

Munster GAA Coaching Conference 2012
Session: Striking from the Hand 6-11 year olds
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Introduction. In this station we will try to apply some of the following GAA Coach Education Models

How to Coach Skills	IDEA	Games Based Model (using STEP)	3T's & 3P's	5C's of Psychological Focus
Build Rapport Provide Demonstration Observe (Head, hands, Feet, Hurley) Analyse & Make Decisions Explain Provide Feedback	Introduce Demonstrate Execute Attend	Space Time/Task Equipment Personnel	Technical Proficiency Tactical Prowess Team Play Physical Literacy Participant Feedback Psychological Focus	Competence Confidence Concentration Composure Commitment

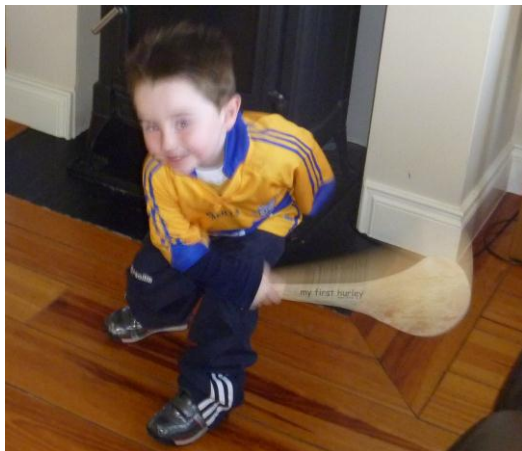
Equipment: I have been using very small hurleys -16 or 20 inch (depending on the height of the players) for the past few months with enormous success together with a light ball to develop competence and confidence.

Start with a game: A co-operative game with two or more players trying to assist each other is a very good way to start. Today we may choose to put players about 7m apart and set a challenge of 7 completed one handed strikes in a row to win the game. We will try to match the task to the age of the children.

Coach through the game: Demonstrate an element of the skill we would like improvement on and set up a skill routine or drill or a different game for the players to play in order to practice that skill. Continue the process.

Assist and Challenge: Once the players develop a competence in striking we will be trying to increase the challenge to get greater improvement, while all the time assisting the players when they struggle with the increased challenge.

Benefits of one handed striking with shorter hurley.
 Easier to develop a C-shaped swing
 Player will swing using dominant hand
 Very high success rate in connecting with the ball
 Hips, knees and feet engaged during swing
 Child progresses to two hands when they are ready.



I have had huge success coaching 3rd and 4th classes striking from the hand using the above method. In my experience all children can become competent at the skill in one 30 minute session.