



# Hurling/Camogie

## Key Stage 3

### Game Development

#### Introduction

Hurling is a complex and difficult sport for young players to grasp. The sport requires great balance and hand-eye co-ordination. A player should not take part in a full 15-a-side game until they are comfortable with most aspects of the game. Smaller games may be more suitable as they will ensure the players receive more touches of the ball (sliotar) and allow them to practise the skills with more time.

#### Inclusion and Accessibility

While we would like all pupils to be included in Physical Education along with the others in their class, this is not always possible when it comes to playing the full version of the sport.

If a pupil has physical disabilities that mean they cannot safely take part in the game along with the other pupils in their class, then this pupil should be given the opportunity to take part in other physical activity. For example, a class could be split into groups, with some pupils practising the drills and others playing the game. The smaller group could practise the skills needed for the sport, or for the disabled version of the sport, alongside the rest of the class. These smaller groups would work in rotation, giving everyone an opportunity to play the sport and practise their skills.

Alternatively, some pupils may prefer to do a physical activity that they are particularly interested in, for example practising the drills needed for a sport they play outside of school.

### Tips

- Divide the group into teams of five or six players. This will allow the players to have more touches of the ball and more space in the area. Then gradually increase the size of the pitch and the number of players in each team.
- Use an area of appropriate size for the hurling pitch, depending on the group's ability.
- Encourage the keepers to change so that everyone has a turn in nets.
- Ensure the time set for each half is suitable for the age and ability of the players.
- If players are having difficulties with some aspects of the game, call a timeout and give them a demonstration.
- Relax some of the rules and allow players to lift the ball off the ground, throw the ball etc. until the players have gained more experience. Perhaps introduce these rules gradually.
- Ensure all players are included in the play and ensure a coach is on the field to help with any players who are finding it difficult to grasp certain concepts of the game.
- Ensure players are wearing protective head gear and ensure the players are careful when tackling one another with their sticks.



### General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players and make a rule that others can only hold onto the ball for a certain length of time.
- Ensure inclusion by introducing a rule that every player must receive the ball before the team can score.

### Physical Disability

- Reduce the size of the pitch for players with mobility difficulties.
- Lower the cross bar, if necessary.
- Allow the player to use a hurling stick with a shorter handle and larger foot to help them control the ball.
- Use a softer or lighter ball instead of a sliptar (hurling ball).
- Allow wheelchair users to:
  - take part by catching and throwing a ball;
  - lift the ball and carry it a certain distance or length of time before passing to a teammate;
  - throw the ball instead of striking with the hurl.
- If several wheelchair users are playing, they may need to use a bigger ball.

### Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

### Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Allow the player to use a hurling stick with a shorter handle and larger foot to help them control the ball.
- Allow an adult or 'seeing' player to guide them around the pitch using directions or a hand on their shoulder.

### Useful Links

#### Ulster GAA

[ulster.gaa.ie/coaching-old/special-needs](http://ulster.gaa.ie/coaching-old/special-needs)