

# Camogie Workshop Cushinstown Co. Wexford 24/3/14

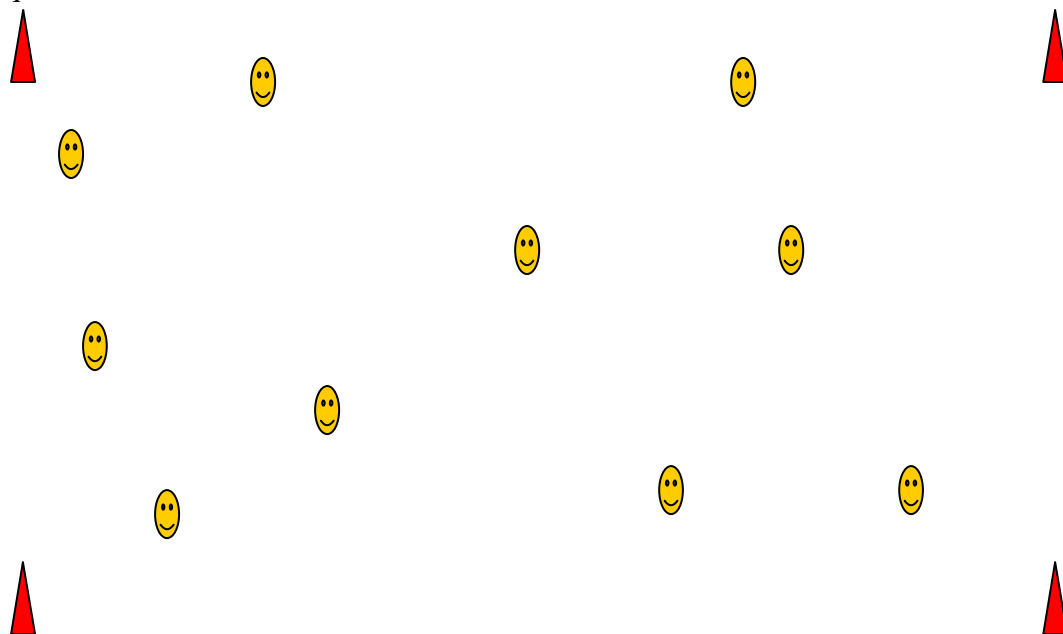


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## WARM UP:

Where possible warm ups should include the ball  
Focus on dynamic stretching

### Square Ball



All players inside a square

Players jogging around the square in all directions.

Coach call instructions for both ball work and dynamic stretching.

Dynamic stretch:

- High knees
- Heel flicks
- Lunge
- Squats
- Calf Stretch
- Groin Stretch
- High Skips

Ball Work:

- Pick and Drop
- Hand Passing
- Short Pass to head height
- Strike along the ground first touch
- Dribbling
- Pick and change direction quickly

Progressions for advanced/older squad

- Split the square into two teams
- Progression game for short periods- 1 minute max then rest
- 5v5 max per square

### Speed Work:

It is recommended that speed work be completed at the start of training just after the warm up

- P1, P2 & P3 start at cone a, pick at b drop at c, turn at d, pick at c & drop at b again. Next group to go on coaches whistle. Makes for competition.
- SPEED – BALL –TURN



- 1- Straight Pick Up
- 2- Coaches throwing a ball for on coming player to catch
- 3- Coaches throw a ball along the ground to work on first touch.

Above drill focuses on SPEED.

Progressions: Put a striker at cone D

On whistle from coach P1 picks ball from under crossed poles goes around pole 2 and drops under crossed cones.

Small space – pace & speed



### Small Sided Games:

#### Circle Game:

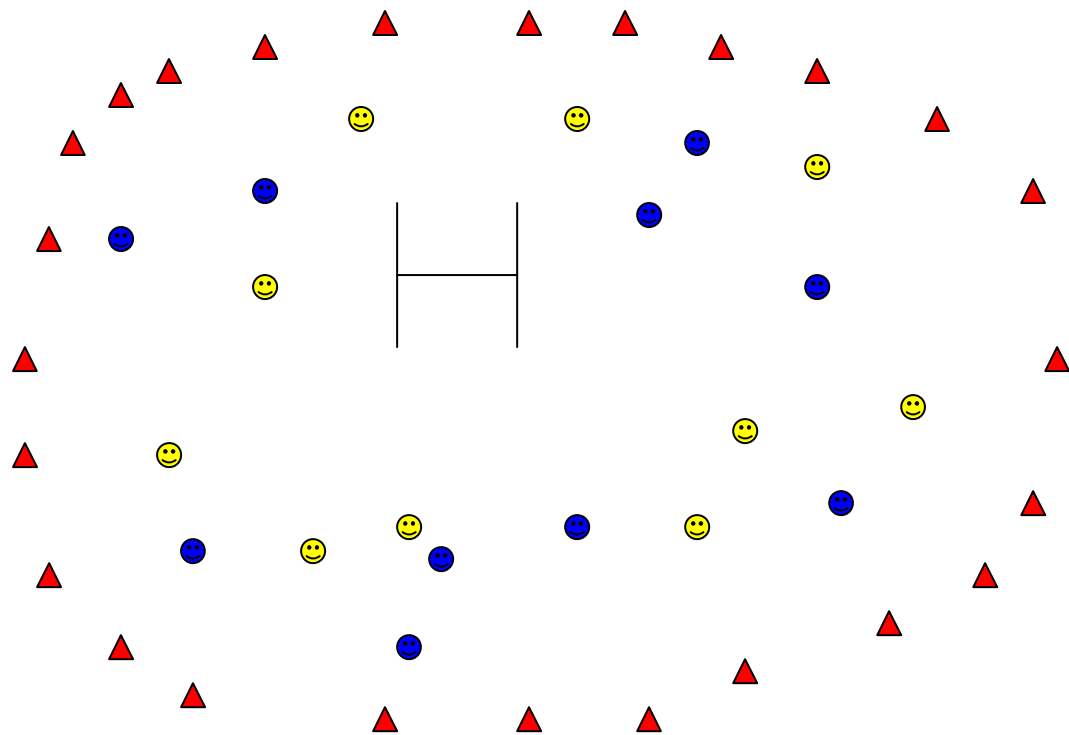
As a coach focus on-

Tackling, hooking, blocking

Striking on the run

Support Play

Finding a player in a better position

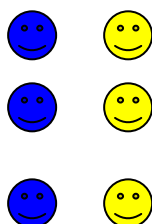
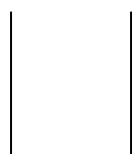
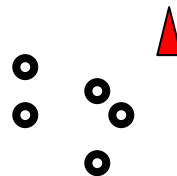
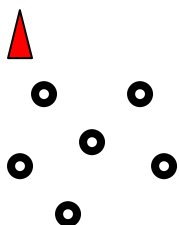
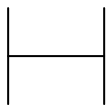


#### Game Rules:

- Normal Camogie rules apply
- Scores can only be got inside the circle
- Play can continue outside the circle
- The game continues even after a score
- Set a time frame
- Award extra bonus points for hooks or blocks

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### 3 v 3 Corner game:



#### Game Rules:

- 3 v 3 players
- Coach in red says go
- All 6 players jog forward
- Coach calls left or right and players run to collect a ball from that side.
- The first player who arrives at the side determines which ball is been used.
- Which ever team get the ball first are the attackers.
- The backs when they get the ball must work it back out through the gateson the 45 meter line.