



Hurling/Camogie

Key Stage 1

BEGINNER Movement

It is important that the players are familiar with holding the hurling stick and are able to move freely while holding it. This section develops these basic skills.

Introduction

Demonstrate to the players how to hold a hurling stick and how to move a ball on the ground with the stick. Give each player a ball and a stick. Allow the players to move within the area, using the stick to move the ball along and encourage them to keep the ball close.

Game: Attack and Defend

Mark out a square area with cones. Give each player a ball and a stick. Explain to the players that they must move their ball around the area using the stick only. While doing this, the players must also try to knock another player's ball out of the area. If they do this, that player is out. Therefore, it is important to defend their own ball while at the same time attacking another player's ball to knock it out of the area. The last person in the area with their ball is the winner.

INTERMEDIATE Ground Passing

When the ball is on the ground in hurling, the players can pass the ball to a teammate by striking it along the ground to the other player. This skill requires hand-eye co-ordination.

Introduction

Put the players into pairs with a stick each and a ball between two. Place the players a small distance apart initially. Ask them to practise hitting the ball along the ground to the other player. If necessary, the players can stop the ball with their stick first before striking it back.

Game: Hit the Target

This game develops the player's ability to pass the ball accurately to a teammate. Set out various targets for the players to aim at. Explain to the players that the different targets are worth different points, for example a target that is far away is worth more points. Then allow the players to take turns striking the targets with a set number of balls. The player who scores the most points is the winner.

ADVANCED Hockey Style Game

Players have been using the skills to move the ball and pass the ball along the ground. Now the players are ready to combine these skills and attempt a game using these ground skills only.

Game: Hockey!

Select teams of four players. Set out a rectangular area with a football or Gaelic net or a rectangular board at each end. Explain to the players that they can only move the ball with their stick. The aim of the game is to pass the ball to their teammates and work towards the other team's goal. When the player is close enough, by hitting a ground shot they can try and score a point for their team. One team will be scoring in one net and the other towards the other net.



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.
- Allow an adult or peer to guide the player around the playing area using directions or a hand on their shoulder.

Useful Links

Ulster GAA

ulster.gaa.ie/coaching-old/special-needs