

Where to start: Hurley sizing & the Basics of Grip and Swing

1. Correct hurley size & weight is vital for progression. See measurement guide.
2. It is necessary to introduce as clearly as one can the parts of the hurl - **the handle, the bas, the tape and the toe** of the hurl should be explained.
3. The ready position, the lock position and the swing using the “Big C” concept is next. The Block position (stopping a ground shot) should also be introduced at this stage.

Establish the Dominant Hand

We must make the distinction between ‘*Hurley*’ hand and ‘*Catching*’ hand.

Children can be unsure of which hand they write with so we ask the children to put down the hurleys on the ground in front of them. Next we ask them to pretend to pick up a sliotar and throw it – they will use their dominant ‘Hurley’ hand - watch for any left handed children as you will need to demonstrate things in reverse for them.

We then ask the children to pick up the hurley with one hand – they will use their dominant hand again.

The Grip

- Get the children to shake hands with the Hurley (one handed) using their dominant hand.
- Make an X, write initials
- Mimic the coach.
- Touch the bean bag (on the ground) on both sides with the Hurley (using the One handed grip).



The Ready Position

- This position is held when the ball is not being played.
- Get the child to shake hands with the Hurley (one handed) using their dominant hand.
- Now get the child to bring the Hurley across the body. The non-dominant hand holding the tape, just above the bás.
- Make sure that the toe of the hurl is pointing upwards
- This is the ‘ready position’ and should be in use at all times when players are not interacting with the sliotars or an opponent. Coaches should constantly highlight this position and be vocal!



The Lock Position

- Central element of all striking skills – practise regularly.
- Adopt the ready position. Slide non-dominant hand up the handle of Hurley while raising the hurley upwards & back to the dominant shoulder.
- This is the lock position.



The Swing & Strike

- Begin in the Ready Position, feet shoulder width apart, ball between both feet.
- Adopt the Lock Position, bending the elbows to raise the Hurley to the shoulder.
- Bend the knees slightly, step forward with the opposite leg and swing the Hurley down with a wristy action.
- Strike the ball 'flat on' with the bas of the Hurley, keeping the eye on the ball.
- Keep the head down and follow through to shoulder height with the swing.(Big C)



Stopping a ground shot (block)

- Adopt the ready position.
- Bend knees slightly, Lower heel of hurley to ground.
- Slide 'catching hand' down handle of hurley as far as top of the tape.
- Ensure thumbs flat on the Hurley facing downward & toe of the hurley facing outward to 'hurley' hand. (place stickers/mark on hurley to show correct).
- Heel of hurley rests on ground to block ball at side of body.
- Keep legs together to block the sliotar if missed by the hurley.
- Player must move left & right before ball comes so in correct position to block.

