

U6 Camogie programme – small numbers at stations – coach to count out teaching points

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Correct grip	Correct grip	Correct grip	Correct grip	Correct grip	Correct grip	Correct grip	Correct grip
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder
Tyres	Tyres	Tyres/Rope	Tyres/Rope	Shoulder clash	Tyres/Rope	Shoulder clash	Tyres/Rope
Dribbling	Dribbling	Dribbling	Dribbling	Ball control 1v1	Dribbling	Ball control 1v1	Dribbling
ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder
Shoulder clash	Frontal pull block	Shoulder Clash	Block low ball	Block low ball	Shoulder Clash	Frontal pull block	Dribbling
Frontal pull block	Rope/Tyres	Block low ball	Jab Lift	Jab Lift	Jab Lift	Jab Lift	Block low ball
Jab Lift	Jab Lift	Jab Lift	Soloing (bean bags)	Soloing (bean bags)	Soloing (bean bags)	Soloing (bean bags)	Catching
ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Tyres/Rope	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder
Catching	Catching	Catching	Hand Pass	Hand Pass	Hand Pass	Hand Pass	Hand Pass
Front pull block	Front pull block	Front pull block	Front pull block	Front pull block	Front pull block	Front pull block	Front pull block
Bouncing ball	Bouncing ball	Bouncing ball	Bouncing ball	Bouncing ball	Soloing (bean bags)	Dribbling	Soloing (bean bags)
ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill	ABC / Fun drill

Milestones: (a) Hurl correct size (b) Dominant hand established (c) Grip (d) Hit tyre both sides (e) Pull both sides (f) Stop a moving ball

<p>Grip</p> <ol style="list-style-type: none"> Hands together Hurl up on right shoulder <p>Block low rolling ball</p> <ol style="list-style-type: none"> Balance on front of feet Move left hand down hurl Shuffle L & R facing ball <p>Hand Pass</p> <ol style="list-style-type: none"> Throw ball up 6" Push/Slap ball out to player Right leg steps out same time 	<p>Pull [For right handed]</p> <ol style="list-style-type: none"> Hands together Hurl up on Right shoulder Left leg out Bend right elbow <p>Jab Lift</p> <ol style="list-style-type: none"> Left foot adj to ball Thumbs on hurl Left hand near bas Hurl parallel 6" from ground Bend knees low Catch ball below knee 	<p>Tyres</p> <ol style="list-style-type: none"> Hands together Hurl up on Right shoulder while run Left leg out on hit Bend right elbow <p>Frontal Pull Block</p> <ol style="list-style-type: none"> Ready Position Right thumb on hurl Left hand Sweeps hurl out Lunge with right leg Hurl upright - front of ball 	<p>Dribbling</p> <ol style="list-style-type: none"> 2 hands on hurl Hands together Miss? Drag it on with foot <p>Catching</p> <ol style="list-style-type: none"> Ball lands on fingers Move hand back to absorb Work on hand – eye Coord. 	<p>Clash [Static]</p> <ol style="list-style-type: none"> Players side to side Hips touching Near leg out Hurl up on shoulder <p>Solo</p> <ol style="list-style-type: none"> Thumbs on hurl Blade facing out Left hand near bas Right hand 4" from top Barely bend right elbow 	<p>Ball Control [Opposed]</p> <ol style="list-style-type: none"> 5m Square – 1v1 "Keep ball" dribble game Use body to shield Hands together on hurl <p>Bouncing the ball on hurl</p> <ol style="list-style-type: none"> Thumbs on hurl Blade facing out Left hand near bas Right hand 4" from top Have hurl below waist level
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U7 Camogie programme – small numbers at stations – coach to count out teaching points

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Correct grip	Correct grip	Correct grip	Correct grip	Correct grip	Correct grip	Correct grip	Correct grip
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder
Tyres	Tyres	Tyres	Tyres	Shoulder clash	Shoulder clash	Shoulder clash	Shoulder clash
Dribbling	Dribbling	Block Low ball	Block Low ball	Ball control [1v1]	Ball control [1v1]	Ball control [2v2]	Ball control [2v2]
ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder
Shoulder clash	Frontal pull block	Frontal pull block	Frontal pull block	Hook (pull)	Hook (pull)	Hook (pull)	Hook (pull)
Frontal pull block	Jab Lift	Jab Lift	Jab Lift	Striking from hand	Striking from hand	Striking from hand	Striking from hand
Jab Lift	Striking from hand	Striking from hand	Striking from hand	Catching	Catching	Catching	Catching
ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder
Frontal pull block	Frontal pull block	Jab Lift	Jab Lift	Passing	Passing	Passing	Passing
Striking from hand	Striking from hand	Striking from hand	Weak side from hand	Weak side from hand	Weak side from hand	Weak side from hand	Weak side from hand
Batting	Batting	Batting	Batting	Hook (pull)	Hook (pull)	Hook (pull)	Hook (pull)
Handpassing	Handpassing	Handpassing	Handpassing	Soloing (Bean Bags)	Soloing (Bean Bags)	Soloing (Ball)	Soloing (Ball)
ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill

Milestones: (a) Hands together in grip (b) Jab catch low (c) Catch (d) Start pull from shoulder not hip (e) Contesting (f) Protect v Pull (g) Hook (h) Hit from hand (i) Bat (j) Idea of Pass

<p>Grip</p> <ol style="list-style-type: none"> 1. Right hand at top 2. Hurley up on right shoulder 3. Hands together 	<p>Pull [For right handed]</p> <ol style="list-style-type: none"> 1. Hands together 2. Hurl up on Right shoulder 3. Left leg out 4. Bend right elbow 	<p>Tyres</p> <ol style="list-style-type: none"> 1. Hands together 2. Hurl up on R shoulder on run 3. Left leg out on hit 4. Bend right elbow 	<p>Dribbling</p> <ol style="list-style-type: none"> 1. 2 hands on hurl 2. Hands together 3. Miss? Drag it on with foot 	<p>Clash</p> <ol style="list-style-type: none"> 1. Players side to side 2. Hips touching 3. Near leg out 4. Hurl up on shoulder 	<p>Ball Control [Opposed]</p> <ol style="list-style-type: none"> 1. 7m Square – 2v2 2. “Keep ball” dribble game 3. Use body to shield 4. Hands together on hurl 	<p>Hook</p> <ol style="list-style-type: none"> 1. R Hand put hurl out like sword 2. Big lunge with Right leg out 3. 1m out, 1m back from swing 4. Hook 1 in 5 swings at random
<p>Block low rolling ball</p> <ol style="list-style-type: none"> 1. Balance on front of feet 2. Move left hand down hurl 3. Shuffle L & R facing ball 	<p>Jab Lift</p> <ol style="list-style-type: none"> 1. Left foot adj to ball 2. Thumbs on hurl 3. Left hand near bas 4. Hurl parallel 6” from ground 5. Bend knees low 6. Catch ball below knee 	<p>Frontal Pull Block</p> <ol style="list-style-type: none"> 1. Ready Position 2. Right thumb on hurl 3. Left hand Sweeps hurl out 4. Lunge with right leg 5. Bas in front of ball 	<p>Catching</p> <ol style="list-style-type: none"> 1. Ball lands on fingers 2. Move hand back to absorb 3. Work on hand – eye Coord. 	<p>Solo</p> <ol style="list-style-type: none"> 1. Thumbs on hurl 2. Blade facing out 3. Left hand near bas 4. Right hand 4” from top 5. Barely bend right elbow 	<p>Bouncing the ball on hurl</p> <ol style="list-style-type: none"> 1. Thumbs on hurl 2. Blade facing out 3. Left hand near bas 4. Right hand 4” from top 5. Have hurl below waist level 	<p>Striking from hand</p> <ol style="list-style-type: none"> 1. Hurl on right shoulder 2. Left hand out straight 3. Throw ball head high + out 4. Left leg out + L hand below R 5. & Strike [Eye on ball] <p>Hint: From weak side Throw the ball higher Grip the hurley shorter Right leg goes out</p>
<p>Hand Pass</p> <ol style="list-style-type: none"> 1. Throw ball up 6” 2. Push/Slap ball out to player 3. Right leg steps out same time 			<p>Batting</p> <ol style="list-style-type: none"> 1. Hold hurl straight up 2. L hand below R 3. Thumbs on hurl, blade out 4. Eye on ball – tap it back 5. Left leg goes out when batting 			

U8 Camogie programme – small numbers at stations – coach to count out the teaching points

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Correct grip	Correct grip	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Tyres	Catching	Shoulder clash	Shoulder clash	Shoulder clash	Shoulder clash
Block Low ball	Block low ball	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder
Marking	Marking	Marking	Marking	Jab Lift	Jab Lift	Jab Lift	Jab Lift
ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder
Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	1st touch	1st touch	1st touch	1st touch
Batting	Batting	Batting	Batting	Catching	Catching	Catching	Catching
Frontal pull block	Frontal pull block	Frontal pull block	Frontal pull block	Hook (ground)	Hook (ground)	Hook (ground)	Hook (ground)
ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Striking from hand – hurl at shoulder	Ground pull: hurl on shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Ground pull: hurl on shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder
1st touch	1st touch	1st touch	1st touch	1st touch	1st touch	1st touch	1st touch
Handpassing	Handpassing	Handpassing	Handpassing	Hooking for striking from hand	Hooking for striking from hand	Hooking for striking from hand	Hooking for striking from hand
Soloing	Soloing	Soloing	Soloing	Frontal block for striking from hand	Frontal block for striking from hand	Frontal block for striking from hand	Frontal block for striking from hand
ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill	ABC / Fun Drill

Milestones: (a) Marking awareness (b) Ball lift low (c) Tussling (d) Catching (e) Hit from hand (f) Solo (g) Protect body (j) Handpass (k) Batting

<p><u>Grip</u></p> <ol style="list-style-type: none"> 1. Right hand at top 2. Hurley up on right shoulder 3. Hands together <p><u>Block low rolling ball</u></p> <ol style="list-style-type: none"> 1. Balance on front of feet 2. Move left hand down hurl 3. Shuffle L & R facing ball <p><u>Jab Lift</u></p> <ol style="list-style-type: none"> 1. Left foot adj to ball 2. Thumbs on hurl 3. Left hand near bas 4. Hurl parallel 6" from ground 5. Bend knees low 6. Catch ball below knee 	<p><u>Pull [For right handed]</u></p> <ol style="list-style-type: none"> 1. Hands together 2. Hurl up on Right shoulder 3. Left leg out 4. Bend right elbow <p><u>Hand Pass</u></p> <ol style="list-style-type: none"> 1. Throw ball up 6" 2. Push/Slap ball out to player 3. Right leg steps out same time <p><u>Front High Block</u></p> <ol style="list-style-type: none"> 1. 2 hand grip, thumbs on hurl 2. Arms out, biceps on ears 3. Lunge out to block hurl 4. Extend hurl along arm line 5. Eyes up on ball 	<p><u>Tyres</u></p> <ol style="list-style-type: none"> 1. Hands together 2. Hurl up on R shoulder on run 3. Left leg out on hit 4. Bend right elbow <p><u>Frontal Pull Block</u></p> <ol style="list-style-type: none"> 1. Ready Position 2. Right thumb on hurl 3. Left hand Sweeps hurl out 4. Lunge with right leg 5. Bas in front of ball <p><u>Marking</u></p> <ol style="list-style-type: none"> 1. Stand in front 2. On goal side shoulder 	<p><u>Dribbling</u></p> <ol style="list-style-type: none"> 1. 2 hands on hurl 2. Hands together 3. Miss? Drag it on with foot <p><u>Catching</u></p> <ol style="list-style-type: none"> 1. Ball lands on fingers 2. Move hand back to absorb 3. Work on hand – eye Coord. <p><u>Batting</u></p> <ol style="list-style-type: none"> 1. Hold hurl straight up 2. L hand below R 3. Thumbs on hurl, blade out 4. Eye on ball – tap it back 5. Left leg goes out when batting 	<p><u>Clash</u></p> <ol style="list-style-type: none"> 1. Players side to side 2. Hips touching 3. Near leg out 4. Hurl up on shoulder <p><u>Solo</u></p> <ol style="list-style-type: none"> 1. Thumbs on hurl 2. Blade facing out 3. Left hand near bas 4. Right hand 4" from top 5. Barely bend right elbow <p><u>1st Touch</u></p> <ol style="list-style-type: none"> 1. Pairs, 5m, bat or pass/tap across 2. Pass hi & low, thumb on hurls, blade out 	<p><u>Ball Control [Opposed]</u></p> <ol style="list-style-type: none"> 1. 7m Square – 2v2 2. "Keep ball" dribble game 3. Use body to shield 4. Hands together on hurl <p><u>Bouncing the ball on hurl</u></p> <ol style="list-style-type: none"> 1. Thumbs on hurl 2. Blade facing out 3. Left hand near bas 4. Right hand 4" from top 5. Have hurl below waist level 	<p><u>Hook</u></p> <ol style="list-style-type: none"> 1. R Hand put hurl out like sword 2. Big lunge with Right leg out 3. 1m out, 1m back from swing 4. Hook 1 in 5 swings at random <p><u>Striking from hand</u></p> <ol style="list-style-type: none"> 1. Hurl on right shoulder 2. Left hand out straight 3. Throw ball head high + out 4. Left leg out + L hand below R 5. & Strike [Eye on ball] <p><u>Hint:</u> From weak side Throw the ball higher Grip the hurley shorter Right leg goes out</p>
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U9 Camogie programme – 3 or 4 stations – coach to count out teaching points / ask players questions

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Ground pull: hurl on shoulder	Ground pull: hurl on shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder
Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Shoulder clash	Shoulder clash	Frontal ground block	Frontal ground block	Hook for ground swing	Hook for ground swing
Jab Lift + 4 steps	Jab Lift + 4 steps	Jab Lift + 4 steps	Catching	Batting	Handpassing	Batting	Catching
Marking	Marking	Dribble	Dribble	Jab Lift + 4 steps	Roll Lift	Catching	Jab Lift + 4 steps
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	Striking from hand – hurl at shoulder	1st touch	1st touch	1st touch	1st touch
Frontal block for striking from hand	Frontal block for striking from hand	Hooking for striking from hand	Hooking for striking from hand	Ground flick tackle	Ground flick tackle	Ground flick tackle	Ground flick tackle
Handpassing	Soloing	1st touch	Handpassing	Handpassing	Batting	Batting	Catching
1st touch	Hook (ground)	Shoulder Clash	1 v 1 Contesting	1 v 1 Contesting	Shoulder Clash	1 v 1 Contesting	Hook (Ground)
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Mini Games	Mini Games	Mini games	Mini Games	Mini Games	Mini games	Mini games	Mini games
1st touch	1st touch	1st touch	1st touch	1st touch	1st touch	1st touch	1st touch
Hurl tap Ground	Hurl tap Ground	Hurl tap Ground	Handpassing	Batting	Soloing	Handpassing	Batting
1 v 1 Contesting	1 v 1 Contesting	2 v 2 Contesting	2 v 2 Contesting	2 v 1 Contesting	2 v 1 Contesting	1 v 1 Contesting	2 v 2 Contesting
Batting	Hooking for striking from hand	Frontal block for striking from hand	Ground flick tackle	Hurl tap in air	Hurl tap in air	Hurl tap in air	Hooking for striking from hand

Milestones: (a) Marking (b) Strong hit from hand (c) Fast solo (d) Fast ball Batting (e) Pull flick (f) Hurl tap (g) Protect ball with body - tackling

<p><u>Pull [For right handed]</u></p> <ol style="list-style-type: none"> Hands together Hurl up on Right shoulder Left leg out Bend right elbow <p><u>Catching</u></p> <ol style="list-style-type: none"> Ball lands on fingers Move hand back to absorb Work on hand – eye Coord <p><u>Front High Block</u></p> <ol style="list-style-type: none"> 2 hand grip, thumbs on hurl Arms out, biceps on ears Lunge out to block hurl Extend hurl along arm line Eyes up on ball 	<p><u>Hand Pass</u></p> <ol style="list-style-type: none"> Throw ball up 6” Push/Slap ball out to player Right leg steps out same time Protect hand with hurl <p><u>Jab Lift + 4 steps</u></p> <ol style="list-style-type: none"> Left foot adj to ball Thumbs on hurl Left hand near bas Hurl parallel 6” from ground Bend knees low Catch ball below knee Carry 4 steps & tap 	<p><u>Clash</u></p> <ol style="list-style-type: none"> Players side to side Hips touching Near leg out Hurl up on shoulder <p><u>Frontal Pull Block</u></p> <ol style="list-style-type: none"> Ready Position Right thumb on hurl Left hand Sweeps hurl out Lunge with right leg Bas in front of ball <p><u>Aerial Tap</u></p> <ol style="list-style-type: none"> Nudge opponent hurl to side Ball sails through 	<p><u>Ball Control [Opposed]</u></p> <ol style="list-style-type: none"> 7m Square – 2v2 “Keep ball” dribble game Use body to shield Hands together on hurl <p><u>Marking</u></p> <ol style="list-style-type: none"> Stand in front On goal side shoulder <p><u>Batting</u></p> <ol style="list-style-type: none"> Hold hurl straight up L hand below R Thumbs on hurl, blade out Eye on ball – tap it back Left leg goes out when batting 	<p><u>Hook</u></p> <ol style="list-style-type: none"> R Hand put hurl out like sword Big lunge with Right leg out 1m out, 1m back from swing Hook 1 in 5 swings at random <p><u>Solo</u></p> <ol style="list-style-type: none"> Thumbs on hurl Blade facing out Left hand near bas Right hand 4” from top Barely bend right elbow <p><u>1st Touch</u></p> <ol style="list-style-type: none"> Pairs, 5m, bat or pass/tap across Pass hi & low, thumb on hurls, blade out 	<p><u>Catch</u></p> <ol style="list-style-type: none"> Cushion ball onto fingers Move hand back as ball lands Eye on ball at all times <p><u>Bouncing the ball on hurl</u></p> <ol style="list-style-type: none"> Thumbs on hurl Blade facing out Left hand near bas Right hand 4” from top Have hurl below waist level 	<p><u>Hurl tap</u></p> <ol style="list-style-type: none"> Flick under opponents bas Contest 2nd ball <p><u>Striking from hand</u></p> <ol style="list-style-type: none"> Hurl on right shoulder Left hand out straight Throw ball head high + out Left leg out + L hand below R & Strike [Eye on ball] <p><u>Hint:</u> From weak side Throw the ball higher Grip the hurley shorter Right leg goes out</p>
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U10 Camogie programme– coach to count out teaching points / get players to contribute ideas

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Score On the run	Score On the run	Score On the run – opposed	Score On the run - opposed	Handpass Goal	Handpass Goal	Handpass Goal – opposed	Handpass Goal - opposed
Control bounce ball	Control bounce ball	Control & 1 touch into hand	Control & 1 touch into hand	JabLift Tap & 2 nd ball	JabLift Tap & 2 nd ball	Air tap & 2 nd Ball	Air tap & 2 nd Ball
Mini Games	Mini Games	Mini Games	Mini Games	Mini Games	Mini Games	Mini Games	Mini Games
Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Dink Shot	Dink Shot	Dink Shot	Dink Shot	Free Taking	Free Taking	Free Taking	Free Taking
Pull block & 2 nd ball	Pull block & 2 nd ball	Clash & 2 nd ball	Clash & 2 nd ball	Solo tackle	Solo tackle	Ground flick & 2 nd ball	Ground flick & 2 nd ball
1 Attack teamply	1 Attack teamply	1 Attack teamply	1 Attack teamply	1 v1 tussles	2 v 2 tussles	4 v 2 possession square	4 v 2 possession square
Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Cuts	Cuts	Cuts	Cuts	1 Defence Teamply	1 Defence Teamply	1 Defence Teamply	1 Defence Teamply
Half hurl strike on run	Half hurl strike on run	Half hurl strike on run	Send a Dummy	Send a Dummy	Send a Dummy	Take on the defender	Take on the defender
Find a player game	Find a player game	Find a player game	Sweep step strike	Hop step strike	Drop puck	Back leg strike up high	Shoulder strike
Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice	Coach’s choice

Milestones: (a) Scoring (b) Free & Cuts technique (c) Fast control into hand (d) Recovery after tackle (e) Handpass goal (f) Teamply – Attack & Defence

<p><u>Score on the Run</u></p> <ol style="list-style-type: none"> Put ball in hand Hurl on back shoulder Look at posts on 3rd step Hit with front leg forward Must hit HARD 	<p><u>Handpass Goal</u></p> <ol style="list-style-type: none"> Jab lift and catch 4 Steps & tap into hand Drop hurl on second step On 4th step, Handpass to net 	<p><u>Control Bounce Ball</u></p> <ol style="list-style-type: none"> Partner strikes low ball across Meet with Open blade, thumbs on hurl Light on the feet/toes/balance Try to get one touch then into hand 	<p><u>JabLift Tap & 2nd Ball</u></p> <ol style="list-style-type: none"> Slide hurl under opponents bas Flick up her hurl as she jabs Kick/flick ball your direction Contest 2nd ball 	<p><u>Air Tap</u></p> <ol style="list-style-type: none"> Stand behind person batting As ball arrives, touch her hurl to side Ball goes through so catch or win 2nd ball 	<p><u>Mini Games</u></p> <ol style="list-style-type: none"> 4 v 4 passing or scoring games 7 v 7 across pitch [bibs] Fun scoring games
<p><u>Ground Flick & 2nd Ball</u></p> <ol style="list-style-type: none"> Player 1 pulling on ball Player 2 flick not pull Ball flicked before her pull 	<p><u>Pull Block & 2nd Ball</u></p> <ol style="list-style-type: none"> Right Thumb on hurl Blocker lunges from behind Hurl in front of ball to block Contest 2nd ball 	<p><u>Clash & 2nd Ball</u></p> <ol style="list-style-type: none"> 1 v 1 Clash on the run Both girls contest loose ball 	<p><u>Solo Tackle</u></p> <ol style="list-style-type: none"> Tap under her hurl to dislodge ball Ball breaks & contest it 	<p><u>Dink Shot</u></p> <ol style="list-style-type: none"> Hold Half hurl grip Send dummy one way Drop ball low, short strike under block Ideal for position 10 or 12 	<p><u>Free Taking</u></p> <ol style="list-style-type: none"> Left foot next to ball Left hand near bas - Thumbs Lift ball slowly forward Lift high & eye on ball
<p><u>Defence Teamplys</u></p> <ol style="list-style-type: none"> Our #5 gets closer to their 11 All backs play from the front #8 & 9 drop for puck out 	<p><u>Half Hurl Strike on run</u></p> <ol style="list-style-type: none"> Hurl on shoulder on run Throw ball a bit higher Hit much harder on front leg 	<p><u>Attack Teamplys</u></p> <ol style="list-style-type: none"> Mini games hitting to #13, 15 Roving #14 moves outfield #10 to midfield or further back 	<p><u>Tussles</u></p> <ol style="list-style-type: none"> Ball on ground, 30 sec, get ball in hand Must have 2 handed tackles here! 	<p><u>4 v 2 Possession Square</u></p> <ol style="list-style-type: none"> 25m side, 2 work hard to get a touch Girl that intercepts swops teams 	<p><u>Cuts</u></p> <ol style="list-style-type: none"> Lunge with left knee Bend right elbow on swing Cut ball under & through
<p><u>Drop Puck</u></p> <ol style="list-style-type: none"> Balance on right leg Left foot forward as ball drops Hit as ball bounces up 	<p><u>Hop Step Strike</u></p> <ol style="list-style-type: none"> Drop ball and left leg out Throw & hop forward on right Land on left leg & hit at same time 	<p><u>Taking on the defender [1v1]</u></p> <ol style="list-style-type: none"> Coach hits from 45m, both run out Forward wins ball & goes for goal If beaten to ball, back makes it difficult 	<p><u>Send a Dummy</u></p> <ol style="list-style-type: none"> Show the ball to 1 side with arm out Sidestep with left foot & move right 	<p><u>Find a player</u></p> <ol style="list-style-type: none"> 50m space, 5 v3 passing to hand 	<p><u>Sweep Step Strike</u></p> <ol style="list-style-type: none"> Hurl on shoulder, throw ball out + Left foot sweeps behind right Sweep Right foot out & strike
			<p><u>Back Leg High strike</u></p> <ol style="list-style-type: none"> Lean back on right leg Throw ball high & hit up/under into air 	<p><u>Shoulder Strike</u></p> <ol style="list-style-type: none"> Strike ball at shoulder height Follow through straight at shoulder height 	

U11 Camogie programme– coach to count out teaching points / get players to contribute ideas

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weak side strike	Weak side strike	Weak side strike	Weak side strike	Weak side strike	Weak side strike	Weak side strike	Weak side strike
Hooking/Blocking	Hooking/Blocking	Hooking/Blocking	Hooking/Blocking	Marking	Marking	Marking	Marking
Facing Close in Frees	Facing Close in Frees	Facing Close in Frees	Facing Close in Frees	Facing Puck Outs	Facing Puck Outs	Facing Puck Outs	Facing Puck Outs
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run
Our puck outs	Our puck outs	Our puck outs	Our puck outs	Our sideline cuts	Our sideline cuts	Our sideline cuts	Our Sideline cuts
HandPass Goal	HandPass Goal	HandPass Goal	HandPass Goal	1 Attach Teamplay	1 Attach Teamplay	1 Attach Teamplay	1 Attach Teamplay
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Weak side low strike	Weak side low strike	Weak side backLeg strike	Weak side backLeg strike	Weak side ½ Hurl strike	Weak side ½ Hurl strike	Weak Side strike on run	Weak Side strike on run
Facing Sideline cuts	Facing Sideline cuts	Facing Sideline cuts	Facing Sideline cuts	Facing distance frees	Facing distance frees	Facing distance frees	Facing distance frees
Get away from tackle	Get away from tackle	Get away from tackle	Get away from tackle	Where to hit Frees	Where to hit frees	Where to hit frees	Where to hit frees
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice

Milestones: (a) Good weak side (b) Intelligent marking (c) Organised for frees, Cuts & Puck outs (d) Teamplay for attack (e) Defence to attack (f) Spatial awareness

<p><u>Weak Side Strike</u></p> <ol style="list-style-type: none"> Hurl on left shoulder Shorten the grip Throw ball higher Hit it very hard Land on front Left leg 	<p><u>Hook</u></p> <ol style="list-style-type: none"> R Hand put hurl out like sword Hurl up on Right shoulder Left leg out Bend right elbow 	<p><u>Block</u></p> <ol style="list-style-type: none"> 2 hand grip, thumbs on hurl Arms out, biceps on ears Lunge out to block hurl Extend hurl along arm line Eyes up on ball 	<p><u>Marking</u></p> <ol style="list-style-type: none"> Play from the front On Goal side shoulder Use Backs + Forwards 	<p><u>Facing Close in Frees</u></p> <ol style="list-style-type: none"> # 2,1,4 on goal line # 3 on edge of small square # 6 on edge of big square # 5,7,8 between ball & goal 	<p><u>Facing Puck Outs</u></p> <ol style="list-style-type: none"> Put pressure on the area where ball lands Contest 2nd ball
<p><u>Handpass Goal</u></p> <ol style="list-style-type: none"> Put ball in hand Hurl on back shoulder Look at posts on 3rd step Hit with front leg forward 	<p><u>Attack Teamplay</u></p> <ol style="list-style-type: none"> #14 drifts to Position 10 All Attackers draw the defender Play clearances to an area 	<p><u>Facing Distant Frees</u></p> <ol style="list-style-type: none"> Our Free Face up 13m away #2, 3, 4, 6 mark tight in front #5 & 7 drift in if needed If long, # 5 & 7 sprint back to zone 	<p><u>Facing Sideline Cuts</u></p> <ol style="list-style-type: none"> Our player race to the front as its hit Spare player drops to gap OR All drop back 1 in tandem 	<p><u>Get away from tackle</u></p> <ol style="list-style-type: none"> Nudge the ball to best space Use 4 steps to get away Tap into hand or strike away 	<p><u>Our Cuts</u></p> <ol style="list-style-type: none"> Our player race to front as its hit Play away from their spare player
					<p><u>Where to hit frees</u></p> <ol style="list-style-type: none"> Target area of max space Our Player meets ball in that space Our player must be ball winner Other players create the space

U12 Camogie programme– coach to count out teaching points / get players to contribute ideas

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weak side strike	Weak side strike	Weak side strike	Weak side strike	Marking or take incoming	Marking or take incoming	Marking or take incoming	Marking or take incoming
Facing Close in Frees	Facing Close in Frees	Facing Close in Frees	Facing Close in Frees	Facing Puck Outs	Facing Puck Outs	Facing Puck Outs	Facing Puck Outs
Take Incoming solo	Take Incoming solo	Take Incoming solo	Take Incoming solo	Mini Games [BvF?]	Mini Games [9v9]	Mini Games	Mini Games
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run	Weak Side strike on run
Our puck outs	Our puck outs	Our puck outs	Our puck outs	Our sideline cuts	Our sideline cuts	Our sideline cuts	Our Sideline cuts
HandPass Goal	HandPass Goal	HandPass Goal	HandPass Goal	1 Attach Teampay	1 Attach Teampay	2nd Attach Teampay	2nd Attach Teampay
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Weak side low strike	Weak side low strike	Weak side backLeg strike	Weak side backLeg strike	Dink Shot	Dink Shot	Weak Side strike on run	Weak Side strike on run
Facing Sideline cuts	Facing Sideline cuts	Facing Sideline cuts	Facing Sideline cuts	Facing distance frees	Facing distance frees	Facing distance frees	Facing distance frees
Get away from tackle	Get away from tackle	Get away from tackle	Get away from tackle	Where to hit Frees	Where to hit frees	Where to hit frees	Where to hit frees
Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice	Coach's choice

Milestones: (a) Good weak side (b) Intelligent marking (c) Organised for frees, Cuts & Puck outs (d) Teampay for attack (e) Defence to attack (f) Defence teampay

<p><u>Weak Side Strike</u></p> <ol style="list-style-type: none"> Hurl on left shoulder Shorten the grip Throw ball higher Hit it very hard Land on front Left leg 	<p><u>Hook</u></p> <ol style="list-style-type: none"> R Hand put hurl out like sword Hurl up on Right shoulder Left leg out Bend right elbow 	<p><u>Block</u></p> <ol style="list-style-type: none"> 2 hand grip, thumbs on hurl Arms out, biceps on ears Lunge out to block hurl Extend hurl along arm line Eyes up on ball 	<p><u>Marking</u></p> <ol style="list-style-type: none"> Play from the front On Goal side shoulder Use Backs + Forwards 	<p><u>Facing Close in Frees</u></p> <ol style="list-style-type: none"> # 2,1,4 on goal line # 3 on edge of small square # 6 on edge of big square # 5,7,8 between ball & goal 	<p><u>Facing Puck Outs</u></p> <ol style="list-style-type: none"> Put pressure on the area where ball lands Contest 2nd ball
<p><u>Handpass Goal</u></p> <ol style="list-style-type: none"> Put ball in hand Hurl on back shoulder Look at posts on 3rd step Hit with front leg forward 	<p><u>Attack Teampay</u></p> <ol style="list-style-type: none"> #14 drifts to Position 10 All Attackers draw the defender Play clearances to an area 	<p><u>Facing Distant Frees</u></p> <ol style="list-style-type: none"> Our Free Face up 13m away #2, 3, 4, 6 mark tight in front #5 & 7 drift in if needed If long, # 5 & 7 sprint back to zone 	<p><u>Facing Sideline Cuts</u></p> <ol style="list-style-type: none"> Our player race to the front as its hit Spare player drops to gap OR All drop back 1 in tandem 	<p><u>Get away from tackle</u></p> <ol style="list-style-type: none"> Nudge the ball to best space Use 4 steps to get away Tap into hand or strike away 	<p><u>Our Cuts</u></p> <ol style="list-style-type: none"> Our player race to front as its hit Play away from their spare player
<p><u>Take Incoming Solo</u></p> <ol style="list-style-type: none"> Nearest back e.g. # 2 meets her No 3 covers No 2 forward No 4 covers Full Forw No 6 + 7 cover back to zone 		<p><u>Mini Games</u></p> <ol style="list-style-type: none"> Match with conditioned game e.g. Weak side only, 3 passes = score, 8 v 7, Bigger space, smaller space 		<p><u>Dink Shot</u></p> <ol style="list-style-type: none"> Hold half hurl grip Send dummy one way Drop ball low, short strike under block Use to move ball on fast 	<p><u>Where to hit frees</u></p> <ol style="list-style-type: none"> Target area of max space Our Player meets ball in that space Our player must be ball winner Other players create the space

U13/14 Camogie programme – coach to count out teaching points / get players to contribute ideas

- (a) More game situations, play 7s, conditioned games, challenge games to practice a teamplay e.g. How to face opponents with a sweeper system,
- (b) Specialised coaching for defenders, for forwards, for midfielders, for the Goalie
- (c) Try to ensure each position has 2 or more players as an option for those positions
- (d) Introduce fitness training using the ball
- (e) Begin to assign specialised near scoring free taker, girl marker, long distance frees from backs, Where to place clearances, create space up front, close space at the back
- (f) Work on movement facing puck outs and make space for our puck outs
- (g) Revise certain skills e.g. hook, side front block, catches etc that need attention in some sessions
- (h) 1 coach monitor players 1 to 4, 1 coach monitor players 5 to 9, 1 coach monitor players 10 to 15. 1 coach watch the game / opponents and make switches/subs
- (i) Introduce the concept of simple team statistics (e.g. No of block downs, no of hooks, no of goal chances) as a tool to improve performance

U15/16 Camogie programme – coach to count out teaching points / get players to contribute ideas

- (a) More game situations, play 7s, conditioned games, use challenge games to practice a teamplay e.g. How to face opponents with a sweeper system,
- (b) Specialised coaching for defenders, for forwards, for midfielders, for the Goalie
- (c) Try to ensure each position has 2 or more players as an option for those positions
- (d) Introduce fitness training using the ball
- (e) Begin to assign specialised near scoring free taker, girl marker, long distance frees from backs, Where to place clearances, create space up front, close space at the back
- (f) Work on movement facing puck outs and make space for our puck outs
- (g) Revise certain skills e.g. hook, side front block, catches etc that need attention in some sessions
- (h) Preparing a teamplay for a specific opposition – so the whole team will buy into it
- (i) Use some statistics as a tool to improve performance/highlight team strengths (e.g. Converted 3 of 4 goal chances, 6 keeper clearances found a player, won 8 puck outs on left side)

STANDARD TEAM PRACTICE

- (i) All defenders play from front / goal side shoulder**
- (ii) Encourage & teach marking & be aware of opponents position**
- (iii) All to start swing with hurl on shoulder**
- (iv) Ensure all players play – less emphasis on the score, more on girls getting game time**
- (v) Jab lift only – avoid roll lift**
- (vi) Remove fear of failure & encourage decision making while playing e.g what option to take, where to hit it**
- (vii) All tackling and dribbling with 2 hands on hurl, and together on short hurl**
- (viii) Finish each session with fun drill if possible**
- (ix) Goalkeeper to be special & get free gear and expert coaching. Get special treatment!**
- (x) Goalie = Don't jump / Block don't bat / never pull in the zone so tap or kick ball out to side / take 4 steps away from goal to side before striking from hand**
- (xi) Tactic for Facing puck outs / Facing close in frees / Our defensive frees / Our puck outs**
- (xii) Maximise the amount of ball touches per session, more lines with small groups per line**