



# Home GAA Session

## U7 – U9's

### Covid-19 Lockdown Home Training Session

The following session plan can be done with all members of the household.

The aim is to keep the children active while at home & also continuing to develop their skills from balance to coordination to running as well as GAA specific skills.

Each day the children should complete all parts of Section A and 3 skills of section B (2 Football, 1 Hurling or 2 Hurling, 1 Football). It is important to work on their skills during this time. The following activities can be done:

**Where:** at home, in the garden, against a wall or local open space.

**When:** Anytime

**Why:** to practice/develop skills, stay healthy and fight isolation blues.

**How:** do alone, with a sibling or Parent.

Please be sure to practice social distancing while you undertake these exercises outside the home.

**Enjoy & be safe**

By Shaunna Curtis  
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### Section A

ABC's (Balance, Agility & Coordination)	JR's (Jumping, & Running)
<ul style="list-style-type: none"> <li>• <b>Agility</b> – Freezing (Musical Statues)</li> <li>• <b>Agility</b> - Mirror Mirror</li> <li>• <b>Balance</b> – Tight Rope</li> <li>• <b>Balance</b> – Squat Balance</li> <li>• <b>Balance &amp; Coordination</b> – Body Balance II</li> <li>• <b>Coordination</b> – Skipping</li> <li>• <b>Coordination</b> – Picking Fruit</li> <li>• <b>Coordination</b> – Volleyball Push</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Jumping</b> – Lateral Bounce</li> <li>• <b>Jumping</b> – Vertical Jump</li> <li>• <b>Jumping</b> – Jump &amp; turn</li> <li>• <b>Running</b> – High Knees &amp; Heel Flicks</li> <li>• <b>Running</b> – Shuttle Runs</li> <li>• <b>Running</b> – High Knee-Lift Run</li> <li>• <b>Running</b> - Zig Zag Slalom Run</li> </ul>

### Section B

Football Skills	Hurling Skills
<p>If the child does not have a GAA Football, don't worry any ball can be used, even a tennis ball etc.</p> <ul style="list-style-type: none"> <li>• Solo – 15 Left &amp; 15 Right</li> <li>• Toe Tap Pick up - Boys 15 Left &amp; 15 Right</li> <li>• Crouch lift - Girls x 20</li> <li>• Bounce to Partner</li> <li>• Bounce &amp; Solo (bounce, 4steps, solo Left, 4 Steps, Bounce, Solo Right – Repeat x 15)</li> <li>• Near hand tackle – Parent to hold the ball and move for the child to dispossess with their nearest hand, 15 Left &amp; 15 Right.</li> <li>• Punt Kick to Wall/Partner – 15 Left &amp; 15 Right.</li> <li>• Handpass – 15Left &amp; 15 Right</li> <li>• Catch – Partner to throw for chest catch, advance to high catch – 15 Chest, 15 High.</li> </ul> <p>Increase the number on each exercise by 3 a day.</p>	<p>If the child does not have a Hurley – No Problem. Use a tennis racket, hockey stick, golf club, toy sword etc. to work on the technique of the following:</p> <ul style="list-style-type: none"> <li>• Re-familiarise the child with the Hurley Grips i.e. Ready, Lock &amp; Pick Up positions</li> <li>• Ground Strike – 15 Left &amp; 15 Right</li> <li>• Roll Lifts x 20</li> <li>• Jab Lifts x 20</li> <li>• Frontal Block x 15</li> <li>• Handpass x 15</li> <li>• Strike from the Hand – 15 left &amp; 15 Right</li> <li>• Solo – 5m, 10m, 15m Shuttle running – 2 x ball balancing on the Hurley &amp; 2 x Ball Bouncing on the Hurley.</li> </ul> <p>Increase the number on each exercise by 3 a day.</p>

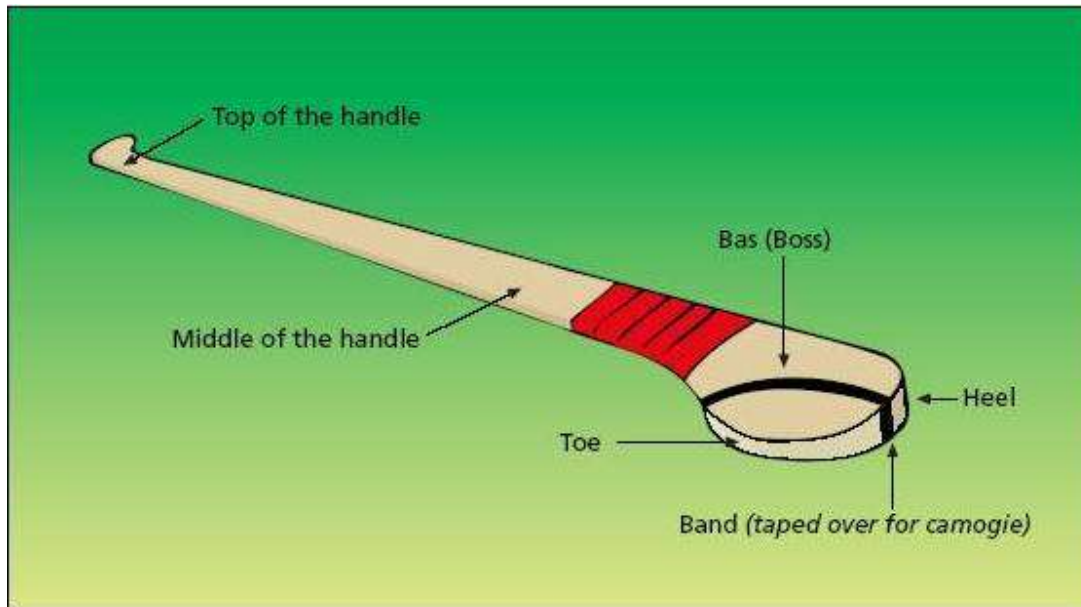
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## Hurley Parts & Grips

### 1. Parts of the Hurley.

- Toe
- Heel
- Boss
- Shaft/Middle of the Handle
- Top of the Handle/Butt



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## 2. Grips of the Hurley

### ➤ Ready Position

- Pick up Hurley with dominant hand gripping the top of the Hurley.
- Place non-dominant hand under Hurley above the bas.
- Ensure that the toe of the Hurley points upwards.
- Close fingers of weaker hand around Hurley with thumb on top.
- Adopt ready position.
- Slide non-dominant hand up the handle to lock with dominant hand.
- Hurley at 90 degrees, up in front of shoulder of dominant hand.



### ➤ Lock Position

- Adopt ready position.
- Slide non-dominant hand up the handle to lock with dominant hand.
- Hurley at 90 degrees, up in front of shoulder of dominant hand.



### ➤ Lifting position

- Adopt Ready position
- Use thumb of dominant hand to turn the Hurley so that the toe is facing away from the body

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