

Striking and one handed Catching for Hurling/ Camogie Lesson through Cultural Studies

Intro:

5mins **Cultural Studies**

- Linking language / History / Politics with the sport of Hurling / Gender

Irish Words

- Words associated with the sport
- Goal – Cul (Cool)
- Point – Cúilín (Cool-éen)
- Hurley – Camán (come-on)
- Very good – go maith (go-ma)
- Run – Rith (ríh)
- Ball – Sliotar (Slit – her)

Hurling/Camogie

2mins **Demo of Soloing**

Hold hurley in front

Blas flat and toe pointing away

Place dominant hand along handle

Move forward balancing or hopping sliotar

Shorten grip to help balance

3mins **Teaching Points for striking and Catching**

Striking

Toss sliotar to shoulder height

Keep eyes on sliotar

Place two hands together at top of the hurley

Step forward with opposite leg

Swing leg

Swing hurley downwards

Make contact at knee height

Swing low to high and transfer weight to other leg

Follow through with swing

Catching

Move towards sliotor

Keep eyes on sliotor

Release non-dominant hand

Move hand towards the ball

Place hurley behind to protect

Use fingers to catch the sliotor.

10mins Pairs / Wall Practice

In pairs practicing catching and striking the ball.

When the whistle blows once each pair must solo the ball to one of the posters on the wall and read the history of the sport. When the whistle blows twice pairs go back to their space and practice striking and catching. This continues until all groups have read each poster.

6 mins No mans land – How to play the game

3v3 small sided game

Rules

Play within an badminton court

No contact

No movement into other teams space. You can only score and move in your own space.

To score a goal the ball must go into the net or under the line of the wall

To score a point the wall is above the net or the line on the wall.

4mins De brief

History of the game

Skill developed

5mins Game (No man's land)

5mins Recap Skills/ History/ Differences