

8 HURLING / CAMOGIE Monday Programme



Fun Game



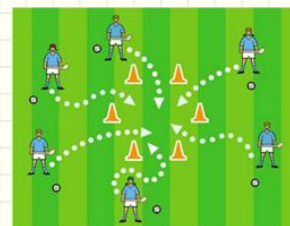
Modified Game

VHI GAA Cúl Camps
8
hurling/camogie

Monday **AM**

H/C UNDER 8 HURLING/CAMOGIE SESSION 1 PART 1

H/C 8: DRIBBLE :
Pg 17 HFD

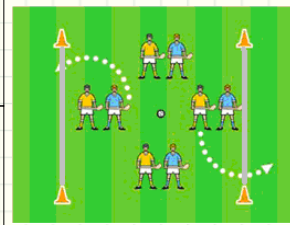


Fun Game

Play the Game

Fill the Circle

2 teams, each team in turn dribble balls into the circle as fast as possible

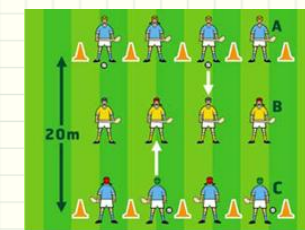


Modified Game

Play the Game

Dribble and Score

Dribble and pass using the ground strike



Fun Game

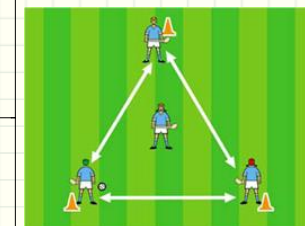
Play the Game

Pass the Guards

Players A and C, strike the ball to each other, while Player B tries to stop the ball.

H/C JUNIOR 8 HURLING/CAMOGIE SESSION 1 PART 2

H/C 8: STOPPING A
GROUND BALL :
Pg 29 HFD



Modified Game

Play the Game

Piggy in the Middle

Player in the middle tries to stop the ball as the outer players pass it around.