

GAA Games Development Conference 2008

***'A Games Based Approach to Training and
Development'***

Friday November 28th and Saturday November
29th 2008

Venue: Croke Park

Practical Coaching Demonstration:

'A Games Based Approach to Hurling'

Coach: Martin Fogarty

Players: Erins Own, Castlecomer, Co. Kilkenny

GAA Games Development Conference 2008—Practical Demonstration Hurling

Cumann Lúthchleas
Gael

A Games Based Approach to Hurling

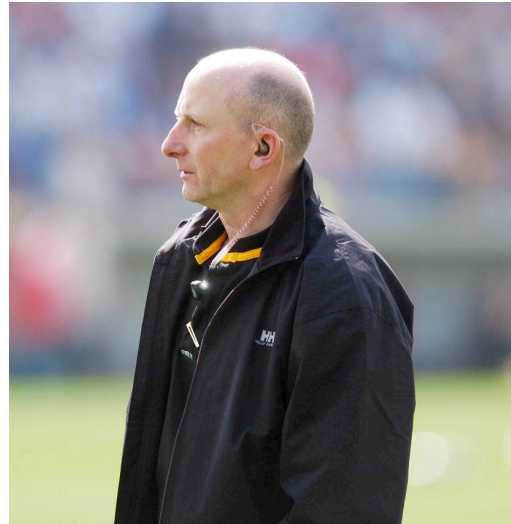
Martin Fogarty is coach to the Kilkenny Senior Hurling team. Under manager Brian Cody, Kilkenny are the current All Ireland Senior Hurling Champions, becoming the first County to complete the 3-in-a-row since Cork in 1976-78.

Martin is a Primary School teacher at Firoda National School, outside Castlecomer Co Kilkenny and is a member of the Erins Own Club.

Prior to his involvement with the Kilkenny Senior Hurlers, Martin was manager of the U. 21 team that achieved All Ireland success in 2003 and 2004.

2008 was a special year in the Fogarty household as along with Martin, son Damien won Leinster and All Ireland medals at Senior and Intermediate level, while younger son, Conor won Leinster and All Ireland Minor medals.

On the Club scene both Damien and Conor were part of the Erins Own team which won the Kilkenny Intermediate Hurling Championship, in the process gaining promotion to Senior Club Hurling for 2009.



This is Martins second time presenting at the GAA Games Development Conference, having presented on 'Understanding the Trade off between Time and Space—Attacking & Defending' in 2007.

Martin will be joined today by members of the Erins Own, Castlecomer Minor and U. 16 squads.

Outlined on the following pages are the activities that Martin will be presenting as part of the practical coaching demonstration.

For more information on the GAA Games Development visit the Games Development Website—www.gamesdevelopment.gaa.ie or contact:

GAA Games Development

Croke Park

Dublin 3

Email: gamesdevelopment@gaa.ie

3 Goals and In

Aim:

The aim of this activity is to develop the skills of contesting possession, tackling and goal scoring.

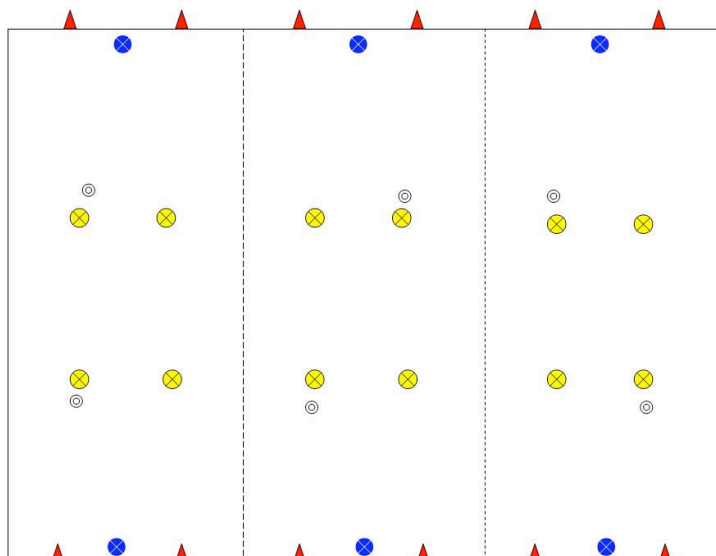
Organisation:

- Divide the players into groups of 3.
- Using poles or cones mark out goals, approximately 3m wide.
- Nominate one player as the Goalkeeper. The Goalkeeper pucks the ball out for the 2 outfield players to contest.
- The outfield players contest possession and attempt to score a goal.
- Once one player has scored 3 goals they swap positions with the Goalkeeper.

Key Points:

- Encourage all players to contest possession as if it were a game to ensure that the intensity is game like
- Ensure that the Goalkeeper pucks out between the outfield players and not to one particular player
- Change the positions after 2 minutes if 3 goals have not been scored to avoid over fatiguing the players

Notes: _____



Working the Keeper

Aim:

The aim of this activity is to develop the skills of shooting and goalkeeping.

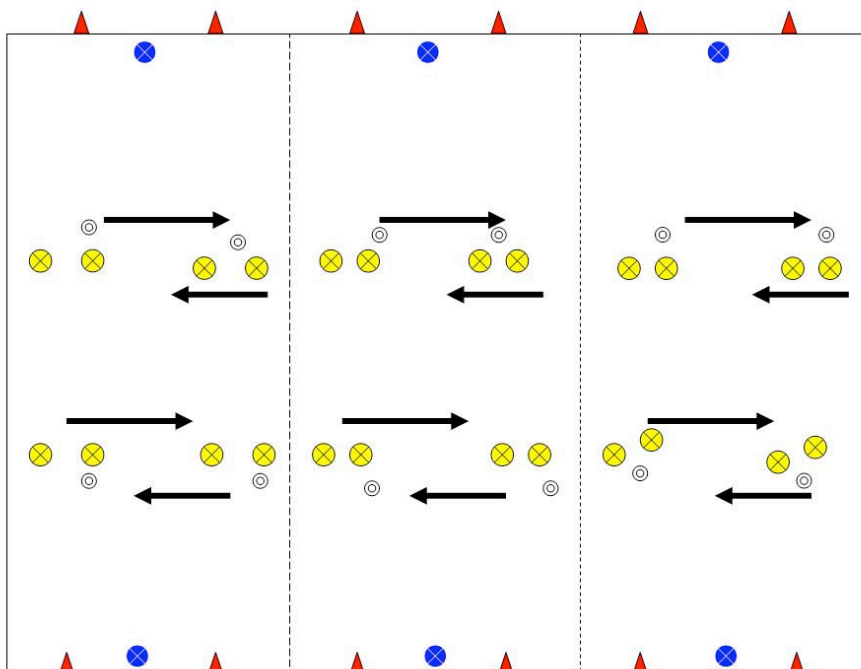
Organisation:

- Divide the players into groups of 5.
- Using poles or cones mark out goals, approximately 3m wide.
- Nominate one player as the Goalkeeper. Position two groups of two players on the 21m line, either side of the goals.
- The outfield players move across the goal and attempt to score a goal. Once they cross the goal they go to the back of the line at that side and attempt to score from the opposite side.

Key Points:

- Encourage all players to strike the ball as firmly as possible at the goal
- To alter the activity, encourage the attacking players to place rather than force their shot.

Notes:



Pass, Support and Shoot

Aim:

The aim of this activity is to develop the skills of striking, gaining possession, tackling, hand passing and goal scoring.

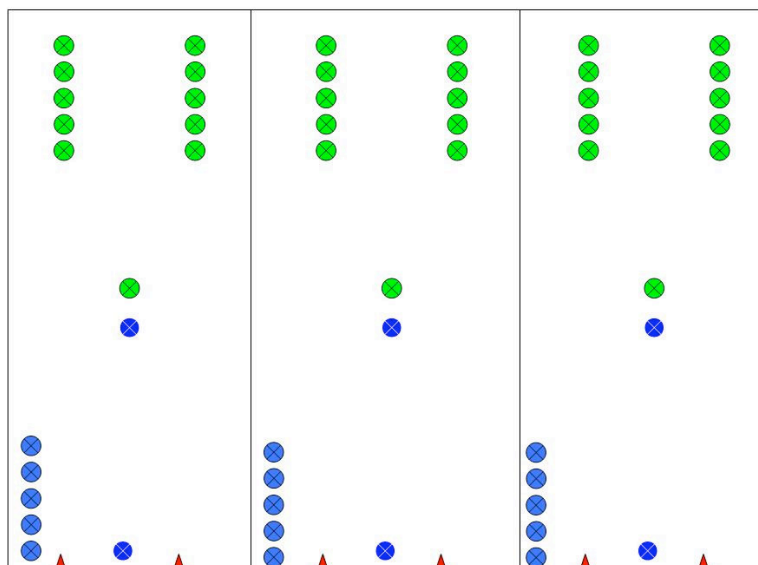
Organisation:

- Divide the players into 3 lines. Two lines are positioned 40m from goal, either side of the goalpost. The 3rd line is positioned on the endline. Nominate one player from this line as the Goalkeeper and one as the Centre Half Back.
- The front player from one of the outer lines is positioned as the Centre Half Forward. The front player from the outer lines strikes the ball to the Centre Half Forward. Both front players from the outer lines move forward in support.
- The Centre Half Back tackles the Centre Half Forward who lays the ball off to one of the support runners to take on and either pass to the other support runner or score himself.
- Rotate the positions after each attempt.

Key Points:

- Encourage the outer players to strike the ball firmly to the Centre Half Forward and follow up quickly.

Notes: _____



Weave and Hand Pass

Aim:

The aim of this activity is to develop the skills of evasion, hand passing and striking.

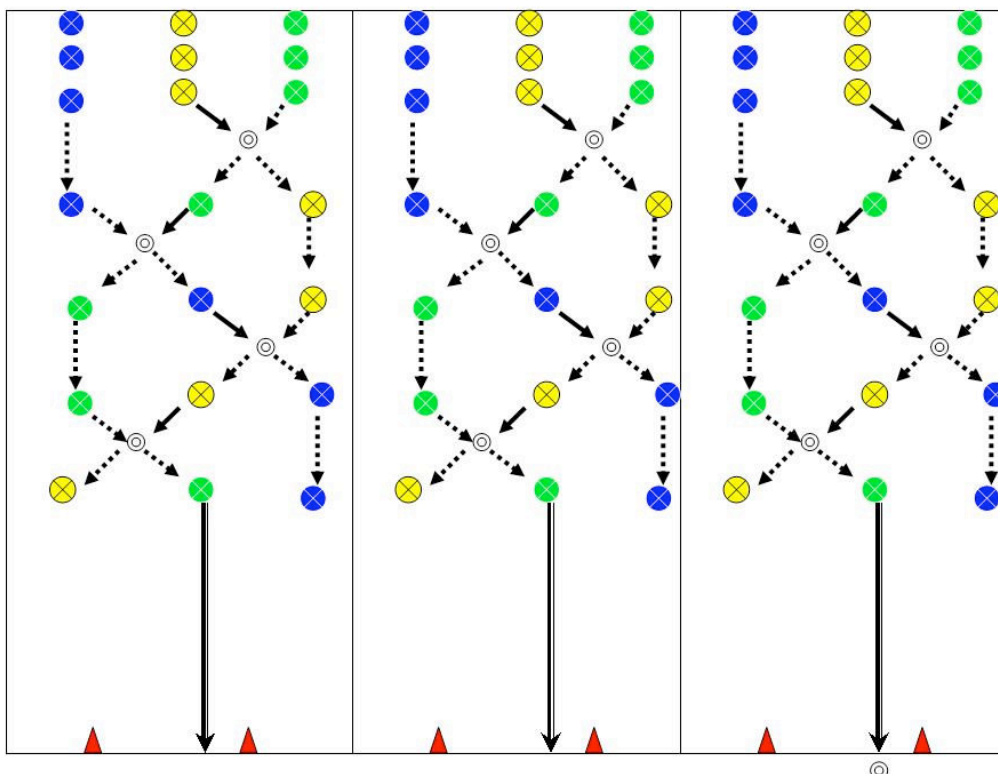
Organisation:

- Divide the players into groups of 3 positioned 40m from goal.
- Players move toward the goal, weaving in and out of each other, hand passing between each other. When the players reach the 13m line the player in possession strikes for goal.
- Rotate the positions after each attempt.

Key Points:

- Encourage the players move and hand pass quickly and strike the ball firmly for goal

Notes: _____



Blocking and Tackling I

Aim:

The aim of this activity is to develop the skills of blocking, hooking and tackling in defenders as well as evasion in attack.

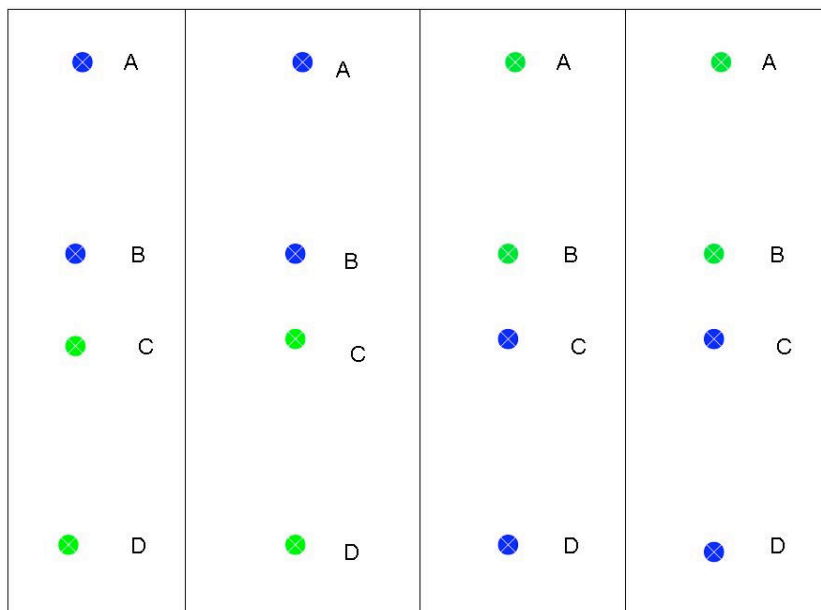
Organisation:

- Divide the players into groups of 4 lined up across the field. The distance between players depends on age and ability level.
- On a signal Player A, strikes the ball to Player B. Player C attempts to block Player B from striking the ball to Player D at the far cone
- Player D continues the drill by striking to Player C as Player B attempts to block and so on

Key Points:

- Encourage all players to contest possession as if it were a game to ensure that the intensity is game like
- Ensure that the ball is struck firmly to the middle players

Notes: _____



Blocking and Tackling 2

Aim:

The aim of this activity is to develop the skills of blocking, hooking and tackling in defenders as well as evasion in attack.

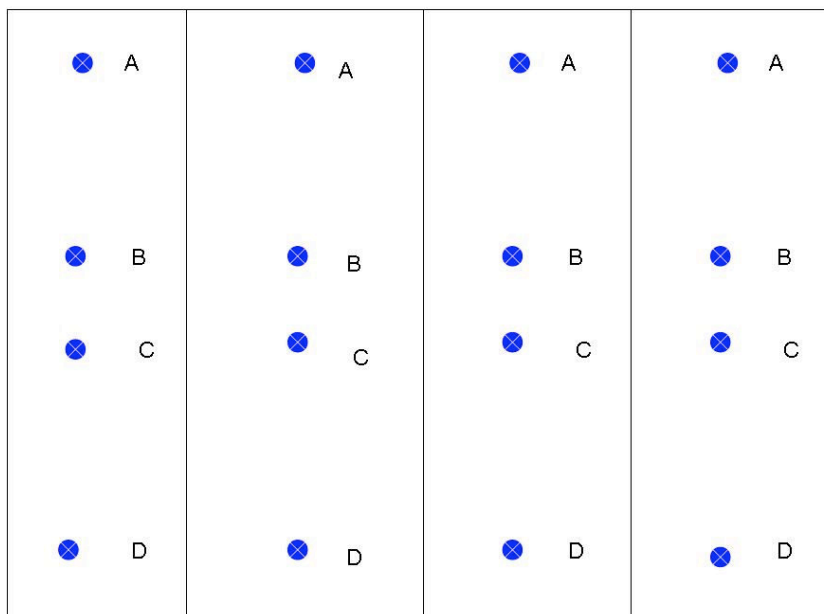
Organisation:

- Divide the players into groups of 4 lined up across the field. The distance between players depends on age and ability level.
- On a signal Player A, strikes the ball between Player B and Player C who contest possession. Which ever player wins possession strikes the ball to Player D.
- Player D continues the drill by striking the ball back and so on

Key Points:

- Encourage all players to contest possession as if it were a game to ensure that the intensity is game like
- Ensure that the ball is struck firmly to the middle players

Notes: _____



Shooting for a Point (Depth)

Aim:

The aim of this activity is to develop depth in attack and accurate passing and striking.

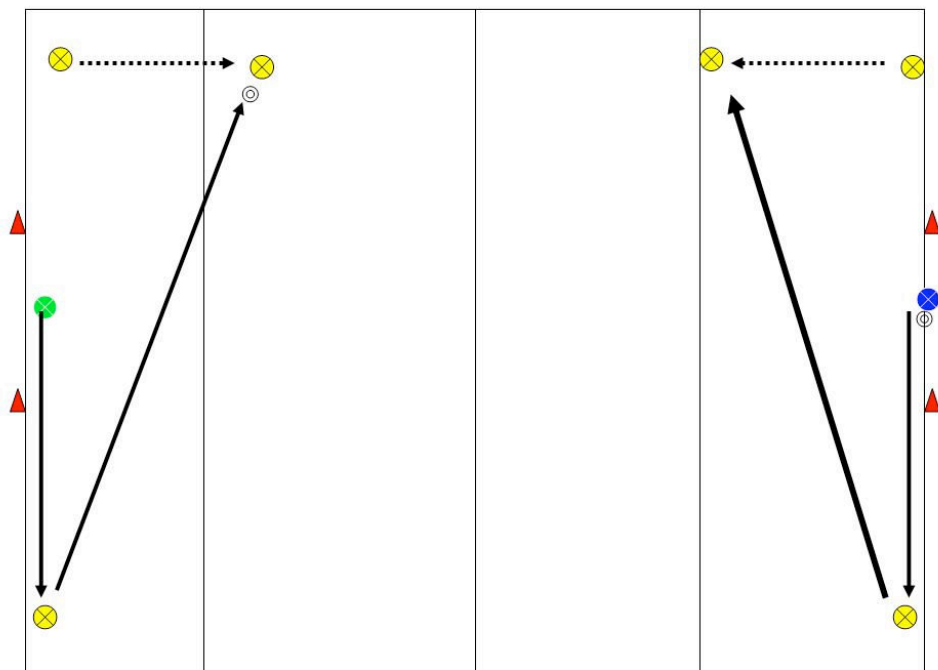
Organisation:

- Divide the players into pairs. Player 1 is lined up 30m from goal, 10m to the left of the goalposts. Player 2 is positioned on the 13m line, 10m to the right of the goalpost. Mark out a line 5m from goal, across the pitch.
- On a signal Player 1 solos towards the goal (in a straight line, 10m to the left of the post). Once he reaches the 5m line, he stops and strikes the ball to Player 2 who has moved out from goal.
- Player 2 gathers possession and strikes for a score.
- Rotate the rolls.

Key Points:

- Ensure that the ball is struck firmly to all players

Notes: _____



Shooting for a Point (Movement)

Aim:

The aim of this activity is to develop movement in attack and accurate passing and striking.

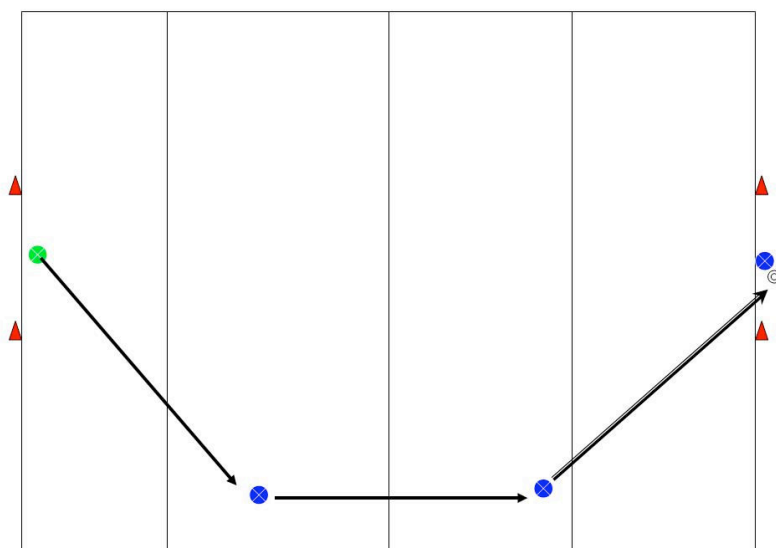
Organisation:

- Divide the players into groups of 4. Player 1 is positioned in one goal. Player 2 is positioned on the 45m line, Player 3 at the opposite 45m line and Player 4 in the opposite goal.
- On a signal Player 1 strikes the ball to Player 2 who is on the move. Player 2 must look up, and find Player 3 who has moved into space. Player 3 collects possession and strikes for a score
- Player 4 immediately strikes another ball out for Player 3 to gather and strike to Player 2 and the game continues.
- Rotate the rolls.

Key Points:

- Ensure that the ball is struck firmly to all players
- Ensure that Players 2 and 3 are constantly on the move, looking for space

Notes: _____



Attack/Defense Decision Making

Aim:

The aim of this activity is to develop the decision making skills both in attack and in defence.

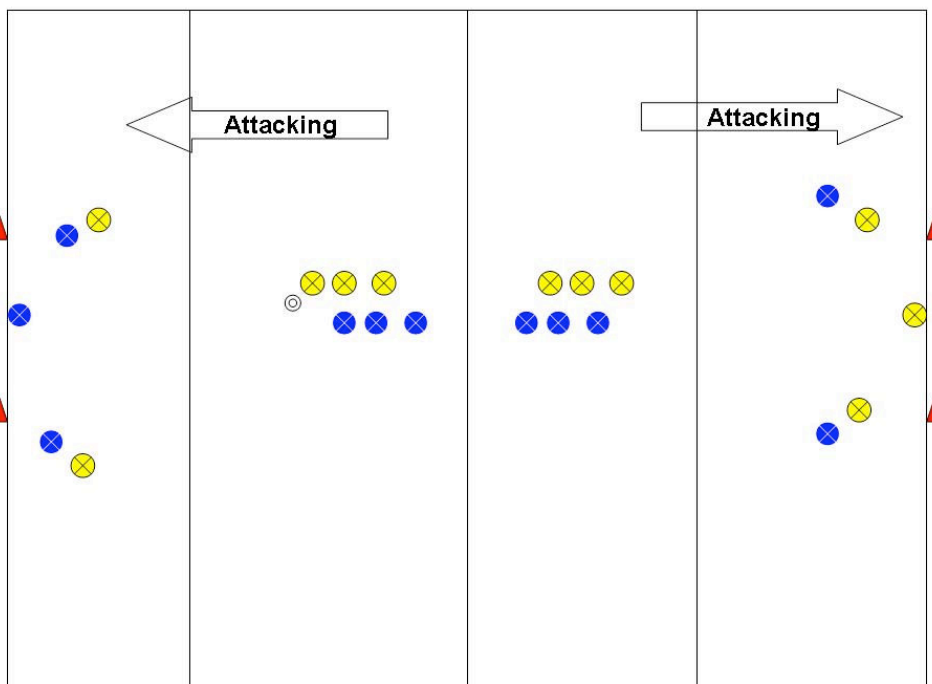
Organisation:

- Divide the players into groups of 3 positioned 40m from goal.
- Players move toward the goal, weaving in and out of each other, hand passing between each other. When the players reach the 13m line the player in possession strikes for goal.
- Rotate the positions after each attempt.

Key Points:

- Encourage the players move and hand pass quickly and strike the ball firmly for goal

Notes: _____



Modified Game—Decision Making

Aim:

The aim of this activity is to develop the decision making skills both in attack and in defence.

Organisation:

- Position the players as normal using one goalposts with 6 defenders, 6 attackers and 4 midfielders.
- Nominate the remaining players as feeder players.
- Nominate two defenders who are not permitted to clear the ball and two forwards who are not permitted to score.

Key Points:

- Encourage the players move and hand pass quickly and strike the ball firmly for goal
- Encourage the players to support those players that have restrictions placed on them

Notes: _____

