



## Session 1

# Physical Literacy Focus – Running

### Key Teaching Points for Running

- Run on the balls of the feet.
- Keep the head up, back straight and chest up.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

## Skill Focus – Grip & Swing

### Key Teaching Points for the Grip & Swing

- Hold the Hurley with the dominant hand on top.
- Hold the Hurley with the toe facing inwards.
  - Locking out the hands.
- Both hands locked together at the top of the Hurley in advance of the swing.

For more details on exercises see links below

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## **Exercise 1 – Bop Along - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/LGfhaodv4uo>

### **Organisation**

- The players sit with their legs out in front.
- Beginning slowly swing each hand up to the side of the head in turn as if running.
- Speed up as technique improves.
- Attempt to achieve a rhythm without losing control.

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## **Exercise 2 – High Knee Lift Run - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/QheF0dDu6Jg>

### **Organisation**

- Jog on the spot using an exaggerated high knee-lift.
- Run on the balls of the feet.
- Keep the head up and the back straight.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

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## **Exercise 3 – Linear Running - 3 minutes**



### **Video Link to Exercise**

[https://youtu.be/N7xQnAcyD\\_M](https://youtu.be/N7xQnAcyD_M)

### **Organisation**

- Mark out channels using caps or domes.
- Place one foot and the opposite arm forward, the arms should be bent at the elbows with the head up looking forward.
- Sprint over a small distance concentrating on technique.
- Run on the balls of your feet keeping your head up and your back straight.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

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## **Exercise 4 – Establish Dominant Hand - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/Gx-YVjmNQ6s>

### **Organisation**

- The coach gets the players to leave their Hurleys on the floor.
- The coach will then distract the players for a few seconds.
- The players will then be asked to pick up the Hurley.
- The players will automatically pick up the Hurley with their dominant hand.

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## Exercise 5 – Swordfight - 5 minutes



### Video Link to Exercise

<https://youtu.be/j9xK7yBFG9E>

### Organisation

- Players must match up in pairs.
- Players must try and touch the Hurley off the other players ankle.
- The other player must try and prevent it by blocking it with the Hurley.

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## Exercise 6 – Team Pursuit - 10 minutes



### Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

### Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit.
- Tag to release the next player on the team

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## Session 2

# Physical Literacy Focus – Running

### Key Teaching Points for Running

- Run on the balls of the feet.
- Keep the head up, back straight and chest up.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

## Skill Focus – Grip & Swing

### Key Teaching Points for the Grip & Swing

- Hold the Hurley with the dominant hand on top.
- Hold the Hurley with the toe facing inwards.
  - Locking out the hands.
- Both hands locked together at the top of the Hurley in advance of the swing.

For more details on exercises see links below

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## **Exercise 1 – Under Stride/Over Stride - 3 minutes**



**Under Striding**



**Over Striding**

### **Video Link to Exercise**

<https://youtu.be/QH8nzGCmHy4>

### **Organisation**

#### ***Under Striding***

- Run through the ladder at pace placing each foot in every second space.
- Speed up as technique improves.
- Focus on technique, move at a controlled pace so that the stride must be consciously shortened.
- Run on the balls of the feet, keep the head up and the back straight.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

#### ***Over Striding***

- Run through the ladder at pace skipping as many spaces as is comfortable.
- Increase the number of spaces skipped as technique improves.
- Focus on technique, progress the length of the stride gradually over time.

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## **Exercise 2 – Run & Turn - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/TCZR1-yhmco>

### **Organisation**

- Place cones at varying distances in a straight line.
- Sprint out and around each cones and back in turn.
- Use short strides when turning and longer strides when running in a straight line.
- Have the players turn off the opposite side e.g. left to right.

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## **Exercise 3 – Straight Slalom - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/KuhdH1OMn2E>

### **Organisation**

- Place a number of cones or poles approximately 1m apart in a straight line.
- The players run in and out between the cones or poles without knocking them.
- Use the side-step technique.
- Push or drive off the outside leg to 'dodge' around each pole.

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## **Exercise 4 – One Handed Dribble – 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/wIMKWQa-wpo>

### **Organisation**

- Players must have a Hurley in hand and a sliotar on the ground near them.
- The players must hold the Hurley in their dominant hand and play the sliotar along the ground.
- Players must keep control on the sliotar using backhand and forward action with the Hurley.

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## **Exercise 5 – Ready Lock Strike - 5 minutes**



### **Video Link to Exercise**

[https://youtu.be/cRIHetI\\_hOc](https://youtu.be/cRIHetI_hOc)

### **Organisation**

- Players holds the Hurley with their dominant hand at the handle.
- The non-dominant hand is half way down the Hurley.
- When striking slide the non-dominant hand down the hurley to meet the dominant hand so that they lock together.

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## Exercise 6 – Team Pursuit - 10 minutes



### Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

### Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit.
- Tag to release the next player on the team.

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## Session 3

# Physical Literacy Focus – Jumping

### Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
  - Crouch with the knees.
  - Legs forcefully extend and straighten in the air.
    - Arms swing forwards and upwards.
  - Players land and take-off on the balls of their feet.
    - Focus on a soft landing (silent as possible).

## Skill Focus – Striking

### Key Teaching Points for Striking on The Ground

- Adopt the Ready Position. Feet shoulder width apart.
- Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.
  - Swing the Hurley down. Strike the sliotar flat on with the bas.
  - Keep the head down. Follow through in the direction of the strike.

### Key Teaching Points for Striking out of the hand

- Adopt the Ready Position. Feet shoulder width apart.
- The dominant hand holds the Hurley at the grip, the non-dominant hand holds the sliotar.
  - Toss the ball upwards.
- Swing the Hurley down. Striking the sliotar flat with the bas of the Hurley.
  - Timing the strike is key.

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## Exercise 1 – Standing Long Jump - 3 minutes



### Video Link to Exercise

<https://youtu.be/WfNxbQ74XZY>

### Organisation

- Players stand and progress to a squat position.
- They then propel themselves forward using both their hands and legs.
- Ensure the players land on both feet in a stable position.

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## Exercise 2 – Lateral/Linear Jump - 3 minutes



### Video Link to Exercise

<https://youtu.be/la2w89pvK2c>

### Organisation

- The players are asked to jump over an obstacle moving forward and back.
- Players are asked to land and take-off on the balls of their feet.
- Speed up as technique improves.
- Attempt to achieve a rhythm without losing control.
- After a minute and a half switch to lateral jumps from side to side.

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## **Exercise 3 – Jump The Arc - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/3Kx6BpfSzJQ>

### **Organisation**

- The players are asked to run and perform a jump.
- Players are asked to land and take-off on the balls of their feet.
- Both hands should be raised as high as possible to reach the ball.
- One knee being used to propel the player up in the air.

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## **Exercise 4 – Strike To Coach - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/bjY8vE5f8Mg>

### **Organisation**

- Players stand across from a coach each approximately 5 metres away from each other.
- Players must strike the sliotar to the coach off the ground.
- The use of swinging off both left and right sides is encouraged.

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## **Exercise 5 – Strike To Target - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/BUwFMI41kDA>

### **Organisation**

- The player stands at a cone 5-10 metres away from a target.
- The player will roll the sliotar along the ground.
- While the sliotar is on the roll the player must strike the sliotar trying to hit the target.
- The use of swinging off both left and right sides is encouraged.

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## **Exercise 6 – Striking Over Goals Game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/pm2-qCQALRU>

### **Organisation**

- Divide the players into 2 groups one team per side with a goal or barrier in the middle.
- The players must strike the ball over the goal or obstacle to another player on the opposite team.
- The use of swinging off both left and right sides is encouraged.

**For more details on exercises see links below**

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## Session 4

# Physical Literacy Focus – Jumping

### Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
  - Crouch with the knees.
  - Legs forcefully extend and straighten in the air.
    - Arms swing forwards and upwards.
  - Players land and take-off on the balls of their feet.
    - Focus on a soft landing (silent as possible).

## Skill Focus – Striking

### Key Teaching Points for Striking on The Ground

- Adopt the Ready Position. Feet shoulder width apart.
- Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.
  - Swing the Hurley down. Strike the sliotar flat on with the bas.
  - Keep the head down. Follow through in the direction of the strike.

### Key Teaching Points for Striking out of the hand

- Adopt the Ready Position. Feet shoulder width apart.
- The dominant hand holds the Hurley at the grip, the non-dominant hand holds the sliotar.
  - Toss the ball upwards.
- Swing the Hurley down. Striking the sliotar flat with the bas of the Hurley.
  - Timing the strike is key.

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## **Exercise 1 – Scissors Jump - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/k9C0aWKaCbl>

### **Organisation**

- Starting in a standing position the players must propel themselves vertically.
- While in the air kick one leg forward and the opposite arm backward.
- Ensure the players eyes are focused forward, head up and back straight through the jump.

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## Exercise 2 – Jump & Turn - 3 minutes



### Video Link to Exercise

<https://youtu.be/brXyuH0xYoc>

### Organisation

- Starting in a standing position the players are asked to jump and turn 180 degrees when instructed by the coach.
- Ensure players are turning both to the left and right side.
- Eyes are focused forward, head up and back straight through the jump.

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## **Exercise 3 – Bunny Hop - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/GvBlh1ZOhK4>

### **Organisation**

- Players are asked to hop in a forward motion over obstacles (ladder, hurdles, poles).
- Ensure all players eyes are focused forward, head up and back straight throughout the jump.
- Players must crouch with their knees.

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## **Exercise 4 – Strike With Partner - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/WslkbjL1bv8>

### **Organisation**

- Players match up in pairs.
- Players must strike the ball to their partner who is 3-5 metres away from them.
- Encourage movement of the feet throughout the drill.
- Strike on both left and right sides.

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## **Exercise 5 – Strike Into Targets - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/0Ncqq1Vs7nQ>

### **Organisation**

- Set out 3 small grids with cones.
- Players must be approximately 10 metres away from the grids.
- Players must strike the ball into one of the small grids and are awarded points if the sliotar lands into the grid.

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## **Exercise 6 – Striking Over Goals Game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/pm2-qCQALRU>

### **Organisation**

- Divide the players into 2 groups one team per side with a goal or barrier in the middle.
- The players must strike the ball over the goal or obstacle to another player on the opposite team.
- The use of swinging off both left and right sides is encouraged.

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## Session 5

# Physical Literacy Focus – Throwing

### Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

## Skill Focus – Hand Pass

### Key Teaching Points for the Hand Pass

- Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.
- Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.
- Swing back the non-dominant arm; strike the sliotar in the direction of the receiver.  
Point of impact is where fingers meet palm of the hand.
  - Follow through to pass the sliotar to the receiver.

For more details on exercises see links below

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## **Exercise 1 – Bridge Ball - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/HdEKd4b9cbM>

### **Organisation**

- The players work in pairs.
- One player forms a bridge position.
- The other player throws the ball under the bridge and receives the ball the other side.
- Players reverse roles.

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## Exercise 2 – Knock The Cap - 3 minutes



### Video Link to Exercise

<https://youtu.be/rDfHzJDKb9g>

### Organisation

- Two cones are set out with one cone on top of them.
- Setup a cone 2m back from the target.
- Players are asked to throw a ball to try and knock the cones using an underhand motion.

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## **Exercise 3 – Standing Hand Roll - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/llcHJfV9ArU>

### **Organisation**

- Each player gets a ball.
- In a standing position the players roll the ball in a confined area.
- Players should use both hands.

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## **Exercise 4 – Throwing Beanbag At Target - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/UI6Vm565ZQI>

### **Organisation**

- Players must throw a beanbag against a target or wall.
- Players are encouraged to throw with both left and right hands.

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## **Exercise 5 – Throwing Beanbag to Partner - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/Fu-it7PJoQg>

### **Organisation**

- Players match up in pairs.
- Players stand 1 metre apart.
- Players throw the beanbag to their partner.
- Ensure players continue to hold the Hurley in the dominant hand throughout this drill.

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## **Exercise 6 – Piggy In The Middle - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/JxzqdfumJxw>

### **Organisation**

- Divide the players into three per group.
- Two players must throw the beanbag over the head of the third player who is trying to intercept the beanbag.
- Switch player in the middle if beanbag is intercepted or every 45 seconds depending on what comes first.

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## Session 6

# Physical Literacy Focus – Throwing

### Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

## Skill Focus – Hand Pass

### Key Teaching Points for the Hand Pass

- Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.
- Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.
- Swing back the non-dominant arm; strike the sliotar in the direction of the receiver.  
Point of impact is where fingers meet palm of the hand.
  - Follow through to pass the sliotar to the receiver.

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## **Exercise 1 – Underhand Throw - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/PPdpMDR5Kcg>

### **Organisation**

- The players work in pairs.
- Throw a sliotar back and forth to each other.
- Players may progress from a 2 hand underhand throw to a 1 hand underhand throw.

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## **Exercise 2 – Target Throw - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/E-Fyo3Zc24U>

### **Organisation**

- One ball per player.
- Setup a cone 2 metres away from the target i.e., bin.
- Players must attempt to throw a sliotar into the target.
- Players may use one or two handed throw.

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## **Exercise 3 – Sling Throw - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/3qIYznusMCY>

### **Organisation**

- Using a straight arm throw, players must throw a sliotar into or at a designated target (Use another player if no target is available).
- Players must be encouraged to use both hands.

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## Exercise 4 – Hand Pass To Coach - 5 minutes



### Video Link to Exercise

<https://youtu.be/hf521AyKSnU>

### Organisation

- Players line up in a line (create more lines if big numbers).
- Players must jog up and perform the hand pass to the coach.
- The coach will perform the hand pass back to the player.
- The next player in line will then repeat.

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## **Exercise 5 – Hand Pass To Partner When Moving - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/BIBSr1B3Vlc>

### **Organisation**

- Mark out zone for the players to jog around.
- For the number of players in the zone you will need half that number of sliotars to give to the players.
- Players must perform the hand pass to another player in the zone.

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## **Exercise 6 – Piggy In The Middle - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/JxzqdfumJxw>

### **Organisation**

- Divide the players into three per group.
- Two players must throw the beanbag over the head of the third player who is trying to intercept the beanbag.
- Switch player in the middle if beanbag is intercepted or every 45 seconds depending on what comes first.

### **Progression**

This week replace the beanbag with a sliotar and players must perform the hand pass over the head.

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## Session 7

# Physical Literacy Focus – Agility

### Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

## Skill Focus – Roll Lift

### Key Teaching Points for the Roll Lift

- Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.
- Toe of the Hurley should be pointed away from the body. Thumbs point towards the bas.
- Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.
- Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

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## **Exercise 1 – Back To Back Grab - 3 minutes**



### **Video Link to Exercise**

[https://youtu.be/82cFT\\_Eripo](https://youtu.be/82cFT_Eripo)

### **Organisation**

- Players stand back to back with the ball between them.
- On the coaches whistle both players try and grab the ball first.
- The player who gets it first wins.

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## Exercise 2 – Closing The Space - 3 minutes



### Video Link to Exercise

[https://youtu.be/-nLV\\_wb8LiY](https://youtu.be/-nLV_wb8LiY)

### Organisation

- Set out a small playing area.
- The coach gradually makes the playing area smaller but walking slowly closer with arms out.
- Players must use quick movements to avoid the obstacles.

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## **Exercise 3 – Fox & Hen - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/LPUY2X9rTiU>

### **Organisation**

- Divide the players into two teams.
- One team puts a bib hanging from the back of their shorts.
- The other team must chase after them and try and pull the bib off them.
- Switch roles for each team.

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## **Exercise 4 – Roll Lift (Kneeling Position) - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/ICiKRydx10>

### **Organisation**

- All players have a Hurley and a sliotar.
- Players kneel on the floor.
- Players shall then roll the sliotar onto the Hurley.
- It's important to get the Hurley parallel to the ground and the blade facing towards the outside of the foot.

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## **Exercise 5 – Roll Lift (Standing) - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/dKBaEyUi-UU>

### **Organisation**

- All players have a Hurley and a sliotar.
- Players stand up to perform the roll lift.
- Players shall then roll the sliotar onto the Hurley.
- It's important to get the Hurley parallel to the ground and the blade facing towards the outside of the foot.

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## **Exercise 6 – Roll Lift Game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/UHQ5dDePErM>

### **Organisation**

- Players move around in a marked zone.
- Players must try and perform as many roll lifts as possible in 30 seconds.

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# CONNACHT

## GAA

## Session 8

# Physical Literacy Focus – Agility

### Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

## Skill Focus – Jab Lift

### Key Teaching Points for the Jab Lift

- Adopt the Lifting Position. Eyes on the sliotar.
- Toe of the Hurley pointing away from the body on the dominant side. Thumbs pointing towards bas.
  - Slide the Hurley under the sliotar to lift it.
- Release the non-dominant hand into a cupped position to catch the sliotar.

**For more details on exercises see links below**

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## **Exercise 1 – Freezing/Simon Says - 3 minutes**



### **Video Link to Exercise**

[https://youtu.be/GeL\\_XzGHCEY](https://youtu.be/GeL_XzGHCEY)

### **Organisation**

- A number of coloured cones are set out in the playing area.
- On the coaches call the player must get to the colour in which the coach calls.
- The coach will also add in Simon says which will require them to be even more concentrated.
- During Simon says, the players must listen to the coach and act out what is said, when the word "Simon says" is said i.e., Simon says touch the floor.
- If the coach does not say Simon says, the players must not act out what is said i.e., touch the floor

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## Exercise 2 – Tail-Tag - 3 minutes



### Video Link to Exercise

[https://youtu.be/NUDn97\\_37fs](https://youtu.be/NUDn97_37fs)

### Organisation

- Players are matched in accordance to their ability.
- Each match are given a number 1 or 2.
- On the coaches call the number 1s must catch their opposition 2.
- The 2 should use quick agility like movements to avoid the player.

For more details on exercises see links below

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## **Exercise 3 – Bridges & Rivers - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/d3PBv3D2ihs>

### **Organisation**

- Divide the players into two teams.
- One team is the bridge while the other is the river.
- Players move around freely in the set area.
- On the coaches call the bridges must go in a bridge shape and the river must crawl under.
- The roles are then reversed.

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## **Exercise 4 – Jab Lift In Pairs - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/lzoq1Cj6oU>

### **Organisation**

- All the players match up in pairs 1 metre apart with a sliotar and Hurley.
- The players bend their knees with the Hurley parallel to the ground.
- The players perform the jab lift and catch the sliotar in a cupped hand.
- After performing the jab lift the players swap over to their partners sliotar and perform the jab lift.

**For more details on exercises see links below**

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## **Exercise 5 – Jab Lift In Circle - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/Oy-YPGwZOU4>

### **Organisation**

- Mark out a circle using cones.
- Players stand around the circle with a sliotar on the ground.
- Players must jog around and perform a jab lift at every sliotar.

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## **Exercise 6 – Jab Lift Game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/UHQ5dDePErM>

### **Organisation**

- Players move around in a marked zone.
- Players must try and perform as many jab lifts as possible in 30 seconds.

**For more details on exercises see links below**

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## Session 9

# Physical Literacy Focus – Balance

### Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

## Skill Focus – Overhead Catch

### Key Teaching Points for the Overhead Catch

- Move towards the sliotar. Eyes on the sliotar.
- Release the non-dominant hand and extend it above the head.
- Raise the Hurley above the head to protect the catching hand.
- Relax the hand on impact, catching the sliotar with the fingers.

For more details on exercises see links below

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## Exercise 1 – Leaning Tower - 3 minutes



### Video Link to Exercise

<https://youtu.be/V9FyB9VBVP8>

### Organisation

- Players must sway or lean in different directions.
- They must maintain their balance while doing this.
- Progress from two legs to one leg.

**For more details on exercises see links below**

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## Exercise 2 – Animal Walk - 3 minutes



### Video Link to Exercise

<https://youtu.be/smRDQXGvkOk>

### Organisation

- Players must mimic various animal movements.
- Dog, crab, monkey and rabbit.
- Players are encouraged to move in multiple different directions in multiple different ways.

For more details on exercises see links below

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## **Exercise 3 – Copy Cat - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/DciMF5aonR8>

### **Organisation**

- The coach carries out a number of immobilisation movements (please see video link).
- Players must mimic the coaches movements.

**For more details on exercises see links below**

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## Exercise 4 – Throw Up and Catch - 5 minutes



### Video Link to Exercise

<https://youtu.be/mR31T6zA0Ao>

### Organisation

- All players have a Hurley and a beanbag.
- Players must throw the beanbag up and catch while holding the Hurley.

For more details on exercises see links below

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## **Exercise 5 – Beanbag Coach To Player - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/UMfEVA7SBFQ>

### **Organisation**

- Set out 2 lines and split the players into either line.
- The coach will throw a bean bag up for the player and the player must jump up and catch the beanbag with the Hurley behind to protect the hand.

**For more details on exercises see links below**

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## **Exercise 6 – Strike & Catch With Partner - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/Kswa3HiPpak>

### **Organisation**

- Players match up in pairs about 5 metres apart.
- Players must strike the ball to their partner who performs the high catch correctly.
- Ensure the players protect their hand with the Hurley.

**For more details on exercises see links below**

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## Session 10

# Physical Literacy Focus – Balance

### Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

## Skill Focus – Overhead Catch

### Key Teaching Points for the Overhead Catch

- Move towards the sliotar. Eyes on the sliotar.
- Release the non-dominant hand and extend it above the head.
- Raise the Hurley above the head to protect the catching hand.
- Relax the hand on impact, catching the sliotar with the fingers.

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## **Exercise 1 – Tight Rope - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/JhytbhgrMz8>

### **Organisation**

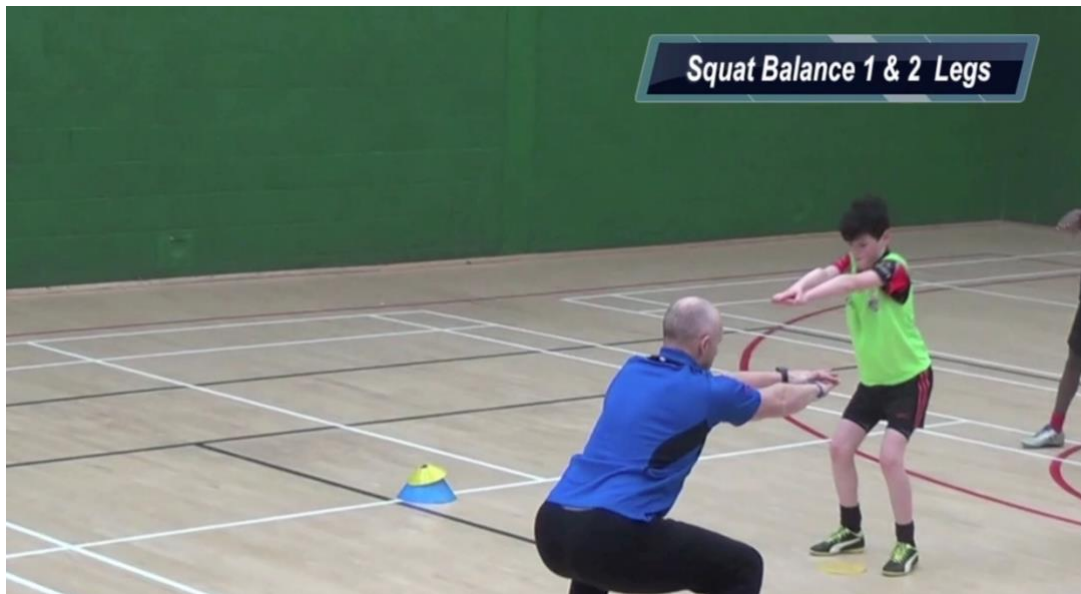
- Players are asked to take off their footwear.
- A rope is placed on the floor.
- Players must maintain their balance with the rope on the centre of their foot.
- Players are encouraged to move in a multiple of different directions.
- Perform with eyes shut and eyes open.

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## **Exercise 2 – Squat Balance 1 & 2 Legs - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/zOOVff3zwE8>

### **Organisation**

- Players are asked to carry out a squat.
- First with two feet and then with one.
- Important for players to keep their balance during this exercise.

**For more details on exercises see links below**

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## Exercise 3 – Change The Shape - 3 minutes



### Video Link to Exercise

[https://youtu.be/ AW5gf4FAwQ](https://youtu.be/AW5gf4FAwQ)

### Organisation

- Players are asked to take a position on the floor on all fours.
- The players must mimic movements of the coach.
- It's important for all players to mimic the movements while keeping their balance.

**For more details on exercises see links below**

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## **Exercise 4 – Small Ball Throw, Clap & Catch - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/vJQWG47ZNpE>

### **Organisation**

- All players must have a Hurley and sliotar.
- The players must throw up the sliotar then touch the hurley and finally catch the sliotar.
- This is an effective way to improve hand eye co-ordination.

**For more details on exercises see links below**

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## **Exercise 5 – Partner To Partner Catch - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/eGCDHO3pCyE>

### **Organisation**

- Players jog around an area and throw the sliotar up to another player.
- The other player must jump up and perform the overhead catch.
- Important for players to protect their hand with the hurley.

**For more details on exercises see links below**

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## **Exercise 6 – Strike & Catch With Partner - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/Kswa3HiPpak>

### **Organisation**

- Players match up in pairs about 5 metres apart.
- Players must strike the ball to their partner who performs the over-head catch correctly.
- Ensure the players protect their hand with the Hurley.

**For more details on exercises see links below**

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## Session 11

# Physical Literacy Focus – Co-Ordination

### Key Teaching Points for Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

## Skill Focus – Solo

### Key Teaching Points for the Solo

- Point the Hurley forward, with the bas flat and the toe pointing away from body on the dominant side.
- Toss the sliotar onto the bas of the Hurley. Place nondominant hand along the handle for balance.
  - Move forward balancing or hopping the sliotar.
  - To help control the Hurley, use a shortened grip.

For more details on exercises see links below

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## **Exercise 1 – Marching - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/ye0UK72ZiVo>

### **Organisation**

- Players are asked to march forward along a line.
- Ensure the players keep their heads up while marching.
- A synchronised arm and knee action is required while marching.

**For more details on exercises see links below**

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## **Exercise 2 – Stepping Stones - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/F7tVJP-Pmd0>

### **Organisation**

- A set area is place out with a number of different colour markers in the area.
- Players are told to plan ahead and decide on a route to a certain marker they want to land on.
- Players must put one foot on the marker before leaving it.

**For more details on exercises see links below**

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## Exercise 3 – Log Roll - 3 minutes



### Video Link to Exercise

<https://youtu.be/-V2W1Hr84dE>

### Organisation

- Players roll along on the floor with their hands and legs extended.
- Ensure the players move in both directions.
- Ensure players have enough room to perform this safely.

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## Exercise 4 – Beanbag Balance - 5 minutes



### Video Link to Exercise

<https://youtu.be/79O3Oulcw4Y>

### Organisation

- Players walk around with a beanbag on the Hurley.
- It's important for the players to keep the beanbag balanced on the Hurley.

For more details on exercises see links below

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## **Exercise 5 – Zigzag Beanbag Balance - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/dQWNIWRrLpl>

### **Organisation**

- The coach sets out a zig zag area with cones.
- Players must make their way through the cones while balancing the beanbag on the Hurley.
- When the player gets back home, the next player goes.

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## Exercise 6 – Beanbag War - 10 minutes



### Video Link to Exercise

[https://youtu.be/uBzMVy\\_sVIO](https://youtu.be/uBzMVy_sVIO)

### Organisation

- Set up a zone for the players to jog around in.
- Players must jog around and keep the balance of their beanbag while also trying to knock the beanbag off another player.

**For more details on exercises see links below**

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## Session 12

# Physical Literacy Focus – Co-Ordination

### Key Teaching Points for Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

## Skill Focus – Solo

### Key Teaching Points for the Solo

- Point the Hurley forward, with the bas flat and the toe pointing away from body on the dominant side.
- Toss the sliotar onto the bas of the Hurley. Place nondominant hand along the handle for balance.
  - Move forward balancing or hopping the sliotar.
  - To help control the Hurley, use a shortened grip.

For more details on exercises see links below

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## **Exercise 1 – Turn The Cap - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/1Y26JGMAQew>

### **Organisation**

- An area is set out with a number of two coloured cones around the area i.e. red and white.
- Players are split into two teams and assigned a colour marker.
- On the coaches call players must run in and turn over their coloured cones.

**For more details on exercises see links below**

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## **Exercise 2 – Ladder Hop-Scotch - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/oL10R4Ho8fM>

### **Organisation**

- Set out an agility ladder in front of the players (can also be performed without a ladder).
- Players must throw a beanbag out on the ladder.
- Players must then hop out on one foot to collect the beanbag.
- On the way back players must hop back on the opposite foot.

**For more details on exercises see links below**

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## Exercise 3 – Skipping - 3 minutes



### Video Link to Exercise

<https://youtu.be/48i8GJxZinc>

### Organisation

- With a skipping rope players are asked to skip using a variety of techniques.
- Two-footed, one-footed and jogging.

For more details on exercises see links below

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## **Exercise 4 – Straight Line Solo With Ball - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/ldKY-MsqSEA>

### **Organisation**

- Players must jog out while performing the solo.
- Once the players become more proficient the players can speed up.
- Notice the grip the players have of the Hurley in the picture and video.

**For more details on exercises see links below**

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## **Exercise 5 – Zig Zag Solo With Ball - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/SWlpyg10GKc>

### **Organisation**

- The coach sets out a zig zag area with cones.
- Players must make their way through the cones while balancing the sliotar on the Hurley.
- When the player gets back home, the next player goes.

**For more details on exercises see links below**

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## **Exercise 6 – Solo Run War With Ball - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/olTilTsJniQ>

### **Organisation**

- Set up a zone for the players to jog around in.
- Players must jog around and keep the balance of their sliotar while also trying to knock the sliotar off another player.

**For more details on exercises see links below**

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## Session 13

# Physical Literacy Focus – Running

### Key Teaching Points for Running

- Run on the balls of the feet.
- Keep the head up, back straight and chest up.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

## Skill Focus – Grip & Swing

### Key Teaching Points for the Grip & Swing

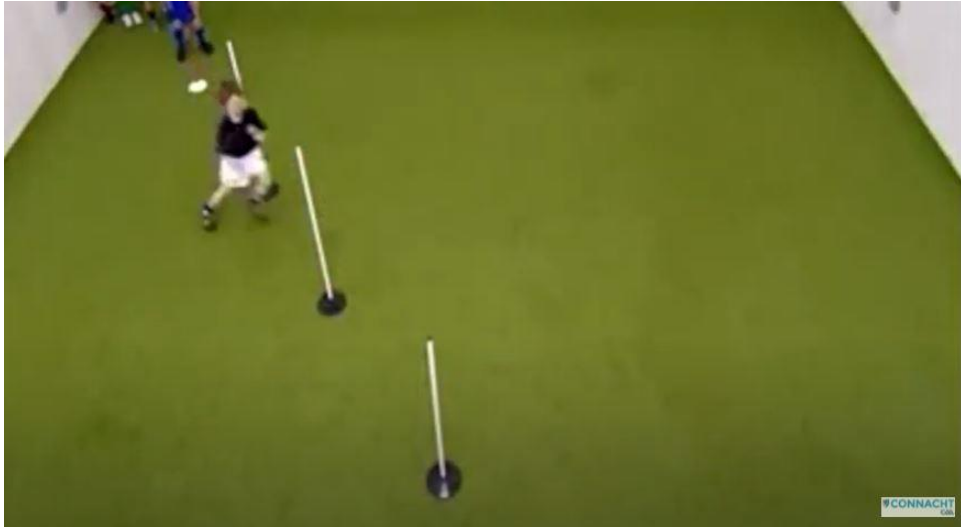
- Hold the Hurley with the dominant hand on top.
- Hold the Hurley with the toe facing inwards.
  - Locking out the hands.
- Both hands locked together at the top of the Hurley in advance of the swing.

For more details on exercises see links below

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## **Exercise 1 – Straight Slalom - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/KuhdH1OMn2E>

### **Organisation**

- Set out three poles/cones approx. 1 metre apart.
- Run in and out of cones.
- Ensure the players drive off the outside foot.
- Ensure the players dodge poles without knocking them.

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## **Exercise 2 – Beanbag Transfer - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/nHSO06VJxYE>

### **Organisation**

- Beanbags are left on a cone.
- On the coach's signal the player runs out and lifts the beanbag and places it on the opposite marker.
- The next player in line will do the same.

**For more details on exercises see links below**

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## Exercise 3 – Team Pursuit - 10 minutes



### Video Link to Exercise

<https://youtu.be/43efl07K0Yk>

### Organisation

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your teammate who continues the pursuit.
- Tag to release the next player on the team.

**For more details on exercises see links below**

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## **Exercise 4 – Swordfight - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/j9xK7yBFG9E>

### **Organisation**

- Players must match up in pairs.
- Players must try and touch the Hurley off the other players ankle.
- The other player must try and prevent it by blocking it with the Hurley.

**For more details on exercises see links below**

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## **Exercise 5 – One Handed Dribble – 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/wlMKWQa-wpo>

### **Organisation**

- Players must have a Hurley in hand and a sliotar on the ground near them.
- The players must hold the Hurley in their dominant hand and play the sliotar along the ground.
- Players must keep control on the sliotar using backhand and forward action with the Hurley.

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## Exercise 6 – Target strike - 10 minutes



### Video Link to Exercise

<https://youtu.be/OEUSXRAD-KQ>

### Organisation

- Set up a number of groups striking at a target e.g., tyres.
- Strike from the hand using proper technique.

For more details on exercises see links below

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## Session 14

# Physical Literacy Focus – Running

### Key Teaching Points for Running

- Run on the balls of the feet.
- Keep the head up, back straight and chest up.
- Synchronise arm and leg movement, i.e., lift the right knee and left arm simultaneously and vice versa.

## Skill Focus – Grip & Swing

### Key Teaching Points for the Grip & Swing

- Hold the Hurley with the dominant hand on top.
- Hold the Hurley with the toe facing inwards.
  - Locking out the hands.
- Both hands locked together at the top of the Hurley in advance of the swing.

For more details on exercises see links below

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## Exercise 1 – Run and Turn - 3 minutes



### Video Link to Exercise

<https://youtu.be/TCZR1-yhmco>

### Organisation

- Place cones at varying distances in a straight line.
- Sprint out and around each cones and back in turn.
- Use short strides when turning and longer strides when running in a straight line.
- Have the players turn off the opposite side e.g. left to right.

For more details on exercises see links below

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## **Exercise 2 – Pyramid Runs - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/DrhbtK6C-rl>

### **Organisation**

- Set out markers spaced 5 metres apart for 20 metres.
- Players must run to cone indicated by the coach.

**For more details on exercises see links below**

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## **Exercise 3 – Team Pursuit - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/43efl07K0Yk>

### **Organisation**

- Mark out a square or circular circuit using cones.
- Divide the players into teams, team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on.
- The objective is to catch up to the player from the other team before reaching your teammate who continues the pursuit.
- Tag to release the next player on the team

**For more details on exercises see links below**

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## **Exercise 4 – Tyres in pairs – 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/7PTaK0ICp5U>

### **Organisation**

- Players use ready lock and strike to strike the tyre.
- Players must strike off both sides.

**For more details on exercises see links below**

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## **Exercise 5 – Strike on the run- 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/teGd7FVdaGQ>

### **Organisation**

- Players use left and right sides while working in pairs, moving around a set out area.
- Striking in multidirectional fashion.

**For more details on exercises see links below**

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## Exercise 6 – Target strike - 10 minutes



### Video Link to Exercise

<https://youtu.be/OEUSXRAD-KQ>

### Organisation

- Set up a number of groups striking at a target e.g., tyres.
- Strike from the hand using proper technique.

For more details on exercises see links below

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## Session 15

# Physical Literacy Focus – Jumping

### Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
  - Crouch with the knees.
  - Legs forcefully extend and straighten in the air.
    - Arms swing forwards and upwards.
  - Players land and take-off on the balls of their feet.
    - Focus on a soft landing (silent as possible).

## Skill Focus – Striking

### Key Teaching Points for Striking on The Ground

- Adopt the Ready Position. Feet shoulder width apart.
- Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.
  - Swing the Hurley down. Strike the sliotar flat on with the bas.
  - Keep the head down. Follow through in the direction of the strike.

### Key Teaching Points for Striking out of the hand

- Adopt the Ready Position. Feet shoulder width apart.
- The dominant hand holds the Hurley at the grip, the non-dominant hand holds the sliotar.
  - Toss the ball upwards.
- Swing the Hurley down. Striking the sliotar flat with the bas of the Hurley.
  - Timing the strike is key.

**For more details on exercises see links below**

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## **Exercise 1 – Scissors Jump - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/k9C0aWKaCbl>

### **Organisation**

- Starting in a standing position the players must propel themselves vertically.
- While in the air kick one leg forward and the opposite arm backward.
- Ensure the players eyes are focused forward, head up and back straight through the jump.

**For more details on exercises see links below**

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## Exercise 2 – Jump the Arc - 5 minutes



### Video Link to Exercise

<https://youtu.be/3Kx6BpfSzJQ>

### Organisation

- The players are asked to run and perform a jump.
- Players are asked to land and take-off on the balls of their feet.
- Both hands should be raised as high as possible to reach the ball.
- One knee being used to propel the player up in the air.

**For more details on exercises see links below**

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## **Exercise 3 – Lob and Catch - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/UF-LazYlyi8>

### **Organisation**

- The players will work in pairs.
- They take turns throwing the ball to each other to catch.
- Players are encouraged to catch the ball over their head.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 4 – Strike With Partner - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/WslkbjL1bv8>

### **Organisation**

- Players match up in pairs.
- Players must strike the ball to their partner who is 3-5 metres away from them.
- Encourage movement of the feet throughout the drill.
- Strike on both left and right sides.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 5 – Strike Into Targets - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/ONcgg1Vs7nQ>

### **Organisation**

- Set out 3 small grids with cones.
- Players must be approximately 10 metres away from the grids.
- Players must strike the ball into one of the small grids and are awarded points if the sliotar lands into the grid.

**For more details on exercises see links below**

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## **Exercise 6 – Modified Game Opposed - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/cRPGwIJPu7Y>

### **Organisation**

- Players are striking the ball to each other with pressure from opposing side.
- Teams are set up 3 vs 3, 4 vs 4, etc.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## Session 16

# Physical Literacy Focus – Jumping

### Key Teaching Points for Jumping

- Eyes focused forward or upwards, head up and back straight throughout the jump.
  - Crouch with the knees.
  - Legs forcefully extend and straighten in the air.
    - Arms swing forwards and upwards.
  - Players land and take-off on the balls of their feet.
    - Focus on a soft landing (silent as possible).

## Skill Focus – Striking

### Key Teaching Points for Striking on The Ground

- Adopt the Ready Position. Feet shoulder width apart.
- Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.
  - Swing the Hurley down. Strike the sliotar flat on with the bas.
  - Keep the head down. Follow through in the direction of the strike.

### Key Teaching Points for Striking out of the hand

- Adopt the Ready Position. Feet shoulder width apart.
- The dominant hand holds the Hurley at the grip, the non-dominant hand holds the sliotar.
  - Toss the ball upwards.
- Swing the Hurley down. Striking the sliotar flat with the bas of the Hurley.
  - Timing the strike is key.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 1 – Jump & Turn - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/brXyuH0xYoc>

### **Organisation**

- Starting in a standing position the players are asked to jump and turn 180 degrees when instructed by the coach.
- Ensure players are turning both to the left and right side.
- Eyes are focused forward, head up and back straight through the jump.

**For more details on exercises see links below**

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## **Exercise 2 – Fosbury Jump - 3 minutes**



### **Video Link to Exercise**

[https://youtu.be/7UckZ24s\\_oc](https://youtu.be/7UckZ24s_oc)

### **Organisation**

- Players work in pairs.
- Players must jump from one foot to the other.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 3 – Move, Jump and Catch - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/Otn98eB7d0s>

### **Organisation**

- Players work in pairs moving freely around the area.
- In turns one player throws the ball up in the air, while the other player catches.
- Catching overhead is encouraged.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 4 – Strike Into Targets - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/0Ncqq1Vs7nQ>

### **Organisation**

- Set out 3 small grids with cones.
- Players must be approximately 10 metres away from the grids.
- Players must strike the ball into one of the small grids and are awarded points if the sliotar lands into the grid.

**For more details on exercises see links below**

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## **Exercise 5 – Striking Over Goals Game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/pm2-qCQALRU>

### **Organisation**

- Divide the players into 2 groups one team per side with a goal or barrier in the middle.
- The players must strike the ball over the goal or obstacle to another player on the opposite team.
- The use of swinging off both left and right sides is encouraged.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

## **Exercise 6 – Modified Game Opposed - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/cRPGwIJPu7Y>

### **Organisation**

- Players are striking the ball to each other with pressure from opposing side.
- Teams are set up 3 vs 3, 4 vs 4, etc.

**For more details on exercises see links below**

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## Session 17

# Physical Literacy Focus – Throwing

### Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

## Skill Focus – Hand Pass

### Key Teaching Points for the Hand Pass

- Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.
- Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.
- Swing back the non-dominant arm; strike the sliotar in the direction of the receiver.  
Point of impact is where fingers meet palm of the hand.
  - Follow through to pass the sliotar to the receiver.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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## **Exercise 1 – Underhand Throws - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/PPdpMDR5Kcg>

### **Organisation**

- The players work in pairs.
- Throw the football back and forth to each other.
- Players may progress from a 2-hand underhand throw to a 1 hand underhand throw.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 2 – Target Throw - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/E-Fyo3Zc24U>

### **Organisation**

- One ball per player.
- Setup a cone 2m away from the target i.e. bin.
- Players must attempt to throw a ball into the target.
- Players may use one or two handed throw.

**For more details on exercises see links below**

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## **Exercise 3 – Bounce and Shoot - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/b6h-L9U11KQ>

### **Organisation**

- Each player gets a ball.
- Using alternate hands players must bounce the ball around the cones.
- They then attempt to throw the ball into a target e.g. bin/basket.

-

**For more details on exercises see links below**

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## **Exercise 4 – Hand Pass To Partner When Moving** **Moving - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/BIBSr1B3Vlc>

### **Organisation**

- Mark out zone for the players to jog around.
- For the number of players in the zone you will need half that number of sliotars to give to the players.
- Players must perform the hand pass to another player in the zone.

**For more details on exercises see links below**

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## **Exercise 5 – Hand Pass in the Zone - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/V5ZUvGFdI7M>

### **Organisation**

- Mark out zone for the players to jog around.
- For the number of players in the zone you will need half that number of sliotars to give to the players.
- Players must perform the hand pass to another player in the zone.
- Plenty of movement and the lifting of the head encouraged

**For more details on exercises see links below**

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## **Exercise 6 – Piggy In The Middle - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/JxzqdfumJxw>

### **Organisation**

- Divide the players into three per group.
- Two players must throw the beanbag over the head of the third player who is trying to intercept the beanbag.
- Switch player in the middle if beanbag is intercepted or every 45 seconds depending on what comes first.

**For more details on exercises see links below**

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## Session 18

# Physical Literacy Focus – Throwing

### Key Teaching Points for Throwing

- Eyes on the ball.
- Throw the ball and ensure to follow through after the ball has left your hand.

## Skill Focus – Hand Pass

### Key Teaching Points for the Hand Pass

- Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.
- Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.
- Swing back the non-dominant arm; strike the sliotar in the direction of the receiver.  
Point of impact is where fingers meet palm of the hand.
  - Follow through to pass the sliotar to the receiver.

For more details on exercises see links below

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## **Exercise 1 – Underhand Throw - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/PPdpMDR5Kcg>

### **Organisation**

- The players work in pairs.
- Throw the football back and forth to each other.
- Players may progress from a 2 hand underhand throw to a 1 hand underhand throw.

**For more details on exercises see links below**

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## **Exercise 2 – 1 Handed Overarm Throw- 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/Td5YVpdisoU>

### **Organisation**

- Players match up in pairs.
- They must throw a ball/beanbag to each other with an overhand motion.
- Players must step forward as they throw.

**For more details on exercises see links below**

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## **Exercise 3 – Sling Throw - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/3qIYznusMCY>

### **Organisation**

- Using a straight arm throw, players must throw a ball into or at a designated target (use another player if no target is available).
- Players must be encouraged to use both hands.

**For more details on exercises see links below**

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## **Exercise 4 – Straight line handpass to player - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/YFtKm-xeZsU>

### **Organisation**

- Set up 3 cones approx. 10 metres apart.
- One player stands on the middle cone, other players at remaining cones.
- This exercise involves giving and taking a handpass to the player on the middle cone, finishing with a handpass to the player on the other side.

**For more details on exercises see links below**

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## **Exercise 5 – Hand Pass in the Zone - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/V5ZUvGFdl7M>

### **Organisation**

- Mark out zone for the players to jog around.
- For the number of players in the zone you will need half that number of sliotars to give to the players.
- Players must perform the hand pass to another player in the zone.
- Plenty of movement and the lifting of the head encouraged

**For more details on exercises see links below**

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## **Exercise 6 – Piggy In The Middle - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/JxzqdfumJxw>

### **Organisation**

- Divide the players into three per group.
- Two players must throw the beanbag over the head of the third player who is trying to intercept the beanbag.
- Switch player in the middle if beanbag is intercepted or every 45 seconds depending on what comes first.

### **Progression**

This week replace the beanbag with a sliotar and players must perform the hand pass over the head.

**For more details on exercises see links below**

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## Session 19

# Physical Literacy Focus – Agility

### Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

## Skill Focus – Roll Lift

### Key Teaching Points for the Roll Lift

- Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.
- Toe of the Hurley should be pointed away from the body. Thumbs point towards the bas.
- Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.
- Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

**For more details on exercises see links below**

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## Exercise 1 – Freezing/Simon Says - 3 minutes



### Video Link to Exercise

[https://youtu.be/GeL\\_XzGHCEY](https://youtu.be/GeL_XzGHCEY)

### Organisation

- A number of coloured cones are set out in the playing area.
- On the coaches call the player must get to the colour in which the coach calls.
- The coach will also add in Simon says which will require them to be even more concentrated.
- During Simon says, the players must listen to the coach and act out what is said, when the word “Simon says” is said i.e., Simon says touch the floor.
- If the coach does not say Simon says, the players must not act out what is said i.e., touch the floor.

**For more details on exercises see links below**

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## Exercise 2 – Tail-Tag - 3 minutes



### Video Link to Exercise

[https://youtu.be/NUDn97\\_37fs](https://youtu.be/NUDn97_37fs)

### Organisation

- Players are matched in accordance to their ability.
- Each match are given a number 1 or 2.
- On the coaches call the number 1s must catch their opposition 2.
- The 2 should use quick agility like movements to avoid each other.

**For more details on exercises see links below**

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## Exercise 3 – Bridges & Rivers - 3 minutes



### Video Link to Exercise

<https://youtu.be/d3PBv3D2ihs>

### Organisation

- Divide the players into two teams.
- One team is the bridge while the other is the river.
- Players move around freely in the set area.
- On the coaches call the bridges must go in a bridge shape and the river must crawl under.
- The roles are then reversed.

For more details on exercises see links below

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## **Exercise 4 –Jab Lift In Circle - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/Oy-YPGwZOU4>

### **Organisation**

- Mark out a circle using cones.
- Players stand around the circle with a sliotar on the ground.
- Players must jog around and perform a jab lift at every sliotar.
- Can be progressed by adding a time constraint.

**For more details on exercises see links below**

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## **Exercise 5 – Roll Lift Game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/UHQ5dDePErM>

### **Organisation**

- Players move around in a marked zone.
- Players must try and perform as many roll lifts as possible in 30 seconds.

**For more details on exercises see links below**

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## **Exercise 6 – Modified game - 7 minutes**



### **Video Link to Exercise**

<https://youtu.be/X9WpF1nAIMA>

### **Organisation**

- Players are placed on teams, of 3 -5 players per team.
- Points are awarded for the correct execution of a roll lift or jab lift as opposed to a goal or point.
- Other team applies moderate pressure attempting to put off opposition.

**For more details on exercises see links below**

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## Session 20

# Physical Literacy Focus – Agility

### Key Teaching Points for Agility

- Move your feet as quick as you can.
- Try and use some side-step motions to avoid a person or obstacle.

## Skill Focus – Jab Lift

### Key Teaching Points for the Jab Lift

- Adopt the Lifting Position. Eyes on the sliotar.
- Toe of the Hurley pointing away from the body on the dominant side. Thumbs pointing towards bas.
  - Slide the Hurley under the sliotar to lift it.
- Release the non-dominant hand into a cupped position to catch the sliotar.

**For more details on exercises see links below**

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## **Exercise 1 – Minefield with/without Ball - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/NWwIwVORK1A>

### **Organisation**

- Set up grid as shown in video.
- Players are divided into four teams, with one team lining up per side of the grid.
- On a coach's call, the given team must get across the zone by dodging the obstacles.
- To progress the activity, a football can be carried across the zone and further on, a bounce/solo can be introduced.

**For more details on exercises see links below**

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## Exercise 2 – Zig-Zag Slalom - 5 minutes



### Video Link to Exercise

<https://youtu.be/zEMGwcOnR4s>

### Organisation

- Cones are placed in a zig zag pattern in front of them.
- Players run out, plant outside foot at the cone, and drop the opposite shoulder to move from cone to cone as quickly as possible, and run back in.
- Players repeat the drill for the required time.

**For more details on exercises see links below**

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## **Exercise 3 – Watch the Move - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/DIt81EhxZ7w>

### **Organisation**

- Set out cones as shown, two identical sets.
- Players work in pairs, taking turns as “leader”.
- Leader moves from cone to cone (e.g., blue to yellow) and the other player must copy the leader.
- Different movements encouraged, forward, backward, sideways, jumping, skipping, etc.
- Ball can be introduced which incorporates solo, bounce, etc.

**For more details on exercises see links below**

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## **Exercise 4 – Battle for ball in pairs - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/Azqy9wr0Ogc>

### **Organisation**

- Players work in pairs.
- Players battle for a ball to gain possession through a lift.

**For more details on exercises see links below**

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## **Exercise 5 – Jab Lift Game - 7 minutes**



### **Video Link to Exercise**

<https://youtu.be/UHQ5dDePErM>

### **Organisation**

- Players move around in a marked zone.
- Players must try and perform as many jab lifts as possible in 30 seconds.

**For more details on exercises see links below**

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## **Exercise 6 – Modified game - 7 minutes**



### **Video Link to Exercise**

<https://youtu.be/X9WpF1nAIMA>

### **Organisation**

- Players are placed on teams, of 3 -5 players per team.
- Points are awarded for the correct execution of a roll lift or jab lift as opposed to a goal or point.
- Other team applies moderate pressure attempting to put off opposition.

**For more details on exercises see links below**

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## Session 21

# Physical Literacy Focus – Balance

### Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

## Skill Focus – Overhead Catch

### Key Teaching Points for the Overhead Catch

- Move towards the sliotar. Eyes on the sliotar.
- Release the non-dominant hand and extend it above the head.
- Raise the Hurley above the head to protect the catching hand.
- Relax the hand on impact, catching the sliotar with the fingers.

For more details on exercises see links below

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## **Exercise 1 – Animal Walk - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/smRDQXGvkOk>

### **Organisation**

- Players must mimic various animal movements.
- Exercises include dog, crab, monkey and rabbit.
- Players are encouraged to move in multiple different directions in multiple different ways.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## Exercise 2 – Tight Rope - 3 minutes



### Video Link to Exercise

<https://youtu.be/JhytbhgrMz8>

### Organisation

- Players are asked to take off their footwear.
- A rope is placed on the floor.
- Players must maintain their balance with the rope on the centre of their foot.
- Players are encouraged to move in a multiple of different directions.
- Perform with eyes shut and eyes open.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 3 – Change The Shape - 3 minutes**



### **Video Link to Exercise**

[https://youtu.be/ AW5gf4FAwQ](https://youtu.be/AW5gf4FAwQ)

### **Organisation**

- Players are asked to take a position on the floor on all fours.
- The players must mimic movements of the coach.
- It's important for all players to mimic the movements while keeping their balance.

**For more details on exercises see links below**

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## **Exercise 4 –Strike off wall and catch - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/wX82FnEGMwA>

### **Organisation**

- Players strikes the sliotar off the wall and completes a catch as it returns.
- Players are encouraged to strike off both left and right sides.

**For more details on exercises see links below**

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## **Exercise 5 – Strike & Catch With Partner - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/Kswa3HiPpak>

### **Organisation**

- Players match up in pairs about 5 metres apart.
- Players must strike the ball to their partner who performs the over-catch correctly.
- Ensure the players protect their hand with the Hurley.

**For more details on exercises see links below**

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## **Exercise 6 – No Man’s Land - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/GHE2p0-fwPE>

### **Organisation**

- Players match up in pairs.
- A zone ('No Man's Land') is set up using 4 cones.
- Players aim to pass the ball to each other without the ball dropping into the zone.

**For more details on exercises see links below**

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## Session 22

# Physical Literacy Focus – Balance

### Key Teaching Points for Balance

- Head stable with eyes focused forward or on target.
- Keep body straight and try and prevent any sudden movements.

## Skill Focus – Overhead Catch

### Key Teaching Points for the Overhead Catch

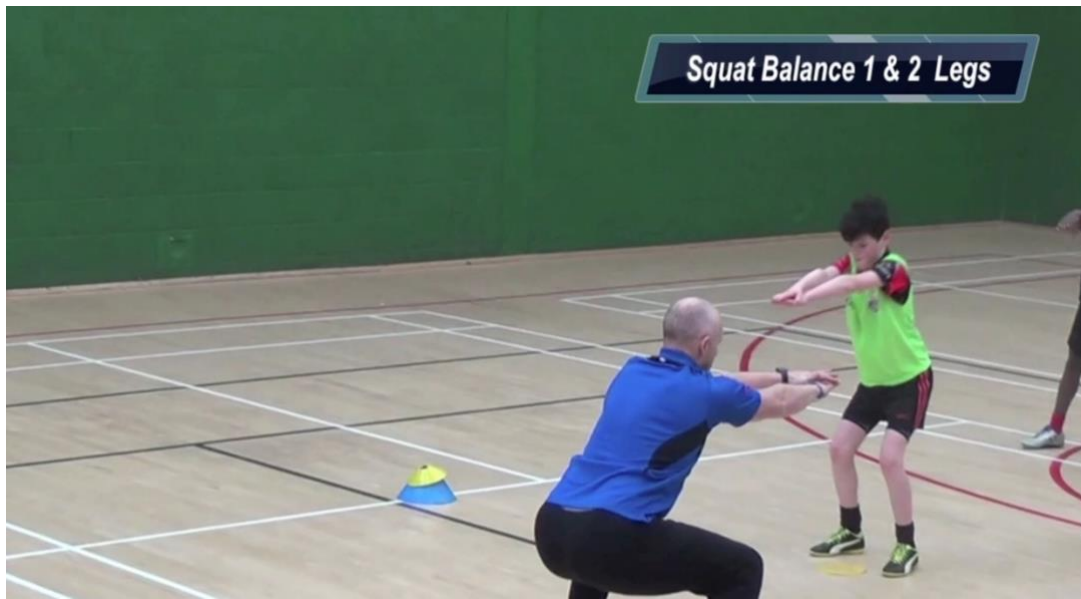
- Move towards the sliotar. Eyes on the sliotar.
- Release the non-dominant hand and extend it above the head.
- Raise the Hurley above the head to protect the catching hand.
- Relax the hand on impact, catching the sliotar with the fingers.

For more details on exercises see links below

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## **Exercise 1 – Squat Balance - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/zOOVff3zwE8>

### **Organisation**

- Players are asked to carry out a squat.
- First with two feet and then with one.
- Important for players to keep their balance during this exercise.

**For more details on exercises see links below**

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## **Exercise 2 – Wobble and Balance - 3 minutes**



### **Video link to exercise**

<https://youtu.be/hSP9XBEBfO8>

### **Organisation**

- Players are asked to carry out a squat on an uneven surface, such as a wobble board or tackle bag.
- Any uneven surface can be used, such as a pile of bibs or jerseys.

**For more details on exercises see links below**

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## **Exercise 3 – Body Balance - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/bqWHhz04ezE>

### **Organisation**

- Coach performs various body balance positions, which the players attempt to mimic.
- Positions could include one foot, high plank, high plank with one hand, sitting without hands or feet touching the ground, etc.

**For more details on exercises see links below**

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## **Exercise 4 – Partner To Partner Catch - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/eGCDHO3pCyE>

### **Organisation**

- Players jog around an area and throw the sliotar up to another player.
- The other player must jump up and perform the overhead catch.
- Important for players to protect their hand with the hurley.

**For more details on exercises see links below**

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## **Exercise 5 – Strike & Catch With Partner - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/Kswa3HiPpak>

### **Organisation**

- Players match up in pairs about 5 metres apart.
- Players must strike the ball to their partner who performs the over-catch correctly.
- Ensure the players protect their hand with the Hurley.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 6 – No Man’s Land - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/GHE2p0-fwPE>

### **Organisation**

- Players match up in pairs.
- A zone ('No Man's Land') is set up using 4 cones.
- Players aim to pass the ball to each other without the ball dropping into the zone.

**For more details on exercises see links below**

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## Session 23

# Physical Literacy Focus – Co-Ordination

### Key Teaching Points for Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

## Skill Focus – Solo

### Key Teaching Points for the Solo

- Point the Hurley forward, with the bas flat and the toe pointing away from body on the dominant side.
- Toss the sliotar onto the bas of the Hurley. Place nondominant hand along the handle for balance.
  - Move forward balancing or hopping the sliotar.
  - To help control the Hurley, use a shortened grip.

For more details on exercises see links below

Click [here](#) for GAA E-Learning Planner

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## **Exercise 1 – Turn The Cap - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/1Y26JGMAQew>

### **Organisation**

- An area is set out with a number of two coloured cones around the area i.e. red and white.
- Players are split into two teams and assigned a colour marker.
- On the coaches call players must run in and turn over their coloured cones.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 2 – Ladder Hop-Scotch - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/oL10R4Ho8fM>

### **Organisation**

- Set out an agility ladder in front of the players (can also be performed without a ladder).
- Players must throw a beanbag out on the ladder.
- Players must then hop out on one foot to collect the beanbag.
- On the way back players must hop back on the opposite foot.

**For more details on exercises see links below**

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## Exercise 3 – Ladder and Bounce - 3 minutes



### Video Link to Exercise

<https://youtu.be/AOGct2NlbWE>

### Organisation

- Ladder is set out with a number of targets (e.g., cones) on either side.
- Players must walk out bouncing ball on the targets.
- The use of both hands is encouraged.

**For more details on exercises see links below**

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## **Exercise 4 – Zig Zag Solo With Ball - 5 minutes**



### **Video Link to Exercise**

<https://youtu.be/SWlpyg10GKc>

### **Organisation**

- The coach sets out a zig zag area with cones.
- Players must make their way through the cones while balancing the sliotar on the Hurley.
- When the player gets back home, the next player goes.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## Exercise 5 – Relay Games- 5 minutes



### Video Link to Exercise

<https://youtu.be/M3rM1dlUtec>

### Organisation

- Four cones are set out approximately 5 metres apart from each other.
- Two teams line up behind the start cone.
- The first player must run out and get to the first cone and back.
- Handpass is used to transfer the ball from player to player.
- The next player must run out to the second cone and back.
- All players must go out and back in a race against the opposite team.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## **Exercise 6 – Solo through Goals game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/nbUvPylc-S4>

### **Organisation**

- Divide the players into 3v3 or 5v5 depending on the numbers available.
- Scores are awarded to team who successfully solos through the goals.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## Session 24

# Physical Literacy Focus – Co-Ordination

### Key Teaching Points for Co-Ordination

- Co-ordination is a combination of all the different physical literacy skills in which we have learned to date.

## Skill Focus – Solo

### Key Teaching Points for the Solo

- Point the Hurley forward, with the bas flat and the toe pointing away from body on the dominant side.
- Toss the sliotar onto the bas of the Hurley. Place nondominant hand along the handle for balance.
  - Move forward balancing or hopping the sliotar.
  - To help control the Hurley, use a shortened grip.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

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## Exercise 1 – Skipping - 3 minutes



### Video Link to Exercise

<https://youtu.be/48j8GJxZinc>

### Organisation

- Players are asked to skip using a variety of techniques.
- Two-footed, one-footed and jogging.

For more details on exercises see links below

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## **Exercise 2 – Volley Ball Push - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/X-0-Jz7baSc>

### **Organisation**

- Players must work in pairs.
- Using a volleyball players aim to keep the ball off the ground by pushing the ball with their fingertips, passing the ball to each other.

**For more details on exercises see links below**

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## **Exercise 3 – Pass in a Ladder - 3 minutes**



### **Video Link to Exercise**

<https://youtu.be/pKkDy1XmRVA>

### **Organisation**

- Two ladders are set out facing each other.
- Players are asked to walk out sideways while hand passing a ball to each other.

**For more details on exercises see links below**

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## **Exercise 4 – Solo Run War With ball – 5 min**



### **Video Link to Exercise**

<https://youtu.be/oITiITsJniQ>

### **Organisation**

- Set up a zone for the players to jog around in.
- Players must jog around and keep the balance of their sliotar while also trying to knock the sliotar off another player.

**For more details on exercises see links below**

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## Exercise 5 – Relay Games- 5 minutes



### Video Link to Exercise

<https://youtu.be/M3rM1dlUtec>

### Organisation

- Four cones are set out approximately 5 metres apart from each other.
- Two teams line up behind the start cone.
- The first player must run out and get to the first cone and back.
- Handpass is used to transfer the ball from player to player.
- The next player must run out to the second cone and back.
- All players must go out and back in a race against the opposite team.

**For more details on exercises see links below**

Click [here](#) for GAA E-Learning Planner

Click [here](#) for Connacht Nursery Programme

## **Exercise 6 – Solo through Goals game - 10 minutes**



### **Video Link to Exercise**

<https://youtu.be/nbUvPylc-S4>

### **Organisation**

- Divide the players into 3v3 or 5v5 depending on the numbers available.
- Scores are awarded to team who successfully solos through the goals.

**For more details on exercises see links below**

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