



CLG Cumann Báire Setanta & St. Joseph's Junior School Fundamental Movement Skills

By Liam Mac Cuirc, Games Promotion Officer, CLG Setanta, Baile Munna.



My Hurling/Camogie Skills

Junior Infants to 2nd Class

“Future All Star” Name: _____



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FÁILTE - WELCOME!

Can you complete the Challenge? Yes, You Can!

What does this booklet entail?

- This booklet will help you with practicing your skills **At Home** and track your progress as you move through the Various Skills. Each Skill has: 1) Target to reach. 2) A description of the Technique used for each Skill. 3) A Link to a Video of each Skill.

What is involved?

- Practice Activity/Hurling Skills 5 days a week over 4 weeks for 10 minutes a day.

What do you need?

- A ball, any kind or size will do! A wall or a partner (Parent, Guardian, brother or sister) 10 minutes of your time per day!

Role of the parent/guardian?

- Encourage & Support Assist (if possible) and tick box, plus sign off on practice.

****Please note, all Videos have been recorded on a secure YouTube Channel and provided by Setanta GPO Coach Liam Mac Cuirc.**



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YOUR PRACTICE CHART – WEEK 1.

Can you complete the Challenge? Yes, You Can!

Hopping

Your Target:

Left Foot x 10

Right Foot x10

Jumping

Your Target:

On the Spot **20 Sec**

Over Obstacles x 10

Skipping

Your Target:

Off Left side x10

Off Right side x 10

Throwing

Your Target:

Underhand x 10

Overhand x 10

Free Day

Pick a Favorite:

Practice

Have Fun 😊

Week 1

Monday

☐

Tuesday

☐

Wednesday

☐

Thursday

☐

Friday

☐

Parent/Guardian
Signature



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YOUR PRACTICE CHART – WEEK 2. Can you complete the Challenge? Yes, You Can!

Catching

Your Target:

One Hand x 10

Two Hands x 10

Dodging

Your Target:

Forwards x 10

Backwards x 10

Roll Lift

Your Target:

Two Hands x 10

One Hand x 10

Hand Pass

Your Target:

Left Hand x 10

Right Hand x 10

Free Day

Pick a Favorite:

Practice

Have Fun 😊

Week 2

Monday

☐

Tuesday

☐

Wednesday

☐

Thursday

☐

Friday

☐

Parent/Guardian
Signature



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What's Needed at Home for the Challenge?

Can you complete the Challenge? Yes, You Can!

Week 1:

- Hopping:** Just plenty of space. [VIDEO LINK](#)
- Jumping:** Plenty of space. For obstacles use anything that our Future All Star can jump over. [VIDEO LINK](#)
- Skiping:** Plenty of space. Any item that can be used as a starting point. [VIDEO LINK](#)
- Throwing:** Plenty of space. A Ball, Bean Bag or something light. [VIDEO LINK](#)
- Free Day:** Pick one of your favorite's and have FUN 😊

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What's Needed at Home for the Challenge?

Can you complete the Challenge? Yes, You Can!

Week 2:

- Catching:** Plenty of space. A Ball, Bean Bag, Pair of Socks or something light. [VIDEO LINK](#)
- Dodging:** Plenty of space. Four obstacles to use as diagonal markers. [VIDEO LINK](#)
- Roll Lift:** Plenty of space. A Ball, and Something flat or Egg Flipper or Wooden Spoon. [VIDEO LINK](#)
- Hand Pass:** Plenty of space. A small ball, (Tennis Ball or Sliotar), Partner or a Wall. [VIDEO LINK](#)
- Free Day:** Pick one of your favorite's and have FUN 😊

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Components of Hopping

1. Non-hopping leg swings forward in pendular fashion to produce force
2. Foot of non-hopping leg remains behind hopping leg (does not cross in front of)
3. Arms flex and swing forward to produce force
4. Hops four consecutive times on the preferred foot before stopping

Note: Can be repeated on other foot





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Components of Jumping

1. Prior to take off both knees are flexed and arms are extended behind the back
2. Arms extend forcefully forward and upward reaching above the head
3. Both feet come off the floor together and land together
4. Both arms are forced downward during landing
5. Try jumping off either left or right foot





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Components of Skipping

1. A step forward followed by a hop on the same foot
2. Arms are flexed and move in opposition to legs to produce force
3. Completes four continuous rhythmical alternating skips





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Components of Throwing

1. Windup is initiated with a downward movement of hand and arm
2. Rotates hip and shoulder to a point where the non-throwing side faces the wall
3. Steps with the foot opposite the throwing hand toward the wall
4. Throwing hand follows through after the ball release, across the body toward the hip of the non-throwing side





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Components of Catching

1. Child's hands are positioned in front of the body with the elbows flexed
2. Arms extend reaching for the ball as it arrives
3. Ball is caught by hands only





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Dodging

Description

Dodging involves quick, deceptive changes in direction to evade, chase or flee from an opponent. When dodging, knees are bent and the body shifts rapidly in a sideways direction.

As applied to sport, the skill of dodging is evident in moving the shoulders, head, eyes or other body parts to deceive or 'fake' the opposition as a way of: getting free to receive a pass (e.g. in soccer); 'getting around' your opponent (e.g. to score a basket in basketball); or avoiding being tagged in a tag game.



Applying movement principles

Balance: Centre of gravity is low and close to the base of support. This is achieved by bending the knees for better balance. Dodging occurs as the body shifts rapidly to one side.

Application of force: To gain maximum force, knees need to be bent, with a low body position so that extension of the powerful muscles in the legs can be directed through the body in a sideways direction.



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ROLL LIFT

The Roll Lift is used to raise the sliotar from the ground into the hand. Generally used when the player is stationary. Can also be used to raise the sliotar to strike without taking the sliotar into the hand.



Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.

KEY TEACHING POINTS



Toe of the Hurley should be pointed away from the body. Thumbs point towards the ball.



Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle



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HAND PASS

The Hand Pass is used to pass the sliotar over shorter distances by striking it with the palm and fingers of the hand.



Hold the Hurley in the dominant hand with the sliotar in the non-dominant hand.

KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
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Toss the sliotar to shoulder height; step towards the receiver with the dominant foot.



Swing back the non-dominant arm; strike the sliotar in the direction of the receiver. Point of impact is where fingers meet palm of the hand.



Follow through to pass the sliotar to the receiver.

LOOK OUT FOR THESE COMMON ERRORS

- Tossing the sliotar too high
- Swinging the non-dominant hand back too far
- Striking the sliotar with the palm of the hand



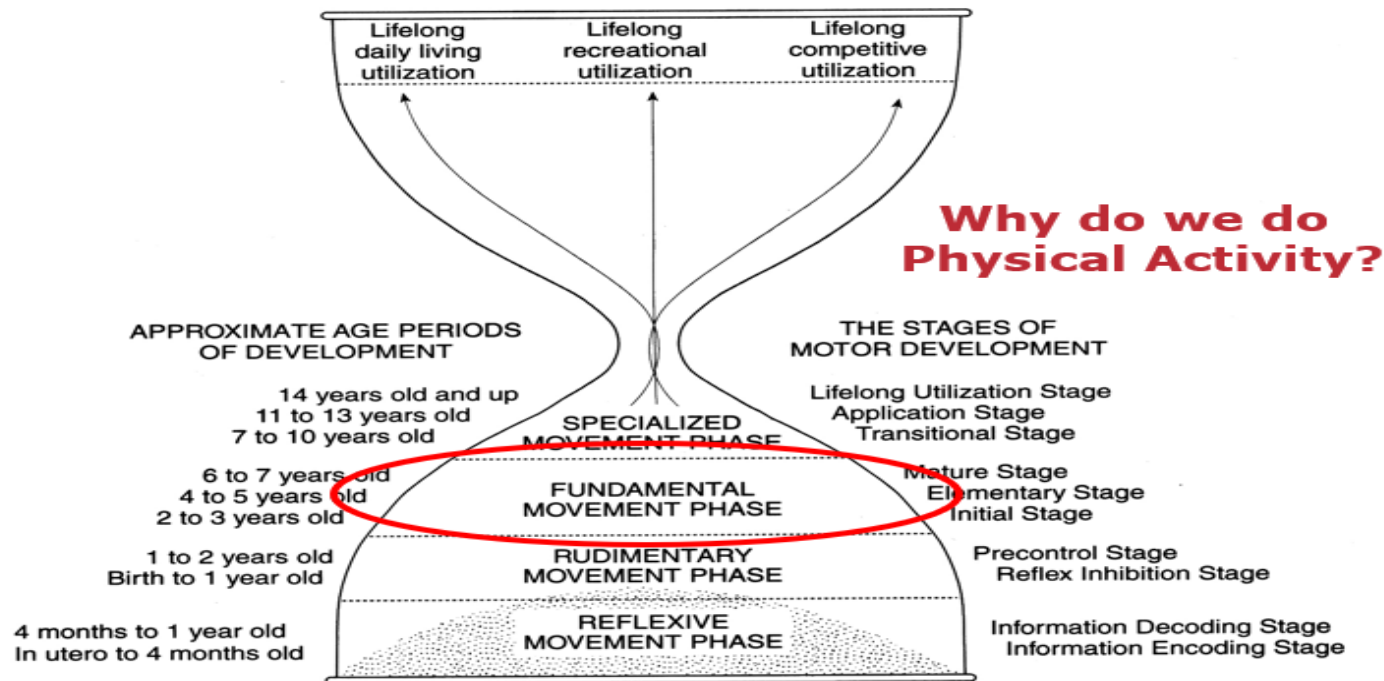


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Phases of Skill Development from Infancy





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Fundamental Movement Phase

Key Characteristics

- Most skills have the potential to be **developed by about 6 years.**
- **Form the bases** for learning of sport specific skills of specialized movement phase.
- Many people don't ever reach full development because of **lack of practice and teaching.**
- **Critical period** refers to the idea that if learning of certain skills does not take place within a certain time frame they will **never be learned effectively.**

