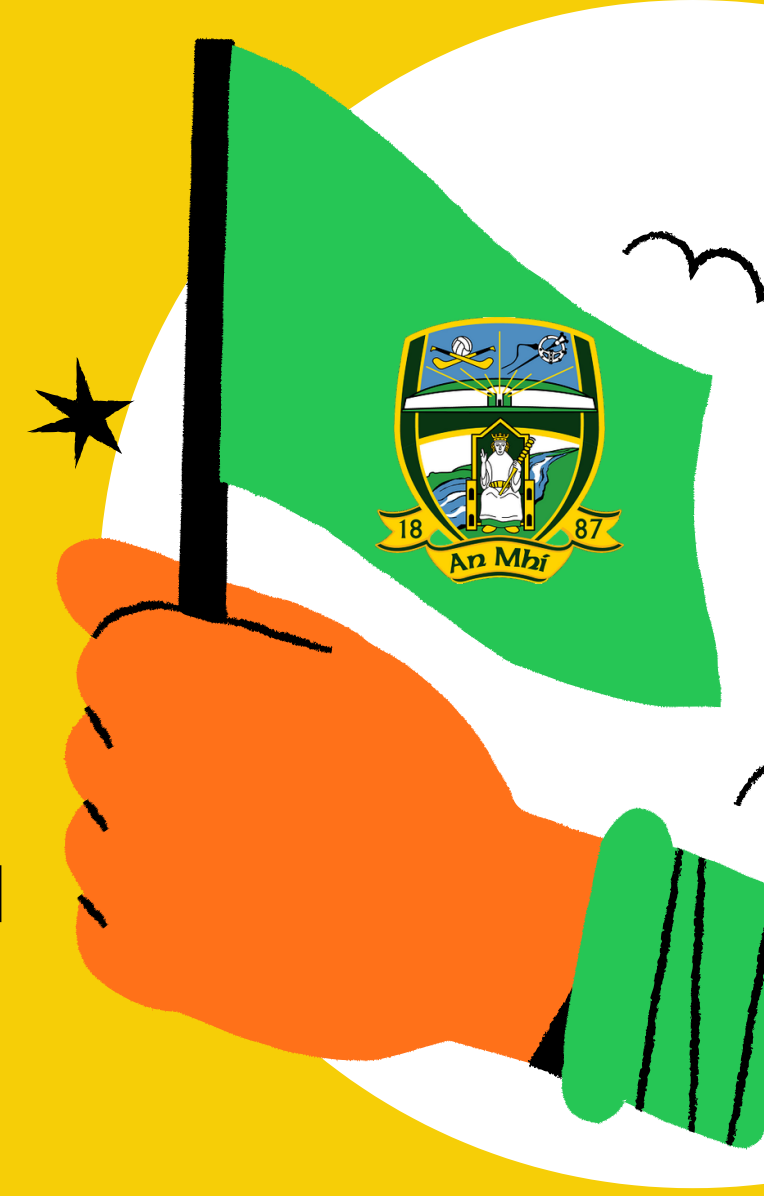




Camán & Play Coaching Program



**ACTIVITIES FOR JR INFANTS & SR INFANTS
STUDENTS**



Camán & Play

MAKE YOUR HURL YOUR OWN

**DAY 1 – PAINTING HURLS WITH FACE &
START BUTTON**





Camán & Play

MAKE YOUR HURL YOUR OWN



Camán is the Irish for Hurl

A Camán has a toe, heel and butt just like you!

Different Counties have different "style" Hurls

A Camán is made from the Ash Tree

Hurling is at least 3000 years old!

There are about 350,000 hurls made in Ireland every year!

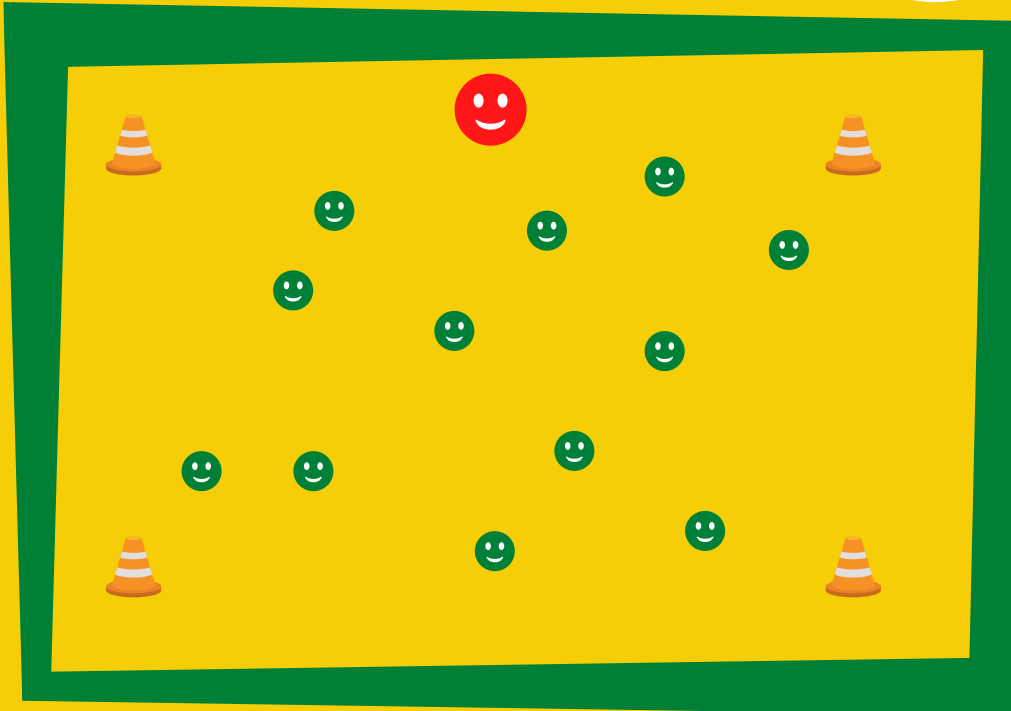


SESSION 1 – KNOW YOUR HURL



SIMON SAYS

1

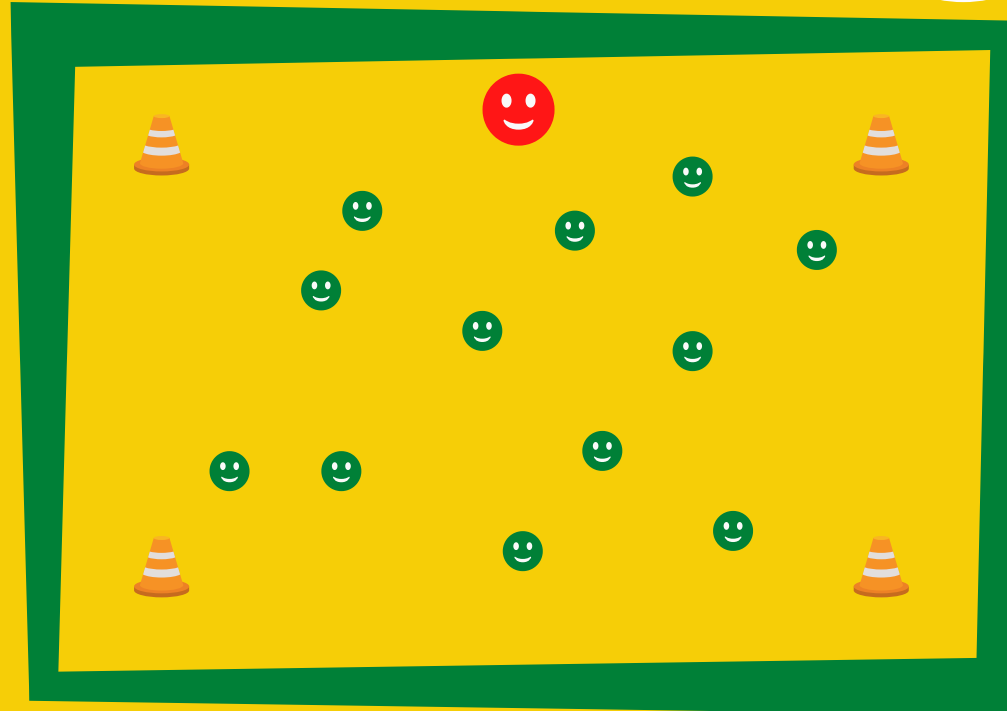


Simon says

- point to (name hurl parts)
- Introduce your hurl to another hurl (faces on each hurl touch)
- Heel to your heel, toe to your toe, butt to your butt etc

MAGIC WANDS

2

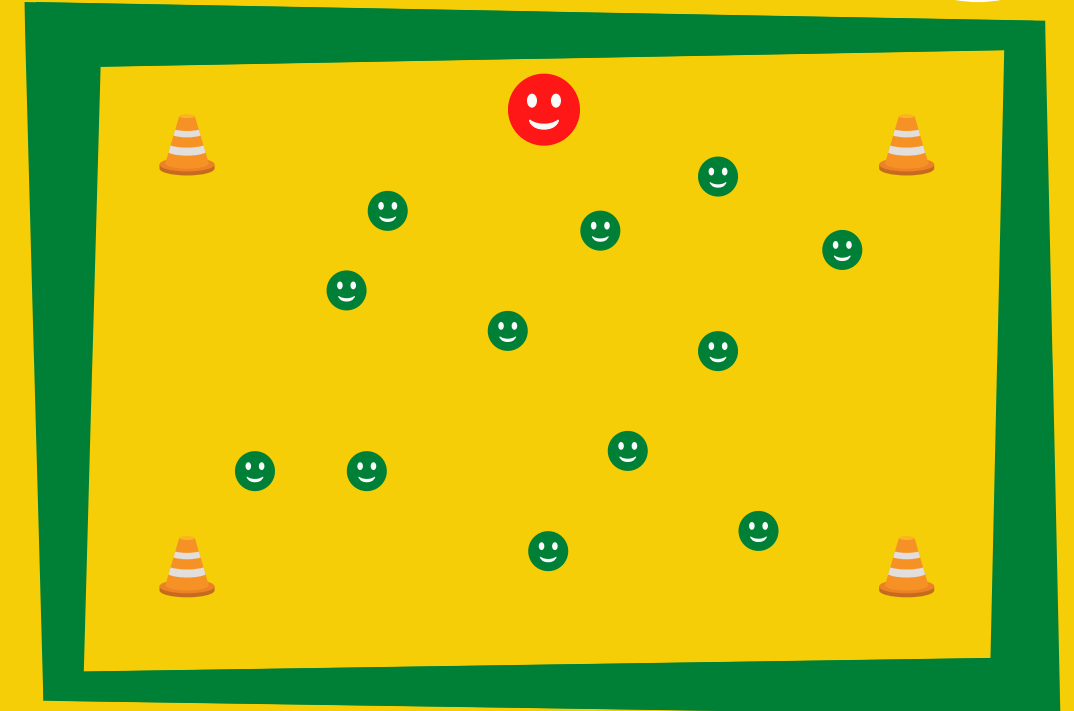


Rub your hurl to make it magic!

- Write your name
- Draw a picture
- Change colour
- Press the start button
- Say hi to the face etc

SWORD FIGHTING

3



All players put their ball hand behind their back and hold their hurl in front like a sword

They have 30 seconds to get around to as many different people and tap each side of their hurl off the other persons hurl like they are having a sword fight

The coach can call what part of the hurl must touch (toe, heel or bas)

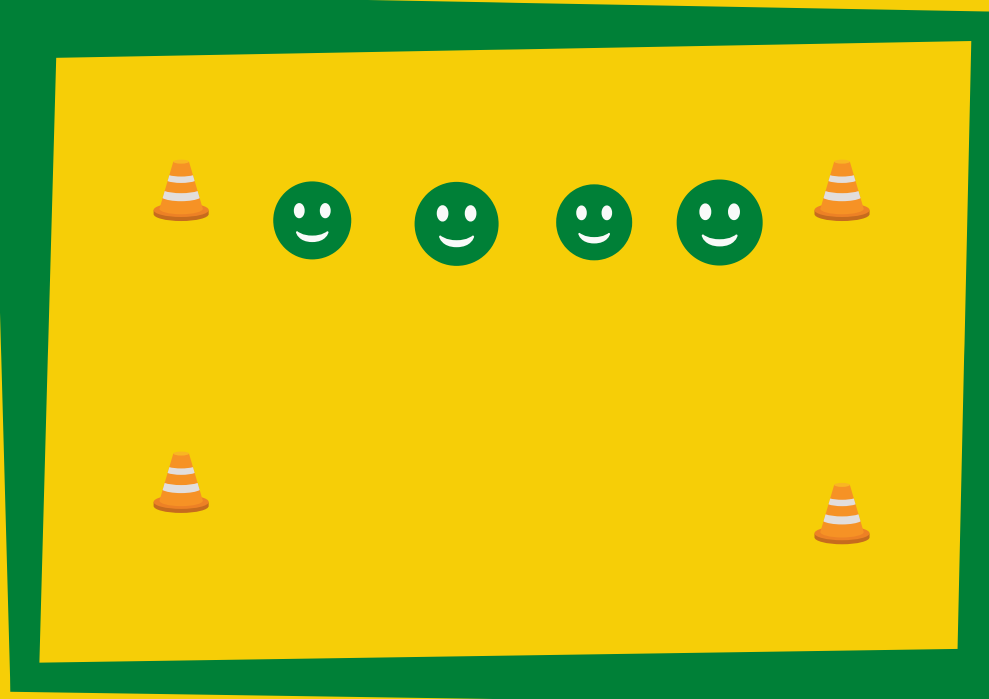
CAMÁN & PLAY



SESSION 2 – WIGGLE & DRIBBLE

WALK THE DOG

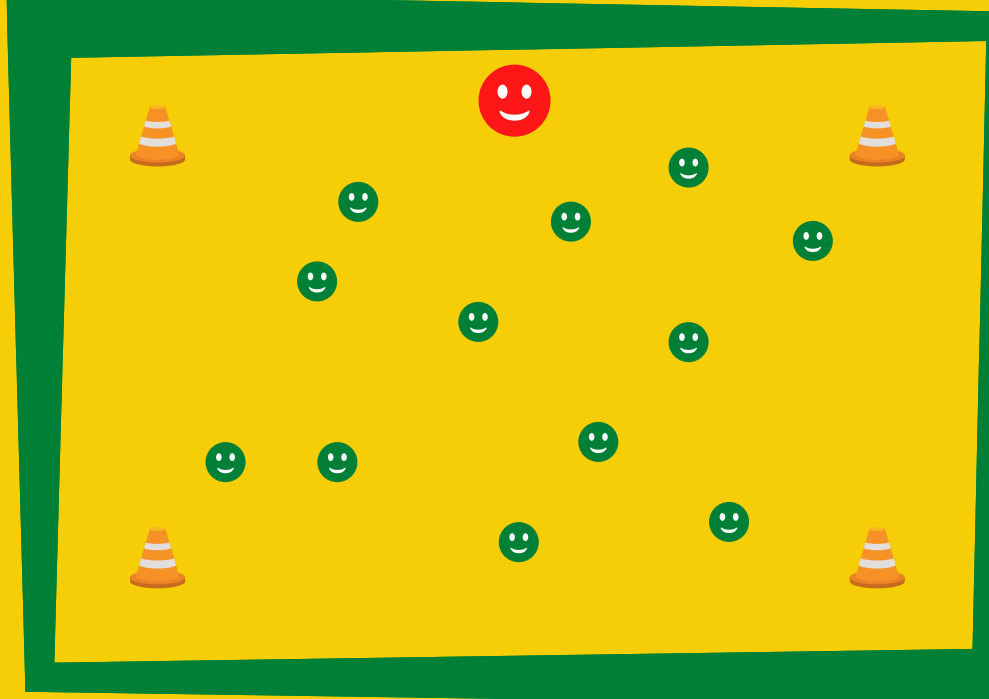
1



- Players Line Up
- Put the heel of the hurl on the ground
- Using the hurl like a 'lead', players imagine they are walking a dog

WIGGLY & WAGGLE

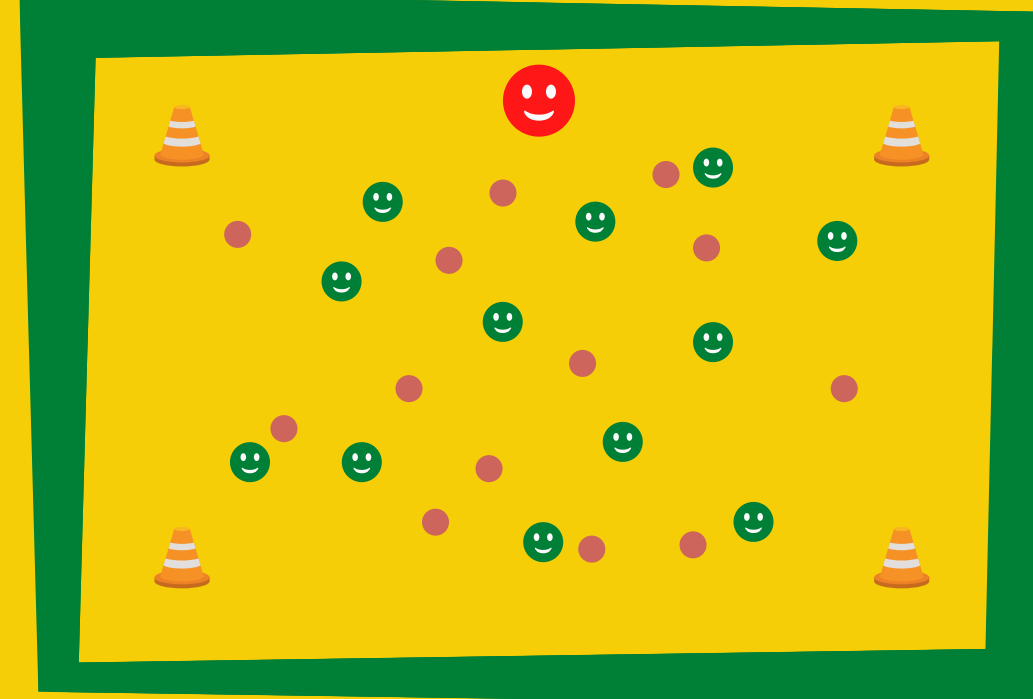
2



- The "wiggle" is to move the hurl up and down like soloing a ball
- The "waggle" is to move the hurl side to side on the ground like dribbling a ball
- Match "wiggle" & "waggle" to different things and call them out so the kids either wiggle or waggle
eg. 1 = wiggle, 2 = waggle, Red = wiggle, Blue = waggle, Up = wiggle, Down = waggle

CONE ALONE

3



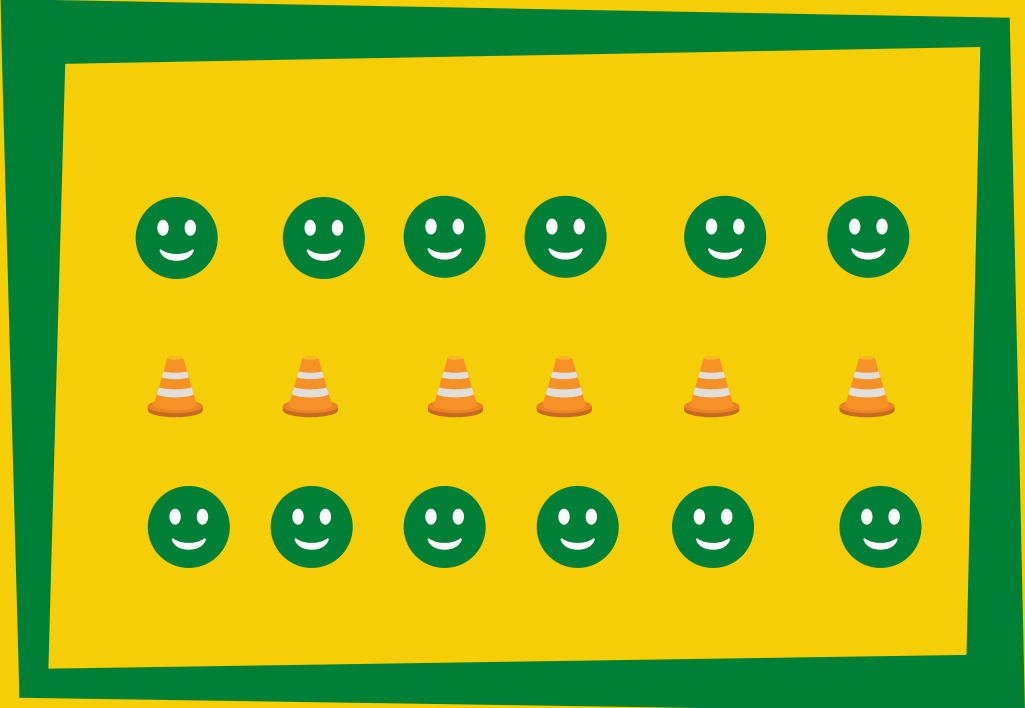
- Set up a square with randomly placed saucer cones placed inside
- Kids must dribble the ball around the square without touching a cone
- If they touch a cone they have to run around the square to get back in
- Progression - turn the cones upside down
- Kids dribble around and when the coach blows the whistle they must dribble their ball into a cone (like musical chairs)
- As the game progresses take cones away to have a winner



SESSION 3 – HURL & BALL HANDS

REACTION BALL

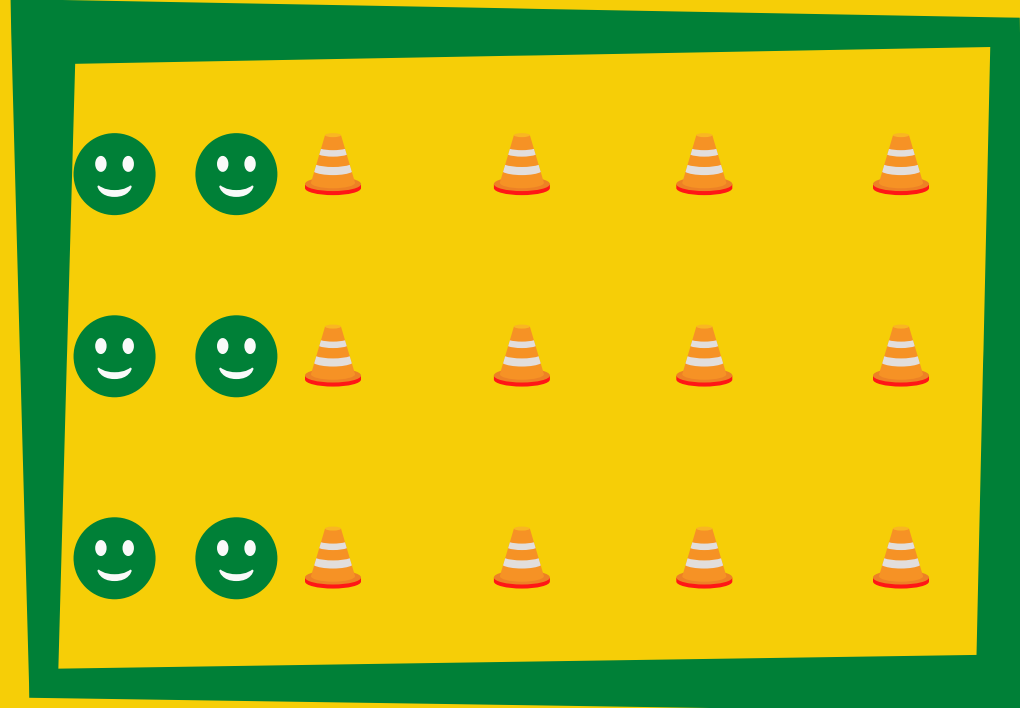
1



- Players face their partner with a small ball on a cone between them
- Coach gives instructions for players to follow ie touch your knees/shoulders/head
- Coach calls 'Ball', players aim to grab the ball before their partner

DRIBBLE ME THIS

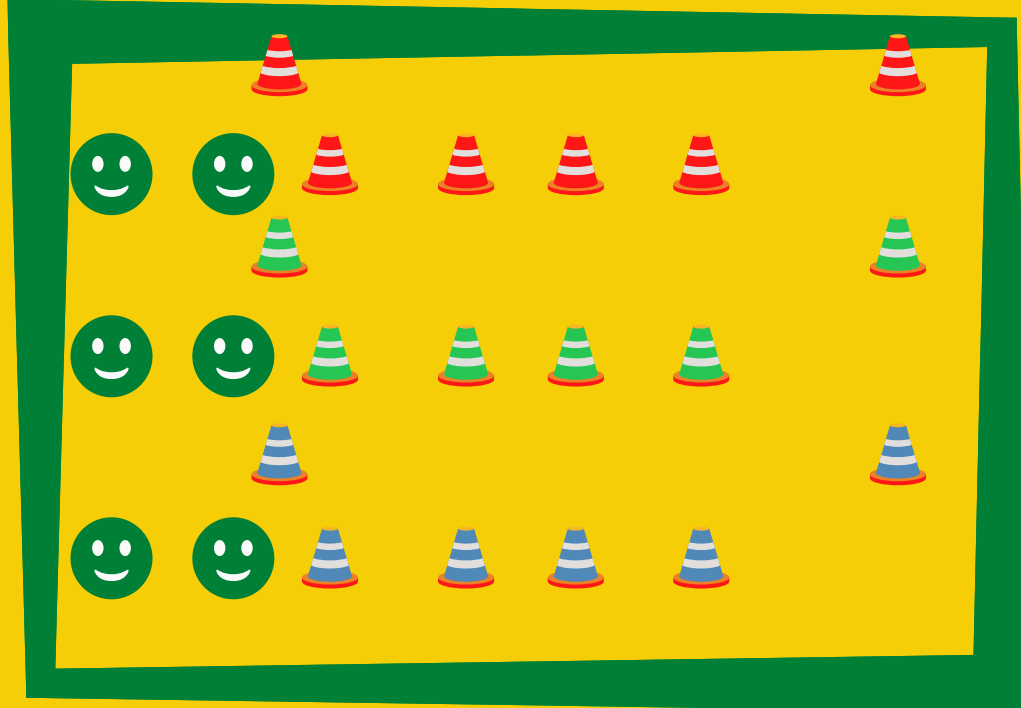
2



- Players are in groups behind the cone.
- Using their writing/hurley hand they dribble a ball up and back through the cones
- They should only have the one hand on the hurl.
- To reinforce the hurley hand and the ball hand, put a small ball in the ball hand so that they carry it with them all the way.

FORMULA 1

3



In groups of three players line up behind a set of cones
this set of cones will be called the pit lane

A second lane should be set up with two cones to the left of each group with a greater distance between them.
This will be called the race track

The coach will alternate between the pit lane and the race track to practice skills

The pit lane is used to slow things down and the race track is to do the skill at speed

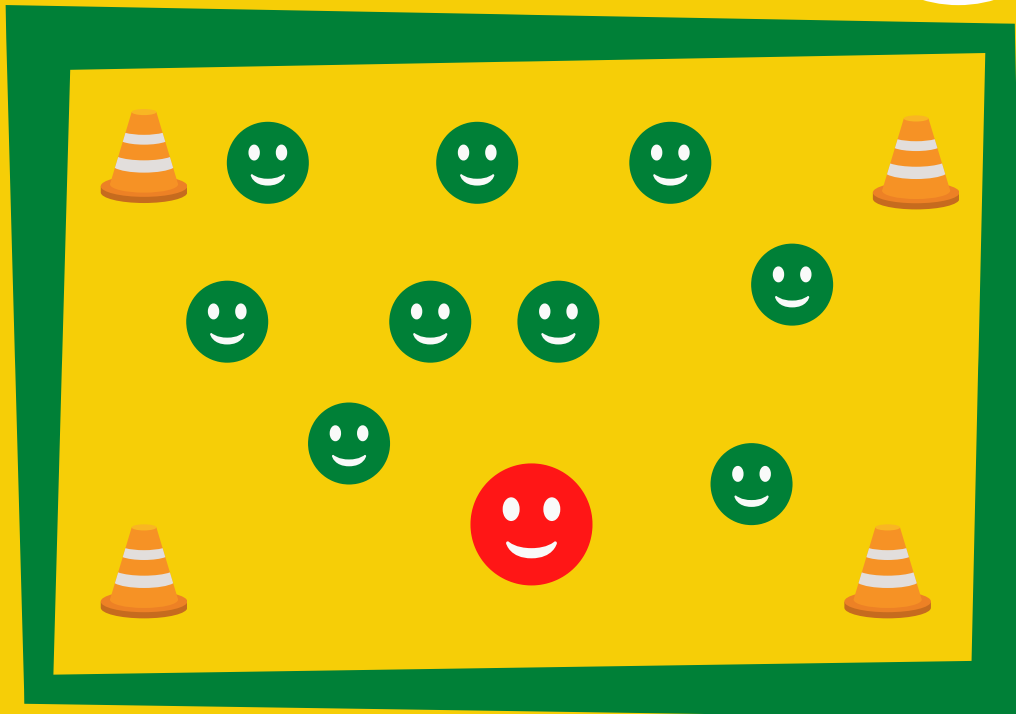


SESSION 4 – BALANCE & SOLO



TRAFFIC LIGHTS

1



- Players work on balancing bean bag on the Hurl
- Coach will show 3 coloured cones

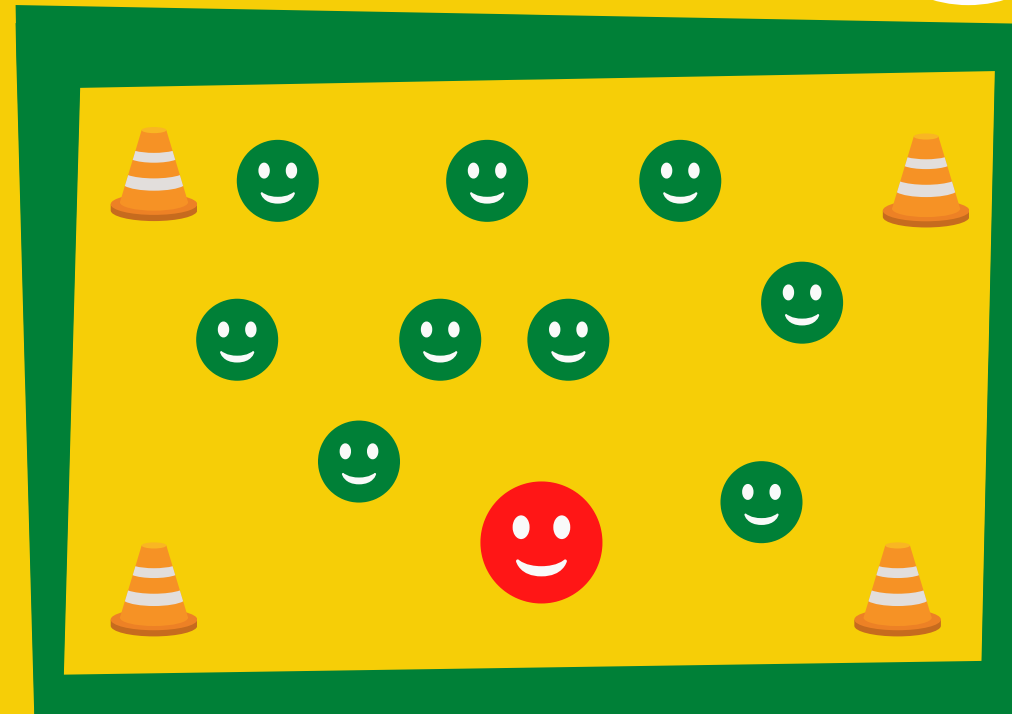
Green = Go

Yellow = Slow down

Red = Stop

PANCAKE TUESDAY

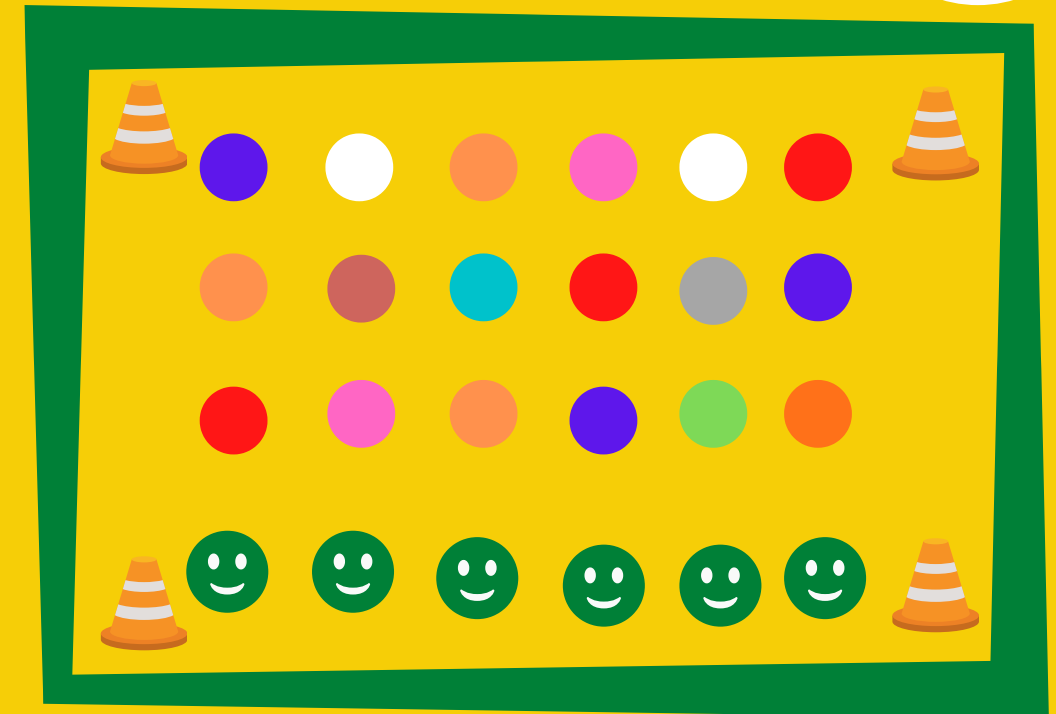
2



- Players work on balancing bean bag on the Hurl
- They will then progress to flicking it into the air and will try to catch it on the hurl again
- Another progression would be to flick it to someone else or to a target

CRAZY CONES

3



- Players are in groups of three
- Each player has a hurl and bean bag
- Balancing the bean bag on the hurl they walk out and around any colour that the coach calls.
- A line of players have to go all at once ie, in groups of 3 and 6 per line.
- When the player returns the next line resets and the coach calls the next colour
- The progression would be to call multiple colours to walk around and do it in a run.

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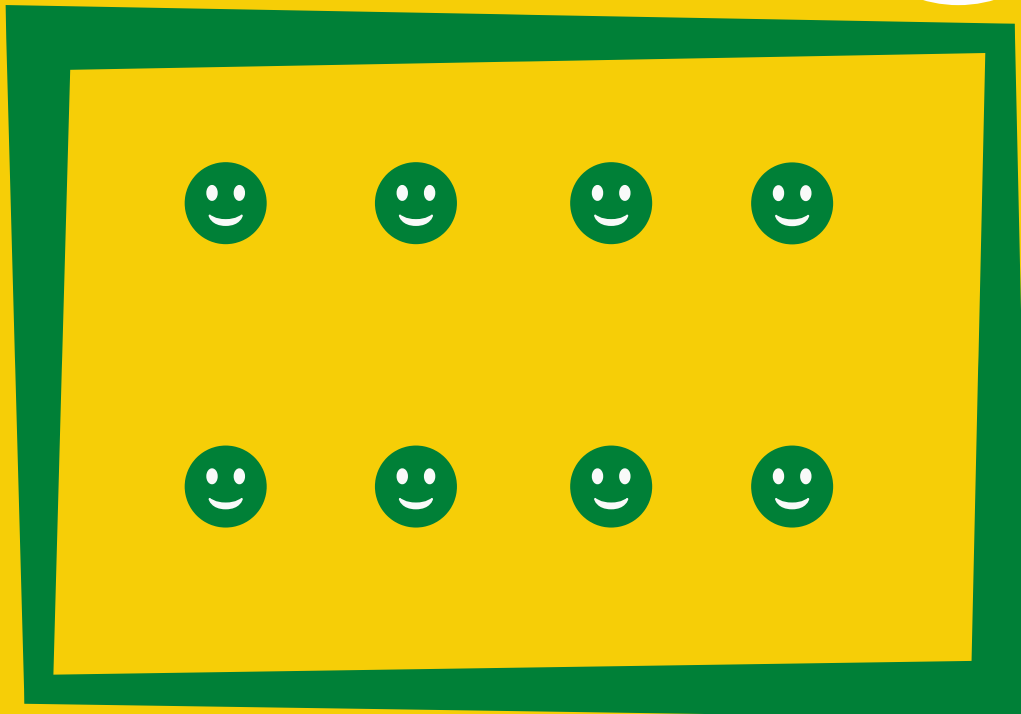


SESSION 5 – THROWING & CATCHING



TOSS THE BAG

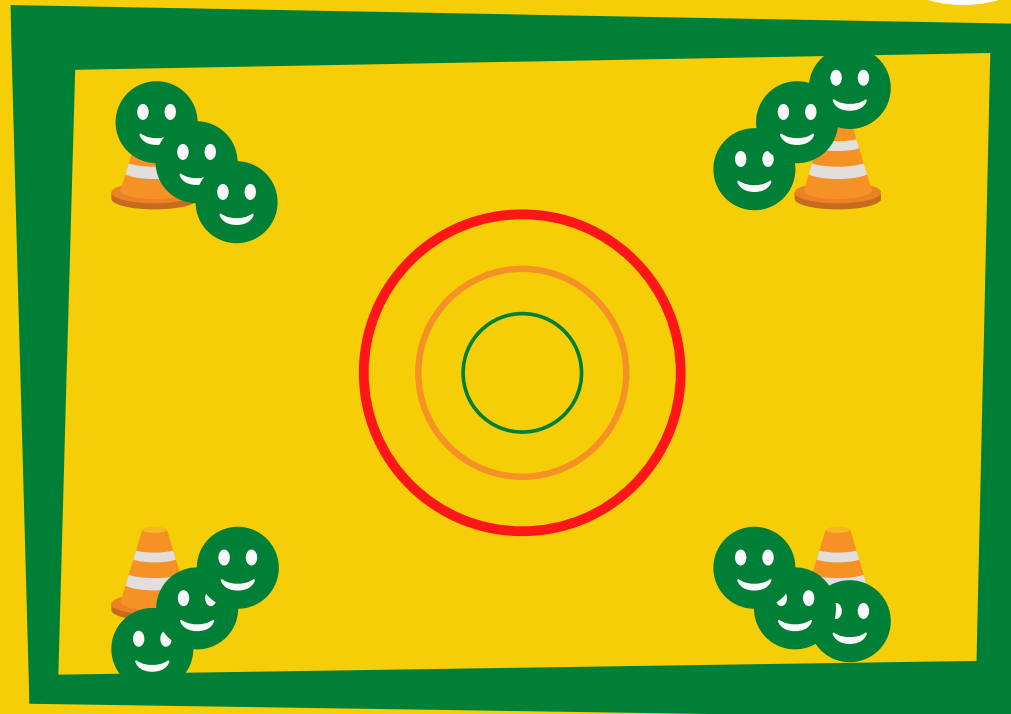
1



- In pairs players hold their Hurl in their Hurl hand
- With their catching hand they throw the bean bag to their partner to catch in their catching hand

BULLSEYE

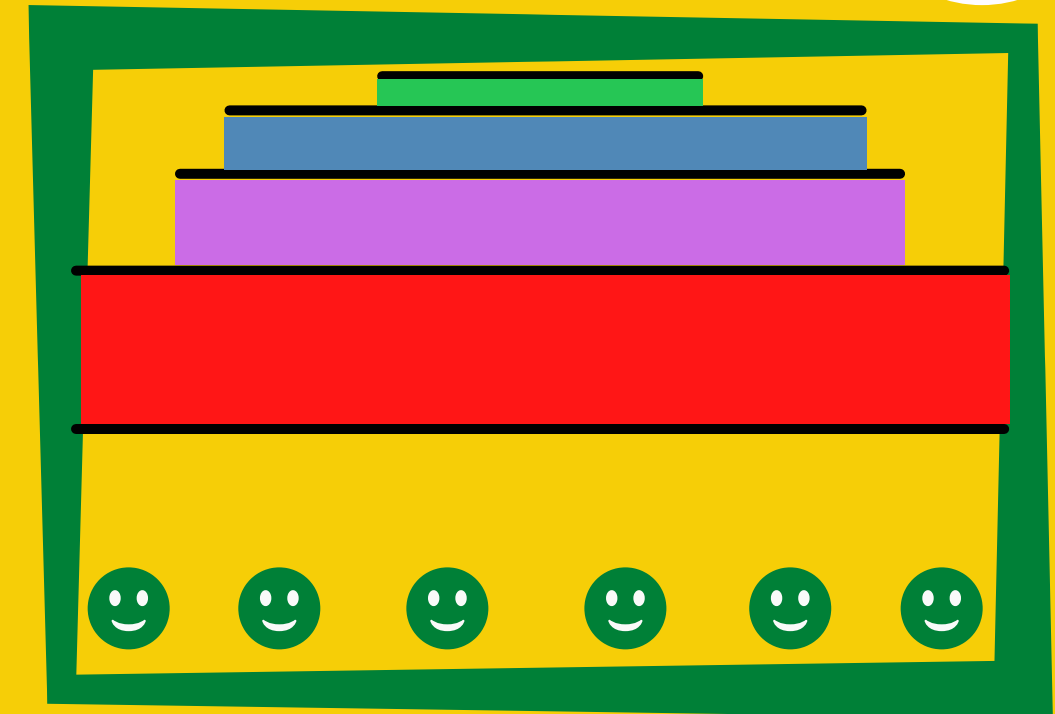
2



- Set up a square of cones with three circles in the middle each getting smaller
- In groups of three, each player will throw bean bags into the circle.
- Give points for each zone with more points for hitting the smallest circle

LANDING ZONE

3



- Set up a set of zones as pictured above with each getting smaller in width and in depth as you move further away
- Each player gets a ball in their ball hand to start. they each have to throw the ball so it stops in the first landing zone. if they succeed they remain in the game, if not they are out.
- Repeat with the next zone which is harder each time until you get a winner

CAMÁN & PLAY

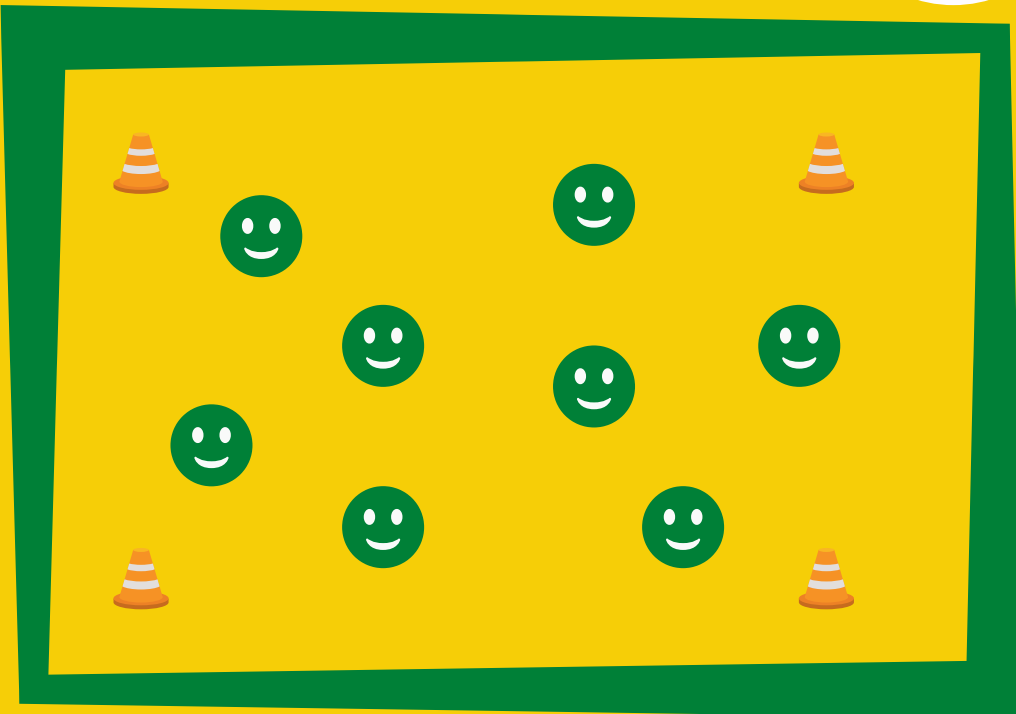


SESSION 6 – LEARNING TO LIFT



DIGGING HOLES

1

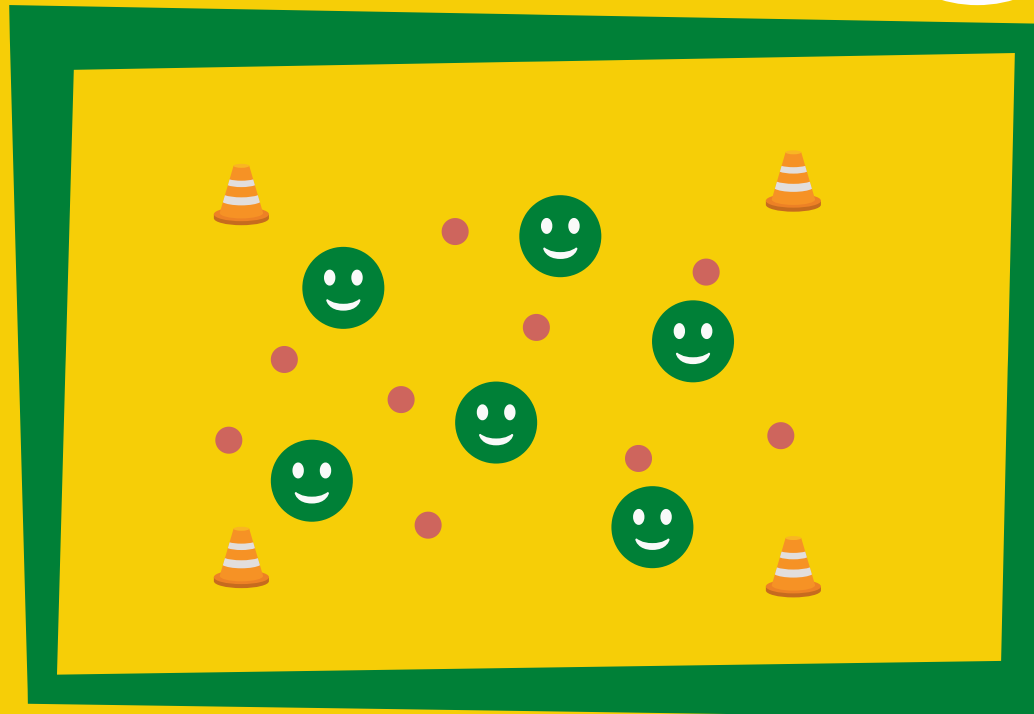


Coaching Points

- Players can have fun imagining they are digging holes in a field
- Concentrate on positioning of both hands for the lift position

DIGGING FOR SPUDS

2

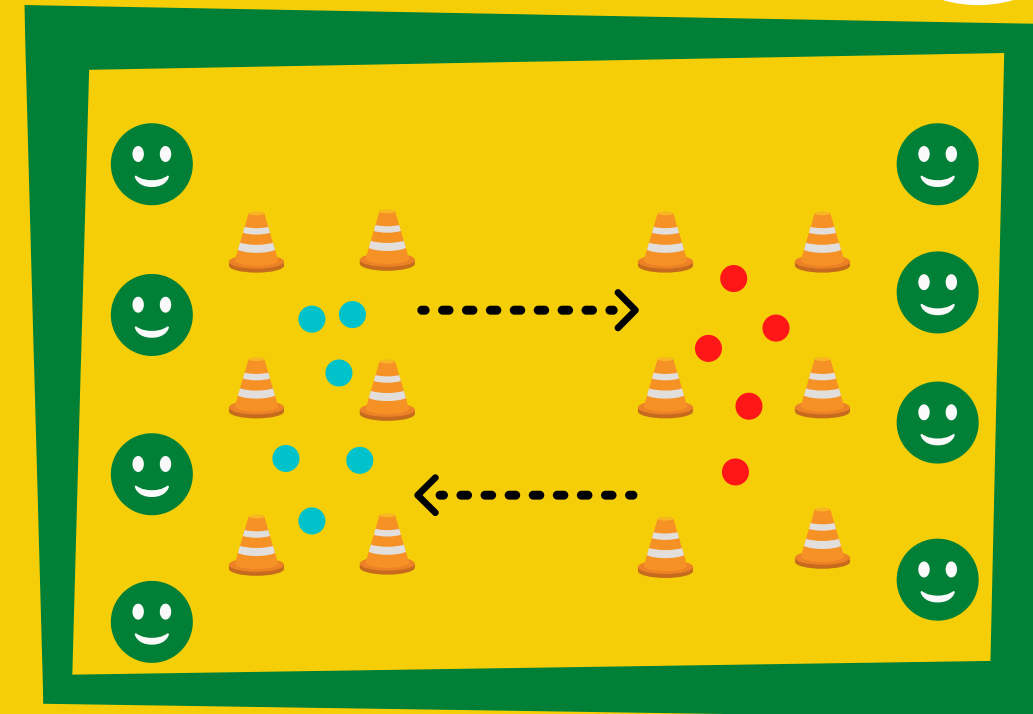


Coaching Points

- One ball each or between 2 players
- Practice roll lift or jab lift in kneeling position
Move around & scoop up a different ball (don't have to take into hand)
- Challenge - How many in 30 secs

GRID SWAP

3



Coaching Points

- Divide group into 2 teams
- Each team moves their balls/beanbags from one grid to the other
- Players may use their hands to help control the ball
- The fastest team wins

CAMÁN & PLAY

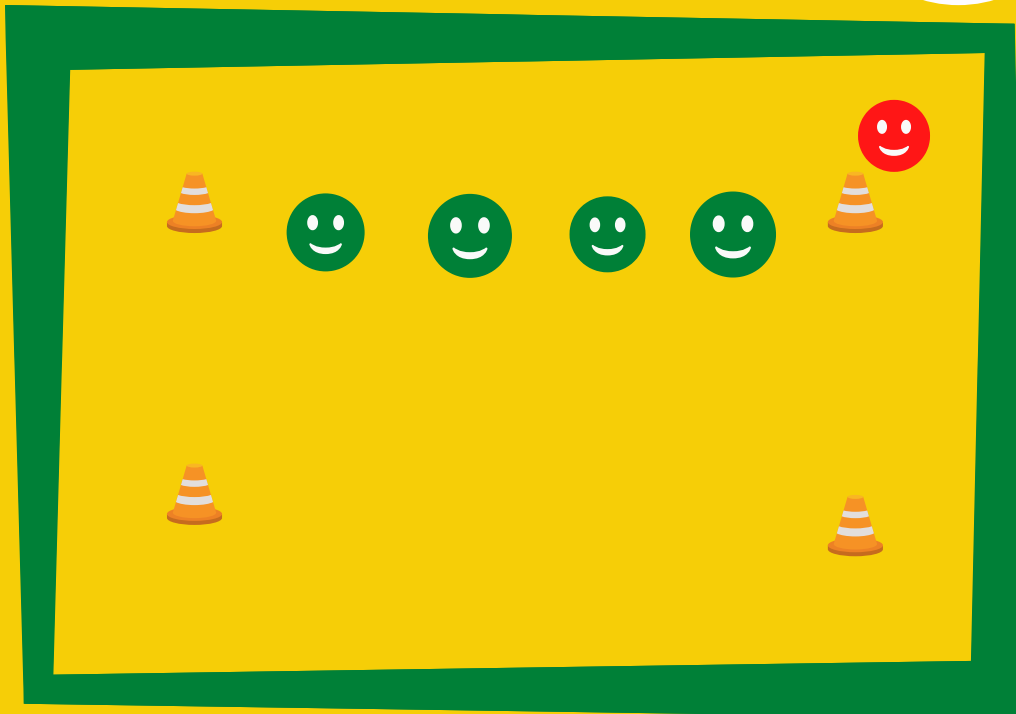


SESSION 7 – "C" STRIKE FROM THE GROUND



SOLDIERS STRIKE

1



Kids line up with a ball on a cone in front of them.

They would have their shoulder of their ball hand pointed towards the target (wall)

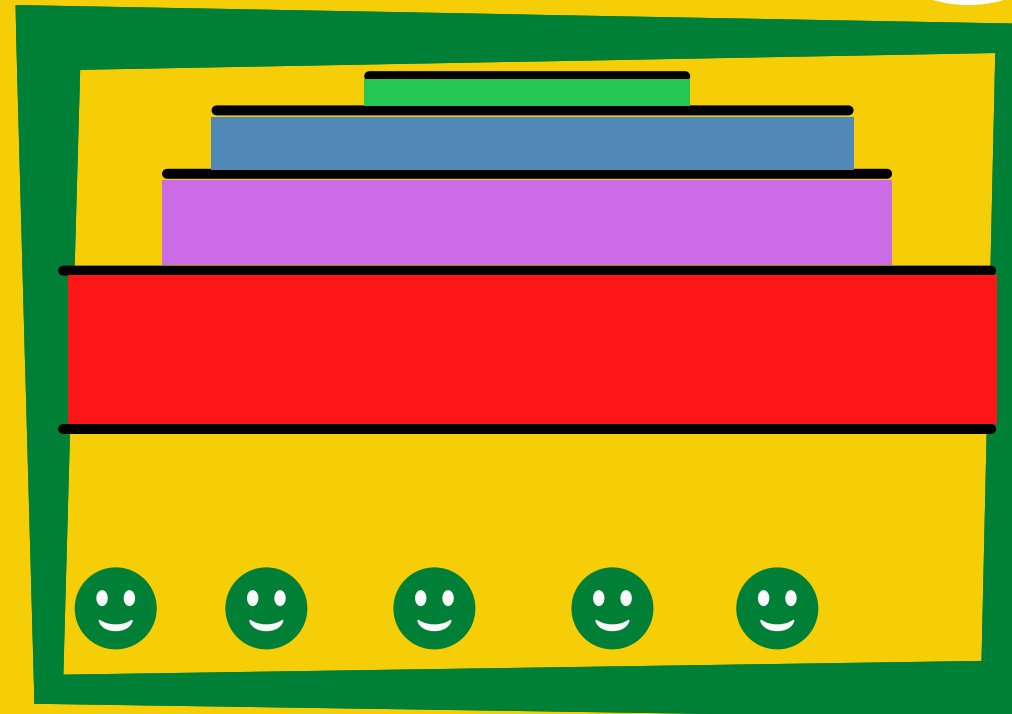
The coach shouts attention! the kids rise the hurl into the correct position in front of their eyes ready to strike.

The coach then shouts ready and STRIKE where all the kids strike the ball towards their target.

Give points for a clean strike or hitting the target.

LANDING ZONE

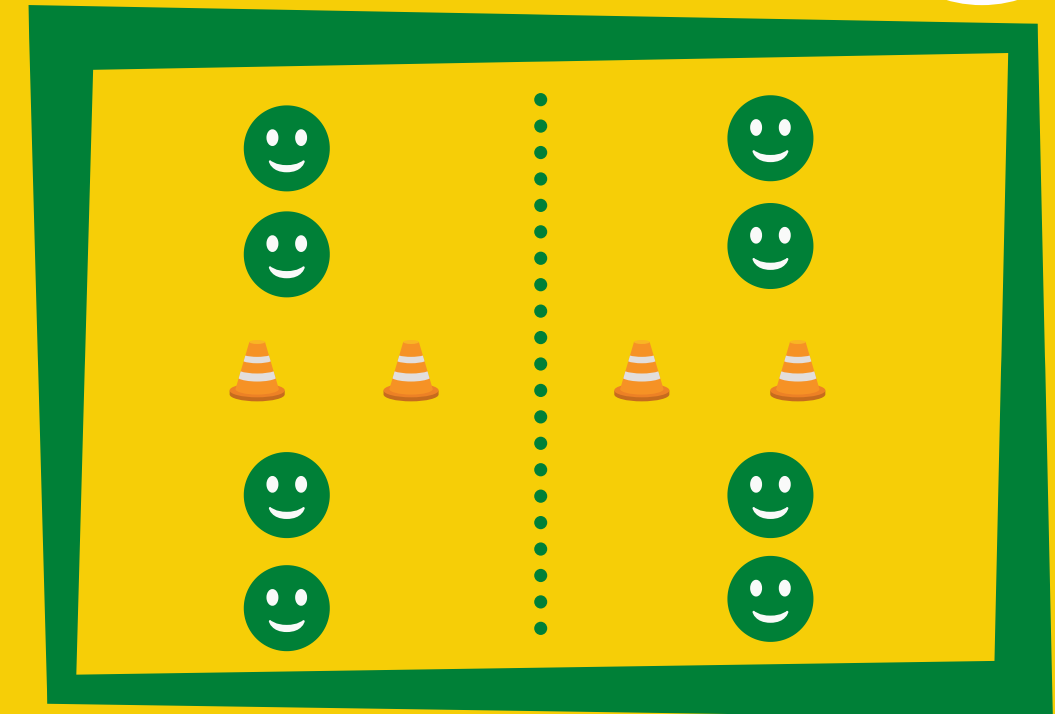
2



- Set up a set of zones as pictured above with each getting smaller in with and in depth as you move further away
- Each player gets a ball placed on a cone to start. They each have to strike the ball from the cone so it stops in the first landing zone. if they succeed they remain in the game, if not they are out.
- Repeat with the next zone which is harder each time until you get a winner
- To progress the game they can strike from the ground

MAGIC LINE

3



Divide the players into teams each side of a line of markers

Each pair of players should have their own zone

Players strike the ball over the line

The players aim to keep the ball moving (it cannot stop for longer than 3 seconds) or opposite team get a point

Add a line behind the players and bonus points if the ball passes this line

CAMÁN & PLAY

