

10 HURLING /CAMOGIE
Wednesday Programme

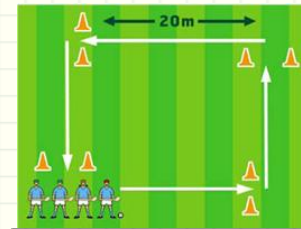
- Fun Game
- Modified Game

VHI GAA Cúl Camps
10
hurling/camogie

Wednesday AM

H/C UNDER 10 HURLING / CAMOGIE
SESSION 3 PART 1

H/C: 10: GROUND STRIKE : Pg.55.HFD

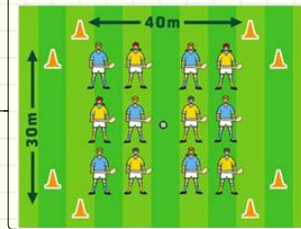


- Fun Game

Play the Game

Golf Goals

Players in relay attempt to strike the ball through each set of cones, counting the number of shots.



- Modified Game

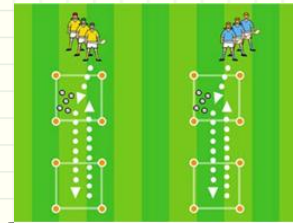
Play the Game

Four Goal Game

Each team defends two goals but no goalkeepers are allowed.

H/C UNDER 10 HURLING / CAMOGIE
SESSION 3 PART 2

H/C: 10: JAB LIFT : Pg.73.HFD

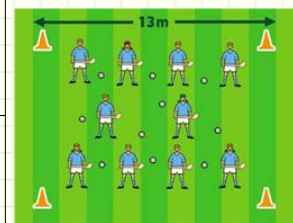


- Modified Game

Play the Game

Grid Swap

Jab lift each ball and transfer it to the second grid in turn. The quickest team wins.



- Modified Game

Play the Game

Musical Chairs

Players move to the nearest ball on the whistle. Player without a ball leaves the grid