



Midleton Juvenile Nursery Programme

Fundamental Movement through Hurling and Football

Credit: Eoin Kennedy Coach Tutor

WEEK 1

Main Theme: Movement and Comfort with the Ball

Equipment: Small football per player, Bibs, Cones

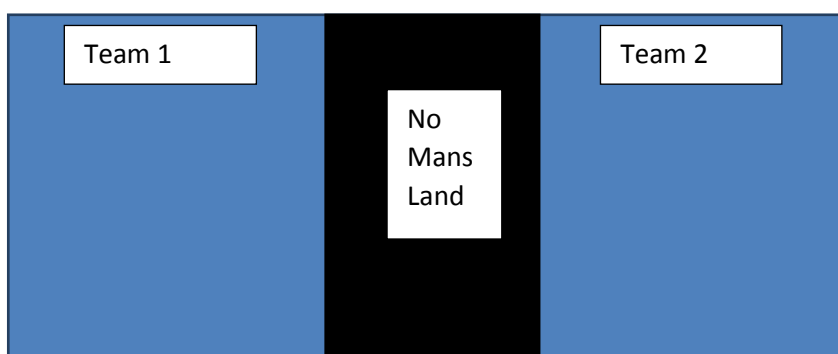
Content:

- Five 40 sec chasing games of the following. Change the catchers after each game, so each child gets a chance to be a catcher.
 - a. Flush the Toilet- When child is caught, they stand still with their arm outstretched, can be freed when one of their teammates pushes their arm down (like flushing the toilet)
 - b. Stuck in the Mud- When child is caught, they stand still with their legs spread wide apart, can be freed when one of their teammates goes under their legs and sets them free.
 - c. Crows- When a child is caught, they stand still flapping their arms up and down and “caw caw” like a crow. They are free to go when a teammate pushes one of their arms down.
 - d. Under the Bridge- When a child is caught, they go down on all 4’s, with hands and feet on the ground and make the shape of a hump back bridge. To be set free, a team mate must crawl under their belly.
 - e. Turtles- When a child is caught, they lie on their back with their arms and legs wiggling in the air (like an upside down turtle). They are free to go when a teammate tips them onto their side.

- Animal Movements and different movements. About 20 seconds for each exercise, and on the whistle change to a new movement
 - a. Jogging forward
 - b. Bear Crawl-Moving as fast as they can with their hands and feet on the ground
 - c. Skipping forward-Focus on opposite hand to opposite leg when skipping and encourage High skips with the knees as high as possible
 - d. Crab Walk- On all 4’s, with their belly facing up
 - e. Side to side Skipping-Change the lead leg with every 3 skips

- f. Frog Jumps- Get the child to jump as far forward, encourage arm swing and start from a low squat position
- g. Single leg Hop- Hop on one leg for 4 steps, then change onto the other leg for another 4 hops
- h. Chicken Walk- Players are into as low a squat as they can with knees to the side and they walk around.
- i. Long Jump-Players jump as far as they can forward, swinging the arms and landing in the squat position, making as little noise as possible when landing
- j. Snake-Players lie with their belly on the ground and move around using just their knees and elbows

- Each child to get a ball
- Child gets 1 minute of “Free Time” to experiment with the ball and do what they are comfortable with.
- Introduce the Bounce. Every 4 steps, the child is to bounce and catch the ball whilst moving around. Walking at first, then running as they get more competent.
- Introduce bouncing with one hand only, using their right hand and left hand, every second time.
- Hopping- Hop on one leg for 4 steps and then bounce the ball, before hopping for 4 steps on the other leg.
- Change of Direction- Every time the child bounces the ball, they have to change direction, going sideways, backwards etc.
- Introduce the chest catch. Every 4 steps the child throws the ball up in the air and catches it into their belly (elbows tucked in).
- Give the option for children to try and catch the ball over their head, co with their fingers pointing up trying to catch the ball as high as possible.
- No Mans Land- Split group into two equal teams and set up as in the diagram. Object of the exercise is to kick as many balls into the other teams side as possible. Players are not allowed to leave their own area and must kick the ball through/over no mans land. Players may kick from the ground, kick from a dropped bouncing ball or kick directly from their hands. Encourage kicking from their left and right legs.



Fundamental Movement through Hurling and Football – WEEK 2

Main theme: Movement and Kicking

Equipment: Small football per player, Bibs, Cones

Content:

- Five 40 sec chasing games of the following. Change the catchers after each game, so each child gets a chance to be a catcher.
 - a. Flush the Toilet- When child is caught, they stand still with their arm outstretched, can be freed when one of their teammates pushes their arm down (like flushing the toilet)
 - b. Stuck in the Mud- When child is caught, they stand still with their legs spread wide apart, can be freed when one of their teammates goes under their legs and sets them free.
 - c. Crows- When a child is caught, they stand still flapping their arms up and down and “caw caw” like a crow. They are free to go when a teammate pushes one of their arms down.
 - d. Under the Bridge- When a child is caught, they go down on all 4’s, with hands and feet on the ground and make the shape of a hump back bridge. To be set free, a team mate must crawl under their belly.
 - e. Turtles- When a child is caught, they lie on their back with their arms and legs wiggling in the air (like an upside down turtle). They are free to go when a teammate tips them onto their side.
- Animal Movements and different movements. About 20 seconds for each exercise, and on the whistle change to a new movement
 - a. Jogging forward
 - b. Bear Crawl-Moving as fast as they can with their hands and feet on the ground
 - c. Skipping forward-Focus on opposite hand to opposite leg when skipping and encourage High skips with the knees as high as possible
 - d. Crab Walk- On all 4’s, with their belly facing up
 - e. Side to side Skipping-Change the lead leg with every 3 skips
 - f. Frog Jumps- Get the child to jump as far forward, encourage arm swing and start from a low squat position
 - g. Single leg Hop- Hop on one leg for 4 steps, then change onto the other leg for another 4 hops

- h. Chicken Walk- Players are into as low a squat as they can with knees to the side and they walk around.
- i. Long Jump-Players jump as far as they can forward, swinging the arms and landing in the squat position, making as little noise as possible when landing
- j. Snake-Players lie with their belly on the ground and move around using just their knees and elbows

- No Mans Land- Set up as in week one. This week use more variations.
 - a. Ground Kick
 - b. Kick From Bounce or From Hands- Coach to assist any children struggling with the Kick from Hands. Key teaching points are Step forward with non kicking foot for balance, leave the ball drop from the hands, point the toe down to the ground.
 - c. Catching from Kick from hands- Emphasise the importance of catching the ball that is kicked over. Can give points for catching the ball after 1 bounce (1 point) or straight from the air (2 points)
 - d. Kick on the move- Encourage the children to walk/run with the ball towards the front cones, bouncing every 4 steps and kick the ball whilst moving forward
 - e. Kick the wall-Try to get the children to kick the ball as long as they can, with the target being to get one point every time they get the ball to hit the opposing teams wall (there may already be goals painted in the wall as a better target)

Fundamental Movement through Hurling and Football – WEEK 3

Main Theme: Perfecting the technique for catching, bouncing and kicking.

Equipment: Balloons

Content:

- Children get a balloon each and start off with 1 min of free time to get comfortable with the balloon and do their own stuff (Keep an eye out for what they actually do, as you may pick up a few skills to work on)
- Keep the balloon off the ground, using alternative hands. So, right hand this time, the left and repeat.
- Catching-Hit the balloon up as high as possible and catch with two hands over the head. (This will give children confidence for the high catch)
- Bouncing- Children must bounce the balloon off the ground every 4 steps (This really works the technique of pushing the ball into the ground and catch again)
- Keep the balloon off the ground, using alternative feet. So right foot kick, then left foot kick.
- Kicking- Dropping the balloon from waist level, kick as far forward as possible (Again, this will really work on the technique of the child kicking, as they will no longer throw the balloon up when kicking, and with the task of kicking it forward, they will keep the toe down, perfecting the punt kick technique)
- Pass the balloon- Using one balloon between 2 kids, they must keep the balloon off the ground and they are only allowed one touch in a row. Increase to two Balloons between pair. (Will increase footwork and vision)
- Hit the partner- By throwing or hitting the balloon, you must try and hit it off your partner. The partner must either catch the balloon clean or move to avoid the balloon. Again this will lead to significant foot movement and avoidance. Every man for himself- Players are free to hit any person with the balloon.

Fundamental Movement through Hurling and Football – WEEK 4

Main theme: Hand eye coordination and movement

Equipment: Bean Bags

Content:

- Each child gets a bean bag and starts off with 1 minute of free time to do whatever they choose.
- Run and Catch- Children run around and every 4 steps they throw up their bean bag and catch with two hands
- Hand to hand- Whilst moving, throw from one hand and catch with the other, then throw back. Small throw to start and increase height as they get comfortable
- Bean Bag Balance-Jog and Dodge other children whilst the bean bag is on their head
- Kick- Place Bean Bag on the foot. Whilst correcting the kicking technique, get the child to kick the bean bag in front of them. Progress to dropping the bean bag and kicking if capable
- Drop catch-Drop the bean bag from the hand. Grab at it and catch before it hits the ground, with the palm facing away. Use both hands.
- Bean bag pass-With a partner, throw under arm to the partner who tries to catch, again the palm is facing away. Encourage use of both hands.
- Movement skills-Place the bean bag on the ground. Player must do all of the following:
 - Two feet together, hop forward and back over the bean bag.
 - Two feet together, hop from side to side over the bean bag
 - One foot, facing the same direction, hop all the way around the bean bag, and then return to the start again. Repeat with both feet
- Bean Bag tag- With a partner, you must try and throw the bean bag against the partners shoes (will encourage quick foot movement)
Every man for himself- You can throw the bean bag against any Childs shoes. (Ensure they only hit the shoes as it is safer)

Fundamental Movement through Hurling and Football – WEEK 5

Main Theme: Identifying the Hurley hand and Skill hand

Equipment: Hurlogs, Bean Bags, Foam Balls, Cones

Content:

- Each player starts off with a bean bag and Hurlog with 1 minute of free time
- Ensure children are holding the Hurley with the correct hand (only one hand necessary)
- Children to hold Hurley in Hurley hand and bean bag in skill hand.
- Catch-Children to throw up the bean bag every 4 steps and catch again with skill hand
- Solo-Children to place bean bag on the Hurlog, and solo around without the bean bag falling from the Hurley. Ensure child is holding Hurley the correct way, toe facing away.
- Players to do simple movements whilst soloing the bean bag, such as:
 - Jogging forward
 - Hop on one leg for 4 steps, then change
 - Skip forward
 - Skip side to side, changing lead leg every 4 steps
 - Run Backwards
- Solo and Catch-Every 4 steps, swap the bean bag between hand and placed on the hurley for solo.
- Using the foam balls- Get each child to dribble their own ball using the hurling and one hand on the hurley
- Pick up-Whilst dribbling the ball around, on the whistle, the player must pick up the ball as fast as possible using their skill hand
- Free time-Allow the children to do whatever they want with the ball and Hurlog to gain confidence and increase comfort levels with both the hurlog and the ball

Fundamental Movement through Hurling and Football – WEEK 6

Main Theme; Striking and comfort with the Ball

Equipment: Hurlogs, Foam Balls, Cones

Content:

- Reemphasise the Hurley hand and the Skill hand (use arm bands to distinguish if needed)
- Give the child one minute of free time to gain comfort with the Hurlog and ball again.
- Dribbling- Using one hand on the Hurley, player is to maintain possession of their own ball for as long as possible touching the ball with both sides of the Hurley.
- Pick up-Like last week, every time the whistle sounds, players are to pick up the ball with their skill hand as fast as possible.
- Strike- Set up No mans land, as in the football and break the group into two equal teams. Go through the games as following:
 - Single arm strike: Players to strike the ball with one hand only on the Hurley
 - Two armed strike-Children to get two hands on the Hurley to strike the ball. Ensure the skill hand goes below the Hurley hand and not vice versa.
 - Stop a moving ball-Block the moving ball with the Hurley, and strike back. (Try to get the child to hold the Hurley vertical when blocking the ball)
 - Back Wall-Encourage children to try and hit the ball against the wall at the back of the other teams side
 - Double-Encourage the children to strike the ball straight back, as it is moving towards them.
 - As many as possible- Get the Children to hit as many as possible in the time frame given