

THE GAME MAKER:

GAMES FOR U8's

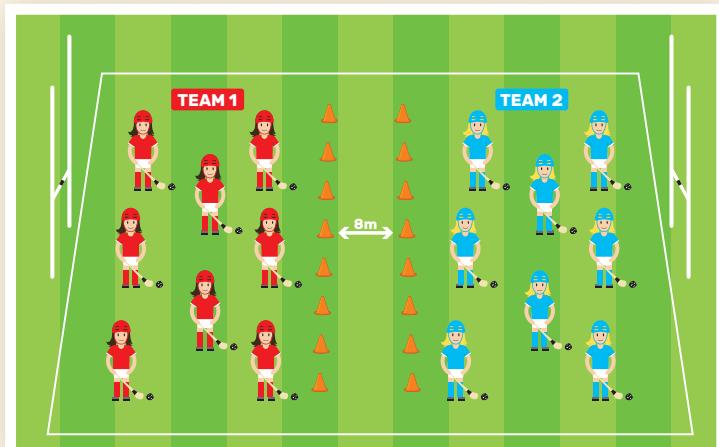


At U8 level, children are usually at a beginner stage of development. Focus should be on Development on the Core Skill of Ground Striking and various advancements on this, such as doubling on moving ball, striking on the run, equal use of Left and Right side. Associate skills such as Dribbling, stopping a moving ball, Frontal Block, Tackling and advancing skills such as Lifting the ball and striking from the hand as the year progresses should also be encouraged.

Priority for U8s is FUN. Sessions should be mainly Games Based. Children at this stage of their development are like sponges and will learn exercises and skills very quickly. Small sided games are the priority where maximum amount of ball contacts can be achieved. Elimination of straight line exercises and development of games are a key step to improving the standard of players and the players level of enjoyment.

Games should form the basis of each session. Whilst straight up matches are great for the kids, ensure that you change and adapt the type of match rules/playing numbers etc to develop the kids every week. Opportunity to play numerous small sided games throughout the session is nice to keep the kids engaged and interested.

Striking exercises should make up a large focus of each training session for U8s. Ability and comfort with striking is crucial for the child's self-confidence and continued development. Defensive skills such as Hooking and Blocking need to be developed year on year. Coach input to be the striker during the Hook/Block is crucial for safety. As children get more confident, they may work with each other, but should be able to master technique with the coach first.



GAME 1: @GAAmeCoaching

COMPONENT	TIMING	DESCRIPTION	EQUIPMENT	LEARNING FOCUS
Game 1	15 mins	<p>No Mans Land:</p> <ul style="list-style-type: none"> Split group into 2 even teams. Each team is assigned a zone, which they must stay in. Each zone is separated by "No Mans Land" of 8m. On whistle, teams must try to strike all the Sliotars out of their zone. At the end of the allotted time, whichever team has the least amount of Sliotars in their zone is the winner <p>Progressions:</p> <ul style="list-style-type: none"> Block moving ball and Ground strike within 3 seconds. Double on moving Ball as it comes from other team. Set up a Goal at back of other team zone and each goal counts as an additional point. <p>Coaches/Parents at back of zone, roll the ball back out and the player pulls on the moving ball.</p>	Cones x 10-16 Sliotars x 1 per player	<p>Development of the core skill of the Ground Strike. Challenge advanced players to strike from further back in the zone and strike more balls. Developing players may start closer to No Mans Land and Coaches can aid with Technique development.</p> <p>Associate skill development of blocking the moving ball, doubling on ball, peripheral vision will all be enhanced through the exercise</p>

COMPONENT	TIMING	DESCRIPTION	EQUIPMENT	LEARNING FOCUS
Game 2	10 mins	<p>Rob the Nest:</p> <ul style="list-style-type: none"> • Split group into 4 even teams, who each have a 1mx1m square base in corner of zone. • All the balls are spread out in the middle of the zone. • On the whistle, players must run out and dribble a ball back to their base. • When all balls are gone from the middle, players may “Rob the Nest” from other teams bases. Players are only allowed dribble back to their base and may not strike the ball. • Whichever team has the most amount of Balls in their base at the final whistle is the winning team. <p>Progressions:</p> <ul style="list-style-type: none"> • Allow players to tackle other players with a ball. • Allow players to use a “Keeper” who stays at base and tries to protect balls in their zone. • Use less Sliotars 	Cones x16 Balls x min. 1 per player Bibs x 4 colours	Dribbling and Ball Control are the main skills. Ensure to focus on childrens technique whilst dribbling. Tackling worked on in progressions, focus on two hands on the hurley and contact with the Sliotar.



GAME 2: @GAameCoaching