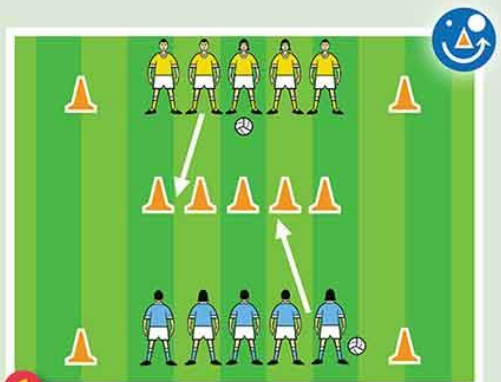


2 DOWN THE LINE
Punt kick to partner at other end of the channel.



3 TURN AND KICK
Ball is punt kicked along the side and across the diagonal.

PUNT KICK DEVELOP THE SKILL



1 HIT THE CONES
Players attempt to knock over the cones using the punt kick.



2 FOUR GOAL GAME
Place 4 goals – 1 in each corner of the pitch. Teams attack and defend two sets of the goals.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
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DESCRIPTIVE ICONS



LINKS

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How many?

Punt kick passing

Kick for Scores



SKILL CARDS



The Punt Kick

This kick is used mainly when facing or moving directly towards the target

Technique

The technique involves kicking with the instep (laced part) of the foot in the direction of the target

Key Points

1. Hold the ball firmly with both hands
Keep head down and eyes on the ball
2. Step forward with non-kicking foot and release ball into the hand at the kicking side
Extend opposite arm away from body to keep balance
3. Kick with the instep with toes pointed
Follow through in direction of target

Common Errors

Error 1
☹️ Not kicking the ball with the instep causes the ball to travel in the wrong direction

😊 It is important to keep your head down and kick with the laced part of your boot in the direction of the target

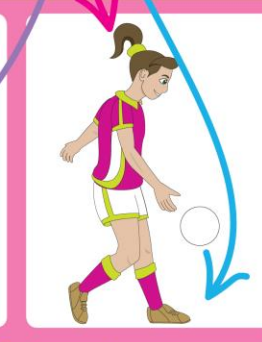
Error 2
☹️ Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot

😊 The ball should be released into the hand on the kicking side and the other hand is used to help maintain your balance

Hands

Ball released into hand at the kicking side

It is important to keep your head down and kick with laced part of the boot in direction of the target



Head

Eyes on the ball at all times

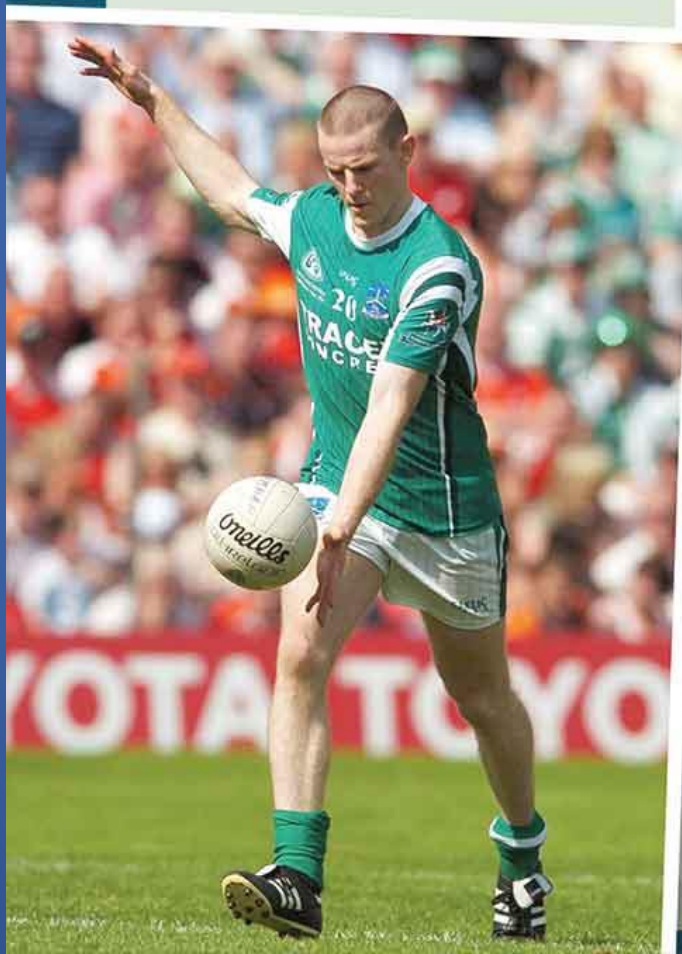
Feet

Step forward with non-kicking foot

Kick ball with instep and follow through in direction of target

PUNT KICK

The Punt Kick is one of the most common foot passing techniques in Gaelic football. It may also be used to kick for a score when approaching the goal straight on.



KEY TEACHING POINTS



Hold the ball firmly in both hands. Release the ball into the hand at the kicking side. Head down, eyes on the ball.



Step forward with the non-kicking foot. Drop the ball onto the foot.



Kick the ball with the instep of the foot.



Keep toes pointed. Follow through in the direction of the target.

To Coach this Skill use the **IDEA** method

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LOOK OUT FOR THESE COMMON ERRORS

- Lifting the head too early
- Dropping the ball from the opposite hand
- Not keeping the toes pointed

GAELIC GAMES COACH PATHWAY

ELITE / HIGH
PERFORMANCE

ACHIEVING
EXCELLENCE

THE
CLUB

FOUNDATION

PARTICIPATION
& ACTIVE
LIFESTYLE

ADULT
YOUTH

F3

E1

T4

T1

T3

T2

TALENT

DEVELOPING
POTENTIAL

F1 Nursery Coach 4-6 year olds

F2 Go Games Coach 7-12 year olds

F3 Youth Coach 13-17 year olds
Adult Coach 18 Years+

T1, T2 & T3 Youth Coach
(2nd Level School/County) 13-19 year olds

T4 3rd Level Coach Adult

E1 Intercounty Coach Adult



CLICK ON PICTURE FOR VIDEO

Mentors Info

Gear

- Mind & respect equipment / gear
- Need to teach players respect and responsibility for team gear
- At the end of 2024 season we will collect 70% of footballs from teams
- Club Gear must be bought from the shop/Niamh - ensures consistent branding ONE CLUB – ONE IMAGE

Club Grounds

- Return shared equipment to container after sessions & keep the container tidy
- Return portable goals to area behind the main goals at club house end
- Stop children swinging on goals and climbing nets
- Start & Finish training sessions and matches on time
- Turn off lights (pitch and car park) & lock gate if last team there

Mentors Info cont'd..

Child Protection

- All Coaches , FLO & Helpers need: Garda Vetting & Completed the child safeguarding course & Club membership
- Female Liaison Offices (FLO) : Needed on sideline for all training sessions/matches where girls are playing – cannot go ahead without a FLO
- Any issues or concerns contact Ciaran

Playing up younger players

- Mentors of older teams should contact mentors of younger teams only (not parents)
- Mentors of younger teams should decide who plays up (rota system)
- Priority should be given to kids of the 'right age' ahead of younger kids

Mentors Info cont'd..

Respect

- **Respect Referees**
 - All mentors should be aware of regulations for the specific age group
 - Report any issues to Brendan (Boys CCC1) / Sean (Girls CCC1)
 - Scoil coaches asked to support and ensure Scoil Referees are protected from negative behaviour
 - Ensuring all mentors & parents are familiar with the rules that apply to the age group (especially at Go Games level) ensures everyone is on the same page
- **Respect Team Mates**
- **Respect Coaches**
- **Respect Other Teams**
- **Respect Equipment**
- **Respect Club Grounds**

**TAKE A
SECOND**



That's a Wrap

If you have any suggestions for the Coaches Newsletter or would like to get involved in creating content / sharing content, please contact Sinéad

at

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