

LIST OF SKILLS

Skill no.1

A. Correct grip and swing

B. Striking a stationary ball (strong side)

1. Adopt ready position.
2. Feet comfortably apart. The weaker or guiding hand is free to move up and down the handle of the hurl.
3. Slide the weaker hand into the Lock position. Bend the elbows to raise the hurl.
4. Bend the knees slightly. Eyes on the ball. Swing the hurl downward with a wristy action.
5. Body weight is transferred from the right to the left as the swing is completed.
6. Strike the ball flat on with the bas of the hurl.

Points to note:

- Mistakes can occur because:
- Feet are not comfortably apart.
- Knees or elbows not bending.
- Not transferring weight from right to left as ball is struck.
- Ball placed too far out from feet.
- Trying to hit the ball too hard.

Practice skill

From a standing position strike the ball (strong side) 10 meters along the ground.

SKILL NO. 2

Blocking a ball moving on the ground (strong side)

1. Adopt ready position.
2. Bend the knees and lower the left hand so that the heel of the hurl rests on the ground. This is the blocking position on the strong side.
3. Pupils practise moving from ready position to blocking position.

POINTS TO NOTE:

Pupils miss balls continuously because:

1. Not moving body near ball- trying to block from too far away.
2. Not maintaining feet in a comfortable position and over balancing when attempting to block.
3. Not keeping eyes on ball.

PRACTISE SKILL:

Strike the ball against a wall and attempt to block the rebound(ten times)

Skill no. 3

Dribbling with the ball on the ground

1. Adopt ready position.
2. Progress to blocking position (strong side).this is also the starting point for dribbling.
3. Pupils practise moving an imaginary ball in this position using short back strokes, i.e., not lifting the hurl over knee level as they move in a circle around the teacher.
4. Encourage pupils to change direction of ball when dribbling by using alternate sides of the bas.

Skill drill:

Dribble a ball around a marker 3m. away and back. Emphasise keeping the ball under control by not having it more than a hurl length away

Points to note

Pupil loses control of the ball because:

- 1.Hurl is swung too far back i.e., higher than knee level.
- 2.Ballis struck too far in front.

SKILL NO.4

Chest catch.

- 1.Adopt ready position.
- 2.Continue to hold the hurl in this position with the stronger hand.hold hurl short if necessary.
- 3.Move the weaker hand into the chest in a cupped position.
- 4.Pupils catch an imaginary ball in this position. Practise throwing inaginary ball head high and catching it into chest.
- 5.Repeat this with real ball throwing it progressively higher and catching it

Points to note

- 1.Poor co-ordination, ball bounces off chest :-move closer to partner and when successful gradually move further apart.
- 2.Emphasise that body should be moved to receive the ball into the chest

Practise skill:

Stand 2m. from wall with hurl in the stronger hand, throw ball underarm and chest-catch rebound with weaker hand,stand further back and repeat.

SKILL NO.5

Striking a stationery ball on the ground(weak side)

- 1.Adopt ready position
- 2.Progress to lock position by locking the weaker hand with the stronger hand on the top of the handle, bend the elbows to raise hurl.

3. Bend the knees slightly. Eyes on the ball. Swing the hurl downward with a wristy action
4. Transfer body weight from left to right leg as the swing is completed.
5. Strike the ball flat on with the bas of the hurl.
6. Pupils attempt 10 of these as the teacher counts, making a slightly bigger arc each time.
7. Practise for accuracy, swing on a daisy or mark in front of right foot. perform 10 of these
8. Introduce ball ; practise swing and striking.

Points to note

Pupil over balances because:

1. Feet are not comfortably apart.
2. Knees or elbows not bending.
3. Not transferring weight from left leg to right leg as ball is hit.
4. Trying to hit the ball too hard.

Practise skill:

From a standing position and from the weak side hit the ball at least 5m. on the ground.

SKILL NO.6

Run to a stationery ball and strike on the ground (strong side).

1. Adopt ready position.
2. Progress to grip and swing (strong side).
3. Swing on an imaginary ball or some real object e.g., daisy or tyre.
4. Take one step back from your position and advance to strike daisy etc.
5. Progress to taking 2,3,4, etc steps back and repeat.
6. Pupils practise above sequence.
7. Introduce ball and repeat

Points to note

Pupil has to check just before hitting the ball:

1.Revise steps (4) and (5).

Practise skill:

Stand five steps back from the ball. Run to the ball and hit it on the run (strong side) so that it travels 10 metres.

SKILL NO.7

Roll lift and catch(stationery ball).

- 1.Aadopt ready position.
- 2.Change to lifting position. Place the left foot along side the ball and bend the knees and back to bring the head down over the ball.
- 3.Place hurl firmly on the ball, roll quickly towards the body and slide toe of hurl under the ball to rise it. As it rises, release the weaker hand from the hurl in cupped position, allowing the ball to fall into it.
- 4.Pupils practise this with:(1).an imaginary ball.(2)real ball.

Points to note

Pupil has problem with co-ordination, ie: weaker hand doesn t leave hurl in time to catch ball .Try the following.

- 1.Hold hurl short and if successful gradually lenghten grip.
- 2.Go on knees hold hurl short, roll lift and catch. Return to standing position when this is mastered.

Practise skill.

Roll lift the ball ten times into the hand successfully.

SKILL NO.8A

Balance ball on hurl.

- 1.Adopt ready position and progress to lifting position.
- 2.Try to balance the ball on the hurl by holding the hurl straight with both hands.
- 3.Pupils practise this with:(1)An imaginary ball.(2)Real ball.

Points to note

Ball falls off hurl-hold hurl short and practise skill until confident enough to hold it at full length.

Practise skill

Balance ball on hurl while stationary or on the move for 10 seconds,20 seconds etc. Who can do it for the longest time without letting the ball fall off the hurl?

SKILL NO.8B

Palming.

- 1.Revise:Roll lift and catch.
- 2.Demonstrate palming action ,ie :ball thrown up and struck with the open palm of the weaker hand.
- 3.Pupils practise this with(1)An imaginary ball.(2)Real ball.

Points to note:

Palming.Pupils cannot palm accurately or misses palming effort.Do not throw ball up too high.do not let striking(weaker)hand go back too far from the ball.

Practise skill.

Stand 2m.from a wall.Balance the ball on the hurl.Toss it up to catch it then palm against the wall to catch the rebound.Do this 5 times sucessfully.

SKILL NO.9

Run to a stationary ball and strike on the ground,(weak side).

- 1.Adopt ready position.
- 2.Progress to grip and swing on weak side.
- 3.Swing on a daisy or tyre(weak side).
- 4.Take 1 step back from your position and advance to strike daisy etc.
- 5.Progress to taking 2 steps,3,4,etc.,back and repeat.
- 6.Pupils practise above sequence.
- 7.Introduce ball and repeat.

Points to note

Pupil has to check or stop just before hitting the ball-more practise with steps(4) and(5).Pupil may hold hurl short if necessary and gradually revert back to holding it at full length.

Practise skill:

Stand 5 steps back from the ball.Run to the ball and hit it on the run (weak side) so that it travels5m.on the ground.

SKILL NO.10

To block aball above ground but below head level.

- 1.Revise blocking ground ball
- 2.Try blocking a ground ball(weak blockring side).this can be done by moving body into flight of ball or moving hurl across body to block.Pupils practise this with teacher directing i.e,block a ground ball to your right/left/between legs.
- 3.From ready position demonstrate stance for blocking an imaginary ball at various heights,(strong blocking side).Repeat for weak blocking side.
- 4.Teacher directs pupil to adopt correct blocking positions,i.e., ball coming to your left at(1) Shoulder level.(2) Knee level.(3) Ankle level etc.Repeat for ball coming to your right.

Points to note:

Positioning of body very important:

Blocking involves moving body and then adopting blocking positioning.This should be emphasised.

Practise skill:

Stand 3m. from a wall or from a partner.Strike the ball against the wall or get partner to palm it to you(below head level) so that the ball can be blocked either to the right side,left side or coming straight ahead.Attempt to block the ball ten times successfully.

SKILL NO.11

Jab lift.

- 1.Stride towards the ball so that left foot is set down alongside the ball
- 2.Change the grip from ready to lifting position.Bend the knees and back to and bring the head down over the ball.

3. Slide toe of hurl under ball and as it rises release weaker hand from the hurl, in cupped position, allowing the ball to fall into it.

4. Pupils practise above sequence (1) With imaginary ball (2) With a real ball.

Points to note

Pupil has problem with co-ordination weaker hand doesn't leave hurl in time to catch the ball. Try one of the following: (1) Hold the hurl short and when successful return the hands to the top of the handle. (2) Go on one knee, hold hurl short and jab-lift. Return to standing position when this is mastered.

Practise skill:

Jab-lift a ball into the hand ten times successfully.

SKILL NO.12

Striking the ball from the hand, (strong side).

1. Adopt ready position

2. Hold the ball in the cupped left hand with the elbow slightly bent. The hurl is held upright in front of the right shoulder with the bas above head height.

3. Eyes on ball. Feet are comfortably apart to get good balance. Shoulders and feet are in line with the intended flight of the ball. Throw ball up to shoulder height.

4. Hips and shoulders follow through as the pupil swings the hurl and strikes the ball between knee and hip level

5. Hurl follows through in the direction the ball is travelling. Note that the weight is transferred from the right to the left leg as the ball is hit.

6. Pupils practise above sequence (a) With an imaginary ball, (b) With a real ball.

Points to note:

1. Pupil misses the ball - hold hurl short and gradually revert to holding it at full length.

2. Throwing the ball up incorrectly. Practise throwing the ball up and catching it with the weaker hand until confident enough to strike the ball.

Practise skill:

Strike the ball from the hand (strong side) to travel a distance of 10m. without touching the ground.

SKILL NO.13

Catching a ball overhead (Shielding hand)

1. Demonstrate catching position. The open (cupped) hand is facing the oncoming ball.
2. Adopt ready position.
3. Raise the hurl in this position above head by extending both hands as far as possible.
4. Release weaker hand from the hurl and position it in the catch position
5. Pupils catch an imaginary ball using fingers and thumb to close in around the ball.
6. Revise above but with the catching hand behind the hurl. The hurl acts as a shield to the catching hand.

Points to note

If unsuccessful

1. Move closer to partner.
2. Concentrate on catching at about head level.
3. Do not grab at the ball.
4. Relax hand on impact with ball.

Practise skill:

Stand 3m. from a wall or from a partner. Partner palms the ball or it rebounds when struck against the wall to pass overhead. Attempt to catch the ball 5 times successfully.

1. SKILL NO.14

Blocking a ball overhead:

1. Adopt ready position then progress to lifting position.
2. Hurl is extended overhead and weaker hand slides down the handle of the hurl to meet the stronger hand at the top of the handle.
3. Note position of hand and thumbs.
4. Eyes on the ball at all times.
5. Relax grip to deaden the ball on impact. As it hits the base of the hurl, allow it to fall at feet.
6. If necessary, jump to meet higher ball.

7.Pupils practise this with an imaginary ball.

8.Throw the ball overhead and block it

Points to note:

Difficulty controlling the hurl or missing block continuously: hold hurl short. Return to full hurl length as soon as possible.

Practise skill:

Stand 3m. from a wall or from a partner. Partner palms the ball or it rebounds when struck against the wall to pass overhead. Block the ball ten times successfully.

SKILL NO.15

Solo-Run

1.Ball balanced on hurl.

2.Ball hopping on the hurl.

1.Adopt ready position and progress to lifting position and balance the ball on the hurl.

2.Pupils practise the following solos(1)ball balanced on hurl,(2) ball hopping on hurl.(a)With an imaginary ball.(b) With real ball.

Points to note:

Ball falls off the hurl:

1.Hold hurl short for increased control.

2.Ensure that eyes are fixed on the ball.

Practise skill:

Lift the ball and solo(ball balanced or hopping on the hurl)10 metres to pass between two markers 3m. apart. Attempt to perform this ten times successfully.

SKILL NO.16

Rising a moving ball into the hand.

1.Adopt lifting position. Progress to blocking position between the legs by lowering the hurl with the weaker hand. This is the upright lifting position.

2.Lift a ball rolling or hopping along the ground by tilting the bass of hurl out with the weaker hand into the path of the oncoming ball.

3. When the ball hits the bas it will rise if the hurl is tilted out towards it at the correct angle.
4. Release the weaker hand in the cupped position to catch the ball.
5. Pupils practice with (1) an imaginary ball. (2) With a partner who throws the ball gently along the ground.

Points to note:

If the ball bounces away from the pupil.

1. Hold the hurl short.
2. Bend the back and legs to ensure greater control

Practice Skill

Stand 3m from a wall or from a partner. Partner throws the ball or you strike the ball against the wall so that it come rolling back along the ground. Rise the moving ball. Can you perform this ten times successfully?

SKILL NO.17

Doubling-back (striking a moving ball to return it in the direction from which it is coming).

1. Adopt ready position.
2. Run to meet the oncoming ball and adopt lock position as the ball comes near. Whether the ball is hit from the strong or weak side is determined by the position of the moving ball.
3. Eyes on the ball-good judgement is vital.
4. Swing on the ball to send it back in the direction from which it came (concentrate on connecting properly rather than powerfully at first).
5. Pupils practise with an imaginary ball.

Points to note:

1. The ball is missed by trying to hit it too hard. Concentrate on connecting properly rather than powerfully at first.
2. It is most important to have the feet in the correct position when doubling ,i.e., as for striking a stationery ball while running.
3. Eyes on the ball at all times.
4. Swing hurl as close as possible to the body.

Practise skill:

Stand 5m.back from a wall. Double on the ball 5 times successfully against the wall.

SKILL NO.18

Striking the ball from the hand (strong side).

- 1.Striking a ball long and accurately involves technique and power. Don't throw the ball up too high, as this increases the chances of missing or miss hitting the ball. Eyes on the ball. Good follow through in the direction the ball is to travel is necessary for accuracy and distance.
- 2.Pupils practise the above with(1)an imaginary ball,(2)a real ball.

Points to note:

- 1.Missing ball- hold hurl short and revert to holding it at full length.
- 2.Throwing the ball up incorrectly. Practise, throwing ball up and catching it with weaker hand until confident enough to strike ball

Practise skill:

Strike a ball (strong side) 20m. to pass through a goal 5m. wide.

SKILL NO.19

Batting a ball overhead.

- 1.Adopt ready position and then progress to lifting position.
 - 2.The hurl is extended overhead and the weaker hand slides down the handle of the hurl to meet the stronger hand at the top of the handle.
 - 3.Note the position of the hands and thumbs.
 - 4.With a wristy action allow the hurl to tilt slightly back overhead.
 - 5.With the same wristy action bat the ball sharply with the bas of the hurl.
- Note: Eyes on ball, body positioned against the flight of the ball.
- 6.Pupils practise above sequence to bat an imaginary ball.

Points to note:

Pupil fails to bat:

- 1.Not positioning ball against flight of ball- further practise at blocking overhead.
- 2.Trying to bat too far: bat more gently or hold hurl short.

3. Eyes not fixed on ball.

Practise skill:

With partner or against wall, 3m. away bat ball palmed overhead by partner or which rebounds when struck against the wall. Attempt to do this five times successfully

SKILL NO.20

Free taking.

1. Adopt ready position then progress to lifting position.
2. The shoulders, hurl and body are in line with the target.
3. Feet apart so that the body is evenly balanced in the ready position.
4. Ball placed in front of at equal distance from both feet.
5. Eyes fixed on the ball, place left foot along side the ball, crouch the body and bend the knees.
6. Roll-lift the ball to shoulder height. (jab-lift may also be used).
7. Strike the ball at knee height and follow through. The angle at which the hurl strikes the ball will determine the flight off the ball.
8. Pupils practise above sequence using (1) Imaginary ball. (2) Real ball.

Points to note:

1. Pick-up not being executed properly. This is the most common reason for missing the ball when taking a free. Pupils decide on method used to lift the ball, jab-lift or roll-lift, and practise it until mastered.
2. If the ball is lifted farther away from the body than was intended, corrective action may be taken by moving the feet and body after the ball and then striking it.

Practise skill:

Score a point from each of three 20 metre frees (1) from in front of the posts. (2) 10 metres to the right. (3) 10 metres to the left.

SKILL NO.21

Striking a ball from the hand, (weak side).

1. Adopt ready position.
2. Hold the ball in the left cupped hand with the elbow slightly bent. The hurl is held across the body in front of the left shoulder

3. Feet comfortably apart to ensure good body balance
4. Throw the ball up to shoulder level. Hips and shoulders rotate to swing the hurl and strike the ball between knee and hip level.
5. The hurl follows through in the direction the ball is travelling.
6. Weight is transferred from left to right foot as the ball is being hit.
7. Pupils practise with (1) imaginary ball. (2) Real ball.

Points to note:

Pupil misses ball because co-ordination is poor. Hold hurl short and gradually revert to holding it at full length.

Practise skill:

Hit a ball 20m. from the hand (weak side).

SKILL NO.22

Doubling forward (striking a moving ball to send it further in the direction it is already travelling).

1. Adopt ready position.
2. Run to meet oncoming ball and adopt lock position just as the ball comes near. Whether the ball is hit from the strong or weak side is determined by the position of the ball.
3. Eyes on the ball- good judgement is vital.
4. Swing on the ball to send it further in the direction it is travelling.
5. Pupils practise with an imaginary ball.

Points to note:

1. Failing to strike the ball due to trying to hit it too hard. Concentrate on connecting properly rather than ;powerfully at first.
2. It is most important to have the feet in the correct position when doubling, i.e., the same position as for striking a stationary ball while running.
3. Eyes on the ball at all times.

Practise skill:

Get a partner (5m. away) to roll the ball to your strong side. Double on the ball forward to travel 10m. Repeat but double from weak side to hit ball 5m.

SKILL NO,23

Sideline Cut.

- 1.Place the ball well,i.e.,on a raised tuff of grass.
- 2.Adopt ready position and stand a hurl length from the ball,eyes focussed on the ball.
- 3.Hold hurl in lock position and bend knees and back-holding feet comfortably apart.
- 4.Swing hurl to cut under the ball and follow through with the hurl in the direction the ball is hit(sideline cut may also be hit flat on with the bas of the hurl).
- 5.Allow pupils to practise with(1)an imaginary ball.(2)a real ball.

Points to note:

- 1.Ball hops upwards but does not travel far-pupil not following through with hurl.
- 2.Pupil tops ball,i.e.,hits the top of the ball and it doesn't travel far,pupil not bending knee and back and hurl not cutting under ball.

Practise skill:

Cut a sideline ball so that it rises above hip level and travels at least 10 metres.

SKILL NO.24

Doubling in air.

- 1.Adopt ready position.
- 2.Run to meet oncoming high ball and adopt lock position just as the ball comes near.Whether the ball is hit from the strong or weak side is determined by the position of the ball.
- 3.Eyes on the ball- good judgement is vital.
- 4.Swing on the ball to send it further in the direction it is travelling.
- 5.Pupils practise with an imaginary ball.

Points to note:

- 1.Failing to strike the ball due to trying to hit it too hard.Concentrate on connecting properly rather than powerfully at first.
- 2.I t is most important to have the feet in the correct position when doubling,i.e.,the same position as for striking a stationery ball while running.
- 3.Eyes on the ball at all times

Practise skill:

Get a partner (5m. away) to roll the ball to your strong side. Double on the ball forward to travel 10m. Repeat but double from the weak side to hit the ball 5m.

SKILL NO.25

Hooking

1. Stand arms length and slightly to the left of an opponent with your hurl stretched outwards.
2. When the opponent attempts to strike the ball move your hurl upwards so that it makes contact with the other person's hurl.

Points to note:

1. When you make contact with the other person's hurl it prevents him from hitting the ball.
2. If you are in the correct position you will not get hit.

Practise skill:

Get a partner and practise this skill with an imaginary ball and standing still then try and do it on the run.

SKILL NO.26

Ground clash /jostle

1. Get in close beside your opponent.
2. Ensure you keep your eyes on the ball.
3. Use a two-handed quick, wristy swing.
4. Keep at least one foot on the ground.

Points to note:

1. Players should ensure that they make shoulder to shoulder (jostle) and hip to hip contact when striking the ball on the ground.

Practise skill:

1. Players pair off in two lines facing the teacher.
2. The teacher holds a hurl on the ground between each pair as they approach (1) walking (2) jogging.
3. Both players swing on the hurl together.
4. Progress to throwing a ball in between the pairs instead of the hurl.

SKILL NO.27

Low catch

1. Demonstrate catching position.
2. Adopt ready position.
3. Release your weak hand from the hurl and position it in the direction from which the ball is coming.
4. Pupils practise using an imaginary ball and using their fingers and thumb to close in around the ball.

Points to note:

If unsuccessful

1. Move closer to partner.
2. Do not grab at the ball.
3. Relax hand on impact with ball.

Practise skill:

1. Stand 3m. from wall or from partner. Partner palms the ball or it rebounds when struck against the wall to pass low.
2. Attempt to catch the ball five times successfully.

SKILL NO.28

Swerve

1. Adopt ready position.
2. Teacher sets up 6 cones in a row (2 or 3 rows)
3. The children are divided up into groups of 2 or 3 and each group is assigned a particular row.
4. The children are then instructed to run through the cones swerving from left to right and from right to left.

Points to note:

Teachers should ensure that each child acknowledges the swerve action involved as they move through the cones as this is the whole point of the exercise.

Practise skill:

1. Pupils should be encouraged to (1) increase (2) decrease speed as they move through the cones.
2. As the pupils progress they should practise swerving through the cones with the ball placed on the hurl (solo run).

SKILL NO.29

Ground Tackle

1. Get in close beside your opponent.
2. Eyes on the ball.
3. Use a two-handed, quick, wristy swing.
4. Maintain at least one foot on the ground.

Points to note:

Ensure players make shoulder to shoulder contact and also hip to hip contact when striking the ball on the ground. Teacher should increase the players confidence by:

- (a) Teaching the proper technique.
- (b) Organising effective drills.
- (c) Encouraging success.

Practice Skill:

Drill A

1. Players pair off in two lines facing the teacher.
2. The teacher holds a hurl on the ground between each pair as they approach
 - (a) walking
 - (b) jogging
3. Both players swing on the hurl together.

Drill B

As in drill (A) above but teacher gently rolls a sliotar along the ground between each pair as they approach. Players perform a ground clash, retrieve the sliotar and return to the end of the line.

SKILL NO.30

AIR TACKLE

- Players pair off and stand close together, player A in front of player B.
2. They decide how they will contest the high ball.
 3. Player A throws the ball overhead.

4.Both players contest the high ball as decided. Eyes on the ball.

POINTS TO NOTE

Maintain shoulder to shoulder contact and keep at least one foot on the ground. Good timing and reactions are also extremely important.

PRACTICE SKILL

As mentioned above.

SKILL NO.31

- 1.Position yourself (a hurl plus an extended arms length) in front of opponent in possession.
- 2.As opponent throws the ball from the hand to strike , crouch down in striding position, right leg forward for longer reach, and bring the hurl forward, holding it as for batting skill.
- 3.Bring the hurl down firmly to block both and opponents swing by making solid contact with the bas of opponents hurl.

POINTS TO NOTE

- 1.Players should genuflect in.
- 2.Slide hurl out in grip as for batting.
- 3.Bring hurl down firmly on ball.
- 4.Maintain hurl in position to block opponents hurls

PRACTICE SKILL

DRILL A

Players in line advance individually to perform block down on teacher striking an imaginary ball.

DRILL B

Players pair off and practise blocking action
(a) with an imaginary ball. (b) with a real ball.

