

## Basic Practice Tips for Juvenile Hurling and Camogie

### Skills 1

1. Name the parts of the hurley
2. How: (a) Ready Position (b) Lock Position (c) Lifting Position change from (a) to (b) and from (a) to (c).
3. Strike a tyre 5 times (strong side) and 5 times (weak side).
4. Practice striking a ball.

### Skills 2

1. Strike the ball (strong side) at least 10 metres along the ground.
2. Block the ball at ground level with the hurley.
3. Dribble the ball 10 metres with the hurley to pass between two cones set 1 metre apart.
4. Chest catch the ball.

### Skills 3

1. Strike the ball (weak side) at least 5 metres along the ground.
2. Run to the ball and strike it (strong side) at least 10 metres along the ground.
3. Roll-lift the ball into the hand at least 5 times in 30 seconds.
4. Balance the ball on the hurley for at least 10 seconds.
5. Palm the ball at least 3 metres.
6. Palm the ball thrown-up off the hurley.

### Skills 4

1. Run to the ball and strike it (weak side) at least 5 metres along the ground.
2. Block the ball (below head level) with the hurley.
3. Jab-lift the ball into the hand at least 8 times in 30 seconds.
4. Strike the ball (strong side) at least 10 metres from the hand.
5. \*Catch the ball (overhead) using the hurley to protect the catching hand.

### Skills 5

1. Block the ball with a hurley as it passes over head.  
Advanced skill: Block the ball and catch it as it falls.
2. Solo at least 10 metres with ball balanced or hopping on the hurley to pass between two cones set 3m apart.
3. Run to a moving ball and lift it into your hand.
4. Double on a moving ground ball to return it in the direction from which it is coming (at least 10 metres strong side and 5 metres weak side).  
Advanced Skill: Double on the ball in the air.
5. Strike the ball at least 20 metres from the hand (strong side) to pass through a goal 6.5 metres wide.  
Advanced skill: Strike the ball from the hand on the run.

### Skills 6

1. Bat a ball (passing overhead) at least 5 metres.
2. Score a point from a 20 metre free.  
Advanced Skill: Strike the ball off the hurley on the run.
3. Strike the ball 20 metres from the hand (weak side).
4. Double in a moving ground ball to send it forward in the direction it is already travelling (at least 10 metres strong side and 5 metres weak side).  
Advanced Skill: Double on the ball in the air.
5. Strike a sideline ball (sideline cut) to rise above hip level and travel at least 10 metres. Skills marked with an asterix (\*) require a partner.