

# 10 HURLING /CAMOGIE Monday Programme

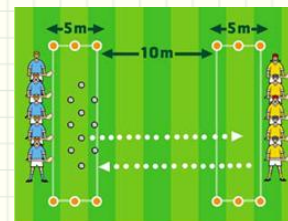
-  Fun Game
-  Modified Game

VHI GAA Cúl Camps  
**10**  
hurling/camogie

Monday **AM**

H/C UNDER 10 HURLING/CAMOGIE  
SESSION 1 PART 1

H/C 10: ROLL LIFT :  
Pg 61 HFD



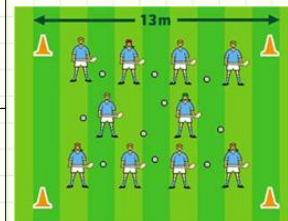
 Fun Game

### Play the Game

#### Grid Swap

Each team in turn Roll Lifts all the sliotars from one grid to the other. Quickest team wins

H/C



 Modified Game

### Play the Game

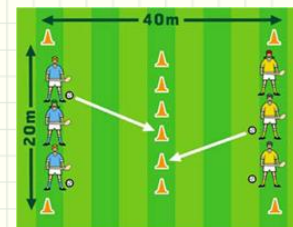
#### Musical Chairs

Remove a ball after each whistle, player without a ball leave the grid.

H/C

UNDER 10 HURLING/CAMOGIE  
SESSION 1 PART 2

H/C 10: STRIKING  
FROM THE HAND :  
Pg 79 HFD

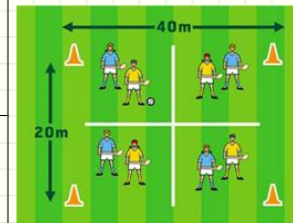



 Fun Game

### Play the Game

#### Hit the Cones

Players attempt to strike the ball against the cones in the centre



 Modified Game

### Play the Game

#### Keep Ball

Players retain possession by striking the ball to their team mates