



New School's Programme

This new programme is designed for whole classes of mixed ability children, boys and girls. Special needs children are also getting immense satisfaction in being able to perform with their peers.

This programme is designed to help teachers to introduce children to hurling in a child-friendly way with a high chance of success.

There is a key link to health and fitness which is now of huge importance. The procurement of these new style hurleys and the use of bean bags ensures a safe environment and reduces teachers worries.

Have You *Bean* Hurling in School?

Fundo Hurling Programme



Physical Literacy

Fundamental Movement Skills

ABCs

Agility:

Moving in different directions

Moving off either foot

Balance:

Soloing with beanbag

Keeping beanbag on hurley,
speed while turning

Coordination

Using hands and legs at the same
time in an orderly, controlled
fashion

S = Speed (feet, hands, eye, mind, reaction)

RJTs

Running:

Forward, Backward, Sideways

Variable speeds

Acceleration and deceleration

Jumping:

Take off & Landing

-Off one foot

-Off two feet

Turning & Stopping

Throwing:

Distance, Trajectory

Accuracy, Timing

-One-handed small ball bean bag

CPKS

Catching:

One-handed:

Down Catch - Aggressive

Up Catch - Passive

Passing:

Throwing:

One-handed

Hurley flick pass

Striking:

On the ground static large ball

On the ground static small ball

From the hand

In the air

1.

The traditional way of introducing children to hurling seemed to me to be very unproductive. It isn't that the ground hurling isn't important but it's too demanding for the young child. The coach and the player experience failure way too early. We know now that we must build from success and so this new programme evolved based on the work done by Terence McWilliams with his fundamental movement skills for young children. We have added the hurley and replaced the ball with a much more compliant bean bag.

2.

Everywhere I go coaches ask me how they can change players who have their weak hand on top. The "sword-grip" and the "glove hurley" are very helpful and give a degree of success. But why should so much time and energy be spent on remedial work? As a result of wide consultation it is clear now that the length and weight of the hurley lies at the heart of the problem.

3.

In single-handed sports like tennis everyone uses the dominant hand (90% right, 10% left) to gain full control of the racket and execute their best shots.

4.

In this programme we start with one-handed grip: dominant hand (writing hand) grips hurley well down the handle until child has total control (using thumb). This feeling of control is our first feeling about the game and it must be successful. By holding the hurley in the dominant hand we are confident that this will become the permanent grip

5.

Wiggle the hurley up and down quickly with an almost straight arm (use other arm for balance). Coach checks every child for correct grip and direction of bas (turned out).

8.

When children have mastered middle of the road we move to weaving in and out through lines of cones.



9.

Children now line up behind cones

Coach demonstrates weaving run while wiggling the hurley all the time.

Check: some children may be holding hurley too tightly and experience cramp in the hand a firm gentle grip is best

10.

When they have gained mastery of that, it's time to introduce the 'Bean Bag'.

Coach demonstrates middle of the road run with bean bag

Key teaching point: if the bag falls to the ground the child collects it with the free hand or ball hand (the hurley hand stays)

11.

Don't worry if bean bags fall off early this is natural and picking bag off ground with free hand is a skill in itself. Don't see this as failure.

Golden Rule:

Dominant hand = hurley hand

Other hand = Catching hand

12.

Catching

As in point 10) children run down the middle of the road but at the end of the road they flick the bag up in the air and jump to catch. They then run back and give bag to partner.

Coach Demonstrates

Initially all we want is the confidence to have a go,

Key teaching points

“Eagles Claw” hand shape

It’s the aggressive down catch rather than passive up catch.

As children improve encourage them to jump off one foot and leave the ground altogether (this takes time)

As with every routine coach’s judgement of how long to spend is vital

Too long leads to boredom

Too short no skill gain

Rough guide 10 chances for each child.

13.

Weave run with bean bag

Coach demonstrates

Coach is looking for a nice smooth run, nice balance easy control. Arm almost straight

For some children the arm bends and the hurley comes up near the face leading to an awkward running style.

Key here is to relax drop down hand and hurley and run freely.

14.

Forward Circle on 3rd cone

[As in 13] Coach demonstrates

When player comes to the 3rd cone she must do a full circle facing forward all the time before continuing her weaving run

Bag may fall off.

Key skills: acceleration, deceleration, complex footwork.

15.

One leg hopping in the middle of the road

Out on one leg

Return on the other.

16a.

Side Skipping

Coach Demonstrates

Children face coach who stands at one side of play area holding a hurley over his head. Children are encouraged to watch the coach's hurley and still be aware of the beanbag while skipping sideways down the middle of the road and back again.

16b.

Catching

Flicking the bag into the catching hand while moving can be added to almost any exercise when you feel the children are ready. this adds to the excitement and enjoyment.

17.

ZigZag

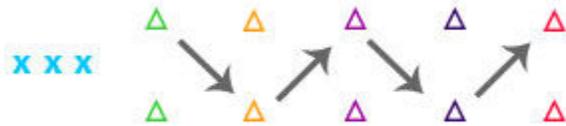
Coach Demonstrates

Place left foot at cone on left side of the “road”

Zig to right, Zag to left etc.

When they begin to glide over the ground you’ll know they have the skill.

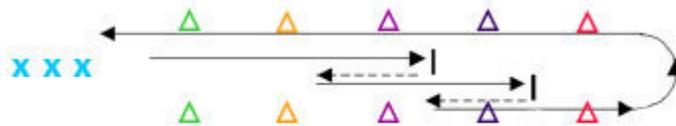
Coach may have to demonstrate again for some children.



For the return cross to the other side and work the opposite cones

18.

Racing Cars



Full speed racing (bag on hurley)

Middle of the Road

Out to 3 stop reverse to 2

Out to 4 stop reverse to 3

Out to 5 race home

Key Skill: stopping, reversing, full speed.

19.

Rest Exercises

It will not be possible for the children to keep moving all the time so when appropriate (every 10-15mins) coach should introduce some less strenuous exercises.

A.

Children work in pairs standing 2-3m apart facing each other eg.



Child places bag on hurley and flicks (silent) to her partner who catches it (down catch) places it on her hurley and flicks it back.

B.

Flick bag into the air and “catch” it on the hurley.(10 each).

C.

Flick bag over your head spin around and “catch” it on the hurley (10 each).

20.

Swallows

Swallows is a game that tests all the skills we have practised so far.

Swallows is a high risk game and the rules must be clear.

The swallow is one of the most agile birds of the air able to fly at tremendous speed, twisting and turning, darting through narrow openings to feed the young and catching flies on the wing.

Their judgement is brilliant. Even at the highest speed they never collide.

The swallow is an ideal hurling model.

The cones come in 5 colours so there will be five colours in every line. If we place the cones so that a given colour is in a different place in every line it will allow us to play swallows.

e.g. Mary is in front of the yellow cone so on the whistle Mary solos to every yellow cone on the floor until whistle sounds again. She then returns to her “nest”.

Progressions:

- (a) Count the number of cones she passed e.g. 7

- (b) Flick the ball from hurley to hand as she passes her colour:
Count how many “flies” she has going back to her nest.