

Mum & Me

Coaching Booklet



**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógaíochta

Welcome to the Camogie Association's Mum & Me programme

This Booklet is a guide to help you through the basic steps and skills of Camogie.

We hope you enjoy learning the skills of the game and more importantly have fun in learning the game with your daughter.

This booklet is a guide and a checklist for the important basic skills of the game.

Camogie is a game for every generation.

For more info on the game of Camogie, check out



[Facebook.com/officialcamogieassociation](https://www.facebook.com/officialcamogieassociation)



[Twitter.com/officialcamogie](https://twitter.com/officialcamogie)



www.camogie.ie

Mum & Me

Weekly Coaching Sessions

- Week 1 Grip & Swing
- Week 2 Dribbling
- Week 3 Roll Lift / Jab Lift
- Week 4 Face Catch
- Week 5 Shoulder Clash
- Week 6 Strike from the Hand

Mum & Daughter Practice Days
Monday • Wednesday • Friday

REMEMBER!

HEAD • HANDS • FEET

Teaching / Coaching the Skills

The **IDEAL** model is used to coach/teach the skills

I Introduce the skill

Remember that brevity is of the essence as kids come to the field just “to do it”

D Demonstrate

If coach is not proficient use a mentor or player who is

E Explain

Short explanation – as little talk as possible
Get the players involved

A Action

Players practice the skill

L Looking

Observing with a view to fixing, safety, progression, task appropriateness, enjoyment



Organisational Hints

for coaches or parents helping out with a team



- Players to gather at pre-arranged spot on field on sound of whistle
- Coach positions herself so that she can see all players
- Players to assemble in half circle or in 2/3 rows
- Ensure that there are no visible distractions behind coach
- Have the sun at the player's backs
- Make sure all sliotars are deposited in designated place while coach is speaking
- Make sure all players can hear what is being said – coach should avoid speaking into a breeze
- Separate disruptive players
- Look directly at any inattentive player – proceed to addressing disruptive player by name and asking, firmly but politely for attention

Introduce Skill

- (a) Name the skill.
- (b) Enthusiastically explain why coach thinks players will enjoy learning this skill.
- (c) Endeavour to get players to appreciate that this skill is a big deal and what great players they will become on mastering this skill!

Demonstrate

- (a) Demonstration by coach, player or friend who is proficient in the skill.
- (b) Emphasise importance of head, hands, hurley and feet – young players react very positively to this.
- (c) Use clear age-appropriate language when working with young players.
- (d) Demonstrate the whole skill.
- (e) Break skill into key components.
- (f) Emphasise 2/3 most important points.
- (g) Be brief but check that players understand.
- (h) Demonstrate slowly 2-3 times.
- (i) Question for understanding.
- (j) Demonstrate whole skill again.

Explain

- (a) Keep explanation brief – players want to be “doing” not listening.
- (b) Use simple clear language.

Action

- (a) Players practice straight after demonstration.
- (b) Ensure players' safety – players helmeted – not too close to each other.
- (c) Minimise risk of failure.
- (d) Repeat demonstration and explanation when and where necessary – to clarify some point.
- (e) Encourage players as they practice.
- (f) Introduce simple drills where the players will experience further success.

Looking

- (a) Observing the players in action.
- (b) Pay particular attention to head, hands, hurley and feet.
- (c) Correct errors common to many players.
- (d) Correct just one error at a time to avoid cluttering players' minds with too much detail.
- (e) Comment on the execution rather than on the perpetrator – the action rather than player!
- (f) Show the young players an error you used to make as kid e.g. when roll lifting demonstrate how you used to raise the ball much too high. Ask kids to act as coach and to suggest what unfortunate consequence may have resulted from your incorrect performance of the skill. Elicit risk of injuries.
- (g) Vital that coach remains positive and helpful even in cases of poor execution of skill. Might be helpful to self-reflect on own coaching or to accept limitations of players!
- (h) Correction must be positive, simple and clear.

Patience is Paramount

Week 1 Grip & Swing

(leading to striking of ground ball)



- 1 Adopt ready position
- 2 Ball in front of non-dominant (weak) foot
- 3 Slide non-dominant (weak) hand into Lock Position
- 4 Elbows bent
- 5 Knees bent
- 6 Swing and strike ball flat on with bas with “wristy” action
- 7 Follow through to shoulder height
- 8 Transfer weight to non-dominant leg

Head Eyes on ball ‘til strike completed

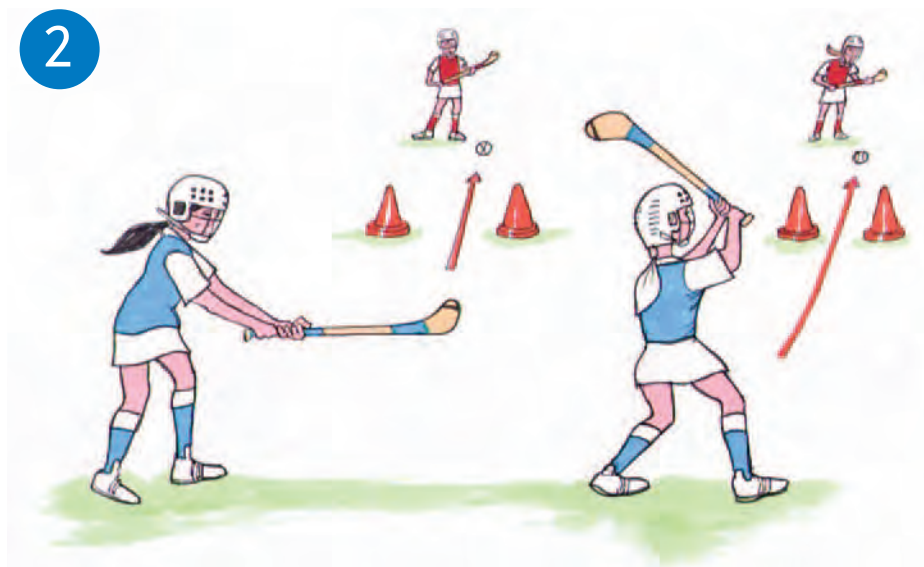
Hands Slide from Ready Position to Lock Position – follow through

Feet Ball in front of non-dominant (weak) leg – feet shoulder width apart – transfer weight to non-dominant leg

VITAL

Feet not too close together – stand close to ball – place bas behind ball before swinging – keep eyes on ball ‘til swing completed non-dominant hand slides from Ready to Lock Position for each strike

2



Pairs striking for accuracy to each other through 2 cones

Drills for Swing

- 1 Swing on an imaginary ball

First place bas just behind “ball”. Check that non-dominant hand slides up and down handle before and after each swing.

- (a) Strong side
- (b) Weak side

- 2 Striking in pairs using

- (a) First Touch
- (b) Quick Touch Ball

Week 2 Dribbling

- 1 Adopt ready position
- 2 As in blocking ground ball, slide non-dominant hand down handle for better control when dribbling
- 3 Use both sides of bas, every second strike where possible, when dribbling
- 4 Have heel of hurley on ground at beginning of dribble
- 5 Heel of hurley not to be raised above shin level when dribbling

VITAL Keep ball within hurley length of body at all times emphasise close control. Encourage use both sides of bas. Avoid resorting to using feet to move ball on.

Head Eyes on ball
Head over ball

Hands Adopt Ready position
Slide non-dominant hand down handle for control
Use alternate sides of bas
Keep heel of hurley below shin level

Feet Adjust feet constantly so as not to overstretch
Avoid temptation to use feet to control ball

Drills for Dribbling

1 Individual

Players practise dribbling imaginary ball using short back strokes while not lifting the hurley above shin level.

2 Pairs

Ball per pair. Players in turn dribble the ball out and around a marker 5m away and back.

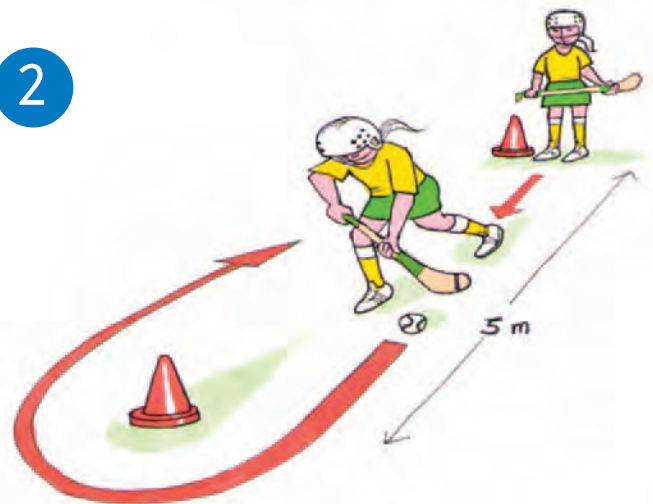
3 Relay

Teams of 4 line up behind cone and facing a second cone 10m away.

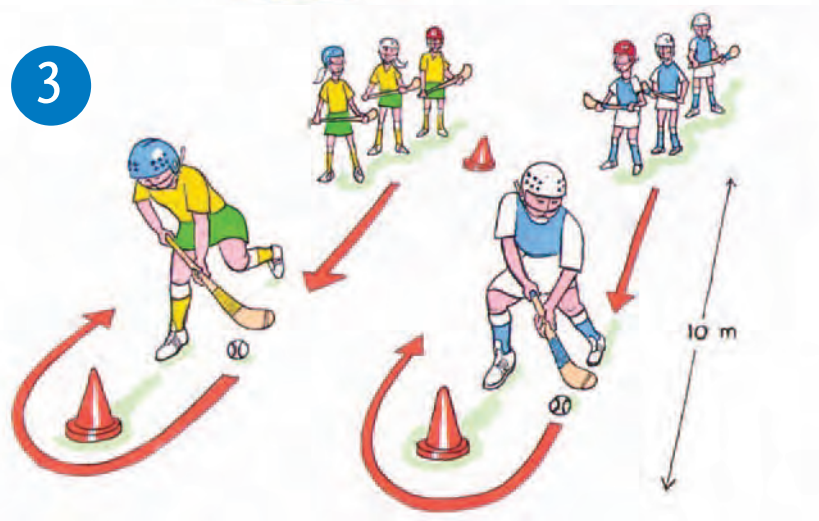
Each player in turn dribbles out, around the cone and back before leaving ball for next player.

The drill can be progressed into a relay race when the coach considers her players sufficiently proficient in the skill.

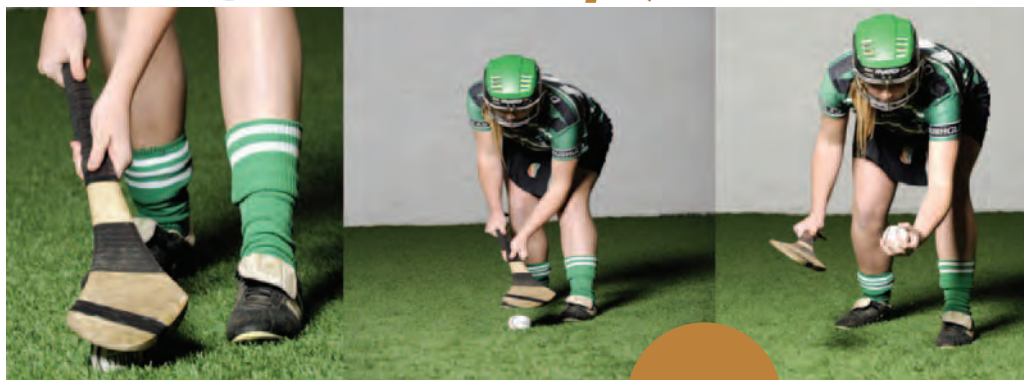
2



3



Week 3 Roll Lift / Jab Lift



- 1 Adopt ready position
- 2 Change to lifting position
- 3 Non-dominant foot alongside ball
- 4 Bend knees and back
- 5 Eyes on ball
- 6 Hurley almost parallel to ground with toe pointed to dominant side – thumbs pointed towards bas
- 7 Place hurley on ball, roll ball backwards, slide toe of hurley under ball to rise it
- 8 Catch ball in cupped non-dominant (weak) hand as low as possible

VITAL

Toe of hurley is turned away from body. Hurley is almost parallel to the ground.

Dominant hand brought down the handle for greater control and stability when executing lift.

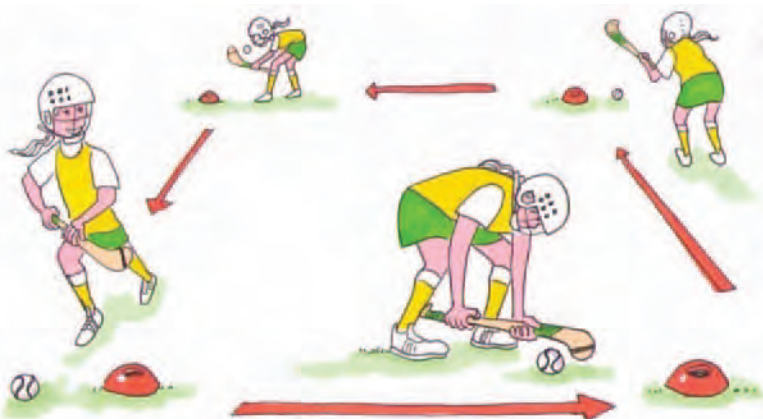
Ensure that players catch ball in “cupped” hand rather than snatching it from above.

Head Eyes on ball
Head over ball

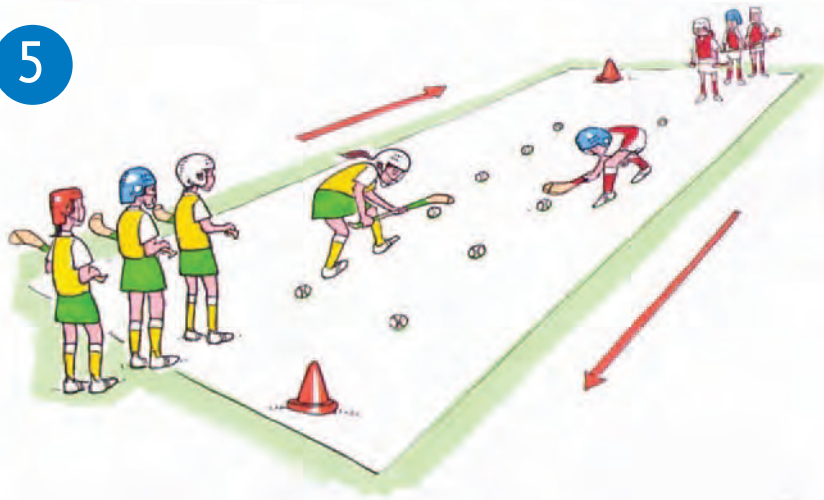
Hands Adopt lifting position
Thumbs on top side of hurley pointing towards bas
Hurley held almost parallel to the ground
Catch ball in “cupped” non-dominant (weak) hand

Feet Non-dominant (weak) foot alongside ball
Knees bent

4



5



Drills for Roll Lift

- 1 **Individual**
Ball per player – each player performs 5 roll lifts, 10 roll lifts
- 2 **One minute**
Each player counts her roll lifts for one minute
- 3 **Partners**
Partners watch and count as colleague roll lifts
- 4 **Player and ball at each cone**
Players walk initially and then jog from cone to cone picking and dropping
- 5 **Two groups of 5 players at each cone**
Two lines of balls 3m apart. On signal both groups move to line of balls to their left hand side and roll lift in turn. Players keep picking and dropping for 2 minutes.

Week 4 Face Catch Chest Catch / Front of Face Catch

(Beanbags – First Touch / Quick Touch Balls)

- 1 Players adopt ready position
- 2 Hold hurley in dominant hand across front of body
Shorten grip if necessary
- 3 “Cup” non-dominant hand
- 4 Move (adjust) feet to position oneself for catch
- 5 “Cushion” ball by relaxing chest/fingers

VITAL

Move so that ball caught between hand and chest or in front of face, movement may be forward sideways or backwards. “Cushion” ball on chest or in hand, ensure hurley held shorter and across body not trailing on the ground.

Head Eyes on ball

Hands Dominant hand gripping hurley across body
Grip shortened
Non-dominant hand “cupped” to receive ball

Feet Move (adjust) forward, sideways or backwards to receive ball

Drills for Catching

1 Individual

- (a) Player throws (a) beanbag (b) First Touch sliotar slightly above head height and then chest catches
- (b) Player throws (a) beanbag (b) Quick Touch ball slightly above head height and face catches
- (c) On signal from coach all players count how many (a) chest catches (b) face catches in 30 secs

2 Pairs

Players 3m apart. Player A throws and player B executes chest catch and vice versa. Likewise for the face catch. On signal from coach pairs count how many (a) chest catches (b) face catches in 1 minute

3 Catching at cone

One partner throws while partner runs to catch at cone – then roles are reversed

4 Partners

Partners throw to each other, moving in to throw and moving out to receive

5 Straight line drill

Player 1 throws to player 4 and moves across to wait behind player 5. Player 4 throws to player 2 and moves across behind player 3. Player 2 then throws to player 5 and so on



Week 5 Shoulder Clash

Shoulder to Shoulder Clash / Ground Clash



Head Eyes on ball

Hands Hands go from Ready to Lock position

Elbows bent to raise Hurley for "pull"

Two hands on hurley

Feet Keep both feet on ground if possible but at least one foot at all times

- 1 Adopt ready position
- 2 Be close to opponent
- 3 Move non-dominant hand up handle into Lock position
- 4 Bend elbows to raise hurley
- 5 Make shoulder to shoulder and hip to hip contact
- 6 Swing hurley to strike ball

VITAL

Player must be in close contact with opponent, otherwise risk of injury. Lock hands before completion of swing to avoid injury to non-dominant hand. Swing with quick "wristy" action.

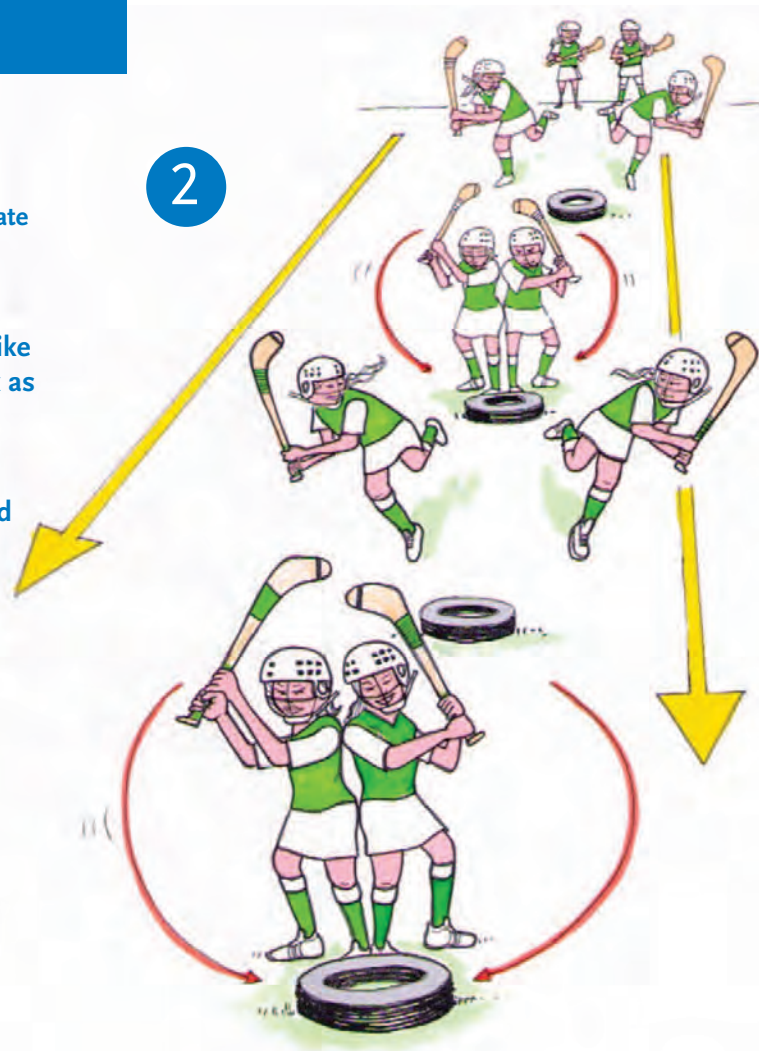
Drills for Shoulder Clash

- 1 **Pairs**
Players stand in pairs at tyres and strike tyres. Players alternate so that striking performed on left and right side
- 2 **Tyre Line**
Players work in pairs (a) walking (b) jogging as they strike tyres together. Ensure players practise striking on weak as well as strong side
- 3 **Smaller Tyres**
Introduce a line of smaller tyres so that players get used to being close together when they strike

1



2



Week 6 Strike from the Hand



- Head** Eyes on ball until strike is completed
- Hands** Non-dominant hand below dominant hand
Toss ball shoulder high
Shorter grip if missing ball
- Feet** Transfer weight from dominant to non-dominant leg

Because of the complexities of this skill from the coordination and timing aspects we adopt a slightly different approach

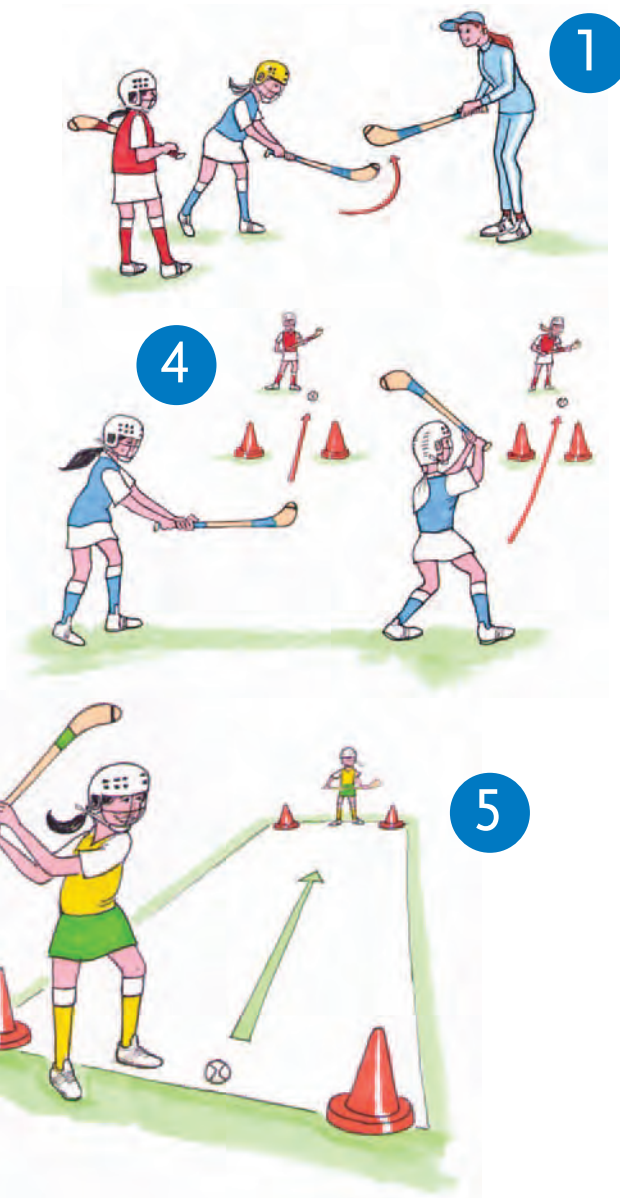
- 1 To provide a stable target for striking, the coach holds own rubber based hurley between knee and thigh for player to strike
- 2 Hurley is held in hand at 90° to forearm
- 3 Toss imaginary ball in air from non-dominant hand
- 4 Non-dominant hand then goes into lock position
- 5 Player strikes bas of coaches hurley
- 6 **BALL INTRODUCED** – held in non-dominant hand shoulders and feet in line with the target
- 7 Toss ball from non-dominant hand to shoulder height
- 8 Non-dominant hand then goes into Lock Position, elbows bent
- 9 Swing hurley downward – strike ball between knee and hip level
- 10 Weight transferred to non-dominant leg

VITAL

Ensure dominant hand remains above non-dominant hand especially when hurley is shortened
Look at ball not at target

Drills for Strike from the Hand

- 1 **Hurley strike**
Coach holding hurley between knee and hip level while players in line strike bas of hurley
- 2 **Ball per player**
Players stretched out along side striking balls on whistle across field and back
- 3 **Players 15m apart**
Striking ball to each other
- 4 **Players in pairs - 15m apart**
Two cones 3m apart. Players strike ball through cones to each other to progress drill (a) increase the distance between the two players (b) reduce the width of the goals
- 5 **Goal to goal**
Mother and Daughter have a goal each, they must try and score a goal on each other striking from the hand while trying to defend their own goal



Mum Practice Days Worksheet

Tick each day as you practice

Week 1

Grip & Swing



Week 2

Dribbling



Week 3

Roll Lift / Jab Lift



Week 4

Face Catch



Week 5

Shoulder Clash



Week 6

Strike from the Hand





[Facebook.com/officialcamogieassociation](https://www.facebook.com/officialcamogieassociation)



[Twitter.com/officialcamogie](https://twitter.com/officialcamogie)



www.camogie.ie