

# Kilkenny Gaa Coaching Conference

## Small-sided Games for Hurling



Possession Type - Un-opposed ....easy

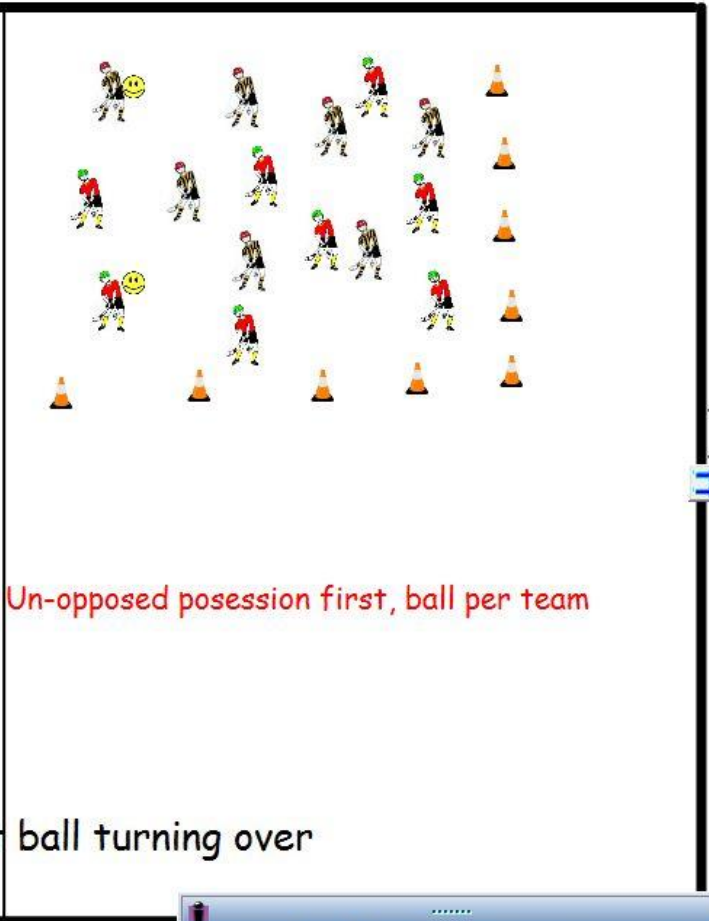
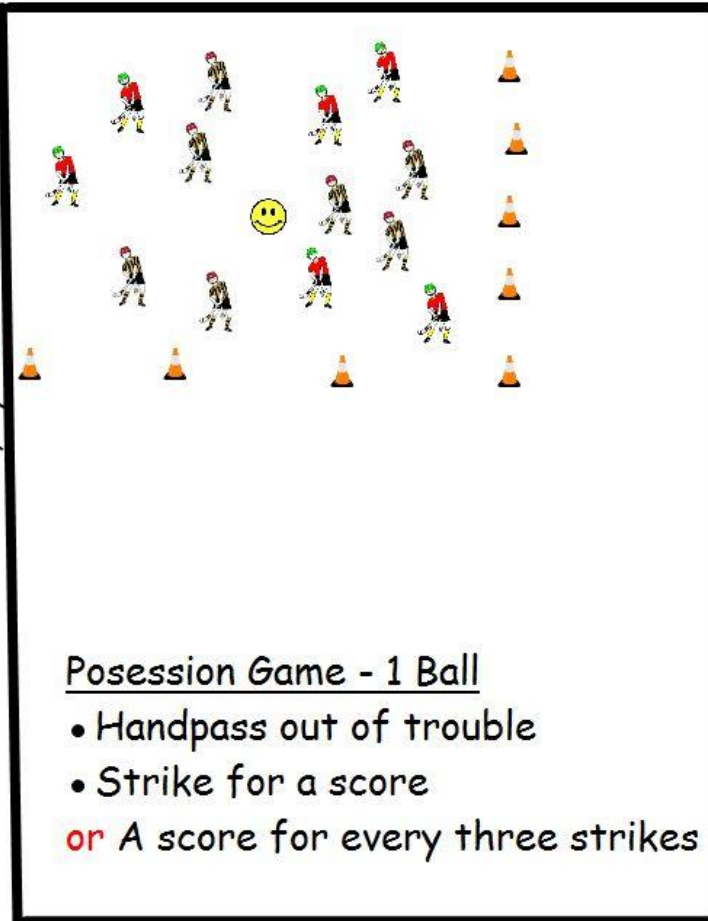
Possession Type - Opposed- Large number ...easy

Possession Type - Opposed -Small number ...medium

Match Type - Large number ...medium

Match Type - Small number ....difficult

Drill Type - Savage!!



Note: Play Un-opposed posession first, ball per team

Possession Game - 1 Ball

- Handpass out of trouble
- Strike for a score

or A score for every three strikes completed without ball turning over





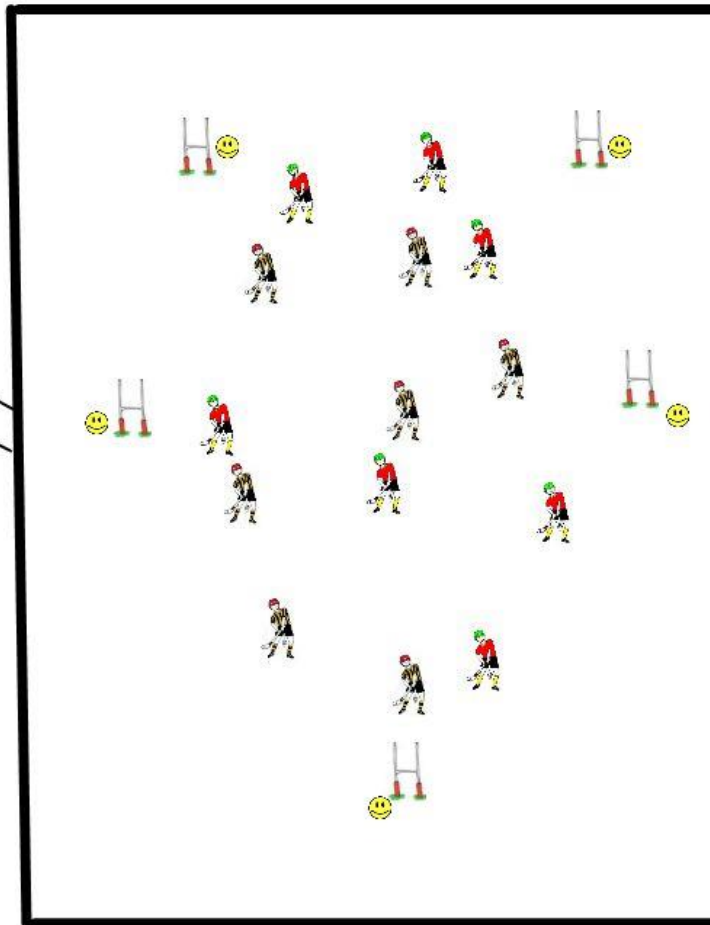
Get up and Support  
2 nearest players to player with ball get up and support, --  
2 handpasses then..  
Pick out a player with an accurate strike

2 Teams in same area working independently



4/10

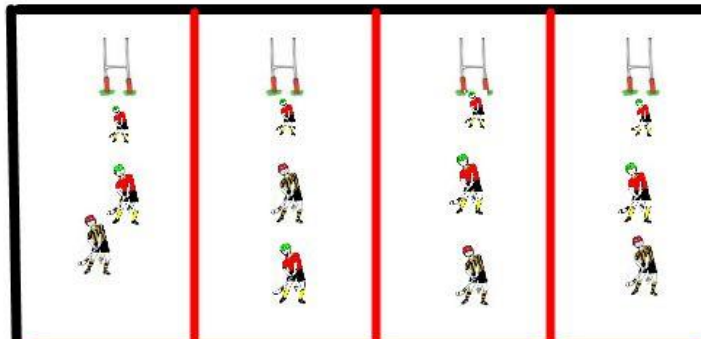




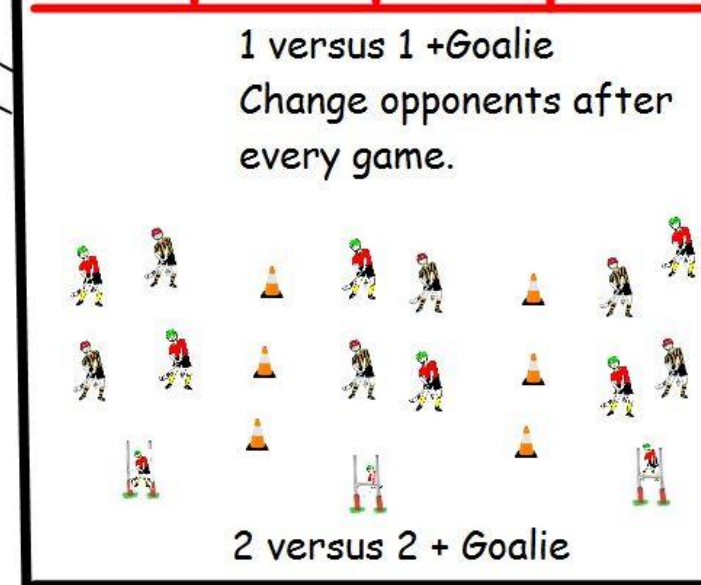
- Score by carrying ball through any goals
- Team cannot score in the same goals twice

- After score, leave down ball for opponents to start attack
- Attack must start with a strike or handpass
- Focus on switching play and keeping posession
- Avoid "Guarding" the goals





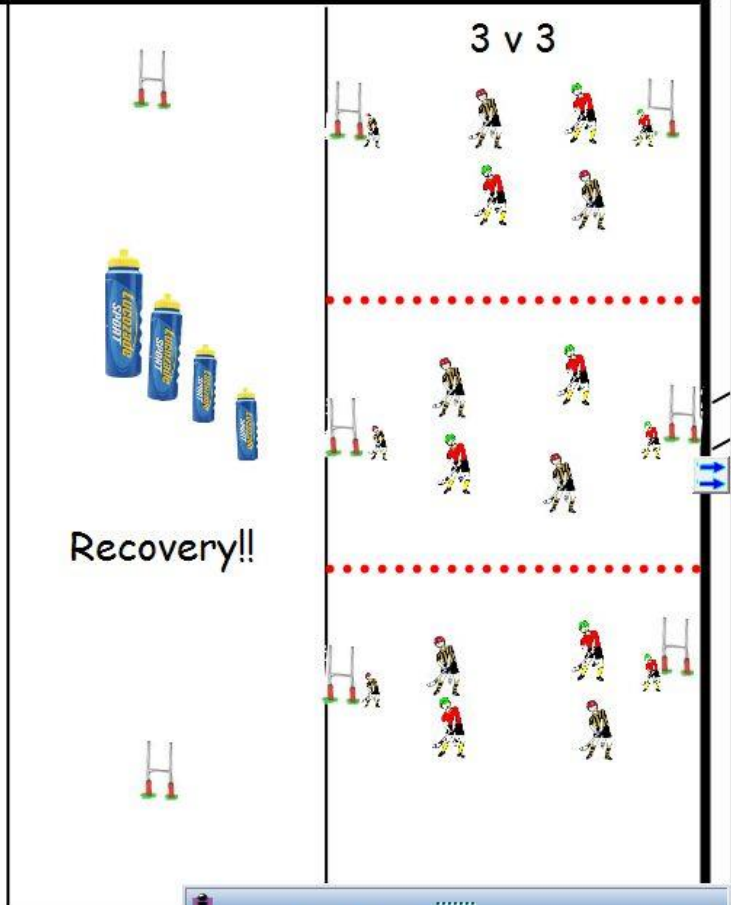
1 versus 1 + Goalie  
Change opponents after every game.



2 versus 2 + Goalie



5 v 5

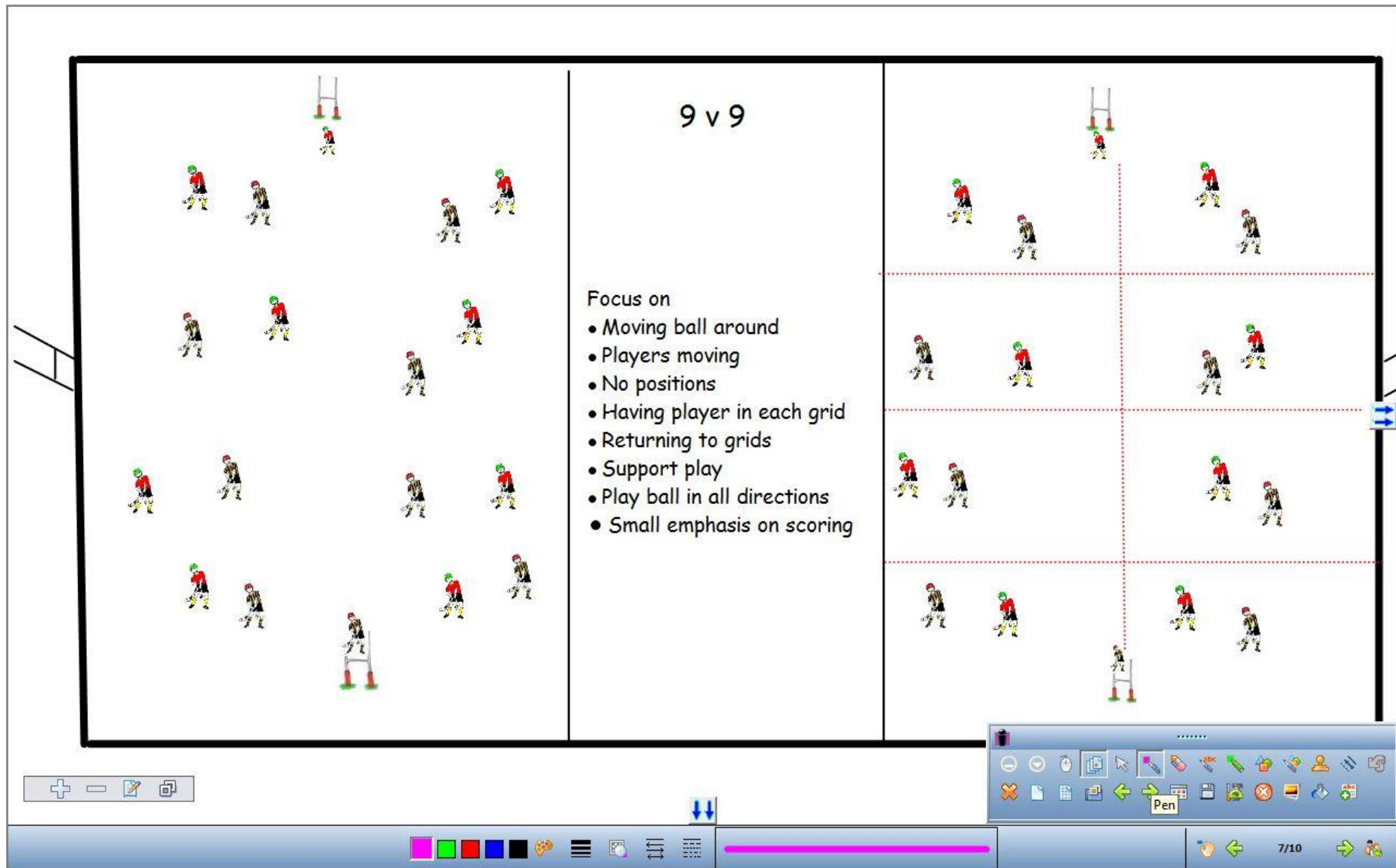


3 v 3

Recovery!!





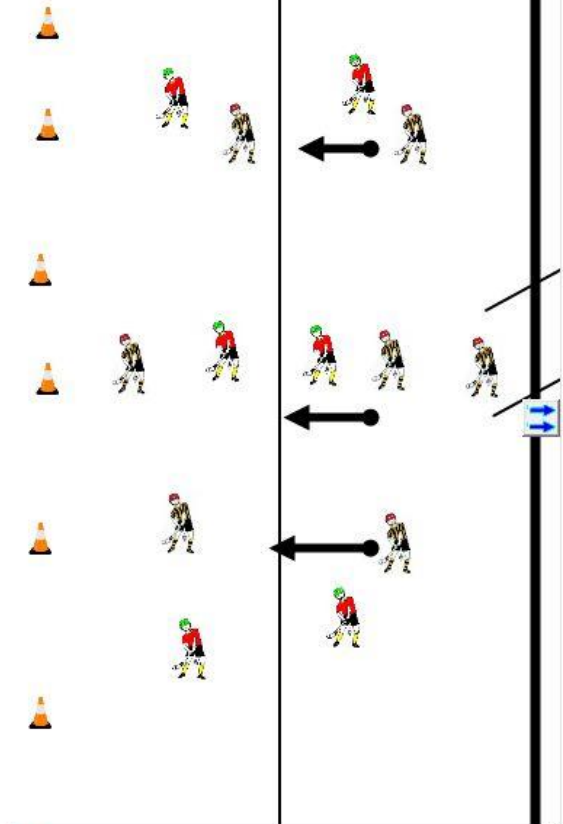


## Working Ball Out

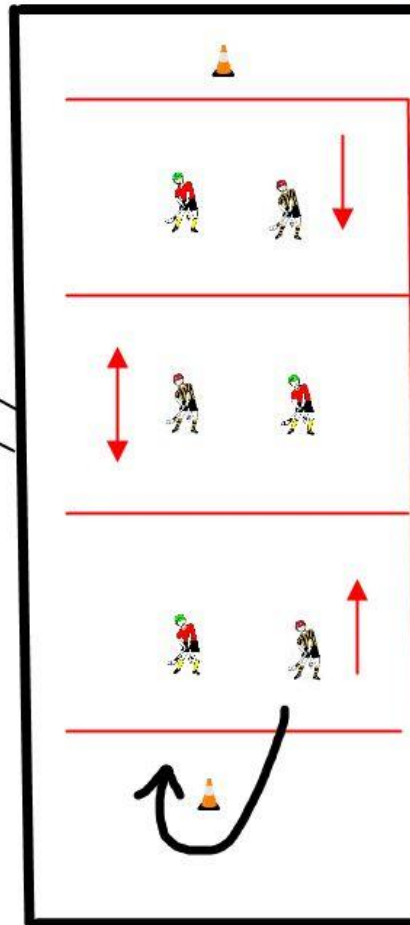
- Goalie gives ball to defender in small square
- Backs attempt to work ball out to marker
- If Forwards turn over ball they attempt to keep possession

If backs succeed in carrying ball over line - game restarts immediately with next ball from goalie

- Alternative- When backs get ball over line they immediately switch to become forwards -allow scores
- Following a score- the goalie restarts immediately with a new ball to a back



## Mini-game



Players stay and compete in their own areas.  
Whoever wins the ball tries to move it on to his team-mate as his opponent tries to prevent him doing so

Alternative- whichever player wins ball at ends is allowed run around cone and advance to commence next attack.

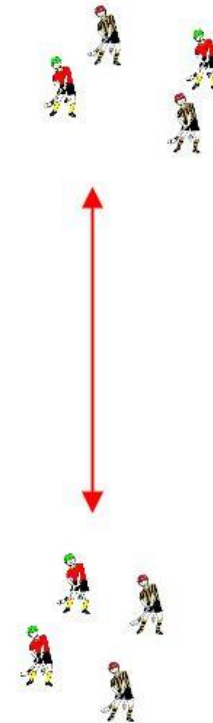
Rotate middle players



Note: Both these games are very demanding so keep time short- 2 minutes??

## Win, lay off and clear long

- Whoever wins ball must handpass to team-mate before clearance can be attempted.
- Must be long clearance - if not on-player must pass again.
- Same applies everytime play turns over





General;

- Smaller groups = more Ball contact
- Smaller groups = harder work ...more hits.. work for shorter periods.
- Smaller Area = less running and more contact
- Larger area = more running and less contact
- If ball sticks in ground or in "Ruck" call a team to pick up and continue - other team backs off
- Put players in groups/ games of similar fitness levels
- Players enjoy working with the ball & playing games
- Small sided games can be used -
  - on their own
  - in conjunction with drills/ exercises
  - as part of a "stations" / circuit type session
- If Pitch is mucky or light is poor in early season- footballs may be used

