

# FIRST TOUCH

## TEACHING POINTS

- Toe of the hurley away from the body when controlling the ball. Get players in pairs striking low to each other. Encourage them to attack the ball and to try and control it on the move.
- Key to control is soft hands on the point of impact with the ball and hurley.
- Allow a 'bit of give' in the hurley to kill the ball on the point of impact. This is done by relaxing the grip on the top of the hurley to go with ball.
- Hands positioned comfortably.
- Normally: Dominant hand on top. Weaker/ball carrying hand just above halfway on the hurley.



## FIRST TOUCH DRILLS

**DRILL 1.** 3 players in a line. Player 1 in the middle and players 2 and 3 at either end.

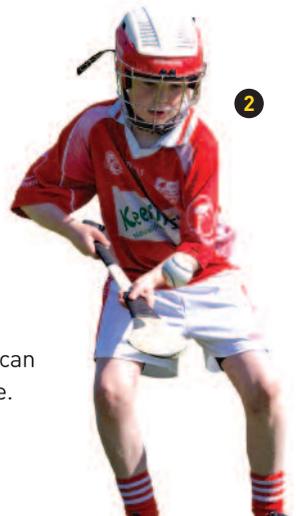
- Player 2 strikes low to player 1
- Player 1 tries to control the ball while moving towards player 2. Once controlled he hand passes to player 2.
- Player 1 runs around the back of player 2 and player 3 strikes low to players 1. Player 1 controls and hand passes to player 3. Player 1 runs around player 3.
- Player 2 strikes low to player 1 who controls the ball and takes player 2s place.
- Change after every 3 balls.



Drill 1

**DRILL 2.** Strike against a wall low and hard and attempt to control the ball on the wayback. For a slower ball coming back, hit it higher or easier against the wall. Alternatively stand closer/further to the wall.

**DRILL 3.** How many balls can they strike against the wall and control it with their fist touch in one minute. How many times can they hit the ball against the wall from their hand in one minute.



## SOLO RUN DRILLS

**DRILL 1.** Solo to a cone balancing ball/bean bag.

**DRILL 2.** Same as 1 only running

**DRILL 3.** Solo in around cones and back to start using ball instead of beanbag. Add in relays, hand pass at the end, strike at the end etc.

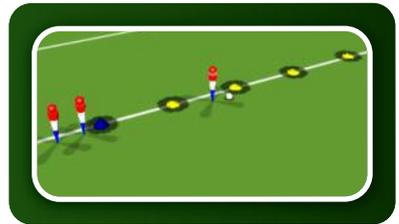
### DRILL 4.

- Player 1 is two hurley lengths ahead of player 2.
- Player 1 soloing to the cone. Player 2 shadows.
- Change roles at cone.

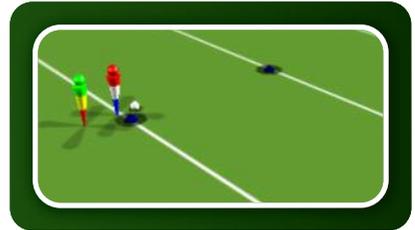
**DRILL 5.** As above only the player without the ball is trying to dispossess the player soloing the ball legally

### DRILL 6.

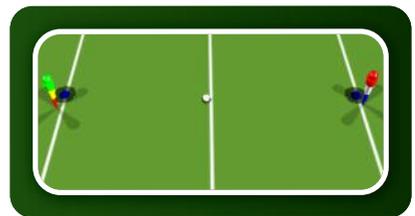
- Players fight for the ball in the middle. Start by racing from cone to ball.
- Once the ball is won it must be soloed to designated cone to get a point.
- Person who wins is the person with the most points at the end.



Drill 3



Drill 4

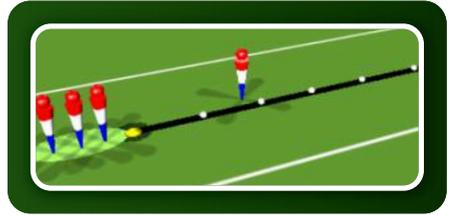


Drill 6



## GROUND STRIKE DRILLS

**DRILL 1.** To get the players striking off both sides-ball on rope. Come up one side and down striking on the other.



Drill 1

**DRILL 2.** Strike over and back on the ground in pairs

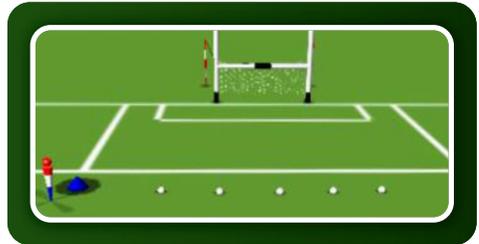
**DRILL 3.** Divide into the two even teams. Play ground tennis across the halfway line. When you blow the whistle the game stops. The team with the least number of slotars in their half are the winners



Drill 3

**DRILL 4.** Ground shot at goal on the run

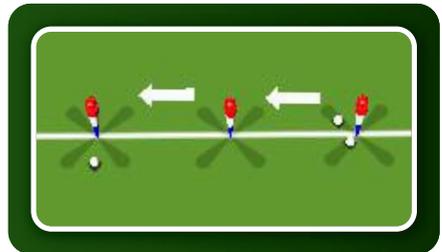
- Run and strike off right to score a goal
- Run and strike off left to score a goal
- To make more difficult, roll the ball to the striker



Drill 4

**DRILL 5.** Double on the ball as it comes back from the wall. 1 minute intervals

**DRILL 6.** Working the player in the middle. Start at the side with two slotars. Player in the middle tries to double on the ball in the centre. Players on the end hit the spare ball each time and collect the ball from the centre after striking the spare ball. 40 second intervals x3. Each player gets 3 goes in the centre



Drill 6

**DRILL 7.** Same as above only 2 players in the middle. 40 second intervals x2. Each player gets 3 goes in the middle.

# HOOKING

## TEACHING POINTS

- Hooking is done holding the hurley in the dominant hand.
- Hurley flat in hand.
- The earlier on the opponents swing that contact is made with the opponents hurley, the more likely it is that the hook will be successful.
- Note the different positions of the opponents hurley while hooking: In open side hooking, the opponents hurley is at arms length away from his/her body. In back hand side hooking, the opponents hurley is closer to the players body.
- Let strikers hurley hit hookers.
  1. Coach shows position of dominant hand on the top of the hurley.
  2. Show body position of hooker behind the striker with hurley raised in the path of the swing. Standing strike (no ball). Correct errors.
  3. Same as 2 only using ground strike on the ball. Correct errors.



### KEY FOCUS:

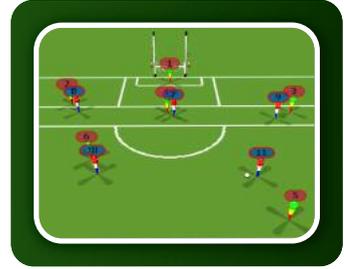
Hooking using one hand (dominant hand)

# GAMES BASED ACTIVITIES

## 1. COMBINING ALL SKILLS

Games of backs v forwards (3v3, 4v4, 5v5 etc).

Forwards start with the ball. Must be at least one pass before a shot.



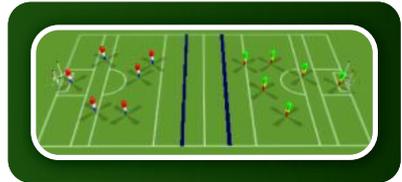
Combining all skills

## 2. NO-MANS LAND

5V5. Played in full length of pitch.

20m no-mans land area in middle.

If the ball lands in no-mans land it's dead. Start with a puck out. All clearances and puck out must clear no-mans land or the ball is dead.



No-mans land

## 3. THREE SECONDS AND COUNTING...

Backs vs Forwards. Maximum of 3 secs on the ball. Coach calls 1,2,3. Player should play ball before count of three. Same three count on frees. Counting to three forces players to scan the field to give a pass and make other players make more runs.

## 4. WE'RE IN THE ZONE

Using small pitch and juvenile goals. Set up three zones, marked out with cones. Play 8 or 10 players outfield, shoot for points only, no soloing, ball must be played into forwards before score is attempted.

Forwards and backs must stay in their own zones during play. Midfielders allowed support forwards & score. Puck outs only to backs or midfield. Enforce 3 second rule after period of time. Change positions of players every 7 mins.

Encourages forwards not to come out the field, midfield to move the ball quickly and backs to look for the puck out.



We're in the zone