



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta

# Drills Galore Workshop

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## **Teaching / Coaching the Skills:**

The IDEAL model is used to coach/teach the skills

### **I -Introduce the skill**

- Remember that brevity is of the essence kids come to the field just “to do it”

### **D -Demonstrate**

- If coach is not proficient use a mentor or player who is

### **E -Explain**

- Short explanation – as little talk as possible
- Get the players involved

### **A -Action**

- Players practice the skill

### **L -Looking**

- Observing with a view to fixing, safety, progression, task appropriateness, enjoyment

## **How Can Children Learn?**

### **“Tell Me and I Forget”**

- We remember approx 10-15% of what we hear

### **“Show Me and I Remember”**

- We remember 45-55% of what we see

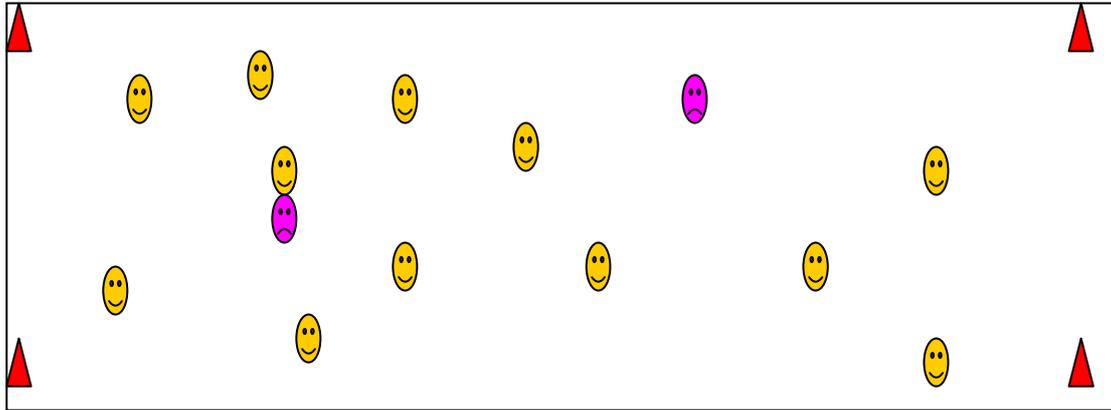
### **“Involve Me and I Understand”**

- We remember 85-90% of what we do

Chasing Games for all age groups:

**TAG**

- Players run around the grid as shown in the ready position.
- 2 players who are ON (RED) work for 30 seconds to catch as many players as they can.
- Once a player is caught they stand with the feet apart.
- The only way to free a player is for one of their team-mates to crawl underneath them.



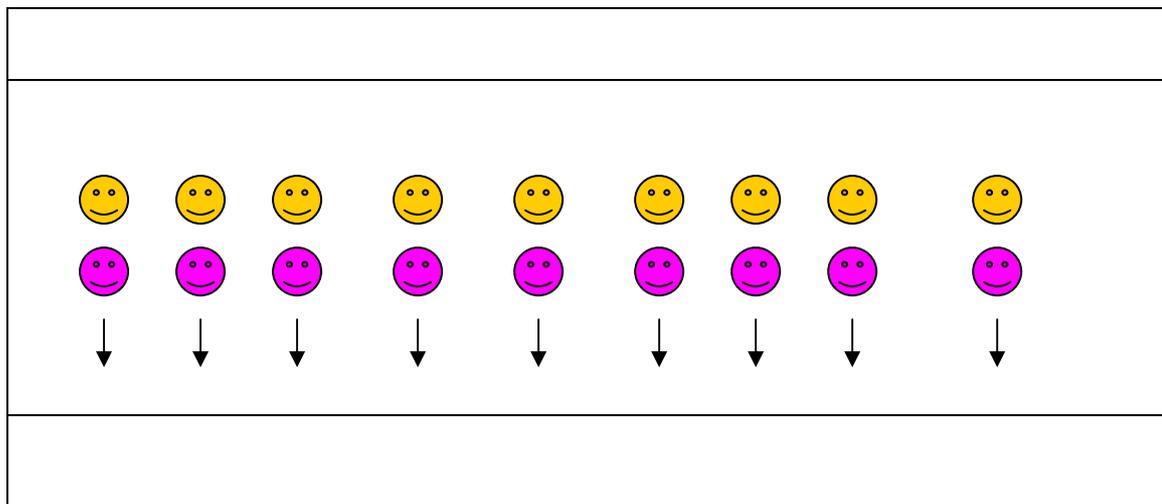
**Shadow Running:**

- Players work in pairs for 30 second periods.
- The lead player runs for 30 seconds with multiple changes of direction while the partner attempts to follow her.
- 30 seconds break after each bout of work
- Players perform lead and follower 3 times.

**Progression:** Get the players to face each other and one player mirrors the other.

**Meices and Mice's**

- Divide children into 2 groups and organise 2 lines parallel to each other
- Name one line Meices and name the other line Mice's
- Coach calls either name.
- If the coach calls Mice's they have to turn and run back to their den while the others try to catch
- Coach is to slow down the call. MEEEEICESSSS/ MIIICESSSS



## Ball Control/Games

### Zig and Zag:

- Each player has a ball in the square.
- When the coach says Go the players must dribble the ball in multiple directions.
- 3 steps forward, 3 steps backwards keeping control of the ball.
- Players practice tipping the ball through their legs to change directions

### Landmines:

- Make a big square with 4 large cones/poles.
- Place bishops hats randomly around the square and place a ball at each one.
- When the coach blows the whistle the players dribble a ball to an empty cone and then move to get the next available ball.
- This drill works on movements and looking up when dribbling.

**Progression:** Make the square a lot bigger and make the children roll lift/jab lift the ball and solo to an empty cone.

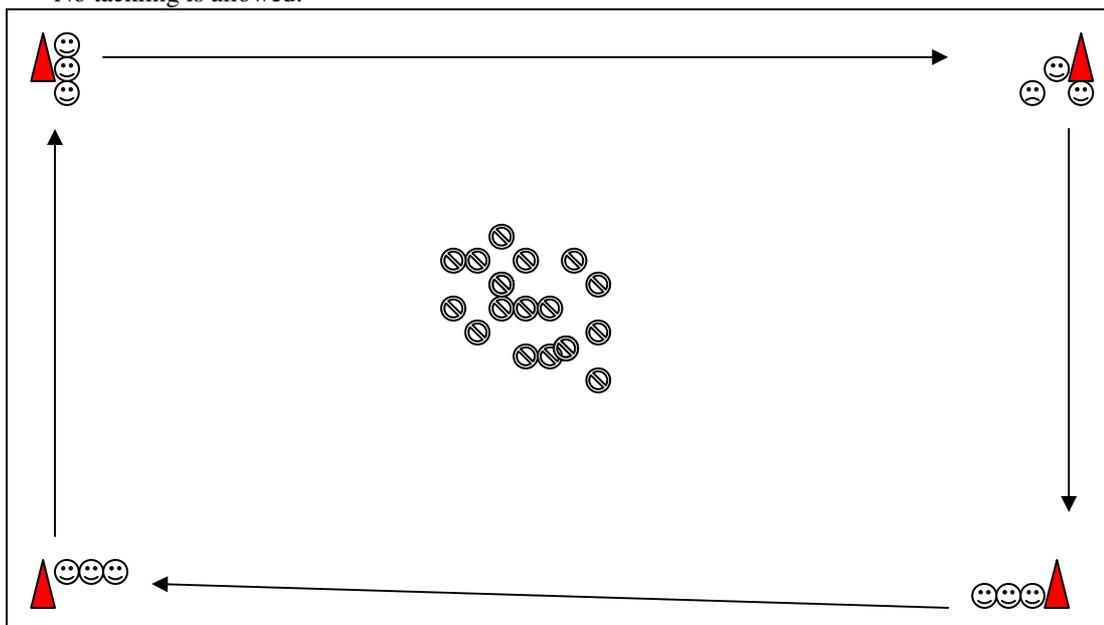
### Last Girl Standing:

- All players have one ball each.
- Players dribble around a big square.
- The Person who is ON tries to knock the players ball outside the square.
- The players who are dribbling the ball must protect their ball.

**Progression:** All players must solo the ball on the hurly. The person who remains in control of the ball wins. The Person who is on can not touch the players while soloing. They act as a decoy.

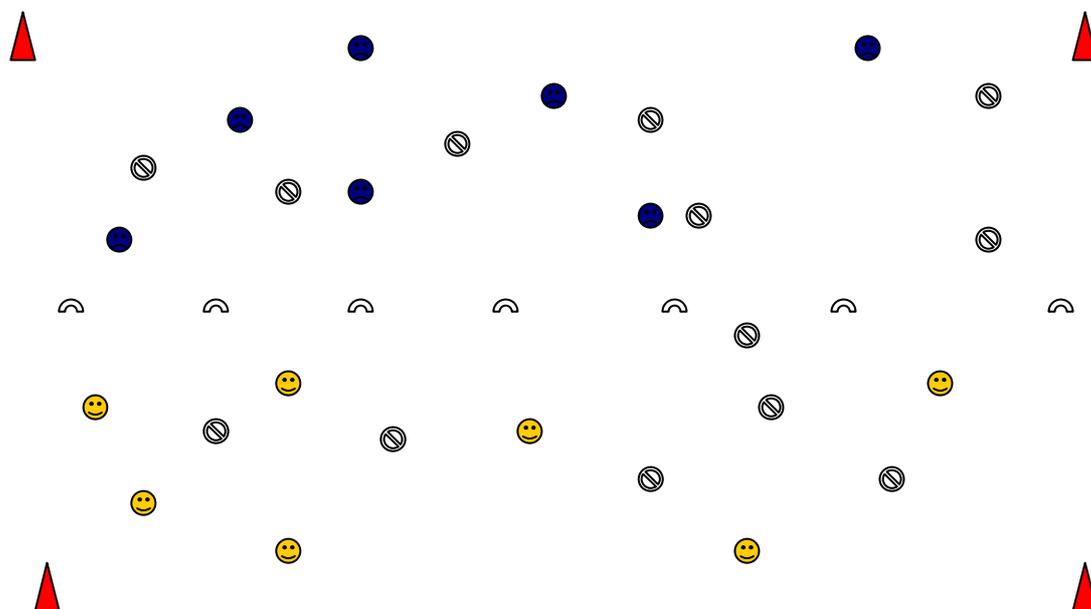
### Rob the Nest:

- 12 players split into 4 teams of 3.
- In 60 seconds dribble as many sliotars out of the centre as possible.
- When the centre is empty, take sliotars from other teams' area and move clockwise back to your own area.
- Only one player from each team can move at a time
- Only one ball can be taken at a time.
- After 60 seconds, count the balls in each area to determine a winner.
- No tackling is allowed.



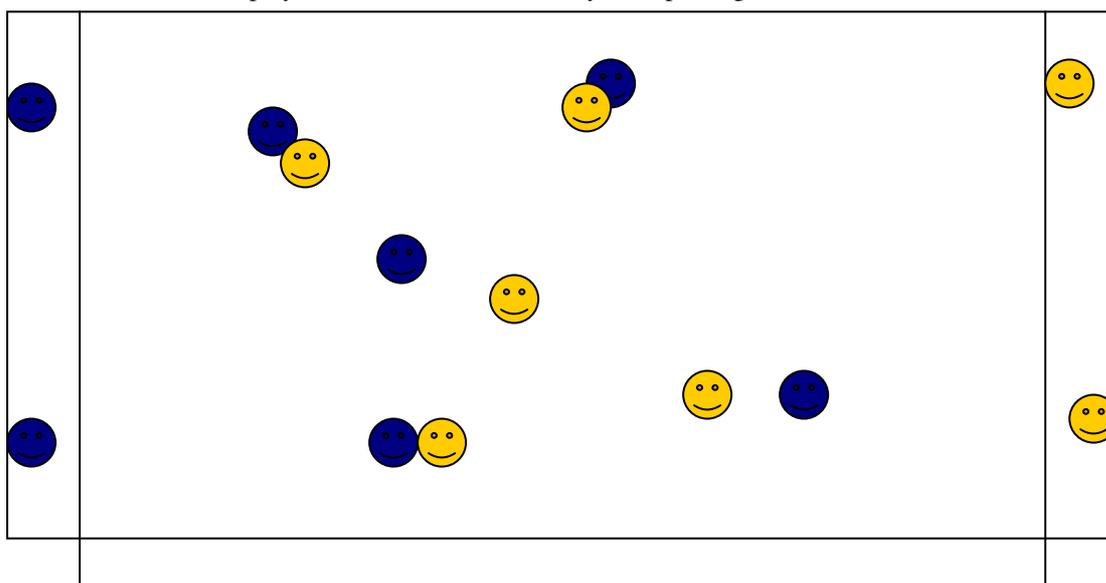
### Over the Border:

- Large playing area need.
- 2 equal number teams on each side of the border.
- When the coach blows the whistle the player try strike all the balls into their teammates area.
- After the minute the team with the least number of balls in their half wins.
- The aim is to keep all balls moving at all times.
- Ground Hurling only- For older groups use strike from the hand.



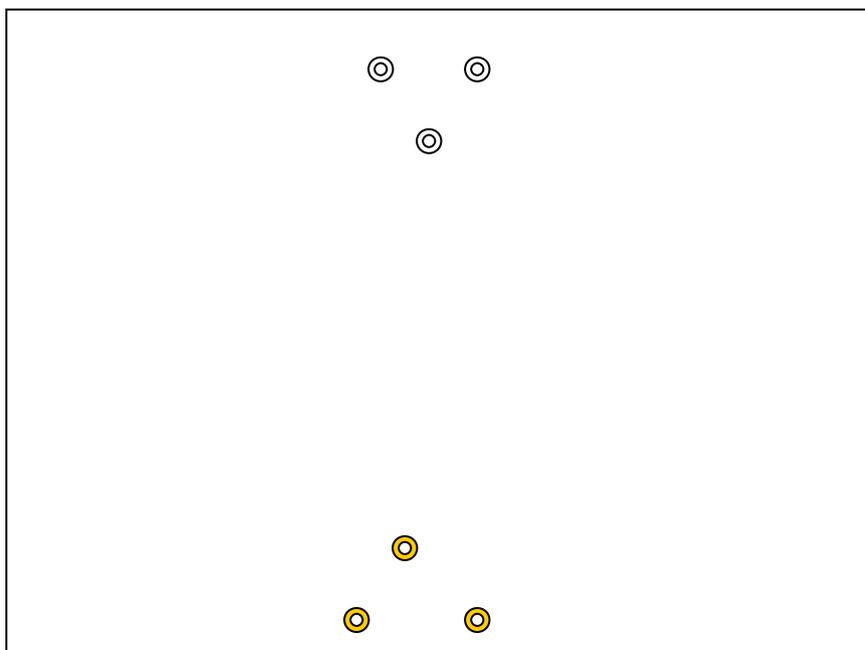
### End Zone's

- Dived the players into 2 equal teams
- Place 2 Receivers in the opposite end zone.
- The receivers are not allowed leave the end zone.
- To sore a point you must find your receiver with the ball.
- Games can be played with normal rules or only hand passing.



### Non Stop Triangle Goal Game:

- Set out the pitch as below.
- The game is non stop play even after a goal.
- Goals can be scored in any side of the triangle.
- No Goal Keepers and first to 5 scores wins the game.
- Normal Camogie Rules apply.
- Coach gets players to run into Space



### Hooking and Blocking:

**As coaches we expect kids to know how to hook and block.....**

Players work in pairs:

Hook-

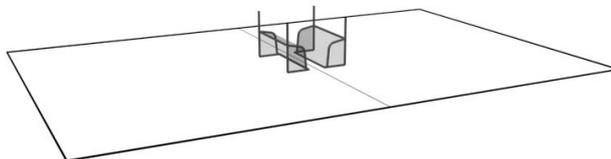
- Get one person to jog behind the other players leaving the hurl between elbow and shoulder height.
- Do not get the player to swipe upwards with the hurley.
- If the player rests the hurl/leaves in a position the other girl will not be able to swing fully.

Blocking-

- Block holding the hurl in one hand.
- Cover the ball and not the hurl.
- Striking player steps to the left and swings, comes back to centre and repeat from other side.
- Player blocking moves into position keeping the hurly in line with the imaginary ball.
- Avoid slapping down on the opponents hurly.

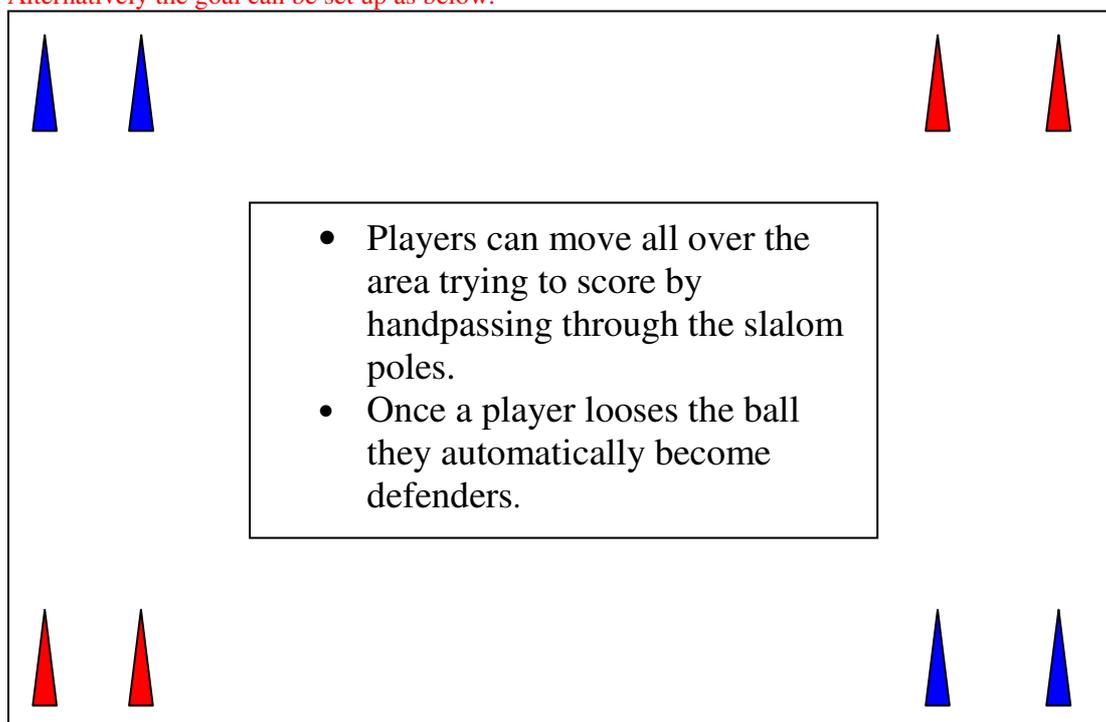
### Game Based Training- All age groups

Players divided as normal for a game.  
Goals are set up in the middle of the pitch back to back.  
Normal Camogie rules apply



This game promotes movement off the ball and tactical running into space.  
Teams can score in either goal and the coach can decide to only allow a score after 10 passes.

Alternatively the goal can be set up as below:



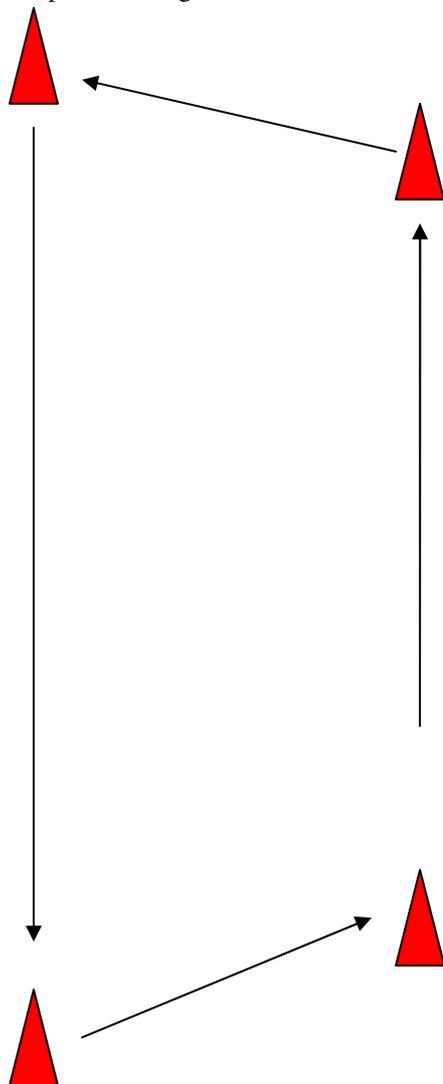
- Players can move all over the area trying to score by handpassing through the slalom poles.
- Once a player loses the ball they automatically become defenders.

### “Continuous Play”

Equal number of players at each cone.

The aim of this drill is to add in at least 4 balls and keep them going.

All aspects of the game included.



#### Sequence-

- The players and ball follow the directing of the arrow.
- Long strike along the ground- 40 meters
- Hand pass to player running on from cone 3.
- Strike to cone 4 at head height.
- Return hand pass to cone 1.

The drill can then change direction to clockwise to use different sides.