



# Hurling/Camogie

## Key Stage 2

### BEGINNER

#### Carrying Ball (Sliotar)

In hurling, it is vital that a player can carry a ball by balancing it on the end of their stick. This section helps develop this skill.

##### Introduction

Give each player a stick and a ball. Demonstrate how to hold the stick and where to balance the ball on the stick. Ask players to attempt to balance the ball on the stick while standing still, then while walking, running etc.

#### Game: Tidy the Toxic Factory (Using a Hurling Stick)

Scatter different colours of small balls over the area. Place buckets (matching the colour of the balls) in the corners of the area. Give each player a stick. Explain to the group that they are workers in the toxic factory and they need to get rid of the toxic waste, but they cannot touch the waste. Therefore, they must use the sticks to carry the toxic waste. Then explain that when the whistle blows, the players must run around the area and collect each ball and place it in the correct bucket. When the floor has been cleared, the activity is over. If the players are capable, you can show them how to lift the ball using the 'jab' lift.

### INTERMEDIATE

#### Striking and Catching

To make a pass out of the hands in hurling or strike a ball towards the goal, it is important that the players can hit the ball accurately in the air.

##### Introduction

Demonstrate to the players how to strike a ball by dropping the ball to a height to be hit on the volley. Give the players plenty of opportunities to develop this skill. Allow the players to work in pairs and practise hitting the ball to each other and ask players to catch the ball.

#### Game: Catch a Point

Divide the players into two teams. Explain to the players that to gain a point, they must pass the ball in the air to a teammate. If their teammate catches the ball cleanly without it touching the ground, then that is a point. Players from one team are not allowed to tackle players from the other team, they can only intercept a ball in the air or a dropped ball. After a set length of time, the team with the most points are the winners. (If players are able, then perhaps you could demonstrate a hand pass and introduce this into the game.)

### ADVANCED

#### Game

Players have now gained the basic skills to play a simplified game of hurling.

##### Game

Divide the group into teams of five or six players. This will allow the players to have more opportunities to run with the ball and more chances to pass and catch the ball. 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. When the game starts, encourage the players to lift the ball immediately and avoid them moving the ball on the ground only. If some players are having difficulties with moving with the ball on the stick, allow them to move without being tackled (but they must pass after a certain length of time). The same applies for passing. If players are having difficulty with passing, encourage them to drop the ball and hit it on the ground. If some players are more able, limit how far they can travel before passing and shooting. Ensure the time set for each half is suitable for the age and ability of the players. Explain that a goal gets the team three points and an over the bar gets the team one point.



### 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)