



Well!! Kids

COACHES RESOURCES

The Well!Kids Journey

The origin of Well!Kids came about when we asked ourselves how can we get as many young boys and girls into our GAA clubs as possible. It's something every club in Waterford should be striving for; to provide a place where children and parents want to be on a Saturday morning.

What will attract our boys and girls to our GAA clubs? Quite simply the answer is fun! Young children love fun, they love messing, they love playing games with their friends. We felt that a GAA programme that would provide a space for children to have fun, play games with their friends and develop movement skills and GAA skills would result in children wanting to be to go their local GAA pitch on a Saturday morning. And if parents see their young boy or girl exercising, learning new skills and having fun, they will want to them to be there.

The name Well!Kids has meaning on a few levels. 'Well' is a common greeting expression unique to Waterford, the 'well-being' of our children is central to this programme and we believe that children are the 'well' of all our clubs that will sustain our clubs now and into the future.

After years of work, we believe we have designed a programme of activities that are engaging, develop movement and GAA skills and most importantly, are all fun! We hope that your club finds the programme helpful and that Well!Kids attracts as many boys and girls to your club as is possible.

The Well!Kids Committee

Brian O'Halloran
Fergal Hartley
Kevin Ryan
Michelle Ryan
Michelle O'Donoghue
Eoin Morrissey
Eoin Breathnach
David Robinson
John Quinn
Barry Dunne

**Message from Seán Michael O'Regan,
Chairperson, Waterford GAA**



A Chairde,

It's my privilege to welcome you all on board for the great initiative that is Well!Kids, a Waterford GAA program for Waterford GAA clubs.

It is the first of many programs along the 'Waterford Rising' journey. I am delighted that a nursery program involving thousands of kids from all our clubs is the foundation of our long-term strategic plan.

Thanks to everyone involved in making this happen for your clubs and Waterford GAA. I hope you all enjoy the journey and our kids have a great time and make many friends for life.

Is mise,

Seán Michael O'Regan
Cathaoirleach
CLG Phortlairge.



**Message from Ronan Mulligan,
Director, Mulligans Pharmacy Group**



Mulligans Pharmacy and Specsavers Opticians are delighted to partner with Waterford GAA in this innovative venture that brings families and their children together under the Well!Kids brand.

Promoting physical and mental health is a core value for both our companies and this opportunity to see up close how sport can be central to children's development through our national games is a very exciting challenge for all.

We look forward to working closely with everyone at Well!Kids to ensure this initiative is a great success for both the sport and all the young participants .

Ronan Mulligan
Managing Director, Mulligans Pharmacy
Mulligans - A Family Company Since 1957

**Message from Eoin Morrissey,
Coaching Officer, Waterford GAA**



I am delighted to introduce the Well!Kids programme to clubs throughout Waterford.

The resources in this booklet along with the support and advice of our GDA's throughout the county will assist coaches in the development of this unique nursery programme.

Waterford GAA is the first county in the country to develop an initiative of this scale. An active and positive start to GAA is so important for our young players. We want to be able to welcome them to our GAA grounds and ensure they keep back for more. Well!Kids hits the mark here.

What's most important is the environment we welcome our new players and also potential volunteers into. If we make it too challenging and daunting some may decide it's not for them. However, if it's welcoming and fun where everyone gets to play a part we are onto a winner. You as a volunteer have the power to influence multiple children in your care during Well!Kids and other activities in your club.

I would like to thank Mulligans Pharmacy for coming on board as a partner. Health and Wellbeing is so important in today's climate and I believe this is a perfect match for the message Well!Kids is aiming to portray.

I have no doubt that Well!Kids will lead to our ultimate aim of ensuring we raise our participation levels across all communities in Waterford.

Yours in Sport
Eoin Morrissey
Coaching Officer, Waterford GAA
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MOCHUA PRINT & DESIGN
GET YOURSELF NOTICED

The Well!Kids Committee would like to sincerely thank Sandra and Tiberiu from Mochua Print and Design, Portlaoise for their excellent work in the design and printing of this folder.

AZZURRI WELL!KIDS JERSEY 2022



Waterford GAA in partnership with Mulligans Pharmacy are delighted to link up with Azzurri Sport to make the Well!Kids jersey available to all clubs taking part in the Well!Kids programme.

The jersey itself is a unique design that we hope children across the county will be proud to wear. The names of every GAA club in Waterford are located on the back of the jersey and the eye-catching style is sure to be very popular with our young club players.

The order process is outlined below. Clubs should have received an order form to their club secretary.

- Azzurri will take the Completed Club order form once returned directly to Joe Fortune in Azzurri and process for you promptly.
- Your Club will receive an order confirmation before order is processed. Once each order is confirmed by your Club, Azzurri will process and deliver the order within **4-5 weeks**.
- Thanks to our partnership with Mulligans Pharmacy, the cost per jersey to each Club will be only **€15.00**. Payment in full must be received before the order is dispatched or collected.
- Orders can be delivered directly to your address, or collected from Azzurri.

If you have any further queries, please contact Joe Fortune of Azzurri Sport.

Joe can be contacted on 051-850066 or 086-7815065 or by email at jfortune@azzurri.ie.

WELL!KIDS RECOMMENDED STRUCTURE (IT'S FLEXIBLE!!)

Each GAA club across Waterford participating in Well!Kids is unique and every club will have different ideas as to how to run Well!Kids successfully. This flexibility is a crucial part of Well!Kids. With that in mind, we do have a recommended structure for Well!Kids sessions that we feel will suit for the majority of clubs. This is based on the feedback we received from pilot clubs and what we feel will work best for most clubs who are taking part. We want to maximise the fun and enjoyment of a Well!Kids session and the below is a suggested template to follow.

- **Session once a week (Pref Sat morning), 50 mins to 1 hr**
- **3 Stations, 15mins approx with two activities at each station**
- **2 Coaches per station, no more than 12 children per station**
- **6-8 Week Blocks (To be repeated as many times as clubs wish)**

PLANNING YOUR WELL!KIDS SESSION

This Well!Kids Coaches Booklet contains 60 different activities split into 20 FMS/Fun activities, 20 Gaelic Football activities and 20 hurling/camogie activities. Each activity has a page number and they are grouped together by type of activity.

Once it has been decided which activities will be used during a session, we recommend that the coaches at each station take them out of the folder. The coaches can then refer back to the activities as they need to. At the hurling/camogie station the coaches will have two sheets, each with an activity on them and likewise for the Gaelic football station and FMS/Fun activities station.

All the activities list what equipment you need, how to run the game/activity and key coaching points. There are opportunities to progress activities also using the STEP model.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

Space **Task** **Equipment** **Players**

S vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity.

T alter the task that players are expected to perform. Change the skill, add additional skills or movements or alter the rules

E alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge

P increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

PLEASE ENSURE THAT THE COACHES AT EACH STATION RETURN THE ACTIVITY SHEETS AND PLACE THEM IN BOOKLET AT THE END OF EACH SESSION.

Contents Page

Fundamental Movement

Skills/Fun Games (White Pages) **8**

Rabbit in the Burrow	9
Shark Attack	10
Go Fish!	11
Treasure Hunt	12
Colour Dash	13
Circle Games	14
Noodle Tag	15
Lose a Limb!	16
Pizza Toppings!	17
Colour Catch	18
Cat & Mouse (H+F)	19
Snowball Fight	20
Hurling Sword Fight	21
Cone Crawl	22
Frog Jump Tag	23
Bean Bag Back	24
Flush the Toilet	25
Pooper Scooper	26
Catch It If You Can	27
Hunt the Beanbag!	28

Football Activities (Red Pages) **29**

Knock the Football	30
Bowling	31
Kick through the goals	32
Chaos Run	33
Rob the Nest	34
Piggy in the Middle Handpass	35
Crab Football Clearout	36
Swapsies	37
Solo	38

Catch & Throw	39
Pass or Fall	40
Foot Golf	41
Pick Up	42
Liathróid Road	43
Four Square	44
Over the Blackwater	45
Beat the Circle	46
Solo to colours	47
Hit the Post	48
Football Bulldog - Run to Croker	49

Hurling Activities (Green Pages) **50**

Clash of the Ash	51
Clear the square	52
Empty Your Yard	53
Goals Galore	54
Hit the Tigers Tail	55
Hurling Tennis	56
Minefield	57
Pancake Toss	58
Pass it on!	59
Piggy in the middle	60
Relay race	61
Shoot the lights	62
Solo to win	63
Strike for Glory	64
Swat the Fly	65
Swap till you drop	66
Target Shooting	67
Trap the Beanie	68
Under the bridge	69
Walk The Dog	70



we!!!
KIDS
FUNDAMENTAL
MOVEMENT
SKILLS/FUN
GAMES

RABBIT IN THE BURROW

Diagram



What you Do

- Children find a space in the playing area and place a hoop or cone (their burrow) on the ground, away from other children.
- On the signal, 'Hop rabbits!', children hop on one foot around the playing area. When they hear the call 'Burrow!' they hop into any burrow as fast as they can.
- Repeat several times. Then remove a hoop from the playing area each time. Any child without a burrow runs around the outside of the playing area for one round and then joins the group again for the next game.
- Introduce a fox to catch hopping rabbits, who are safe in the burrow. If a hopping rabbit is caught, they become the fox!

What You Need

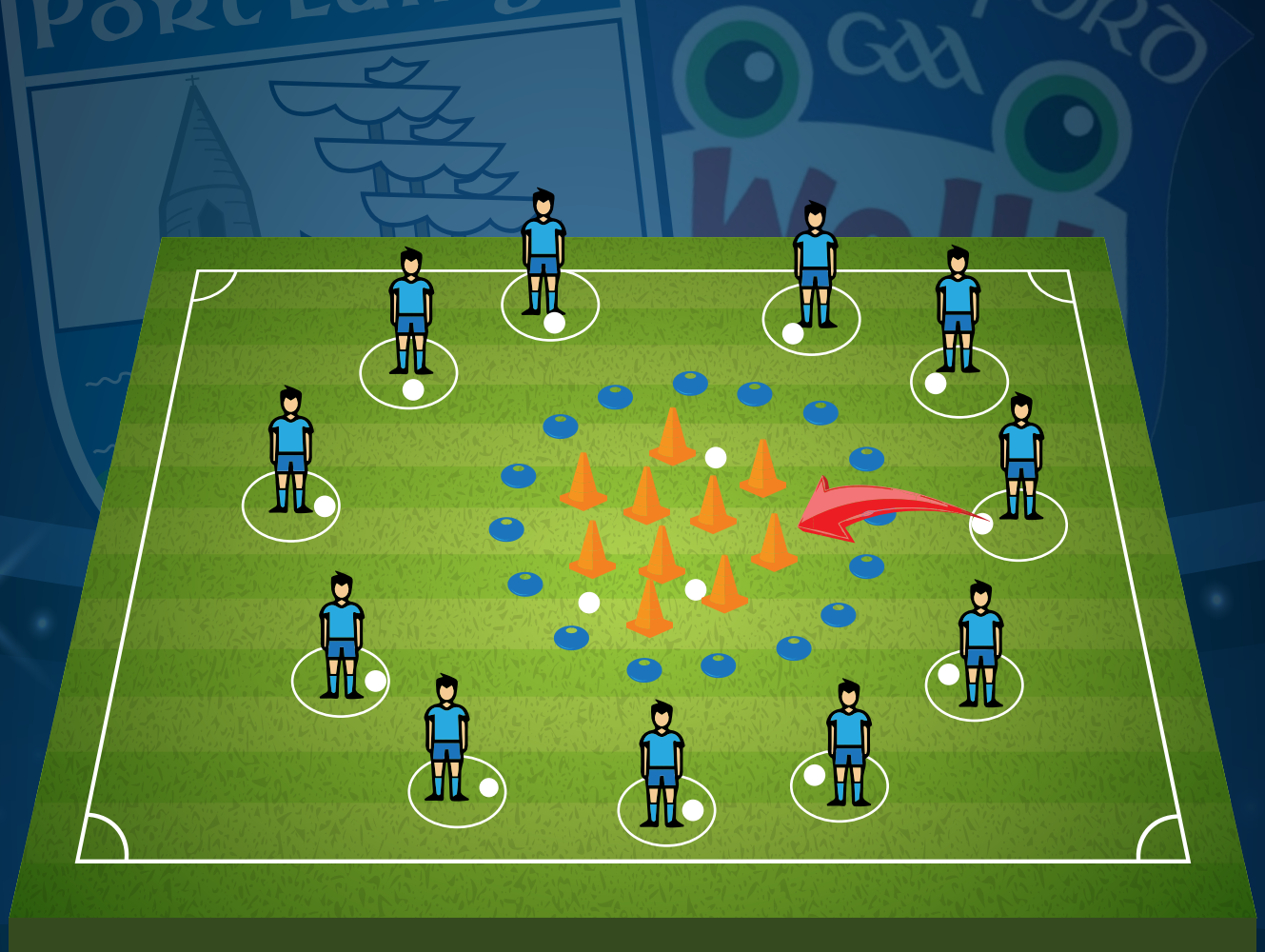
- Hoop (or cone) for each child
- Cones to make a playing area

Key Coaching Point

- Demonstrate a good hopping technique (take off and land on same foot, pushing from ball of the foot)

SHARK ATTACK

Diagram



What you Do

- Make a circle with the smaller cones (using blue cones if possible) and inside the circle place all the taller cones standing up.
- Inside the circle is the sea (children not allowed enter) and the tall cones are sharks! Children stand in a hoop outside the circle (their island!)
- On ATTACK! The children must throw or roll their ball from their hoop and attempt to knock the cones (hit the sharks!). One coach should be in the sea to clear the balls back out to the children and encourage them to only throw/roll from their hoop!
- Can move on to a kick (from the ground) and from hand if possible.

What You Need

- A set of cones
- 15-20 taller cones.
- Football (or similar sized ball) for each child.

Key Coaching Point

- Demonstrate good rolling/throwing technique.
- If kicking from hand, lowering ball with hand rather than throwing up to kick.

GO FISH!

Diagram



What you Do

- Make a large circle with the cones and scatter beanbags inside the circle (have one less beanbag than number of children). Inside the cones is the pond and the beanbags are fish!
- Invite the children to start jumping around the outside of the circle.
- When coach says GO FISH! The children must jump into the pond and catch a fish (pick up a beanbag). One child will not have one.
- Repeat with different movements (hopping, side-stepping, running) and can reduce beanbags further to make it more difficult to catch a fish!
- Fish walk to finish, children put beanbags on their head and walk around the pond! Trying not to let their fish fall back in!

What You Need

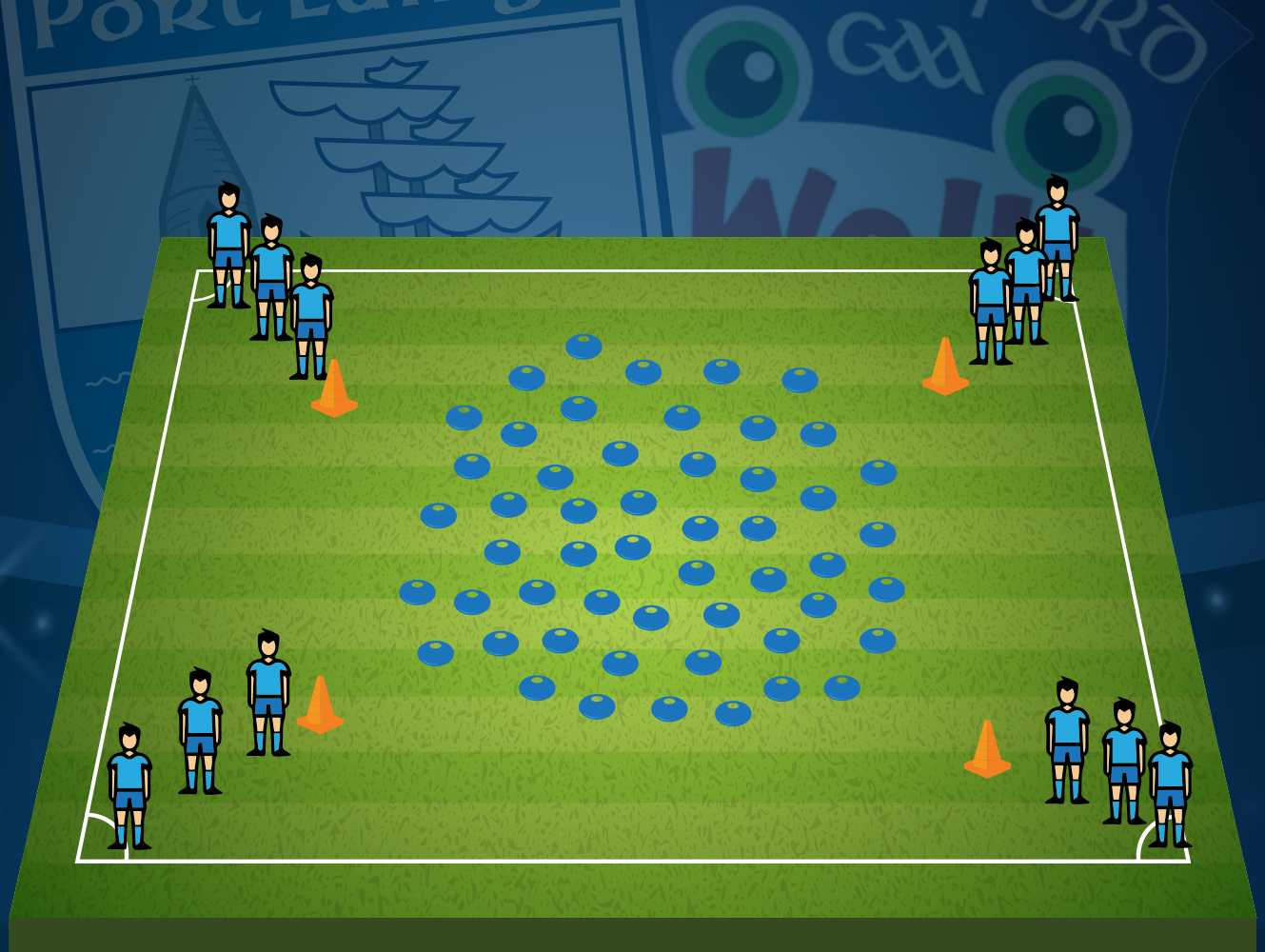
- A set of cones
- Beanbag for each child

Key Coaching Point

- Movement skill technique (pick either running, hopping) and teach some of the key points.

TREASURE HUNT

Diagram



What you Do

- Arrange the children in groups of two or three at each corner of a large playing area.
- Scatter a full set of cones throughout the playing area and randomly place bean bags under some of the cones.
- On the coach's signal the first child from each group runs into the playing area, and looks under one cone, checks for a beanbag and then returns to their group (with the beanbag if they were successful or without it if they were unsuccessful).
- Once tagged the next child in line can go in search of a beanbag. A pupil may only check one cone during their turn.
- Once all beanbags have been found, count and see what group has the most.
- Repeat with groups at different corner.

Can also vary the movement from a run to hop/jump/skip.

What You Need

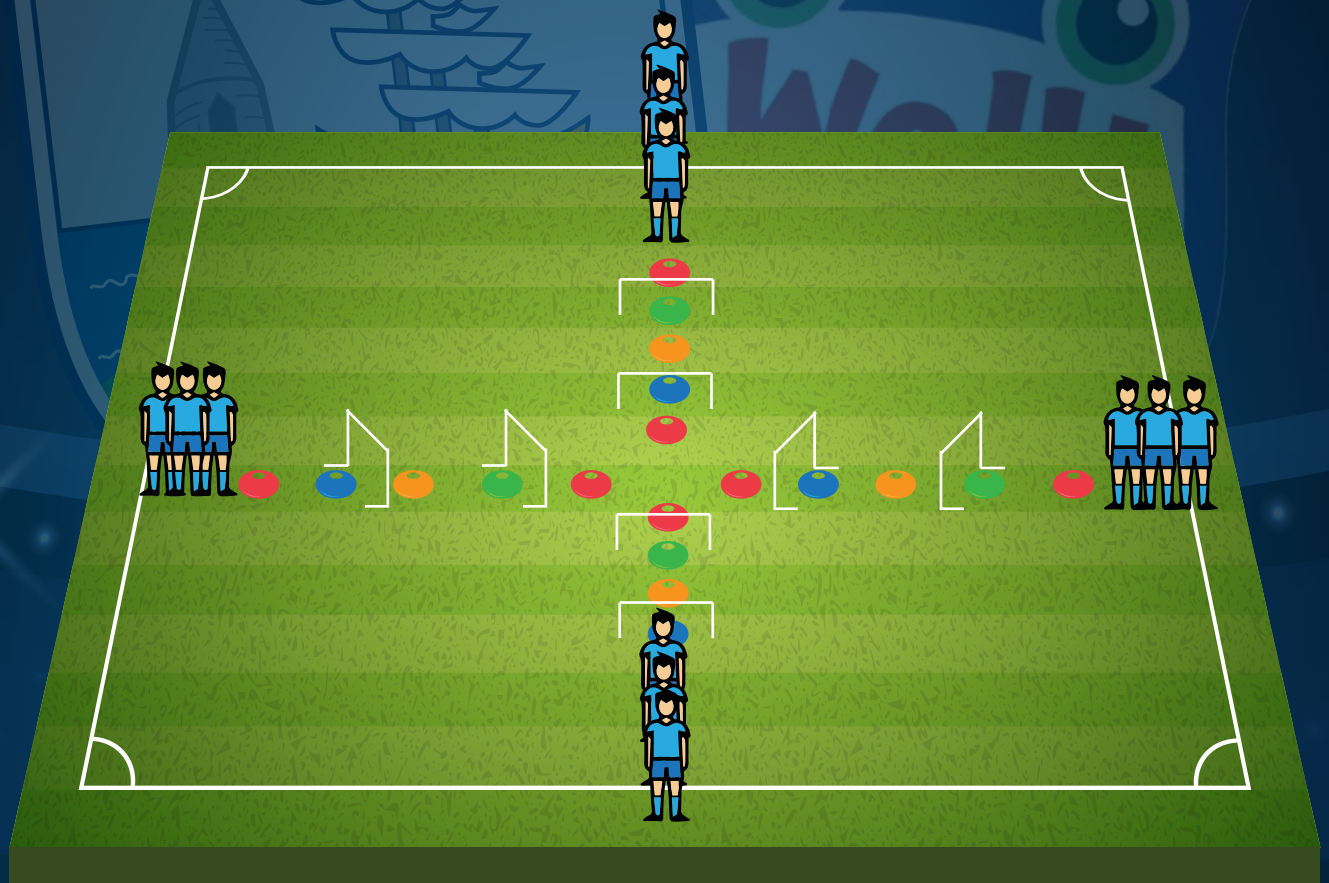
- Cones to mark playing area.
- 20-30 cones
- 12-18 beanbags.

Key Coaching Point

- Encourage child to carry beanbag in non-dominant hand (preparation for holding sliotar).

COLOUR DASH

Diagram



What you Do

- Divide the children into lines of 3 or 4, with 5-6 cones of different colours in front of them around 2-3 cm.
- Once the coach shouts a colour, the first child from each line must run to that colour cone, touch it and run back to his/her group. The next children wait for the coach to call the next colour. This is repeated many times.
- Add in a hurdle to jump between some cones.
- To work on balance and co-ordination, the children must then do the same thing with a beanbag on their head! Start as walk, beanbag is to remain on head without the children touching it and they touch the cone with their foot.

What You Need

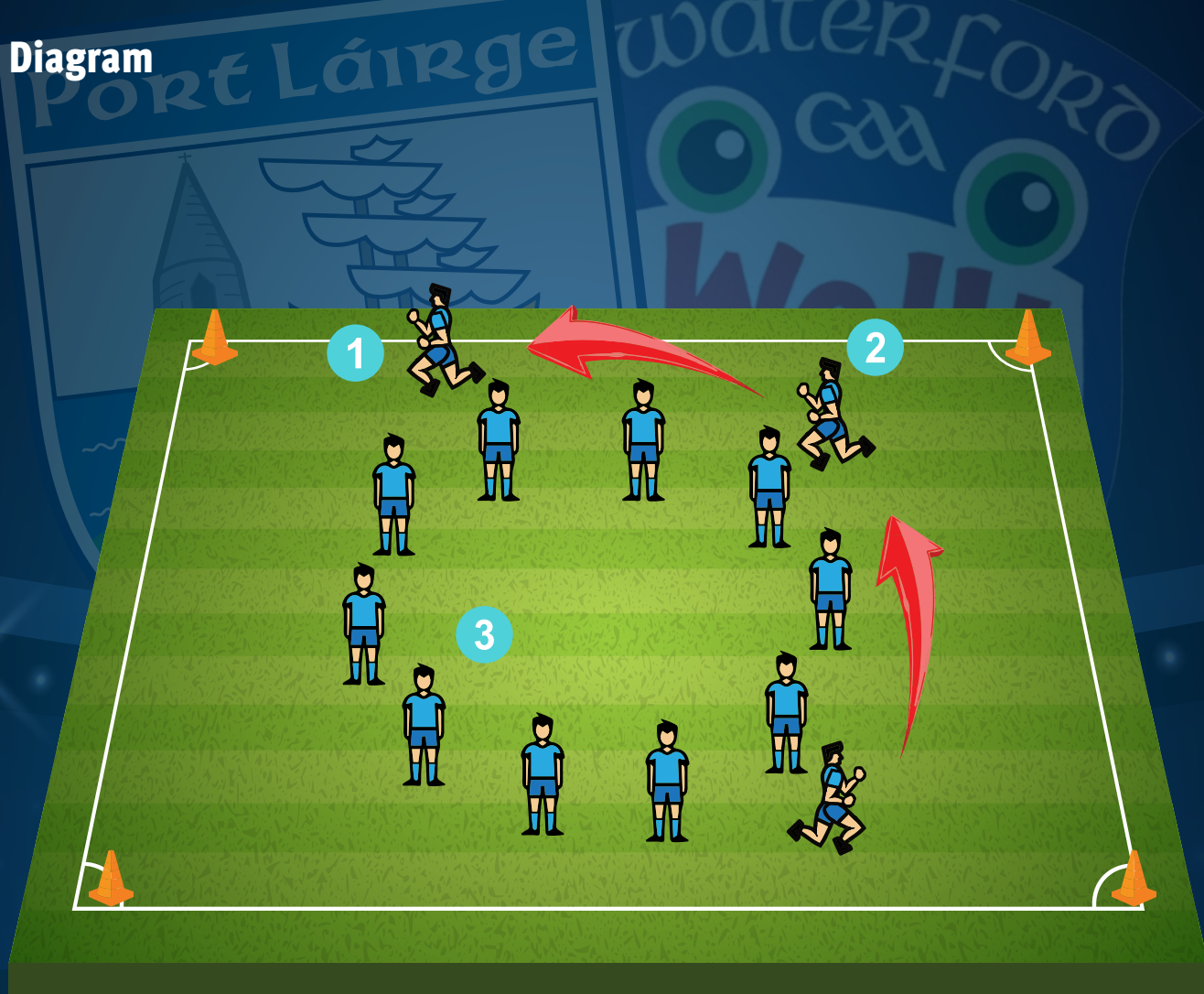
- A set of cones with various colours
- Hurdles
- Beanbags

Key Coaching Point

- Running technique
- Jumping technique

CIRCLE GAMES

Diagram



What you Do

- Invite children to sit in a large circle and ask one child to begin walking in a circle around the other pupils, calling out the word 'duck' for each pupil that they pass. Eventually the pupil taps a seated child on the shoulder and says 'goose!' This child must stand up and chase the other pupil before they make their way around the circle and occupy the vacated seat. Repeat with each child getting a chance to go.
- Make circle smaller and ask two children to come out and play circle tag! One child is the tagger and tries to tag the other within 10 seconds (group can countdown). They run just outside the circle.
- Invite the children to stand up and begin passing the ball around in a circle.

When the coach calls a child's name just after he/she passes it on, that child runs around the circle and tries to get back to his/her place before the ball has made its way there!

What You Need

- One ball or beanbag

Key Coaching Point

- Throwing Technique
- Running/Dodging Technique

NOODLE TAG

Diagram



What you Do

- Coaches start as taggers and try to tag children with the noodles! If children are caught, they must freeze for 5 seconds before resuming.
- Some children can then take on the role as taggers! Emphasis safety and not hitting others hard with the noodle.
- Tagging in the Dark! Coaches have noodles and attempt to tag children but are now 'in the dark' (eyes closed). Children who are tagged are then the taggers but must close their eyes. Emphasis safety and try not to crash into others!.

What You Need

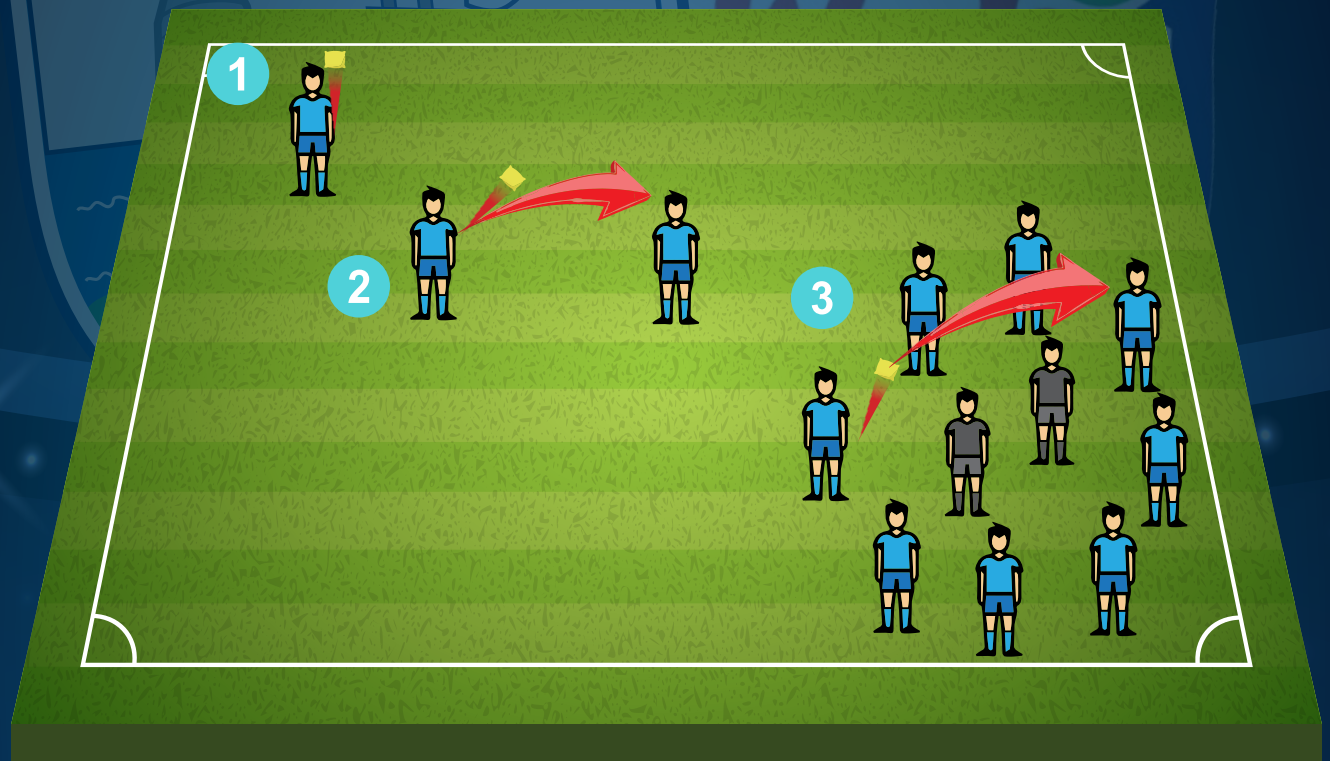
- Cones to make playing area
- 4 noodles

Key Coaching Point

- Dodging technique

LOSE A LIMB!

Diagram



What you Do

- Before this game, the children should practice throwing a beanbag up for themselves to catch. Some may need both hands but encourage one-hand catch. Throw up with one hand and attempt to catch with other. Throw higher, try clap before catching it, do a spin before catching if becoming proficient.
- Divide the children into pairs with a short space between them and their partner. Using underarm throw and 'claw' shape to catch, the children throw the beanbag over and back to each other, trying to catch with one hand if possible. Can increase/decrease space between partners to suit ability.
- Make circle with coaches in the middle. Coaches move around the circle randomly, throwing the beanbag to each child. If they catch the beanbag

they throw it back to coach, however if they fail to catch it they LOSE A LIMB! First failure they lose a leg (go on one knee), second failure means they lose a second leg (kneeling on both knees), third failure means they lose an arm (one hand behind back) and if they fail a fourth time they are out and the child with most limbs left is the winner!

- Repeat as necessary

What You Need

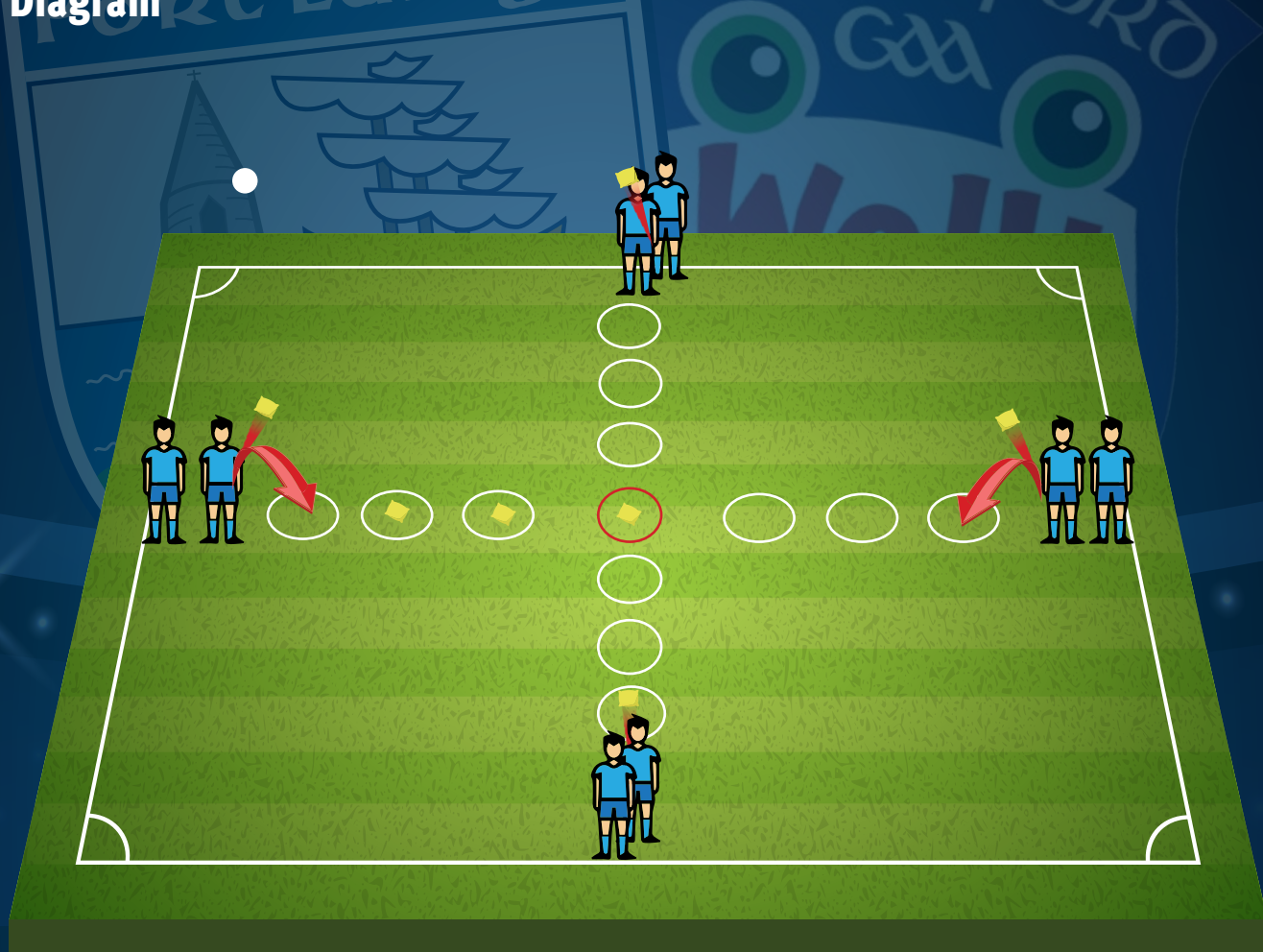
- Beanbag for each child

Key Coaching Point

- Make a 'claw' shape with your hand to wrap the fingers around the beanbag.
- Demonstrate turning the hand to suit the flight of the beanbag.

PIZZA TOPPINGS!

Diagram



What you Do

- Divide the children into three or four lines with no more than three children in each line.
- Each line has three hoops in front of them, each one a bit further out than previous one and one shared final hoop.
- One child from each line attempts to throw their beanbag into the closest hoop (throw a topping on the pizza!). If they land it in the hoop (on the pizza!), the next time they must try the next hoop that's further out. If they miss, they keep trying the same hoop until they succeed.
- This continues until they succeed at throwing it into the furthest out hoop. They can then start again at a different line.

What You Need

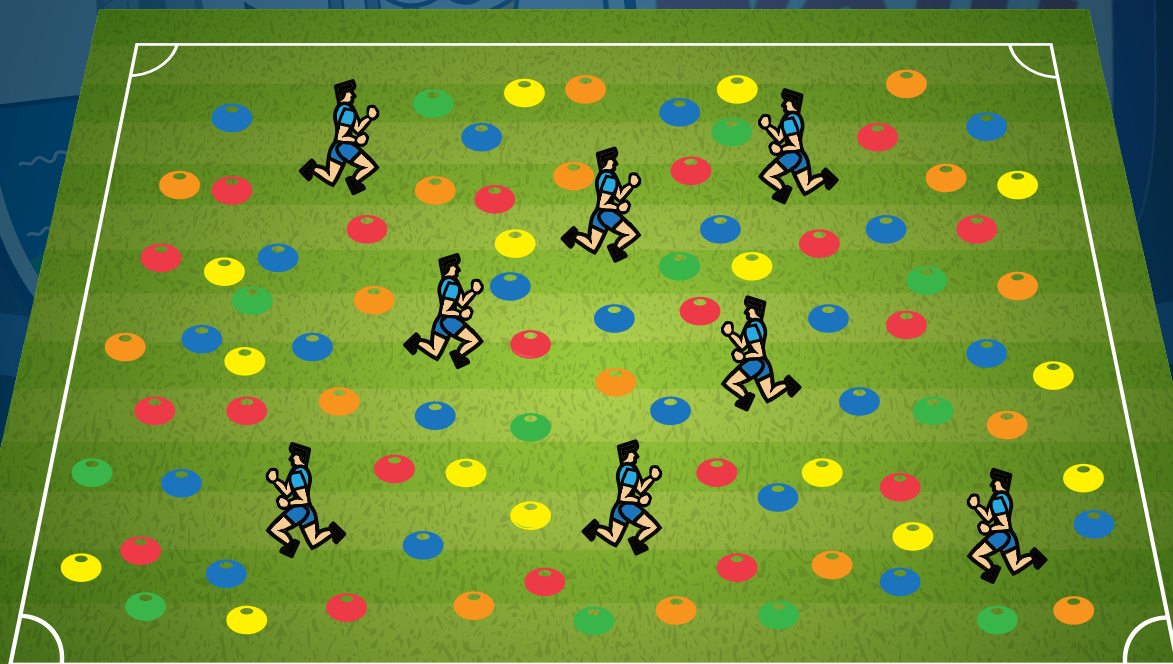
- 9-12 Hoola Hoops
- 3-4 cones
- Beanbag for each child

Key Coaching Point

- Use underarm throw (hand below elbow). Coaches should demonstrate this throw before the game!
- Use both left and right hand

COLOUR CATCH

Diagram



What you Do

- Mark out a 20m x 20m square using some of the cones. Spread the remainder of the cones around the square. Kids must run around and touch whichever colour the coach calls out, trying to see how many cones they can touch in 60 seconds. Can't touch the same cone twice in a row and must touch every cone. First touch the cones using right hand, then using left hand, then alternate hands. Then use right foot to touch cone gently, left foot and alternate feet.

What You Need

- 50 Cones in 5 Different Colours
- Minimum of 8 players

Key Coaching Point

- Ensure kids use the correct hand each time.
- Monitor how kids change direction - are they doing so safely and using good body position?

CAT & MOUSE (H+F)

Diagram



What you Do

- Each 'mouse'/child must keep their 'lump of cheese'/sliotar under control by dribbling it around the square (can be hurling or football). The 'cats'/coaches must try and steal the cheese from the mice but they can only steal it when the mice do not have ball close and under control. At the end of 90 seconds the coaches work out how many lumps of cheese they were able to steal. The kids must try and make sure they don't steal as many again the next time.

What You Need

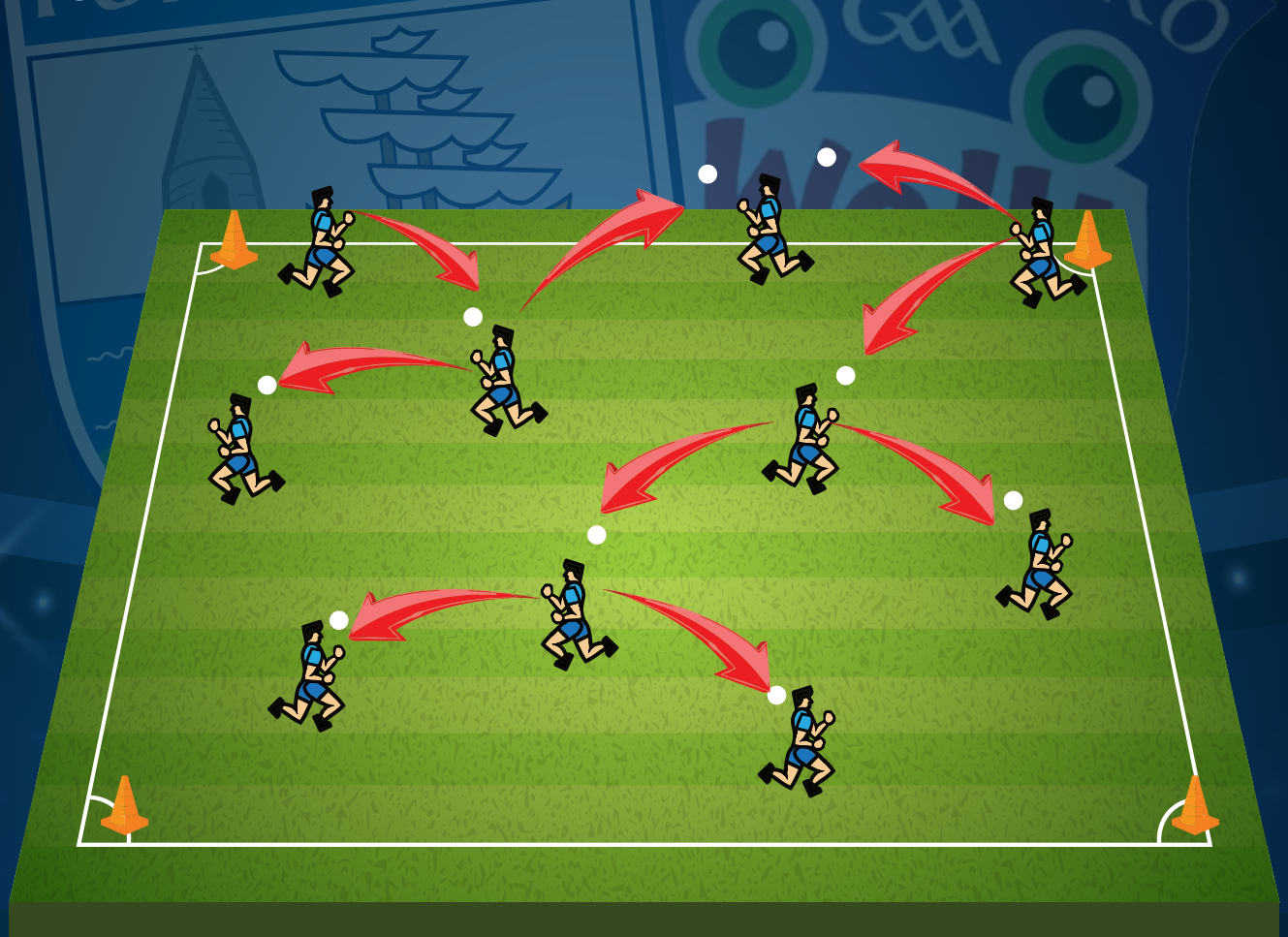
- Cones
- First Touch footballs or sliotars

Key Coaching Point

- Make sure the kids are looking at the ball they are controlling.
- Ensure they are not running too fast whilst dribbling - control more important than speed.
- Emphasise using both sides of hurley/both feet to control.

SNOWBALL FIGHT

Diagram



What you Do

- Mark out 20m x 20m square. Go for 60 second bursts, only one snowball allowed per person. Encourage use of left and right hands for bilateral development in kids. On whistle everyone stops, picks up a snowball and resets ahead of next fight.

What You Need

- Cones
- Snowball for each child

Key Coaching Point

- Demo correct throwing technique ahead of each snowball fight.
- Make sure the children are using the correct hand to pick and throw each time.

HURLING SWORD FIGHT

Diagram



What you Do

- Each child has their own hurley and is partnered off with another child. On the coach's whistle, the children stand opposite each other and have a 'sword fight' with their hurleys. They must attempt to hit both sides of the bas on the other players hurley as often as they can. This activity should improve coordination, reflexes, grip, strength and also emphasise the dominant hand. Coaches to ensure that the 'sword fight' takes place safely and in good spirit.

What You Need

- Cones
- Hurley for each child
- Helmet for each child

Key Coaching Point

- Watch out that the child is using their dominant hand.
- Before the sword fight begins you can demonstrate the ready position and correct grip.

CONE CRAWL

Diagram



What you Do

- Mark out a 20m x 20m square using the cones. Inside the square, children place a cone on the crook of their back and get into a crawling position. They have to crawl around the grid for 60 seconds without the cone falling from their back.
- This activity is best ran unopposed at first and once children get more confident the kids can try to knock the cones off each other's backs.

What You Need

- Cones

Key Coaching Point

- Ensure the child keeps their back straight and moves steadily.
- Can also use beanbags, hurleys or hurling balls.
- Good demonstration of movement technique is required from the coach - hands and feet working together.

FROG JUMP TAG

Diagram



What you Do

- Use a 20m x 20m square marked out with four cones. Spread as many hoops (lily pads) as you can around the square within jumping distance of each other. Choose one child as the tagger. The tagger catches a child by landing in the same hoop as them. All other children jump from hoop to hoop. If tagger lands in same hoop as another child they must frog jump around the outside of the square before rejoining the game. Kids can also jump in the 'pond' (area outside hoops) but the tagger must only use hoops.

What You Need

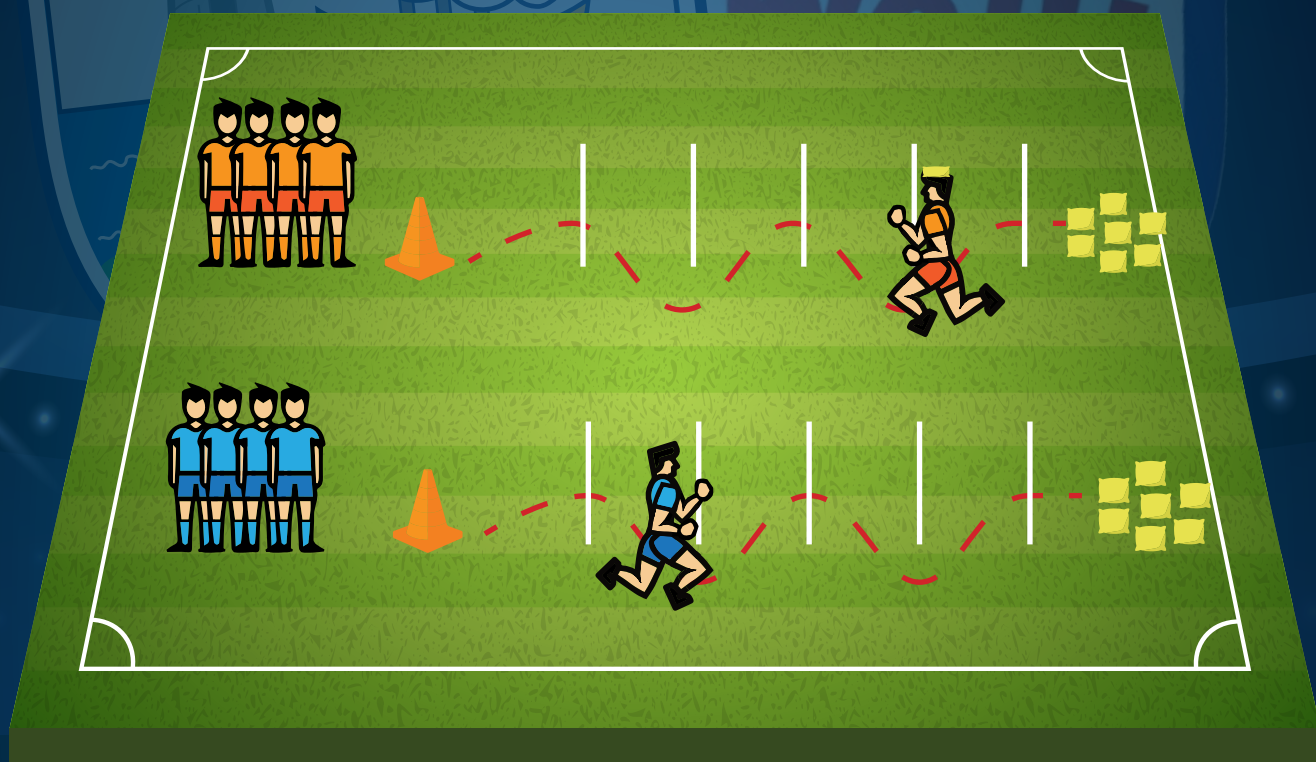
- 4 cones
- Hoops

Key Coaching Point

- Ensure the kids are bending their knees on impact.
- Remind kids to use arms for momentum and balance.
- Ensure kids land on both feet at the same time.

BEAN BAG BACK

Diagram



What you Do

- Divide the number of players you have into two teams. Have a bean bag for each child. Set out two lines of five slalom poles with 2m between each pole. Both teams line up behind a 'home' cone 2m before the first pole in each line. Bean bags are placed at a cone 2m beyond the final pole. On the whistle, first child runs out slaloming between the poles, picks up a bean bag, places it on head and brings it back to home cone. If bean bag falls they must return to cone where they got the bean bag and go again. First team to get all the bean bags back wins.

What You Need

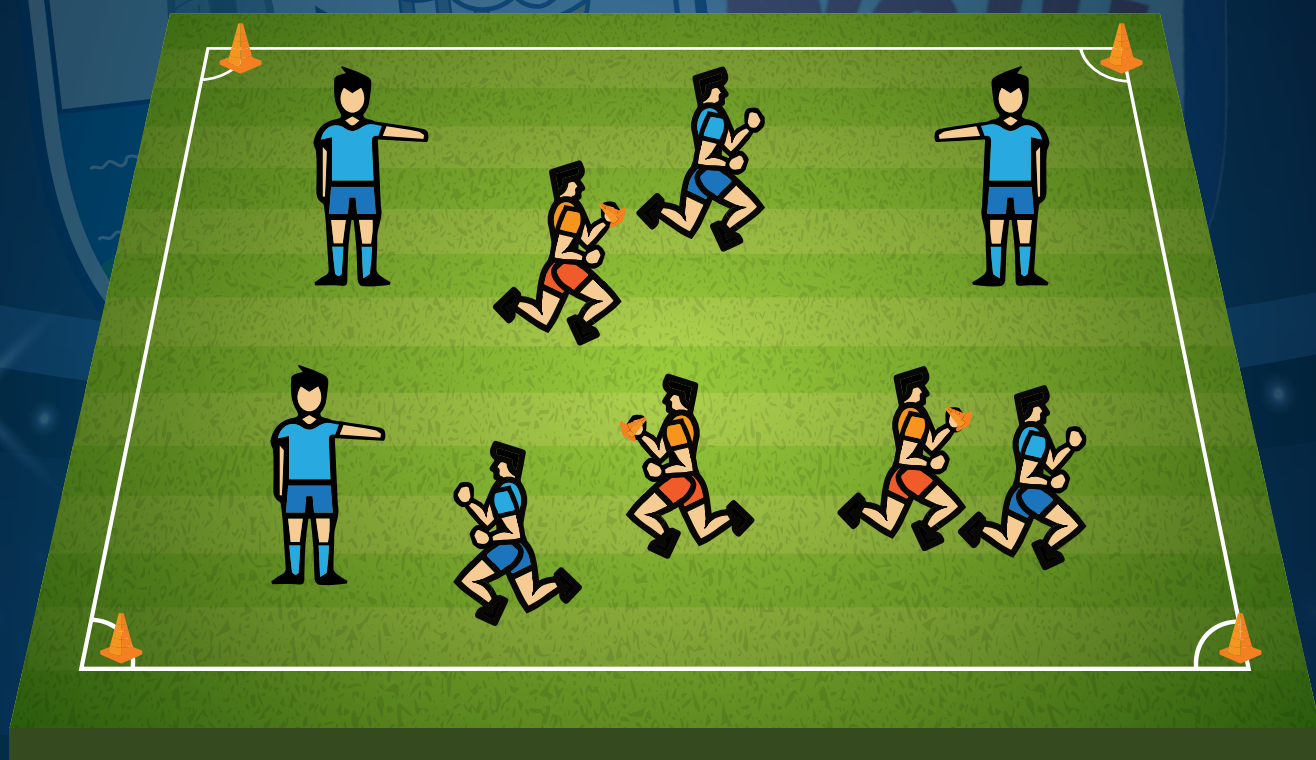
- Bean Bags
- 10 Slalom poles
- Cones

Key Coaching Point

- Demonstrate to kids the importance of slow, steady movement rather than running.
- Remind kids to use arms for balance.
- Ensure kids run between the slalom poles on the run out.

FLUSH THE TOILET - CHASE GAME

Diagram



What you Do

- Mark out a square with cones approximately 20m x 20m (increase or decrease the size depending on numbers). If 12 children, choose 3 catchers who each get a cone to hold. They must then try to catch/tag as many of the other children as possible in 90 seconds. If a child is caught, they must put their arm out straight to their side (like handle of toilet). In order to be freed, another child who is free must come along and 'flush the toilet.' Encourage kids to make flushing noises!

What You Need

- Cones

Key Coaching Point

- Encourage all children to stay jogging/running at all times.
- Emphasise the importance of keeping head up whilst running.

POOPER SCOOPER

Diagram



What you Do

- Mark out 20m x 20m square with cones and fill the square with 50+ small light balls. Divide the kids into two teams with each child getting a cone. Each team has a 'home' corner with a bucket where they gather the balls. On coaches whistle all kids to run around trying to pick up a ball and bring back to their corner. Only one ball can be brought each time. Run the activity until all balls gone and see which team has the most at the end.

What You Need

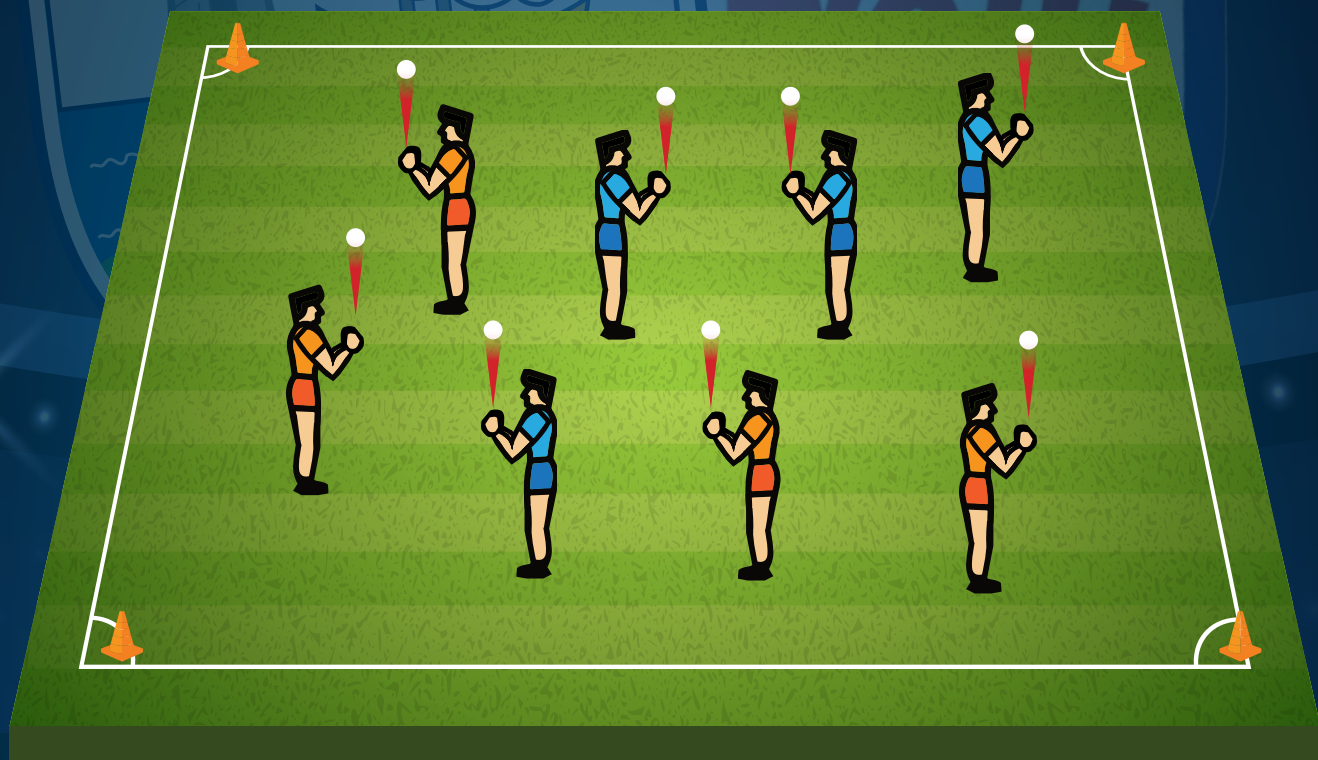
- Cones
- Small light balls or light sliotars
- Bucket

Key Coaching Point

- Make sure the kids are bending down low to pick up the ball using the cone.
- Demo to the kids beforehand showing the placement of foot next to the ball and knees bent.

CATCH IT IF YOU CAN

Diagram



What you Do

Set out a 20m x 20m square using cones and give each child a beanbag/hurling ball and invite them to practice throwing it up in the air and catching it while standing still.

Ask them:

- How many catches can you count before the beanbag/ball drops?
- Can you clap before catching the beanbag/ball?
- Can you clap under your leg before catching the beanbag/ball?
- Can you turn around before catching the beanbag/ball?

Progress on to movement whilst doing the above.

What You Need

- Beanbags or balls
- Cones

Key Coaching Point

- Ensure the child keeps eyes open and watches the beanbag or ball as it falls.
- Ask kids to cup hands and spread fingers wide.
- Bend elbows and let the beanbag land as softly as possible.

HUNT THE BEANBAG! /HUNT THE BALL! - WARMUP/CHASE GAME

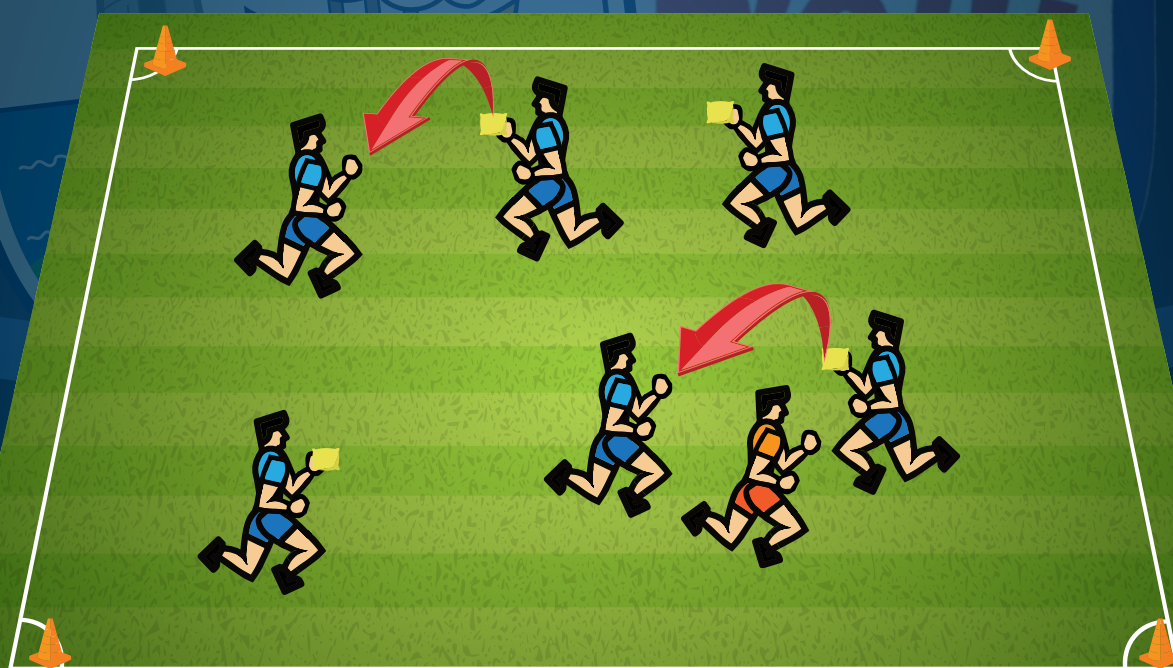
Diagram



TAGGER



OTHER CHILDREN



What you Do

Have 1 tagger for every 6-8 children. Every child collects a beanbag or small ball except the taggers. Children run around a 20m x 20m square set out with cones. The taggers try to tag a child who has the beanbag/ball. To avoid being tagged, children run and dodge the tagger or throw the beanbag/ball to another child. A child who is tagged while holding a beanbag/ball becomes the new tagger.

What You Need

- Beanbags or small balls
- Cones

Key Coaching Point

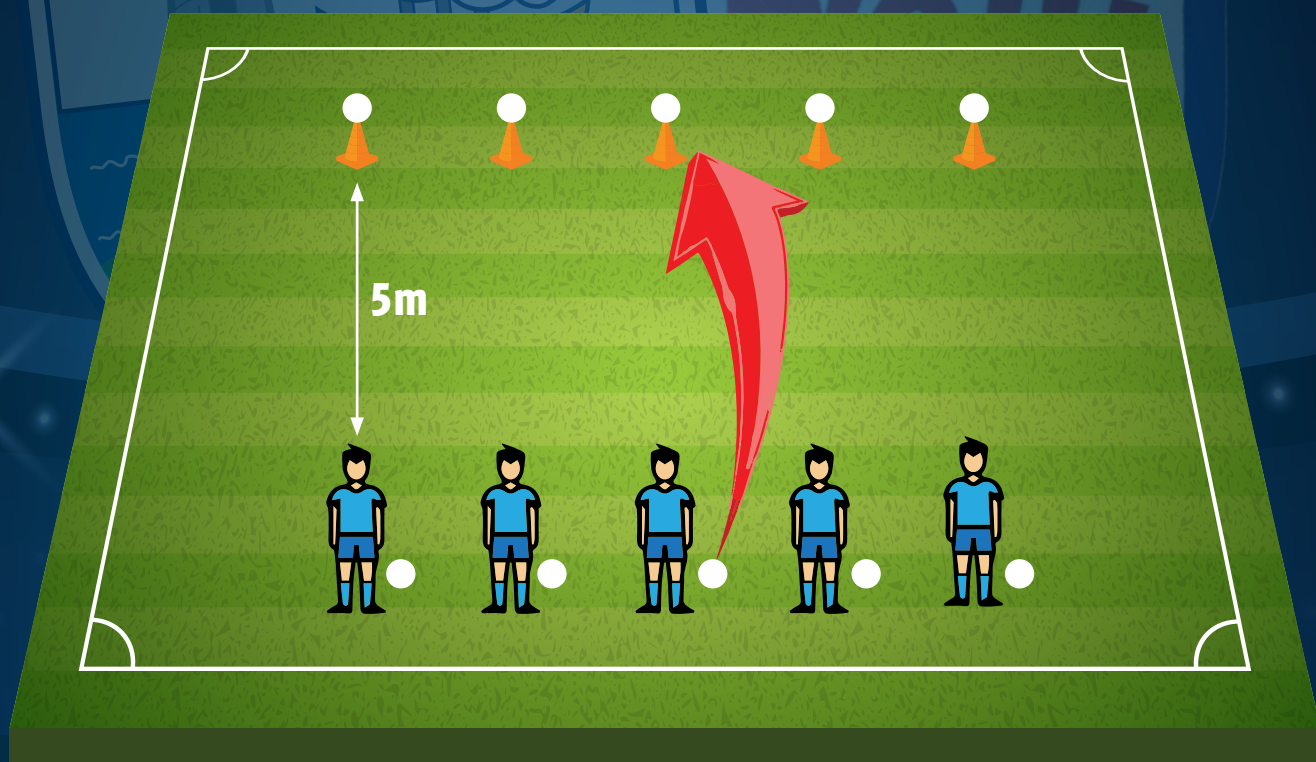
- Encourage all children to stay moving at all times.
- Emphasise the importance of keeping head up whilst running.
- Children should communicate with each other when passing beanbags/balls to each other.



we!!!
KIDS
FOOTBALL
ACTIVITIES

KNOCK THE FOOTBALL

Diagram



What you Do

- Players start 3/5m from cones
- Player kicks ball towards cone aiming to knock sponge ball off top of cone
- 1 point for every time football knocked off
- Can play individually, teams of 2 or timed
- If no sponge footballs place bean bags on cone and players get point if hit bean bag

What You Need

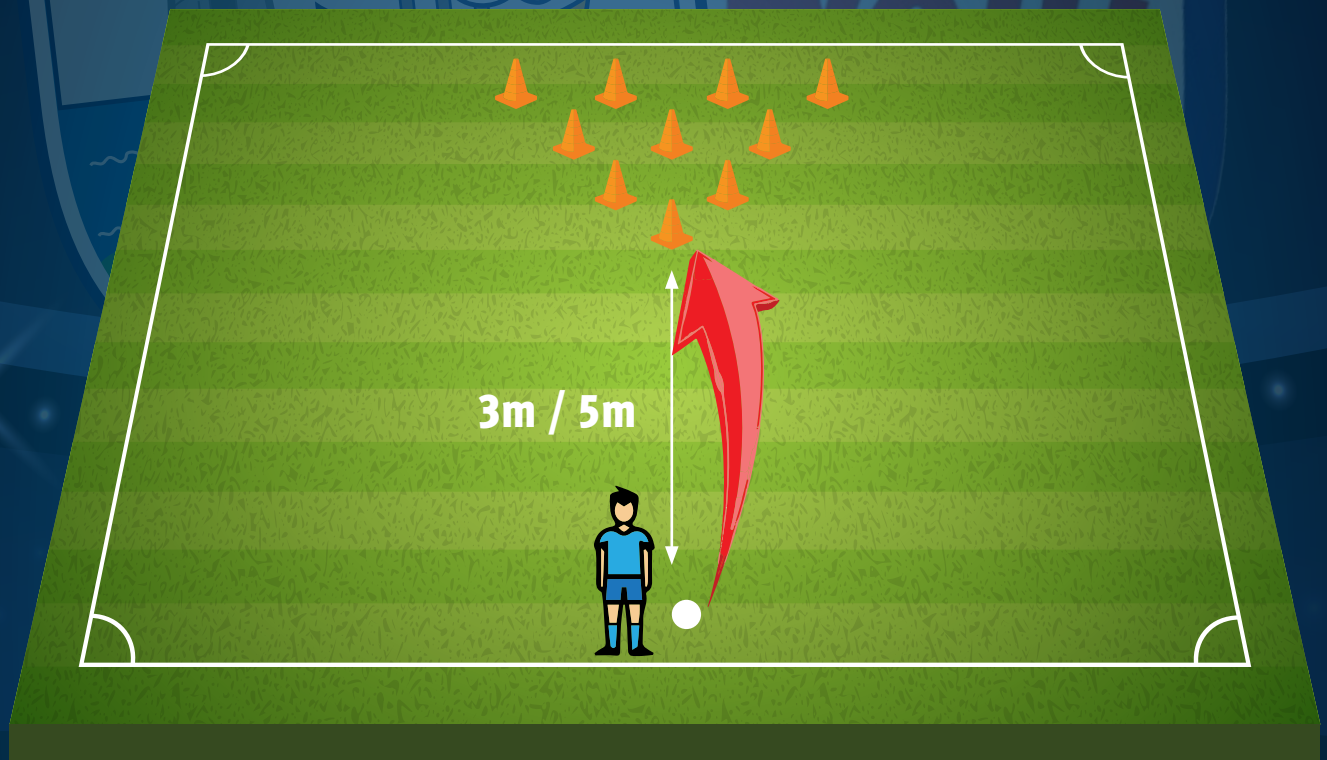
- Footballs (1 per player)
- Cones
- Sponge Football on top of each cone
- Bean Bags if no sponge footballs

Key Coaching Point

- Left hand left foot
- Right hand right foot

BOWLING

Diagram



What you Do

- Players start 3/5m from cones
- Player kicks ball towards cone aiming knock down cones
- 1 point for each cone knocked over
- Can play individually, teams of 2 or timed
- Parent/helper resets after each player takes 2 shots

What You Need

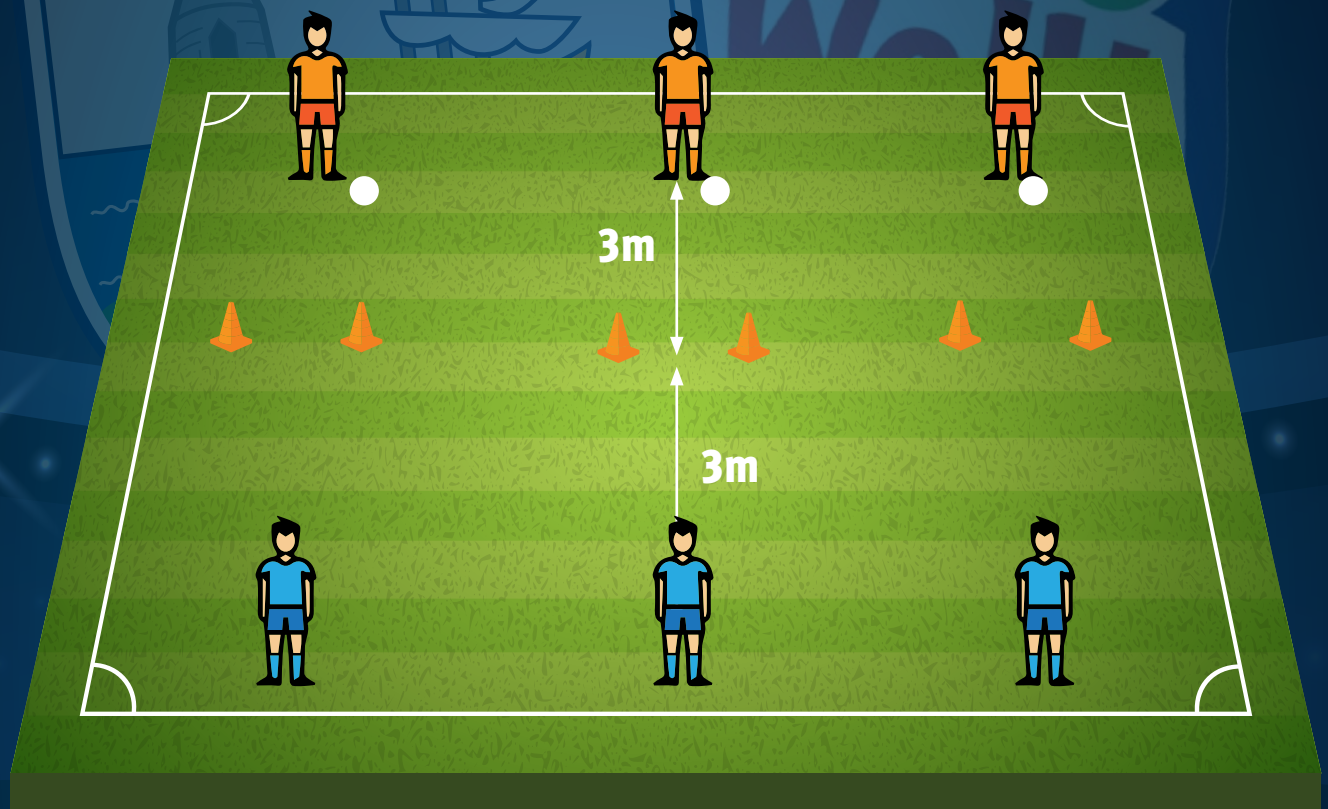
- Footballs (1 per player)
- Cones/mini traffic cones set up for bowling with 3/4 sets ready
- Parent to help pick up the cones knocked over

Key Coaching Point

- Left hand left foot
- Right hand right foot
- Players use 1 left & 1 right foot each round

KICK THROUGH THE GOALS

Diagram



What you Do

- 1 players at each end approx . 3m from goal in middle
- Players kick to each other trying to get football through the goals.
- Players get 1 point for each time they kick ball through goals
- Can give bonus point if score with non dominant foot

What You Need

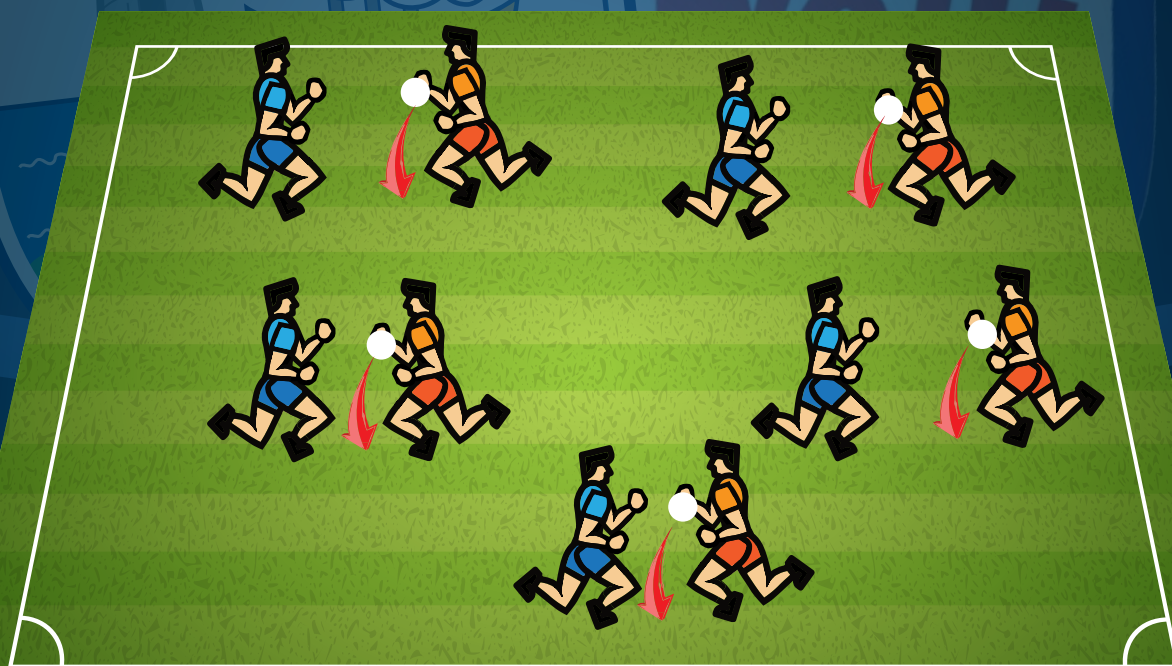
- Footballs (1 per 2 players)
- Small goal set up half way between each 2 players.
- Goals to be 1 /2m wide

Key Coaching Point

- Left hand left foot
- Right hand right foot
- Foot to follow through on kick.

CHAOS RUN

Diagram



What you Do

- Players get into pairs one ball between 2.
- Player A must move around the grid bouncing the ball while player B attempts to knock the ball away.
- Depending on numbers and equipment you may play the game with 3 or 4 chasers against the rest of the players who all have footballs.

What You Need

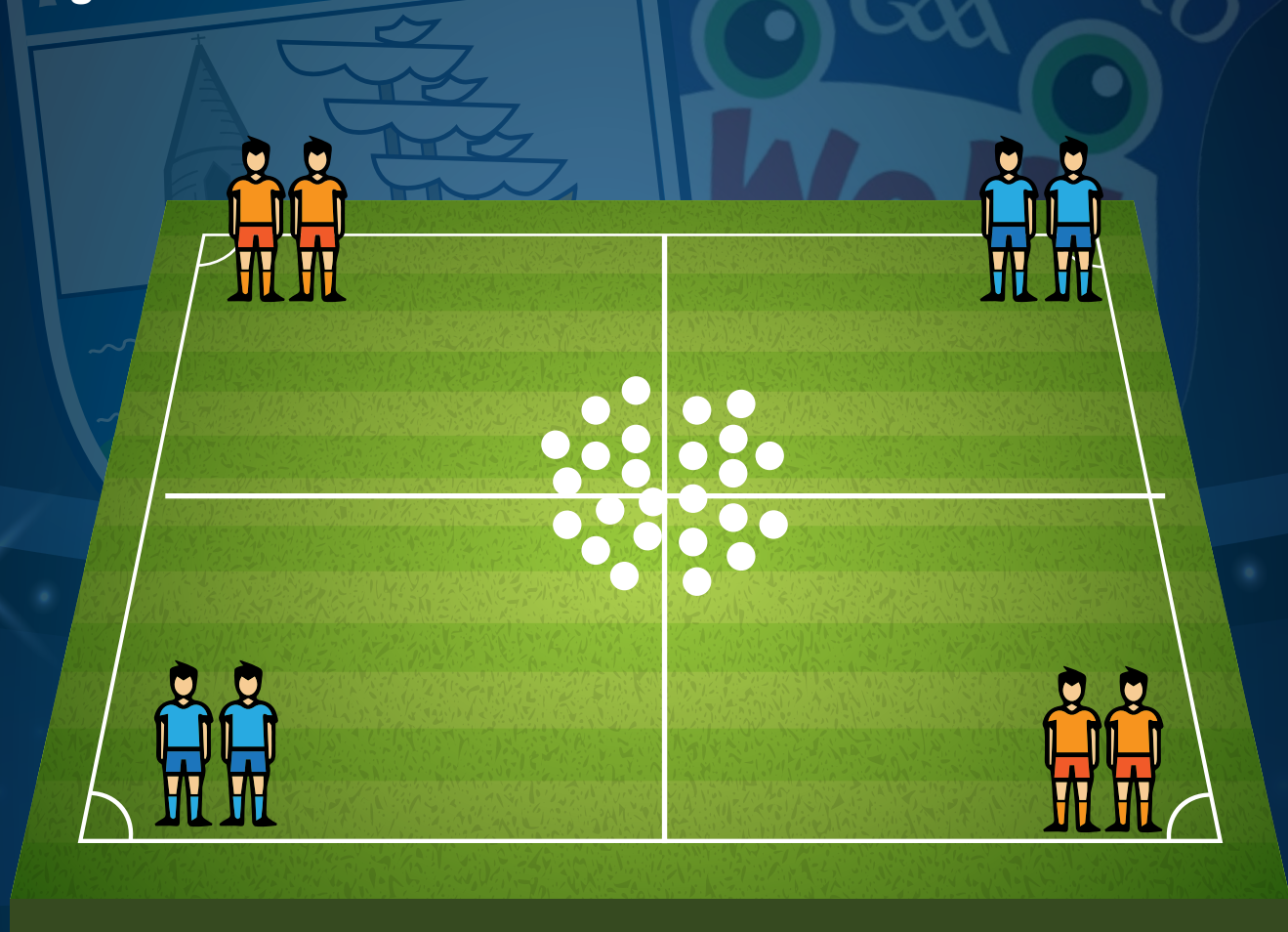
- 8/10 Players
- 4 footballs
- 20m x 20m grid

Key Coaching Point

- Near hand tackle
- Coach can be tackler if necessary

ROB THE NEST

Diagram



What you Do

- All footballs left in the middle of the grid.
- In 60 seconds dribble or solo as many footballs as possible from the centre to your own area.
- When the centre is empty players try rob footballs from the other teams area.
- Only collect 1 football at a time.
- Count which team has most bean balls/ footballs after 60 seconds.

What You Need

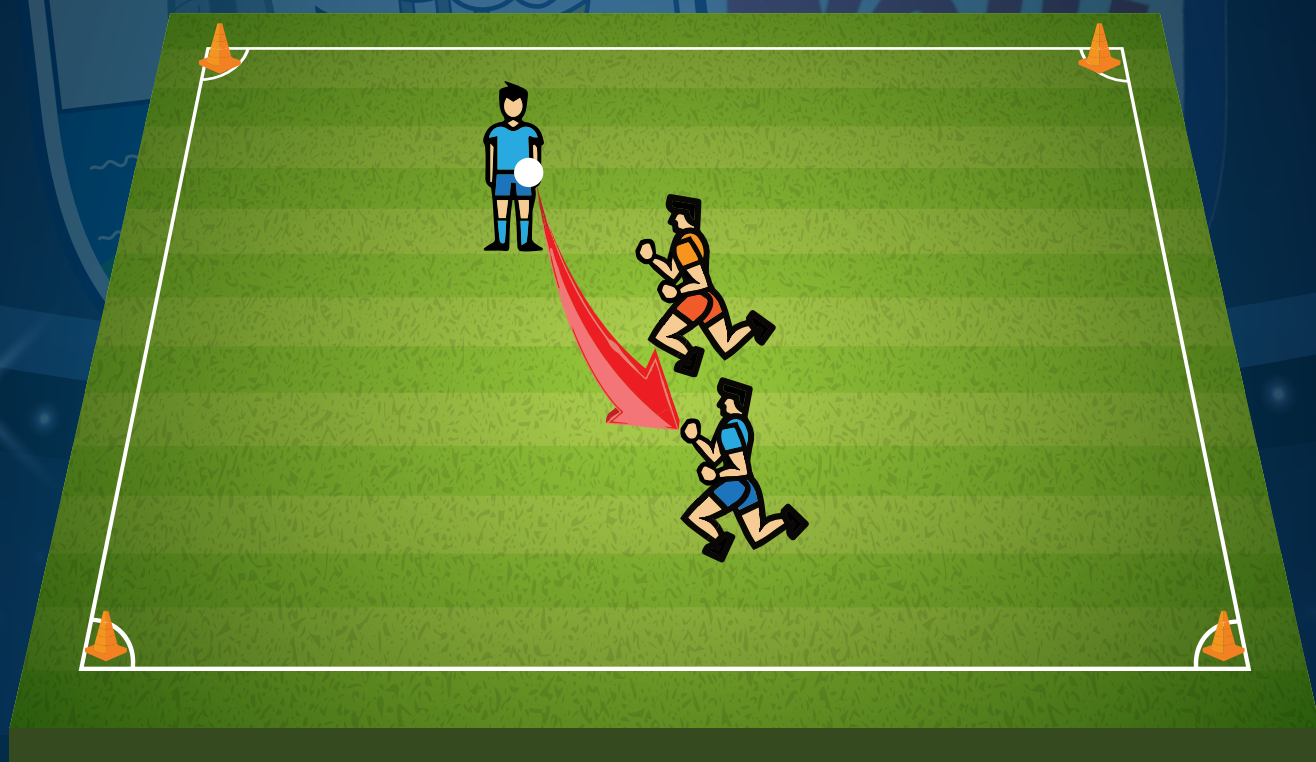
- 8/10 Players
- Football for each player plus 2/3 spares
- 20m x 20m grid split into 4 sections

Key Coaching Point

- Solo every 4-6 steps

PIGGY IN THE MIDDLE HANDPASS

Diagram



What you Do

- 3 players in a group with 1 player as the “piggy”
- Players 1 & 2 handpass football to each other trying keep it away from the piggy.
- Player 3 tries to rob the ball from player who is passing
- If Player 3 robs the ball the person who threw it becomes the “piggy”

What You Need

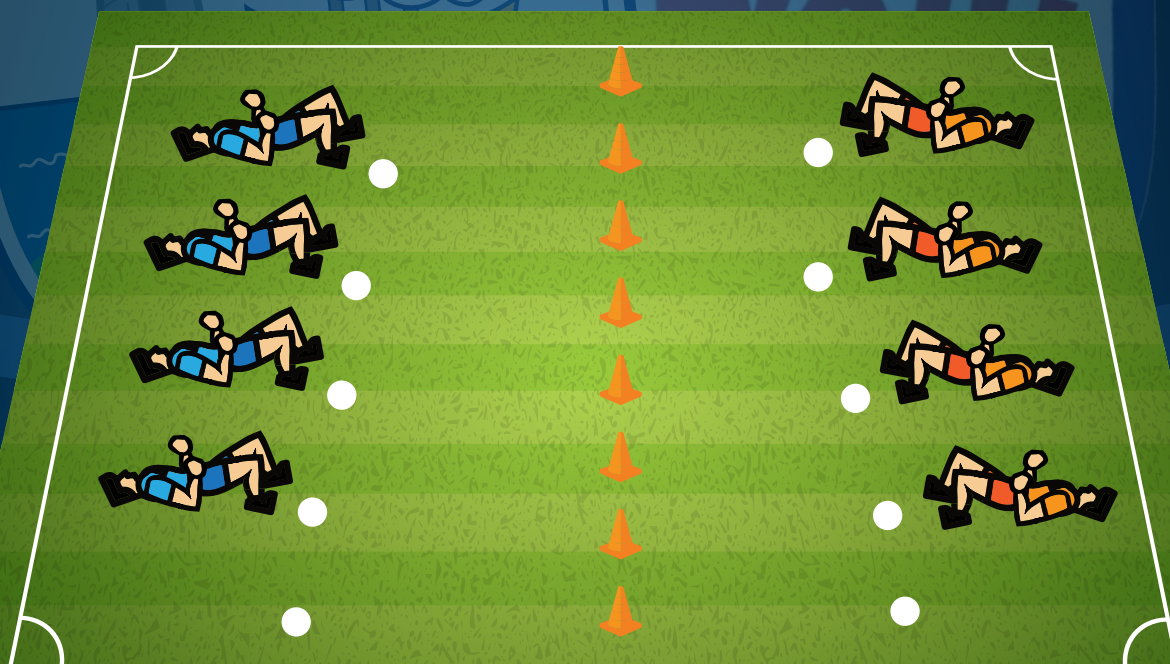
- Football between each 3 players
- 20m x 20m grid

Key Coaching Point

- Closed fist for handpass
- Aim for chest of partner
- Progress to 3 v 1 if going well

CRAB FOOTBALL CLEAROUT

Diagram



What you Do

- Put a line of cones down the middle of the playing area.
- Divide the beach balls equally and put them on each team's 'beach'.
- Divide the group into 2 teams. Players move like a crab on their feet and hands (stomach pointing to the sky).
- Each team protects their beach and tries to clear the beach balls into the other team's beach.
- Players must kick using feet.
- The team with the least beach balls on their beach after 90 seconds wins.
- Players must pass to a team mate before kicking into the other zone

What You Need

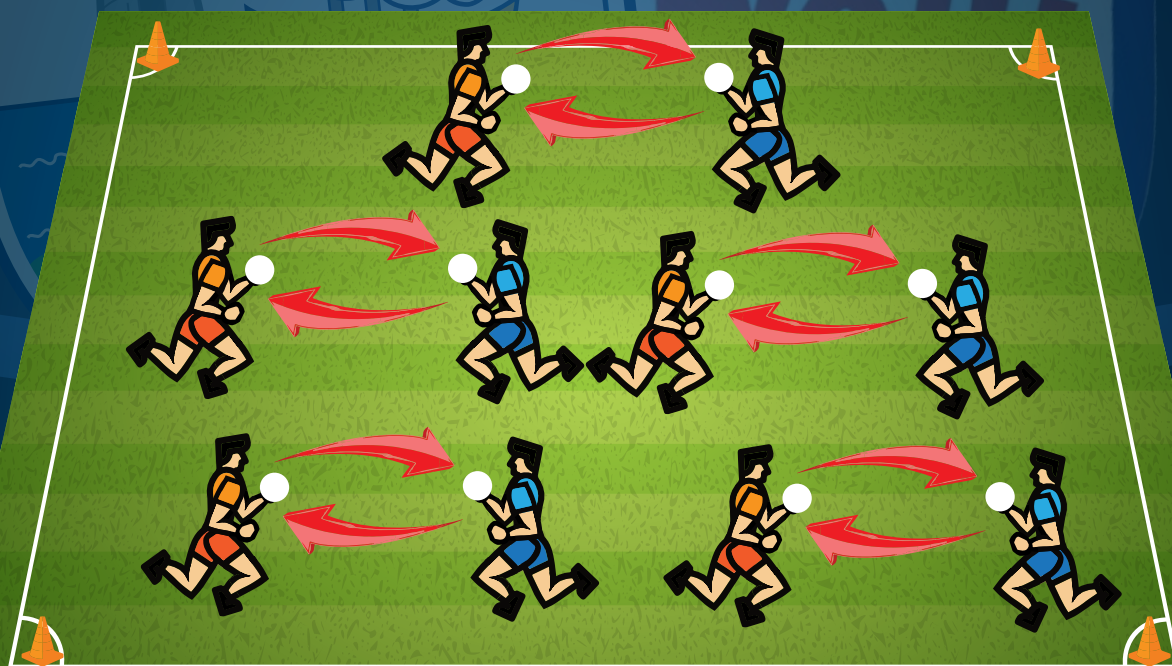
- Footballs
- Cones

Key Coaching Point

- Progression/Regression: - Add different sized balls .
- Players to use their least comfortable foot for kicking .

SWAPSIES

Diagram



What you Do

- Each child has a sponge ball
- They run around and find someone to Handpass the ball to
- When they do they both handpass their ball in the air to the other person and catch the other persons thrown ball.
- Use footballs instead of soonae balls .

What You Need

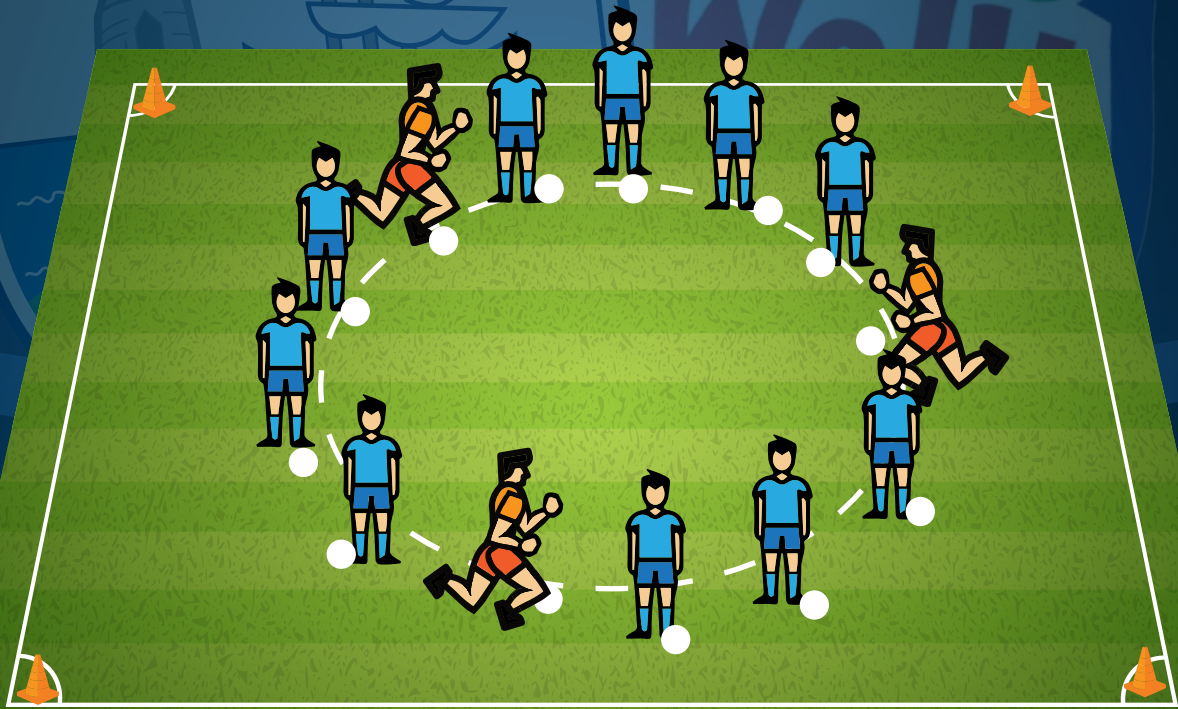
- Footballs
- Cones
- 20m x 20m grid

Key Coaching Point

- Left and right handpasses
- Progression/Regression: - Partner up and only throw to one person repeatedly

SOLO

Diagram



What you Do

- Players form a big circle with player's approx 2 meters apart.
- Each player has a football
- Coach nominates 2 or 3 players (at opposite sides of the circle) to start. These players go in and out between the other players while attempting to keep control of football.
- Swap players ensuring that all players get a go.

What You Need

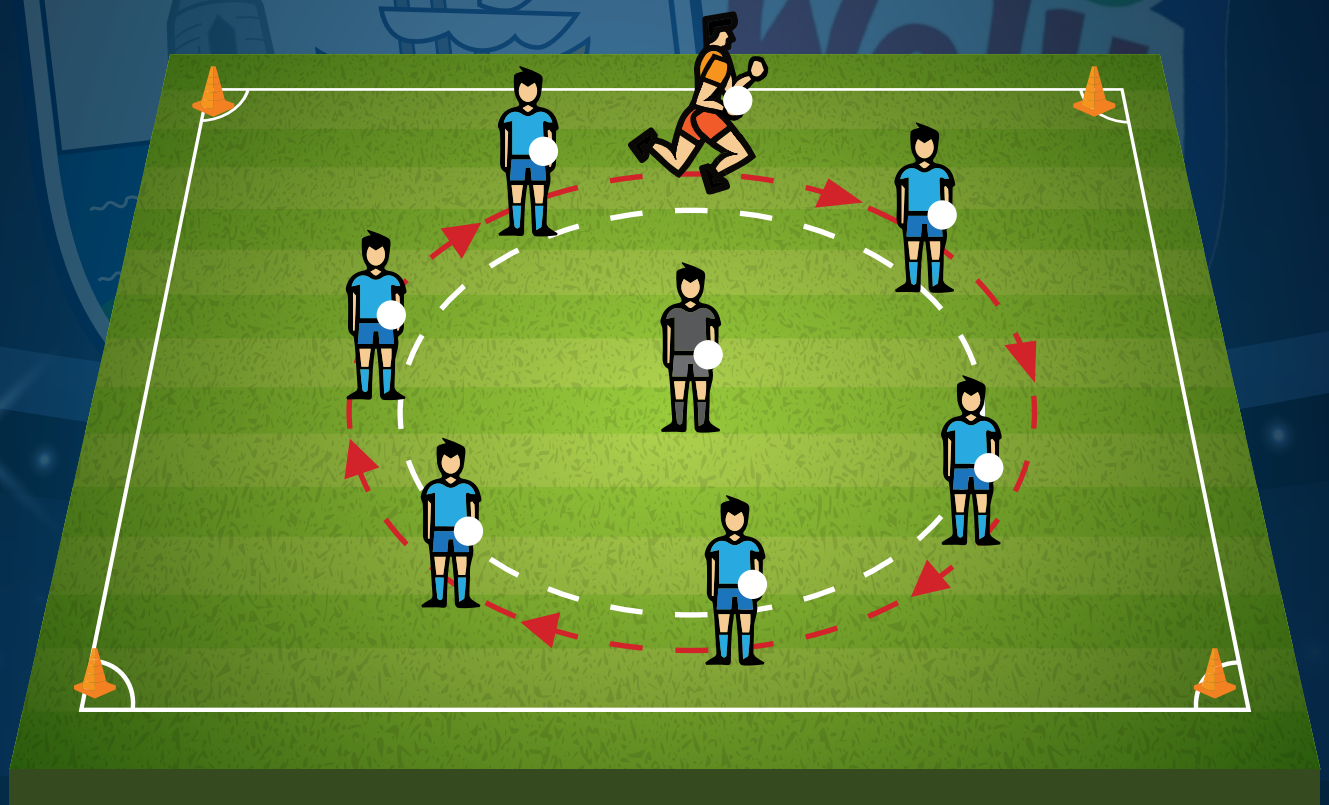
- Footballs (1 per player)
- Cones
- 20m x 20m grid

Key Coaching Point

- Left and right foot solo
- Coach can be tackler
- Player can "knee" solo if not able to do full solo

CATCH & THROW

Diagram



What you Do

- Practicing the skill and catching throwing
- Set up a circle
- Each child standing on a cone with the coach in the middle.
- Start off by getting kids to throw the ball around the circle to their left.
- If you drop the ball you must do a lap of the circle.

What You Need

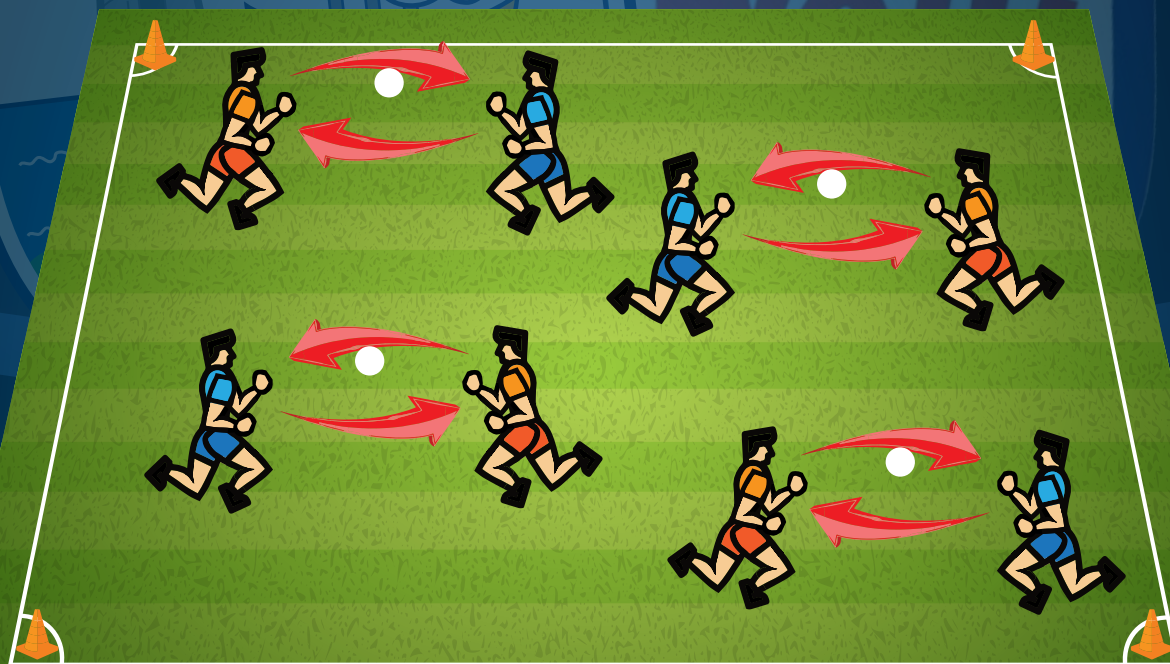
- 3/4 Footballs
- Cones
- Circle with coach in middle

Key Coaching Point

- “W” shaped hands to catch ball
- Coach in the middle of the circle has a ball too and can throw it to anybody at any time.
- Can progress that players have to clap before catching ball

PASS OR FAIL

Diagram



What you Do

- With one ball per pair, players pass the ball over and back to each other. Ball must change hands completely from one player to the next.
- Coach can get the players to explore different passes and make up new ones for them to do.
- Can set a few different tasks for the players. Set a time period (e.g., number of passes in 20 seconds). Highlight pairs which were able to meet their goal (or beat it).

What You Need

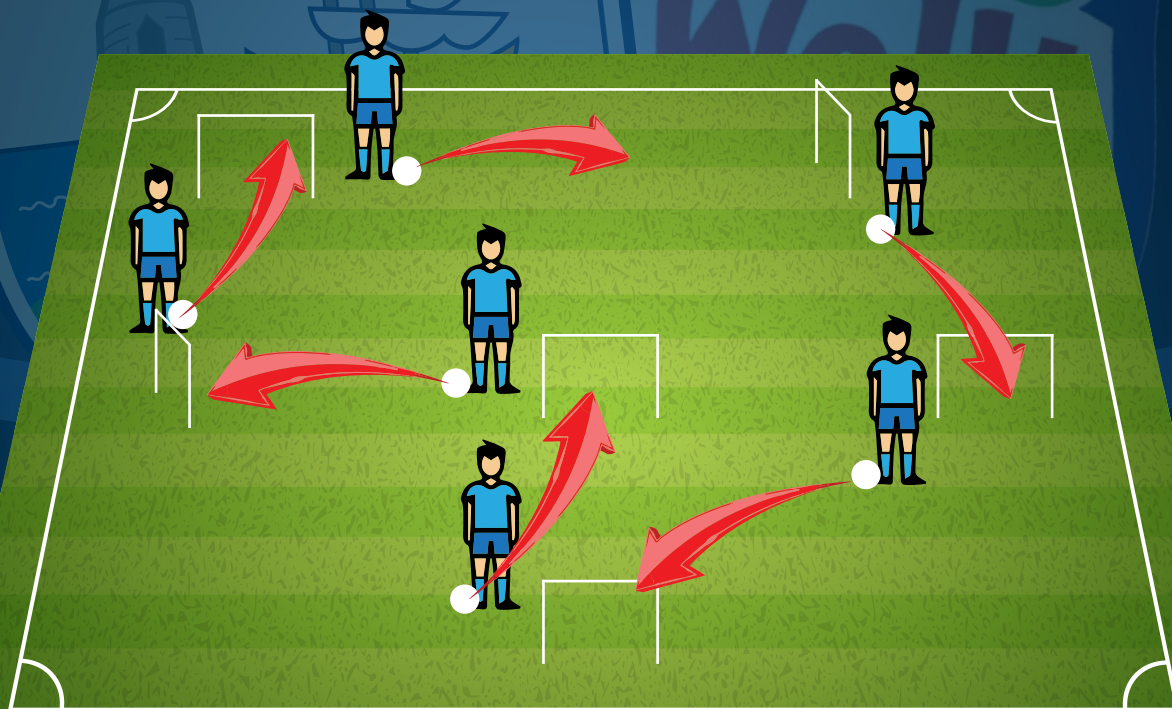
- Football per player / 2 players
- Cones

Key Coaching Point

- Swap partners
- Move apart and introduce new passes or positions (e.g. rolling along ground, bounce pass).
- Match players for size in back-to-back activities
- Ask players to develop new challenges for their peers to try .
- Ask players to change the direction of the pass.

FOOT GOLF

Diagram



What you Do

- Each player starts at a different tee
- Players have to kick ball into the “hole” in as few shots as possible
- Players move around the holes
- Parent/helper keeps overall score

What You Need

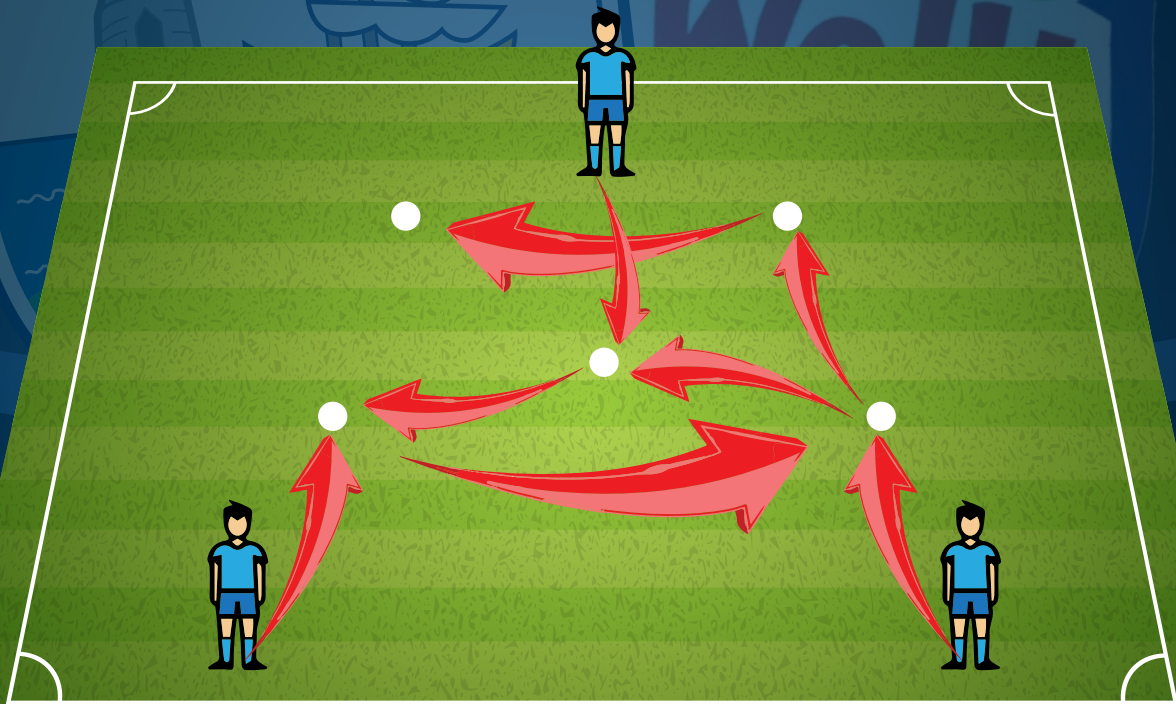
- Football per player
- Cones
- Set up 5/6 golf holes with a goal 1m wide and tee 10m away
- Paren/helper per player

Key Coaching Point

- If use non dominant take one shot off per hole

PICK UP

Diagram



What you Do

- Players run to football pick it up run 4 steps and drop again.
- Players change direction every time they drop football and go pick up another one.

What You Need

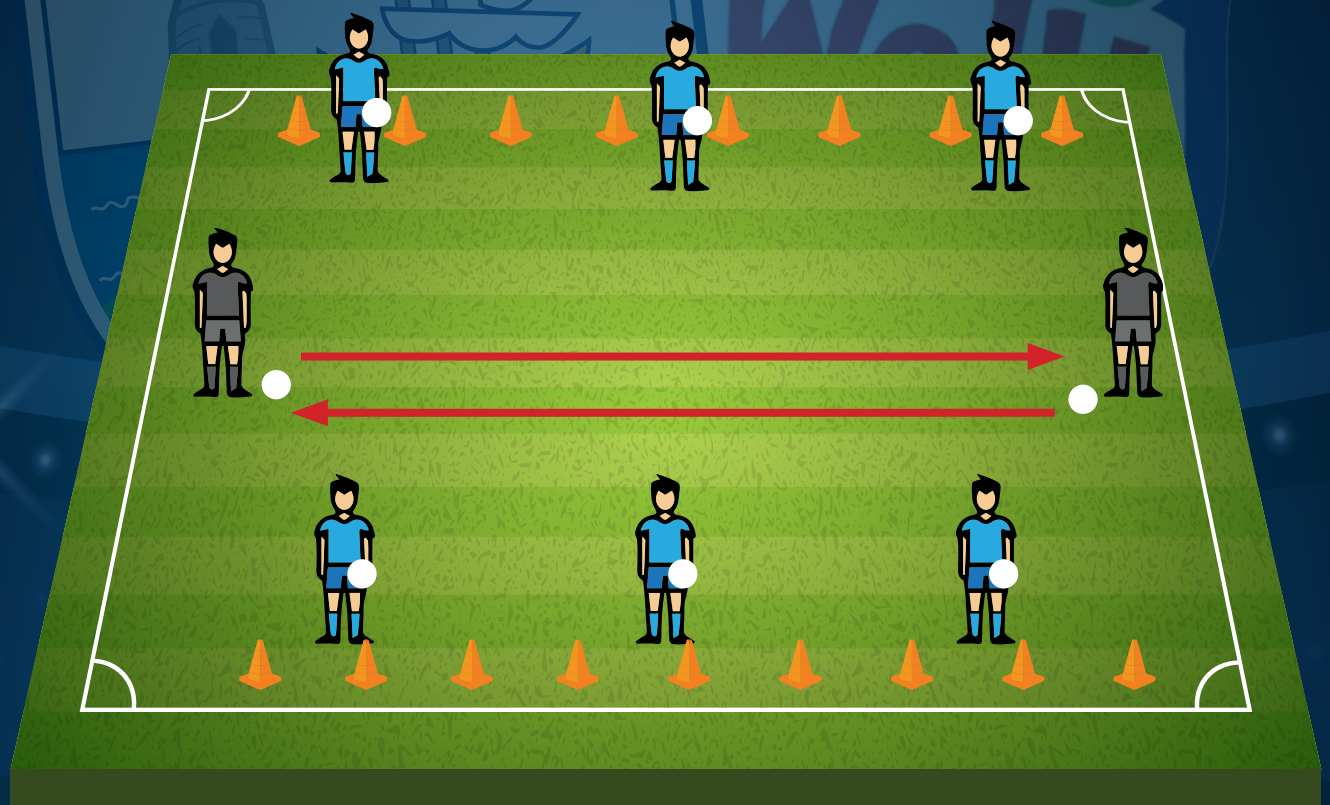
- 20m x 20m grid
- Football per players
- Footballs scattered in grid

Key Coaching Point

- Use Left and Right Foot
- "W" shaped hand in front of football
- Standing foot at side of football

LIATHRÓID ROAD

Diagram



What you Do

- Each child lines up behind a line of cones on one side of the playing area with a football in their hands.
- Coaches stand either side of the playing area and roll the sponge ball along the 'Liathróid Road'.
- The children handpass their football to try and hit the sponge ball and try to knock it off the road.
- Once the ball stops, the kids run out, grab a ball and return to the line for the next go.
- Players can progress to kicking ball

What You Need

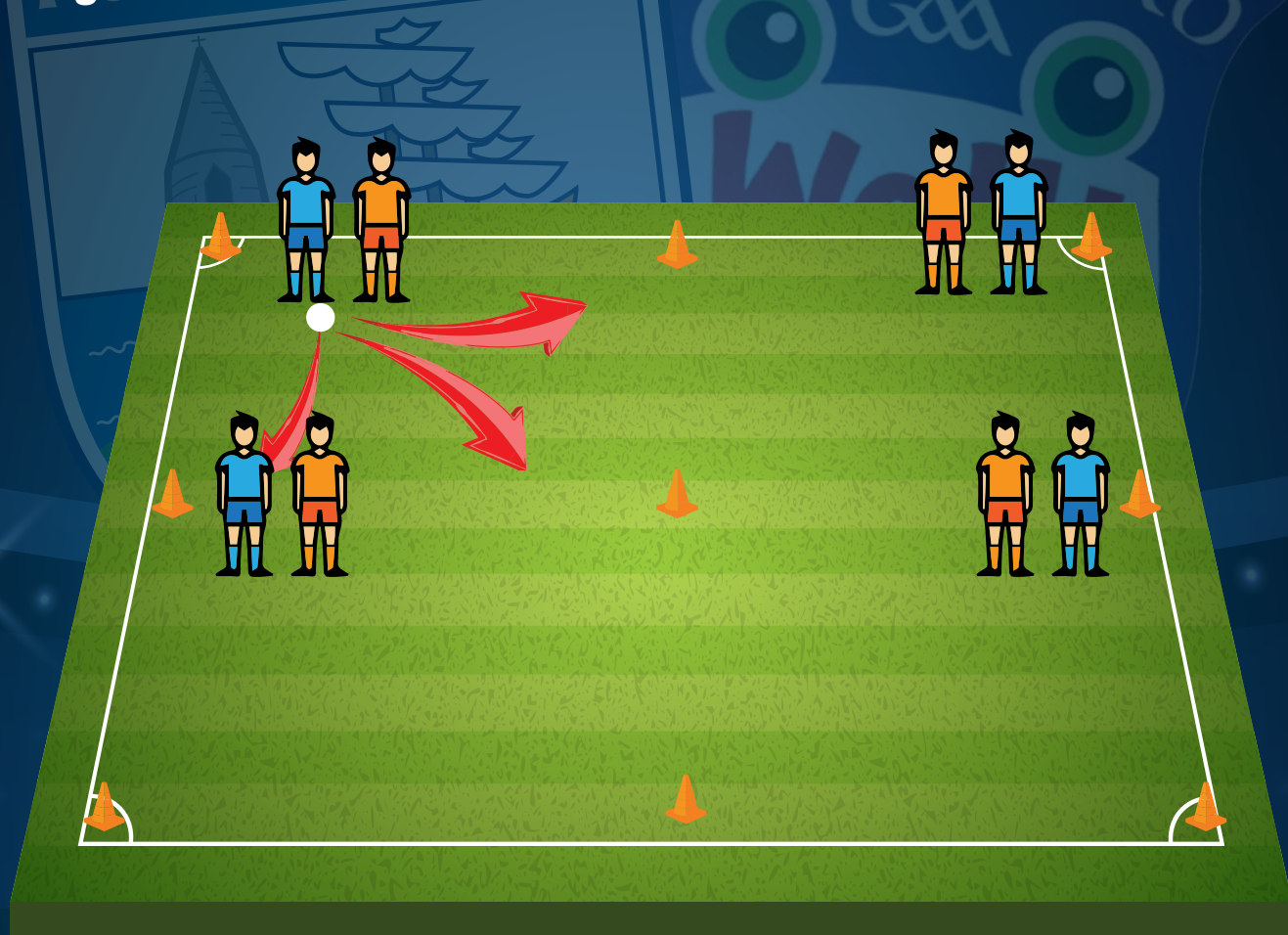
- 2 lines of cones 20m apart
- Football per player

Key Coaching Point

- Same hand same foot for kicking
- Add in extra footballs on the liathróid road

FOUR SQUARE

Diagram



What you Do

- Players are divided into 2 teams.
- A playing area is divided into 4 and one player from each team goes into a square.
- The team in possession of the ball passes it to one of their team-mates in any of the 4 squares, trying to avoid interception.
- Players remain in their square but can move where they want in the square.
- One team takes possession of the ball and tries to make as many passes as possible between themselves.
- The other team are trying to intercept the ball.
- Players can pass in any direction and move anywhere around their own square only.
- All players must remain in their own

square.

- If the team without the ball catches it or knocks it away they get possession and the other team must try to dispossess.
- Rotate in the waiting team after 90 seconds.

What You Need

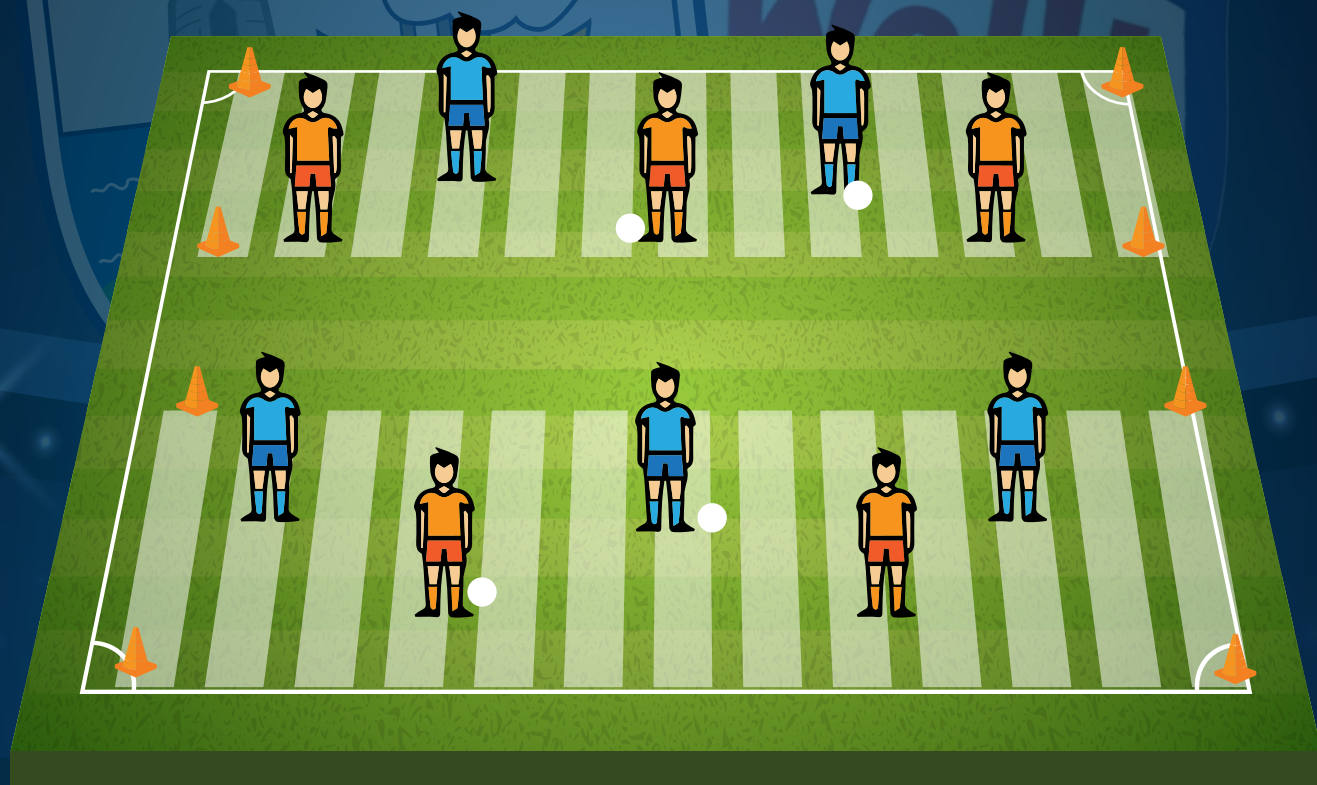
- Players in groups of 4
- Footballs
- Cones laid out into 4 small squares
- Bibs

Key Coaching Point

- Can change the amount of players in each square

OVER THE BLACKWATER

Diagram



What you Do

- Set out a rectangular playing area 20m x 10m with a marked area called the 'River Blackwater' in the middle separating both sides.
- Players pair off with one person on either side of the 'Blackwater'.
- Players try to handpass the ball to each other so that the ball passes over the river.
- Anyone who handpass their ball into the river has to get it as quickly as they can so the ball won't get wet.

What You Need

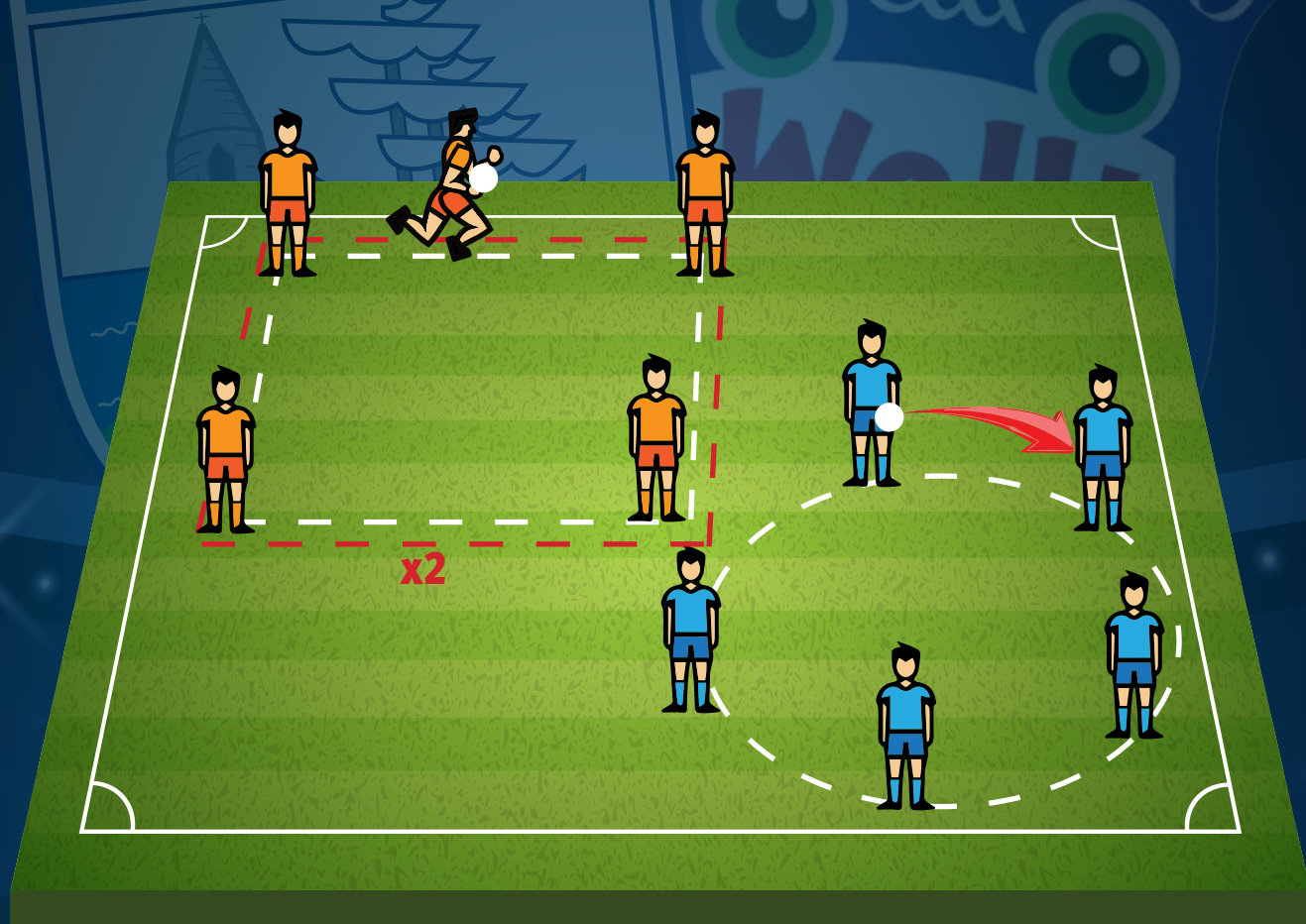
- Players in 2 teams
- 2 grids each one 20m x 10m
- 2 footballs per team

Key Coaching Point

- Can change the amount of players in each square
- Players can kick instead of hand passing
- Players must see how many consecutive passes they can get in a row.
- When coach shouts 'SWIM!' all kids jump into the Blackwater as quickly as they can.

BEAT THE CIRCLE

Diagram



What you Do

- Team in circle handpass around the circle as many times as they can while players soloing
- 1 player at a time in square team solos around the square grid twice at same time
- All players in square get chance to solo twice
- Swap over

What You Need

- Players in 2 teams
- Circle for 1 team
- 20m x 20m grid for 2nd team
- 1 football per team

Key Coaching Point

- Players soloing do 1 go with right foot & 1 go with left foot
- Players in circle to handpass with left and right hand

SOLO TO COLOURS

Diagram



What you Do

- Players solo to a nominated colour on coaches call
- Change direction at each cone
- Solo with left and right foot
- Progress to solo to a different colour each time
- Solo as going round cone

What You Need

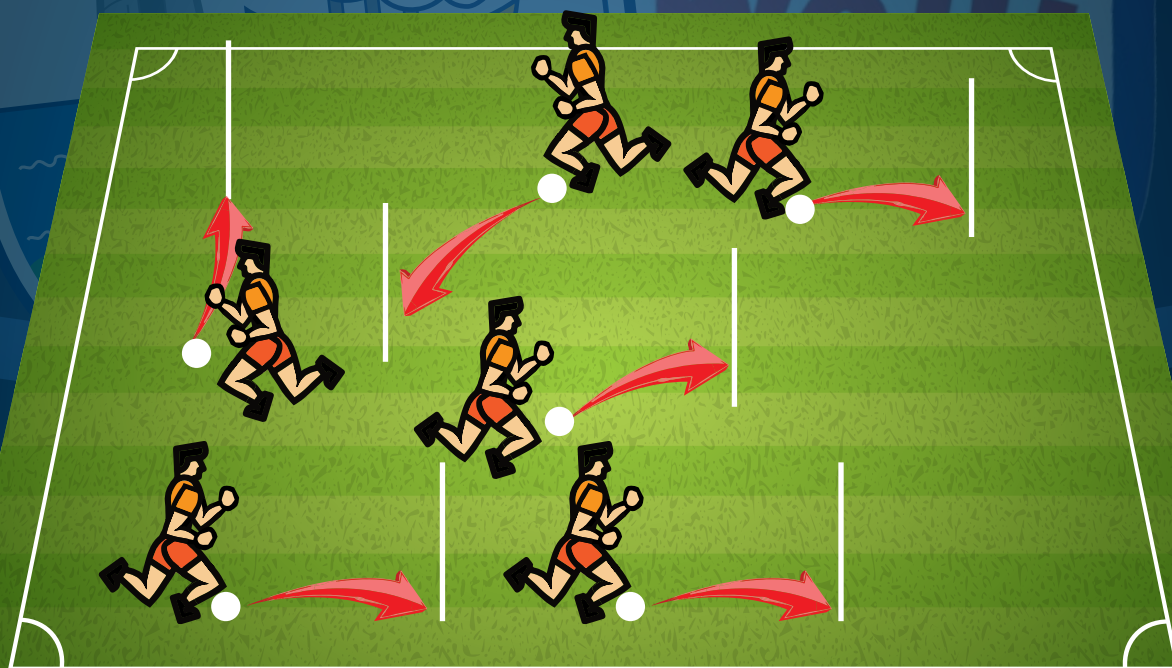
- Footballs (1 per player)
- Cones laid out randomly in different colours
- 20m x 20m grid

Key Coaching Point

- Left and right foot solo

HIT THE POST

Diagram



What you Do

- Put out slalom poles randomly in the grid.
- 1/2 players start 3/5m from each pole
- Players kick ball attempting to hit the post.
- Players move onto different pole once hit it.
- Solo between each pole as they move.
- Winner is player who hits all the poles first

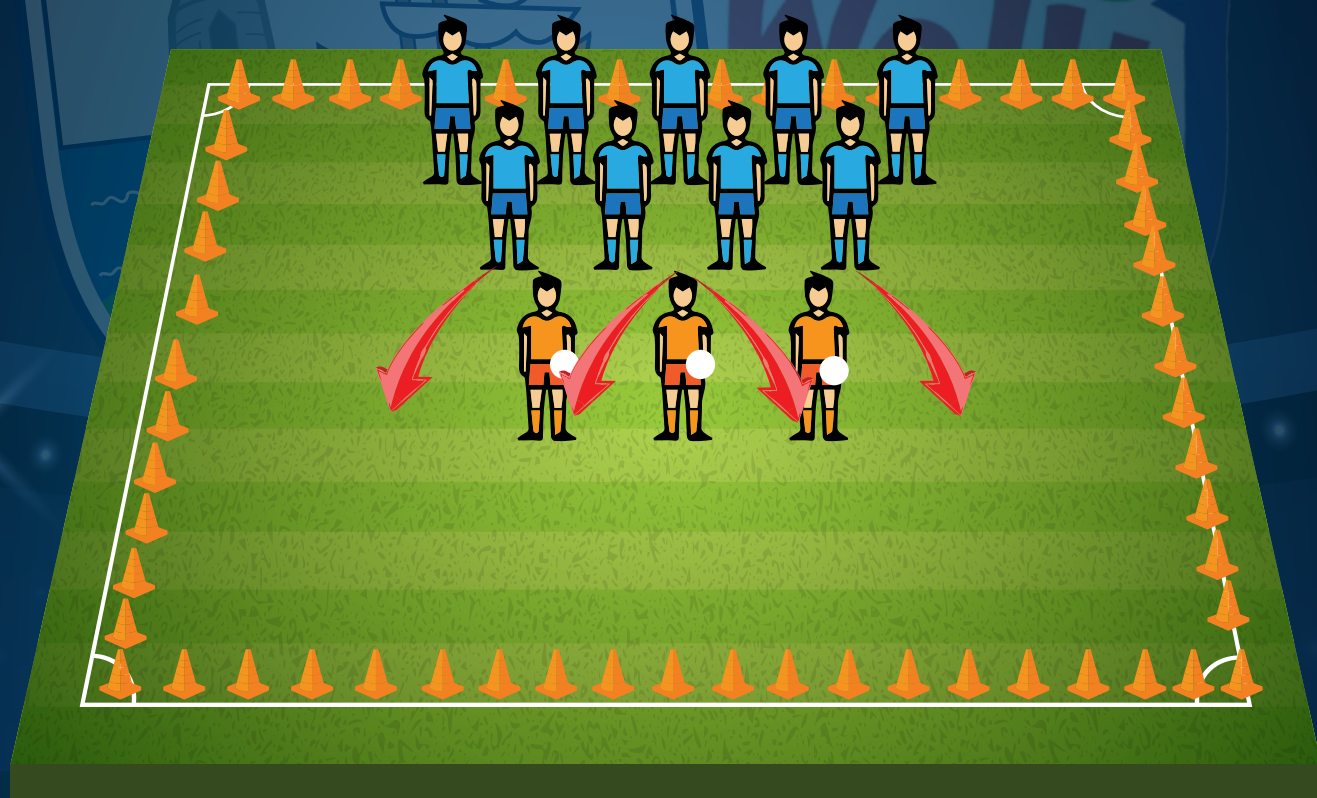
What You Need

- Footballs (1 per player)
- Slalom Poles
- 30m x 30m grid

Key Coaching Point

FOOTBALL BULLDOG - RUN TO CROKER

Diagram



What you Do

- Players line up at one end with 2/3 taggers in middle with sponge ball
- Players attempt to run from one end to other with taggers trying hit them with sponge football using handpass
- If knocked out players get “qualifier” chance
- Winner is players who gets to Croke Park on own

What You Need

- Sponge Football s (1 per tagger)
- 20m x 20m grid with line of cones at each end

Key Coaching Point



Port Láirge Waterford GAA

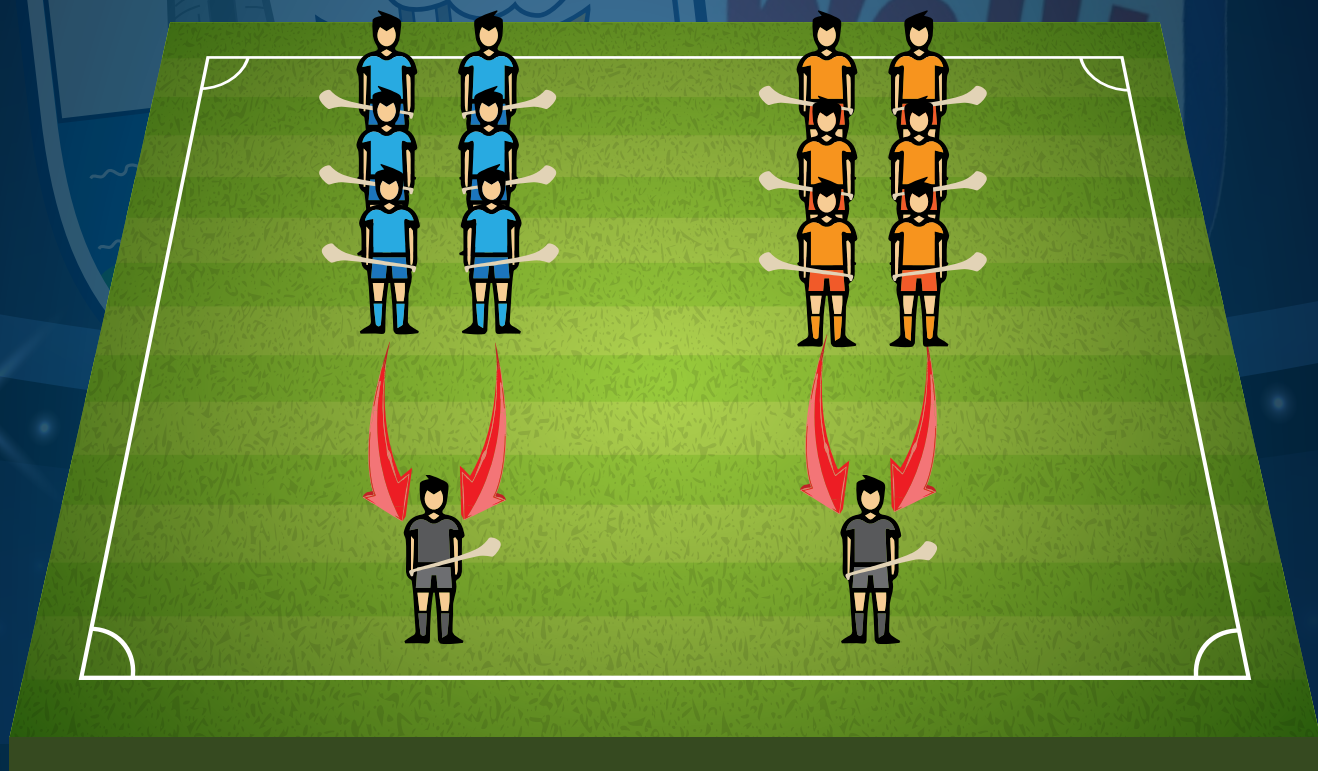
we!!!

KIDS

**HURLING
ACTIVITIES**

CLASH OF THE ASH

Diagram



What you Do

- Players line up in pairs and walk together towards the coach.
- When they get to the coach the coach counts one, two, three and both players pull on the coaches hurley at the same time.
- Continue until all children get a go and then get them to line up on the opposite side so they all get a chance to strike on their other side.
- Progress by getting them to jog to the coach and strike

What You Need

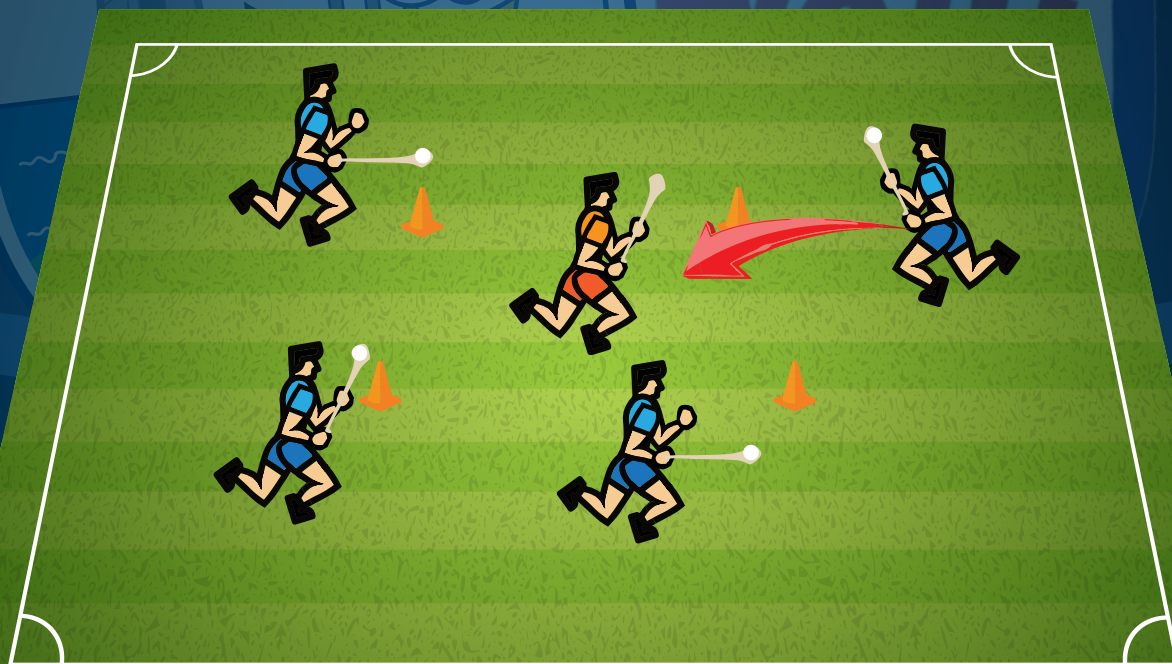
- Cones
- Hurley or ball on a stick

Key Coaching Point

- Ensure that the children are shoulder to shoulder to shoulder and hip to hip.
- Pair children off by ability.

CLEAR THE SQUARE

Diagram



What you Do

- Set out a square using cones approx. 3 meters X 3 meters.
- Set out a perimeter circle with a cone for each player bar one.
- One player starts in the square.
- The other players strike the ball into the square and the player in the square has to strike the ball out.
- Alternate player in the square

What You Need

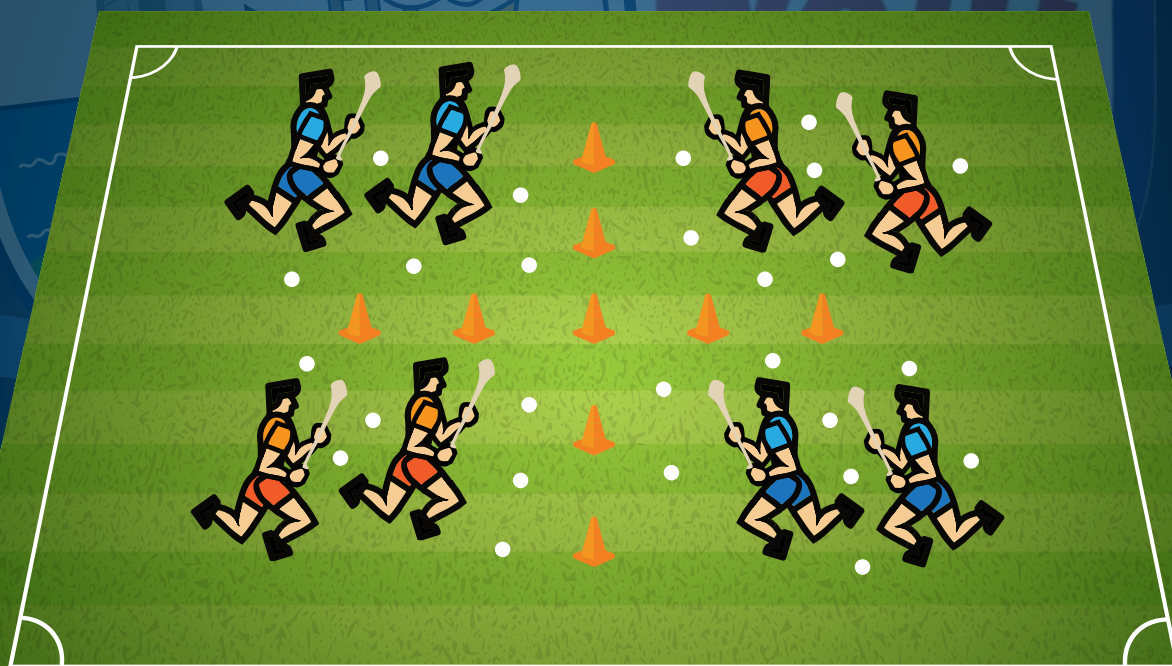
- Cones
- First touch sliothars

Key Coaching Point

- Get the player in the middle to swing both left and right

EMPTY YOUR YARD

Diagram



What you Do

- Make 4 grids and divide players between the grids.
- Each grid starts with the same number of sliothars.
- Players must continue to strike any ball that comes into their grid into another grid.
- When coach blows the whistle the game stops and the team with the least amount of sliothars in the grid wins.

What You Need

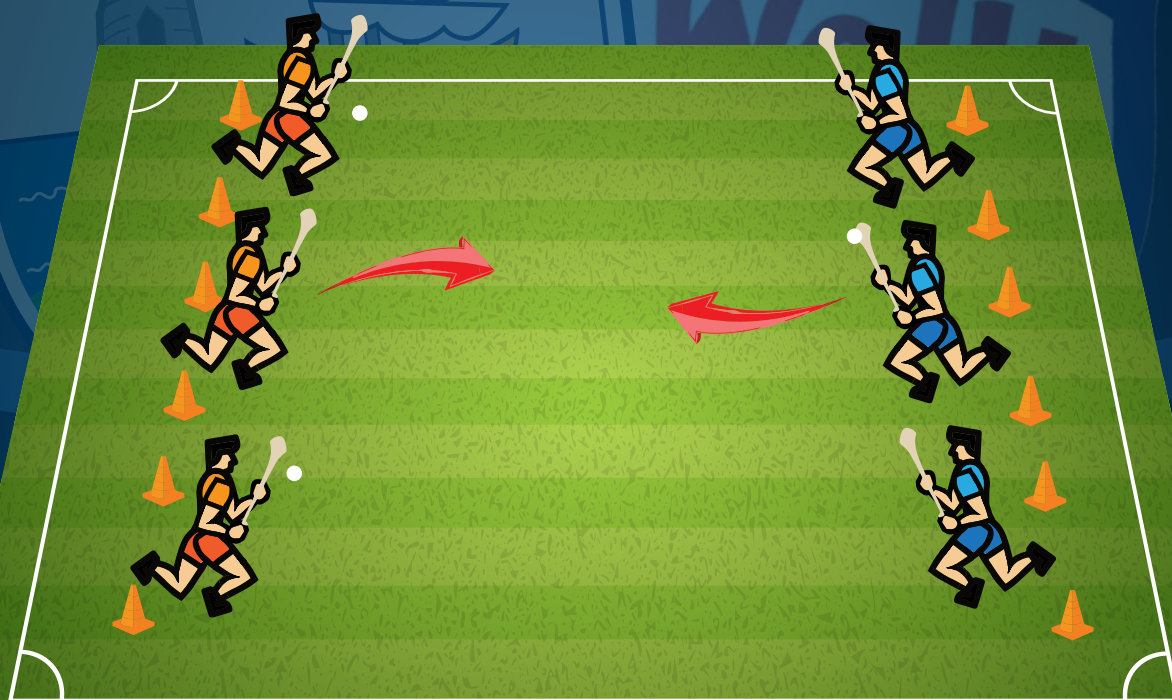
- Cones
- First touch sliothars

Key Coaching Point

- Use First touch sliothars.
- Vary the personnel in each grid

GOALS GALORE

Diagram



What you Do

- One opposite one. Coach sets up goals with cones
- Each player is opposite another player trying to score a goal by striking the ball from their goal through their opponent's goal
- Progress to 1 V 1, whereby players try to keep possession of the ball while trying to get past the other player to try and score.

What You Need

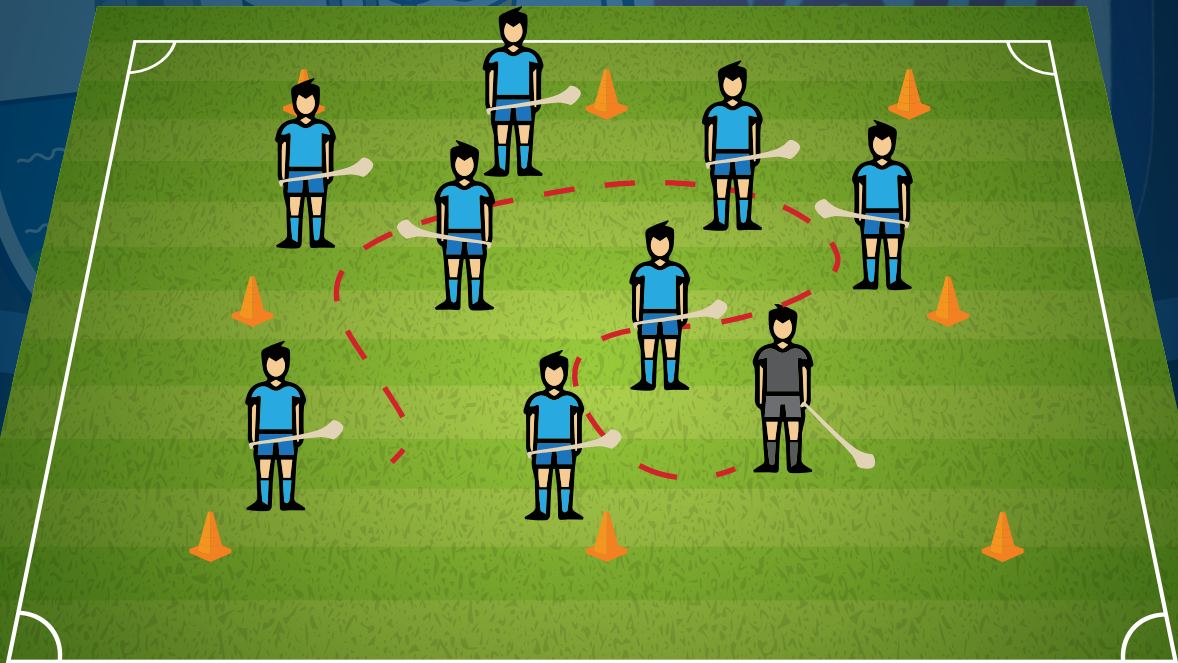
- Cones
- One sliothar per pair of children

Key Coaching Point

- Ensure swing starts with the hurley going behind or in front of the head and the elbow of the dominant hand raised

HIT THE TIGERS TAIL

Diagram



What you Do

- Make a square approx 15 x 15 meters .
- Coaches walk around the square dragging their hurleys (or ball on a stick) behind them.
- Players get a score by striking the Hurley while the coach is moving.
- Progress to jogging.
- Nominate two players to become the tigers.
- Alternate players .

What You Need

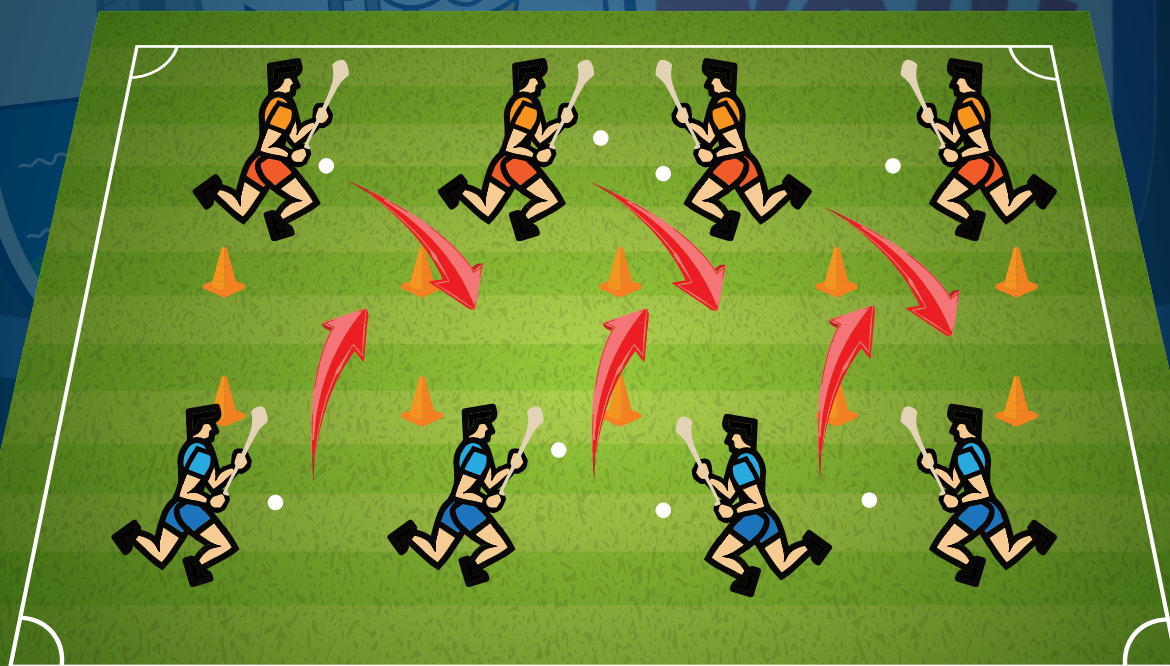
- Hurley or Ball on a stick

Key Coaching Point

- Ensure that players are not striking too hard

HURLING TENNIS

Diagram



What you Do

- Divide players into two teams with each team occupying a grid.
- Players have to strike any ball that enters their grid into the other one.
- On the coaches whistle the game stops and the team with least amount of balls in their grid wins.

What You Need

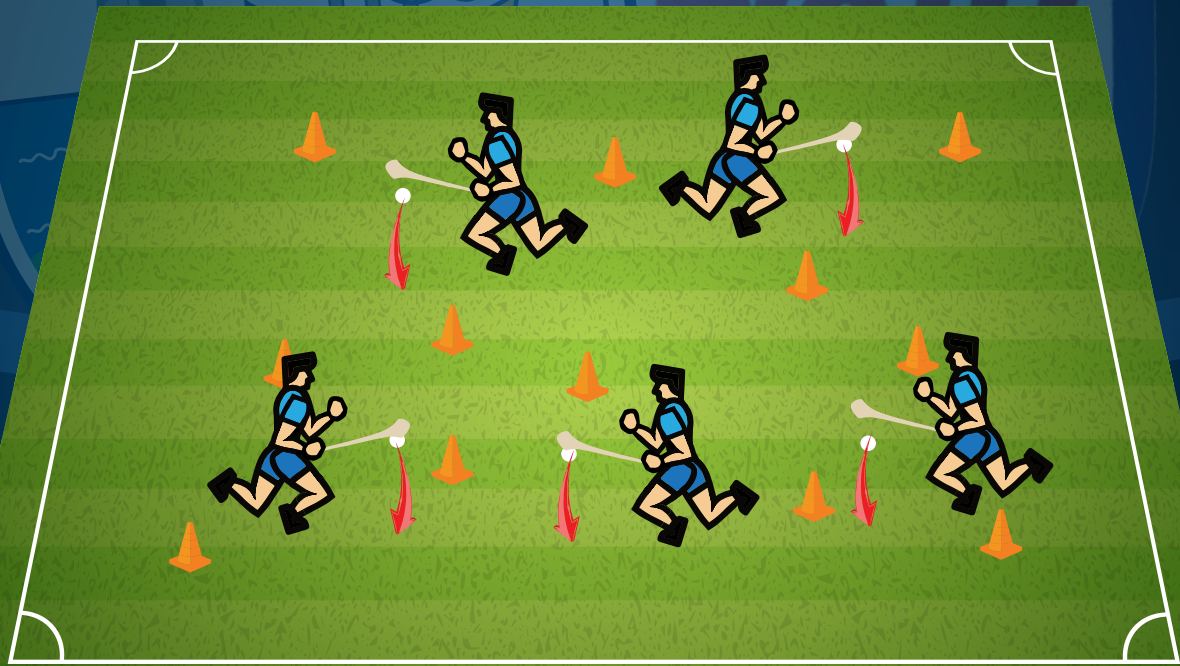
- Cones
- First touch sliothars

Key Coaching Point

- Ensure that players do not swing the hurley too close to another child.
- Encourage them to swing the hurley with a wristy action.

MINEFIELD

Diagram



What you Do

- Spread cones around a grid.
- Cones are called MINES
- Players have to dribble around the grid avoiding the MINES
- If player hits a MINE they lie down for 3 second before returning to the game

What You Need

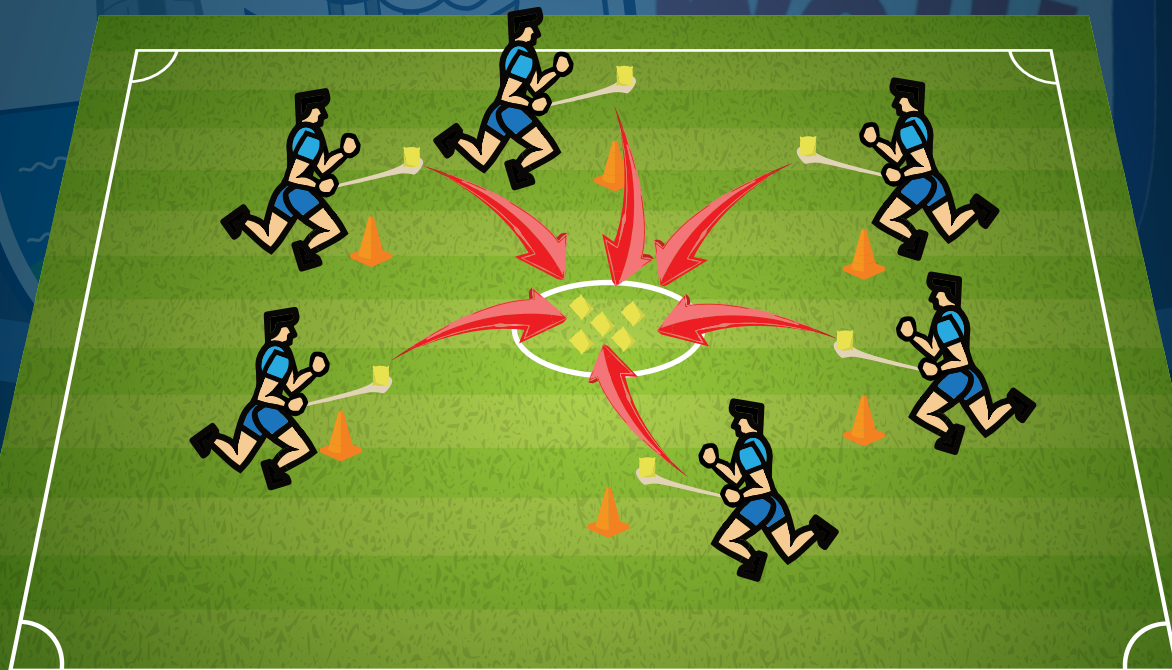
- Cones
- Sliothars

Key Coaching Point

- Dominant hand on the top of the hurley with the other hand a third of the way down.

PANCAKE TOSS

Diagram



What you Do

- Each child starts at a cone
- Place a Hoola Hoop in the middle of a circle of players.
- The player places a bean bag on his/her hurley and attempts to flip the bag from his/her hurley into the Hoola Hoop. A point is awarded for each time they get the bag into the hoop.
- Vary the distance from the hoop to match ability

What You Need

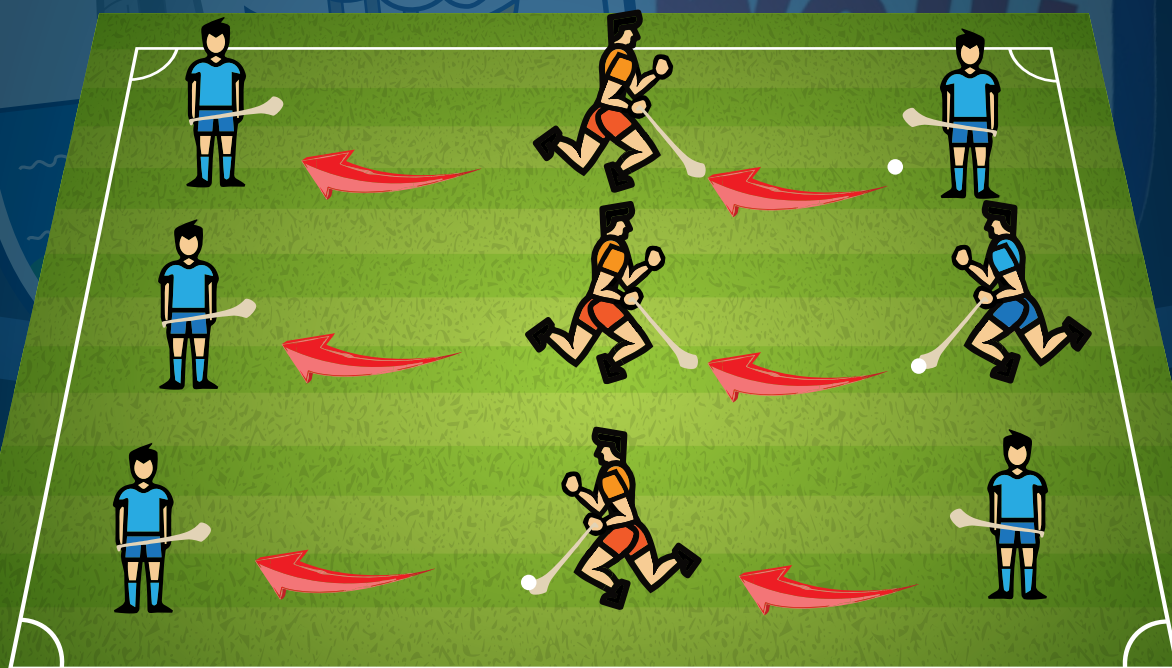
- Cones
- Bean bags
- Hoola Hoop

Key Coaching Point

- Progress from two hands on the hurley to flipping with one hand

PASS IT ON!

Diagram



What you Do

- Line of 3 players.
- Child A rolls the ball underhand to middle child who blocks the ball with the hurley and then strikes onto Child B.
- Alternate players.
- Progress by allowing the child to double on the ball instead of stopping it.

What You Need

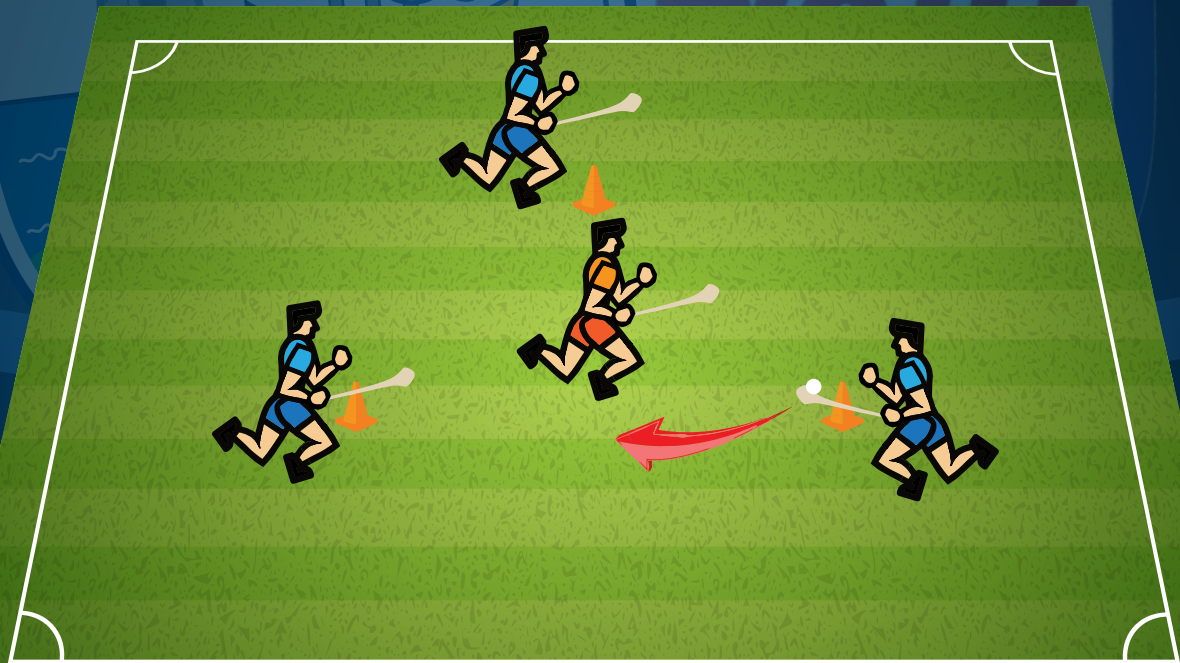
- Cones
- One sliothar between 3

Key Coaching Point

- Ensure hands are locked when striking

PIGGY IN THE MIDDLE

Diagram



What you Do

- Mark out a triangle
- One player at each cone.
- One player in the middle of the triangle
- Players at the cones try and strike the ball to the other players at the cones while the middle player attempts to intercept.
- Alternate the middle player
- Player in the middle cannot tackle a player

What You Need

- Cones
- Sliothars
- Bean bags

Key Coaching Point

- You can substitute the ball with a bean bag and get them to throw the bag instead of striking a ball.

RELAY RACE

Diagram



What you Do

- Divide players into equal number of teams with each team standing behind a particular colour cone.
- These are the base cones.(e.g. 4 teams Red, Blue, Green and Yellow)
- Scatter an equal number of each coloured cone around a grid.
- On the coaches whistle the first player in each group must dribble the ball around each of their coloured cone before returning to base.
- They “high five” the next player who repeats. First team to get all their players back to base wins.

What You Need

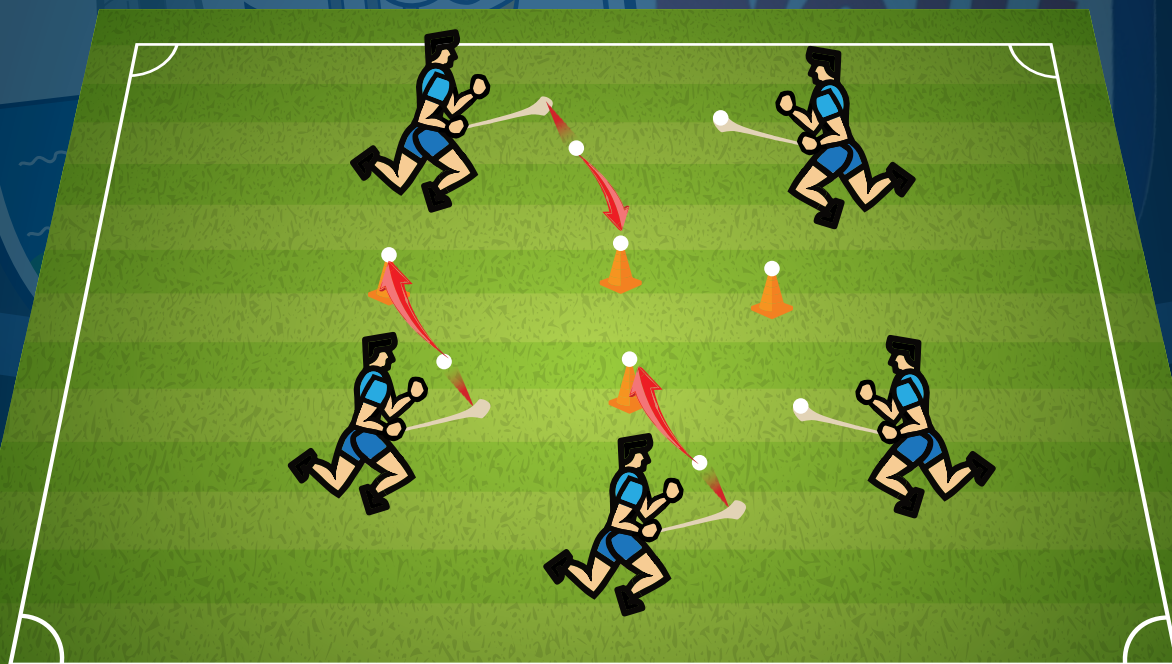
- Cones
- First touch sliothars

Key Coaching Point

- Ensure that dominant hand is at the top of the hurley with other hand a third of the way down the hurley.
- Encourage them to bend the knees rather than their back.

SHOOT THE LIGHTS

Diagram



What you Do

- Place a ball on a number of small traffic cones in the centre of a circle of children.
- Players try and hit the cone with their sliothar trying to knock the ball off.
- Each time they knock the ball off they get a score.

What You Need

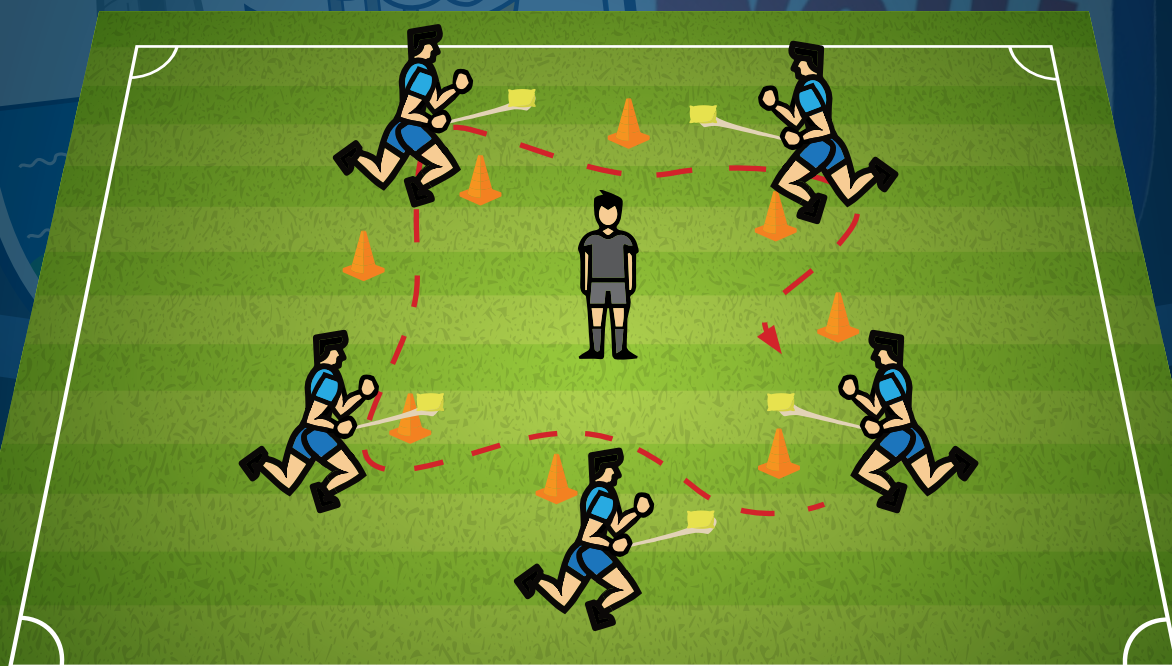
- Traffic cone (small)
- Cones
- One sliothar per child

Key Coaching Point

- Ensure swing starts with the hurley going behind or in front of the head and the elbow of the dominant hand raised

SOLO TO WIN

Diagram



What you Do

- Players form a circle with each player having a bean bag.
- Coach nominates two player at opposite sides of the circle.
- The nominated players solo in and out of the other players to get back to their original place.
- First player back wins.
- Coach then nominates two more players until all players have had their go.

What You Need

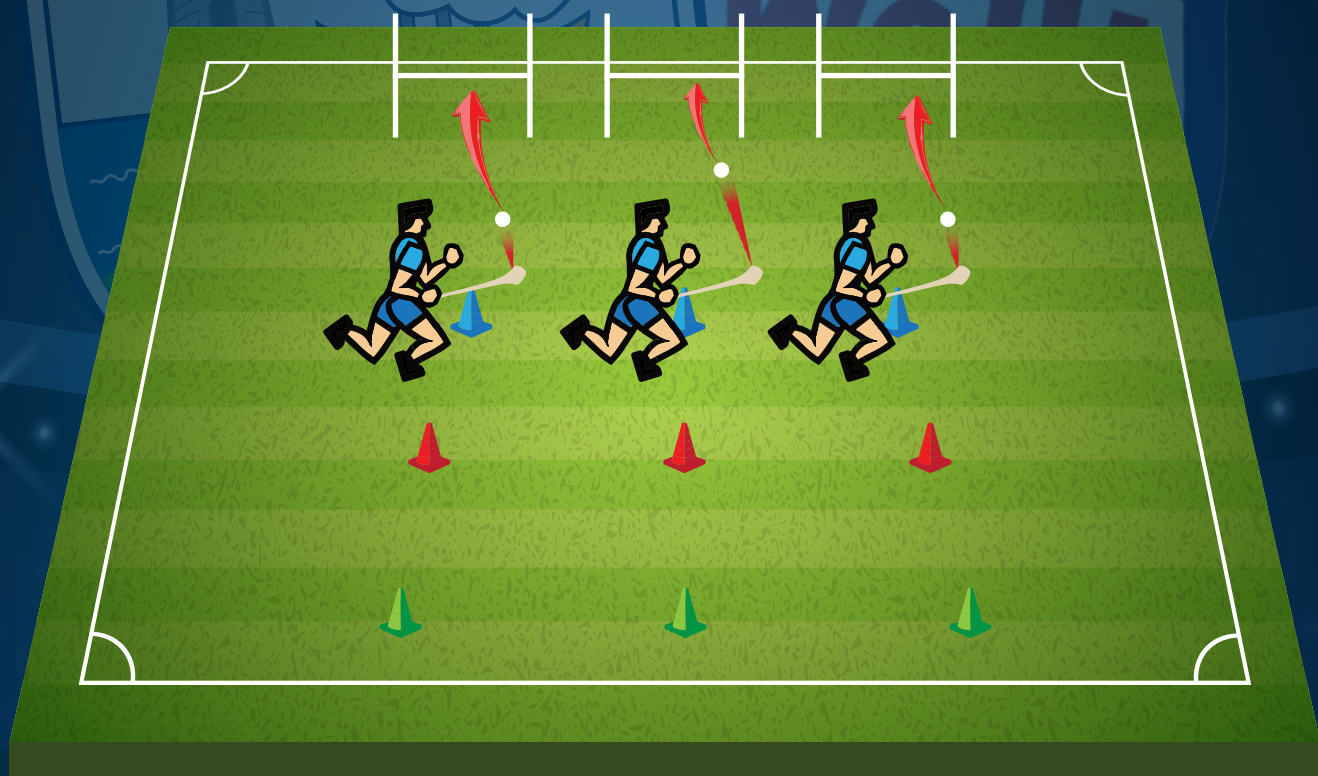
- Cones
- Bean Bags

Key Coaching Point

- Get players to solo with two hands on the hurley to begin with .
- Progress to one handed solo.
- Thumbs should be flat on the hurley pointing to the Bas.
- Toe of the hurley pointing to the right for right handed players and to the left for left handed players

STRIKE FOR GLORY

Diagram



What you Do

- Set up a goal using cones or slalom poles.
- Set up a line of three different coloured cones approx 1 meter apart from the goal.
- Players start at the nearest cone and if they get a Goal they get one point.
- They then move out to the next cone where they get two points if they score
- They then move to the third cone

What You Need

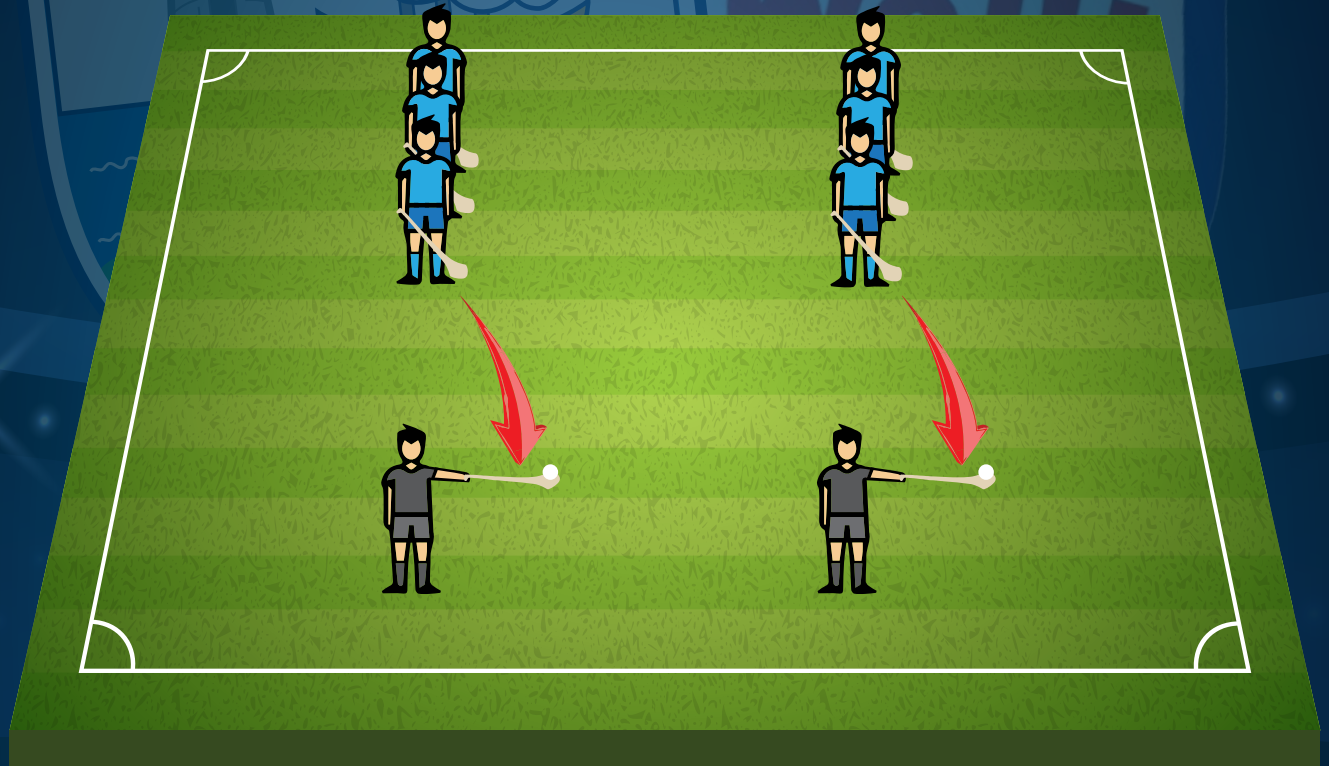
- Cones
- One sliothar per child

Key Coaching Point

- Ensure the hands are locked and encourage a full strike with the swing beginning at head high

SWAT THE FLY

Diagram



What you Do

- Coach holds his Hurley (or ball on a stick) out the side at shoulder height.
- Child has to run, jump and strike the bas (or ball) using a batting motion.

What You Need

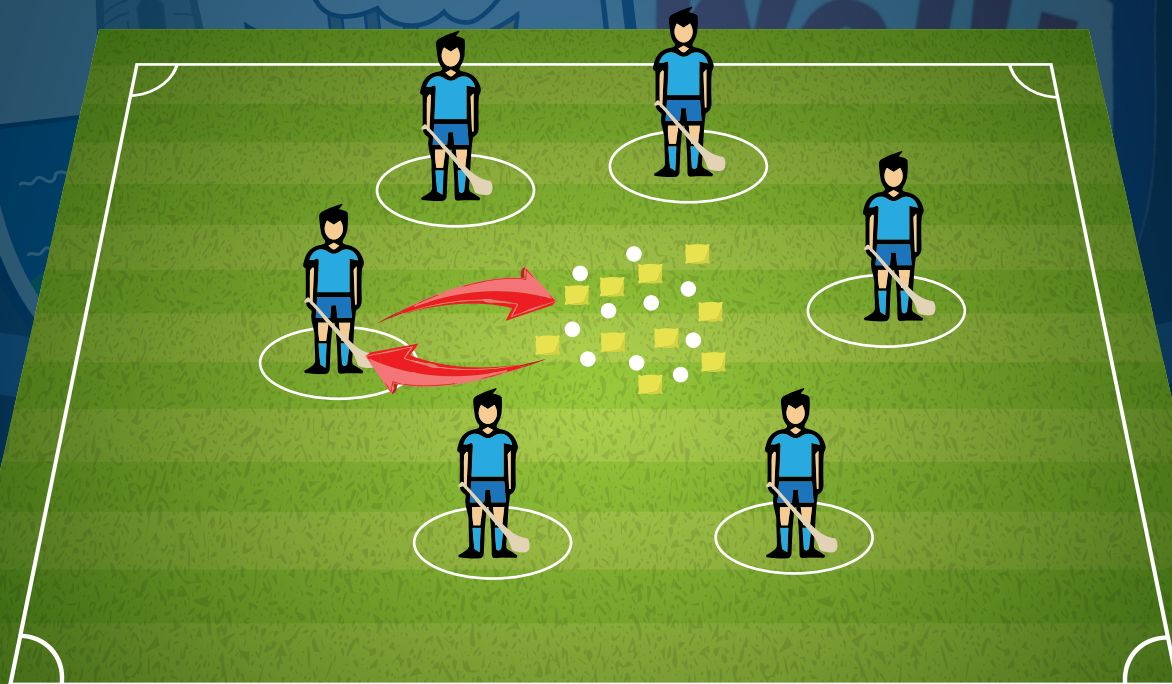
- Hurley or Ball on a stick

Key Coaching Point

- Coach to ensure that hurley is held high enough that the child has to reach up or jump to make the connection

SWAP TILL YOU DROP

Diagram



What you Do

- Place a number of hoola hoops in a circle with a player in each hoop.
- Place a number of sliothars and bean bags in the middle of the circle.
- Players must retrieve an item from the middle and bring it back to their hoop.
- Balls to be dribbled back while bean bags to be soloed back.
- When the middle is empty see who has gathered the most items

What You Need

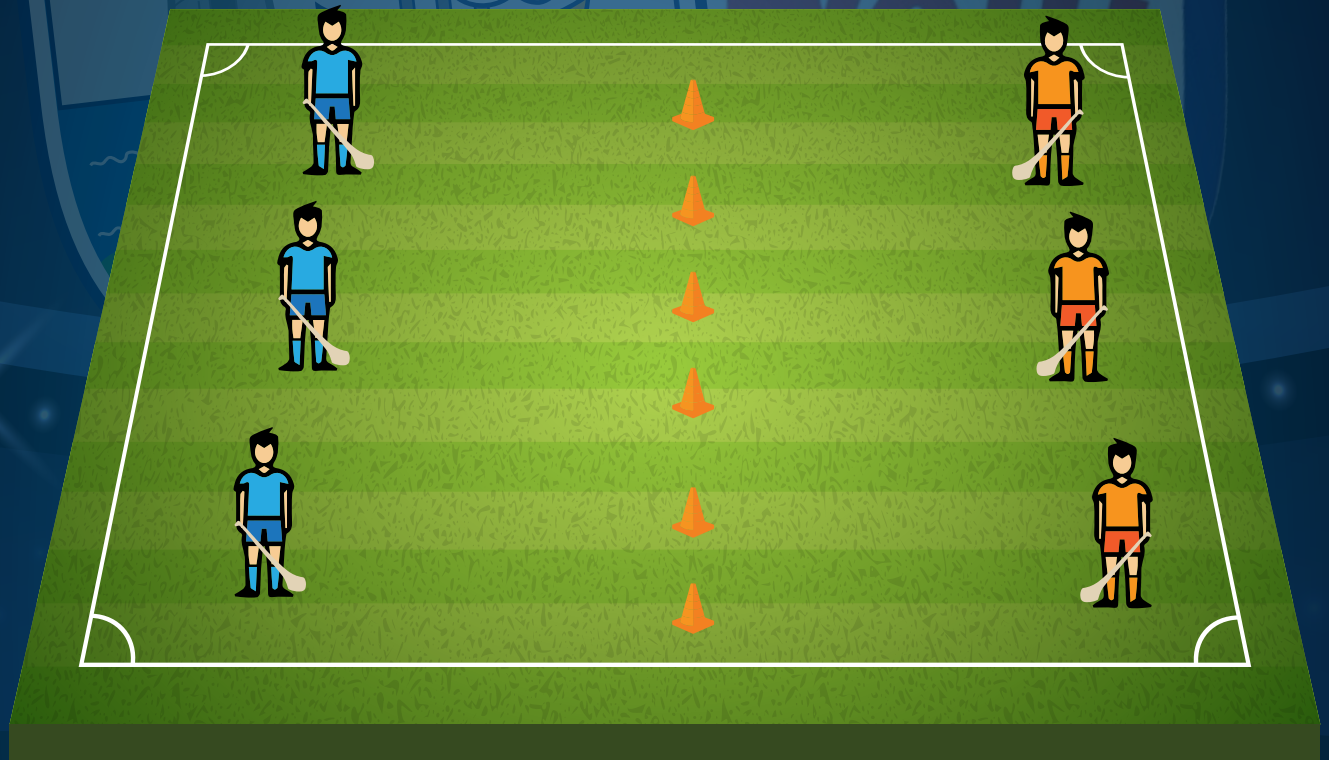
- Cones
- First Touch Sliothars
- Bean bags
- Hoola hoops

Key Coaching Point

- Instead of individuals in the hoops the coach can use teams of two or three.

TARGET SHOOTING

Diagram



What you Do

- Coach sets out a small goal using cones in the middle between both players.
- To get a score the player must strike the ball between the cones.
- Vary the width of the goal and the distance from the goals according to ability.

What You Need

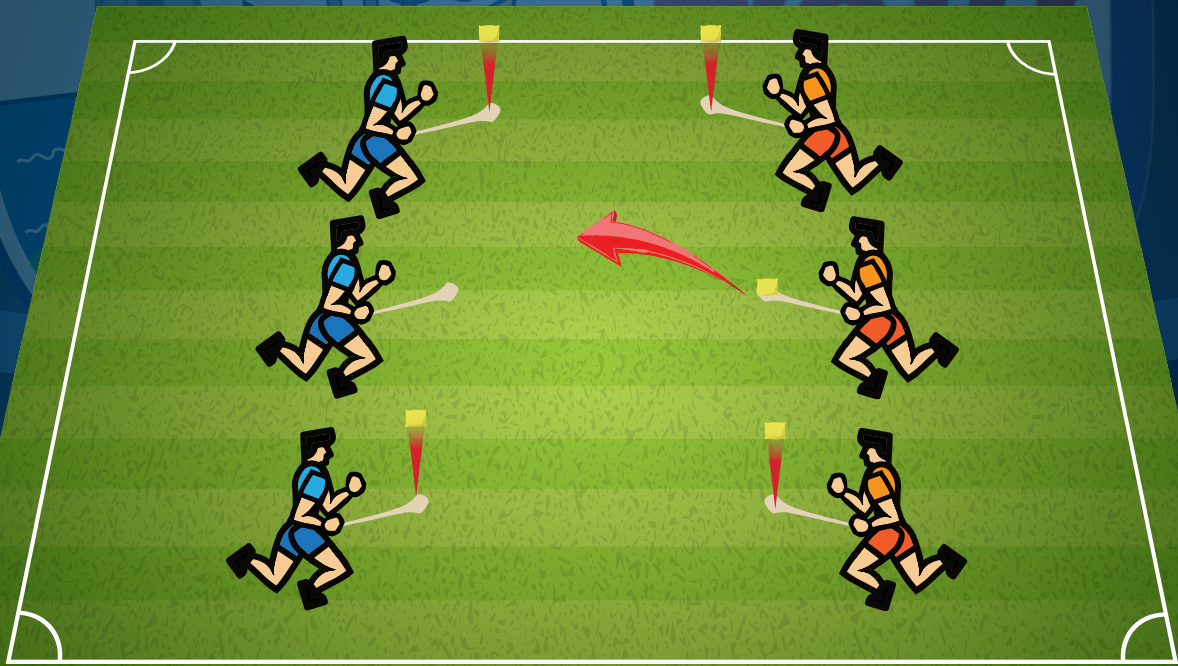
- Cones
- First touch sliothars

Key Coaching Point

- Ensure that dominant hand is at the top of the hurley and hands are locked when striking

TRAP THE BEANIE

Diagram



What you Do

- Each child has a bean bag.
- They throw the bag up and try and catch it on their hurley.
- Progress by pairing off the children with one lobbing the bag underhand while the other child tries to catch the bag on the hurley

What You Need

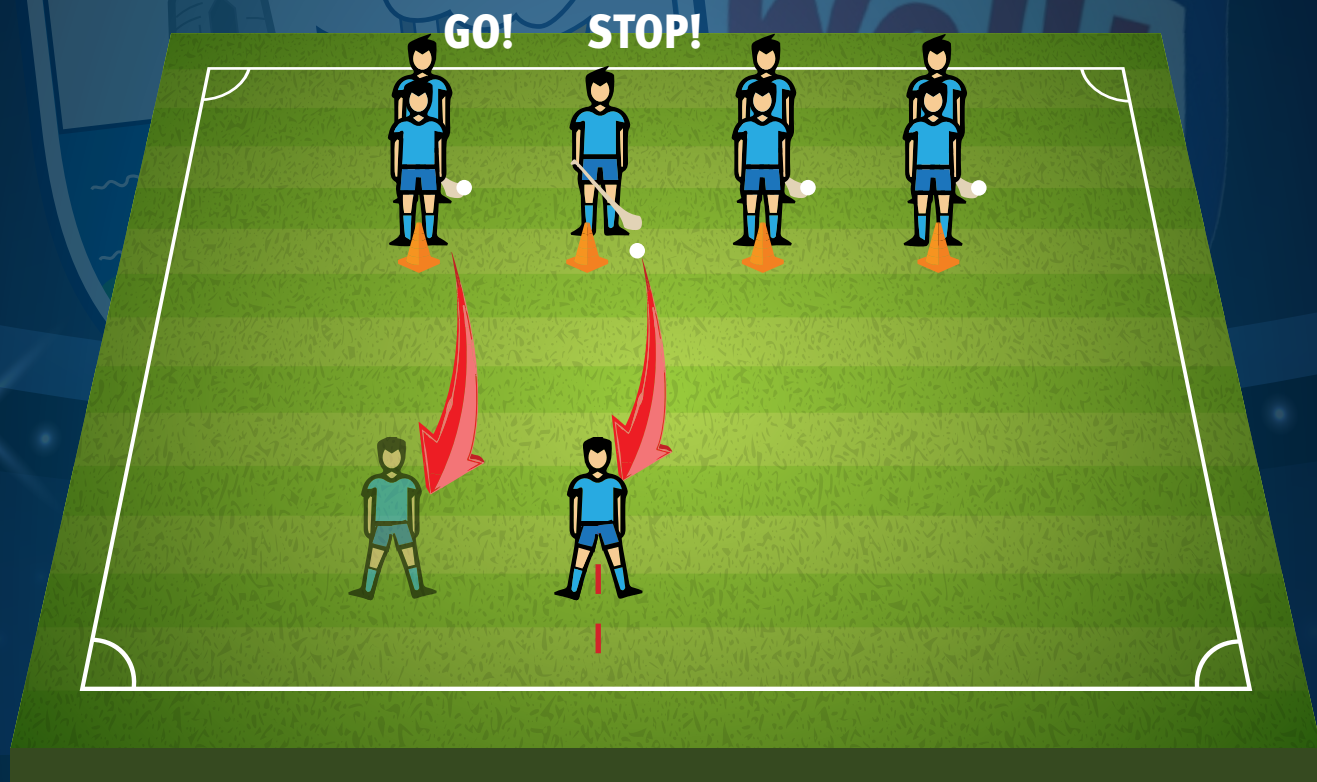
- Cones
- Bean bags

Key Coaching Point

- Dominant hand at the top of the hurley. Other hand half ways down the hurley

UNDER THE BRIDGE

Diagram



What you Do

- Split the children into pairs with one ball between two.
- Both players line up behind a cone.
- The player with the ball shouts “GO” for the other player to run.
- He then shouts “ STOP “ whereby the player stops running and spreads his legs wide.
- The player with the ball then tries to strike the ball between the other players legs to get a score.

What You Need

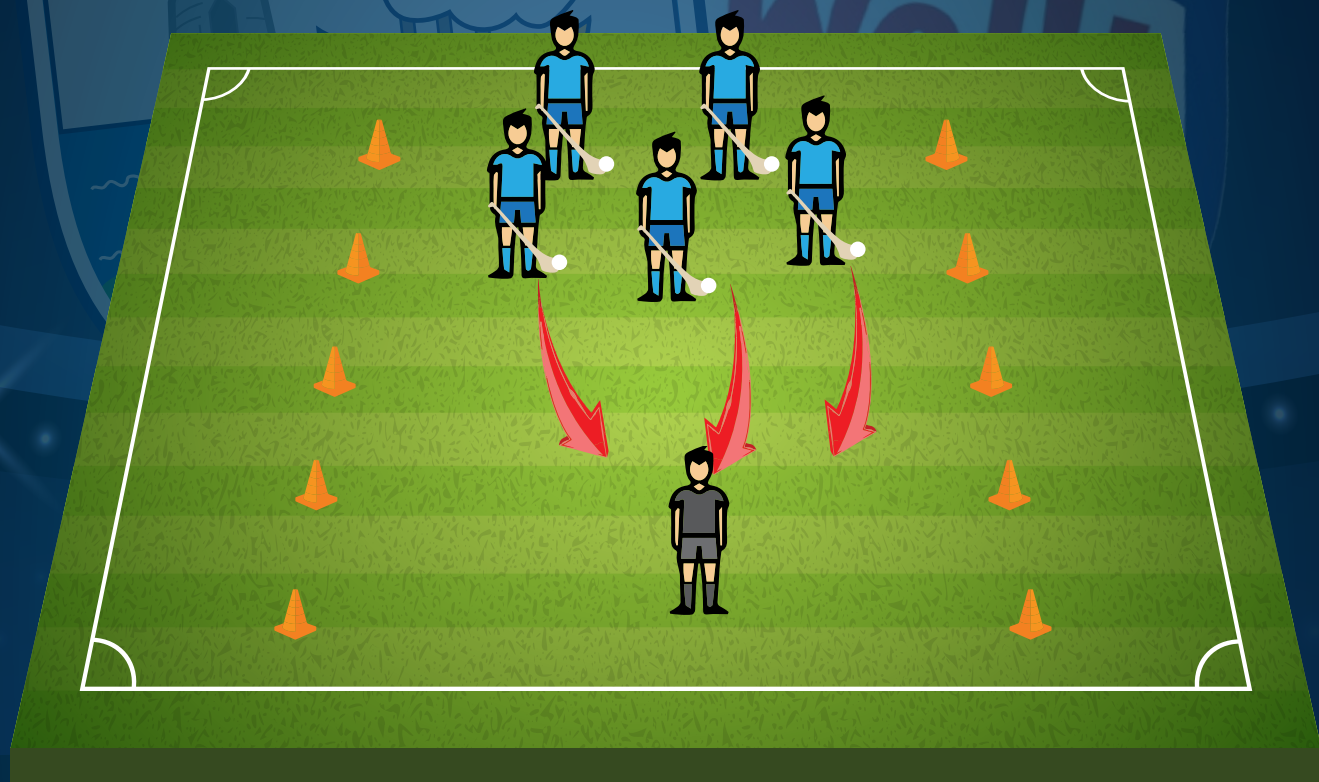
- First Touch Sliothars
- Cones

Key Coaching Point

- Use First touch sliothars and alternate the players.
- Ensure dominant hand is at the top of the hurley and both hands are locked when striking.
- Get child to point his shoulder in the direction that they want the ball to go.

WALK THE DOG

Diagram



What you Do

- Each child has a ball and attempts to dribble past the coach. Coach pretends to “Rob the Dog” by flicking the ball out of bounds .
- Child does 3 star jumps and returns to the game.
- Coach then nominates two players to take the place of the coaches. Continue until all children have had their turn replacing the coach.
- Coach to ensure each child gets to dribble the ball without losing it a few times.

What You Need

- Cones
- One sliothar per child

Key Coaching Point

- Ensure the child’s dominant hand is at the top of the hurley with the other hand one third of the way down the hurley