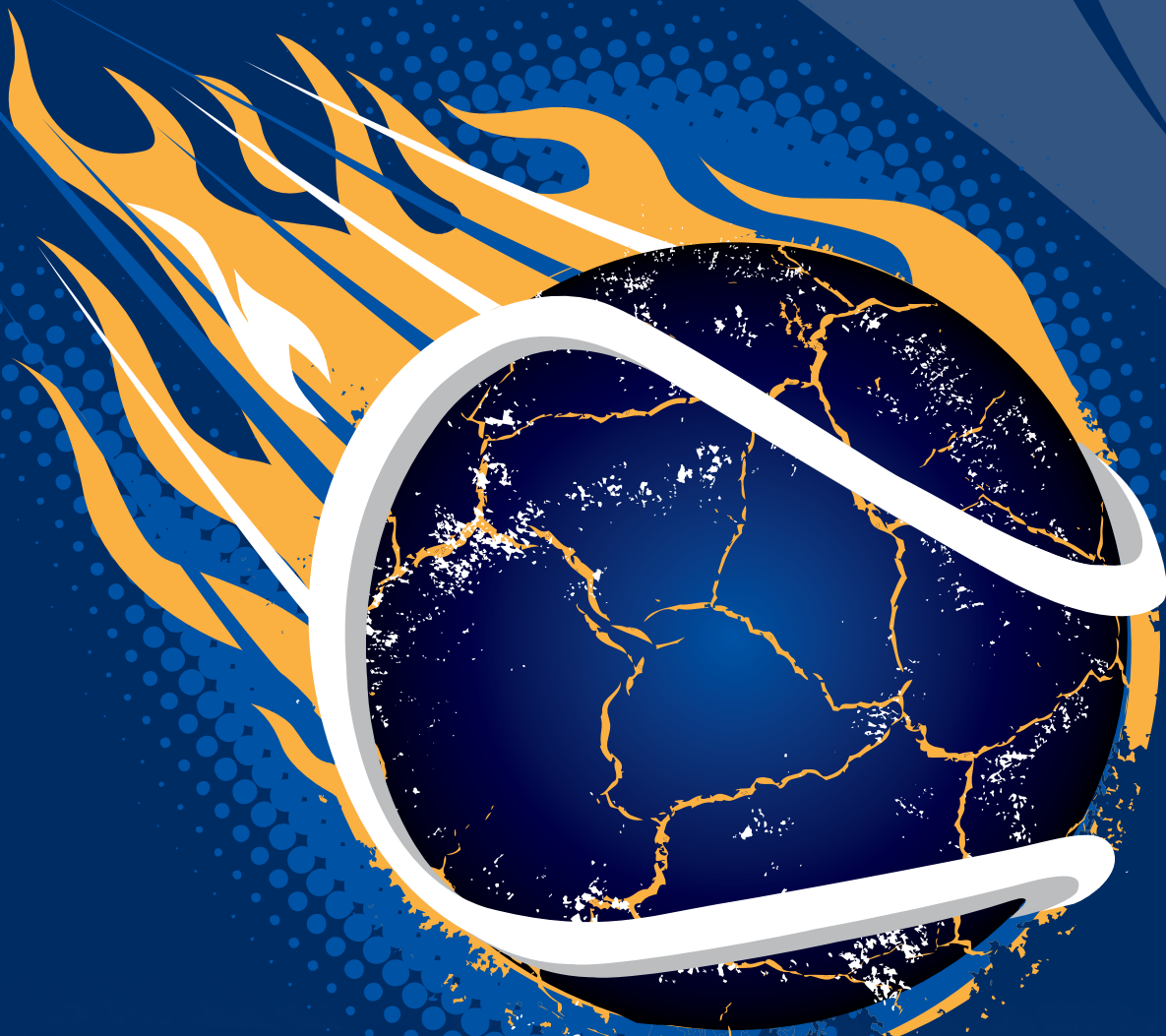


THE NA FIANNA CLONARD HURLING & CAMOGIE CLUB WARRIORS GUIDE

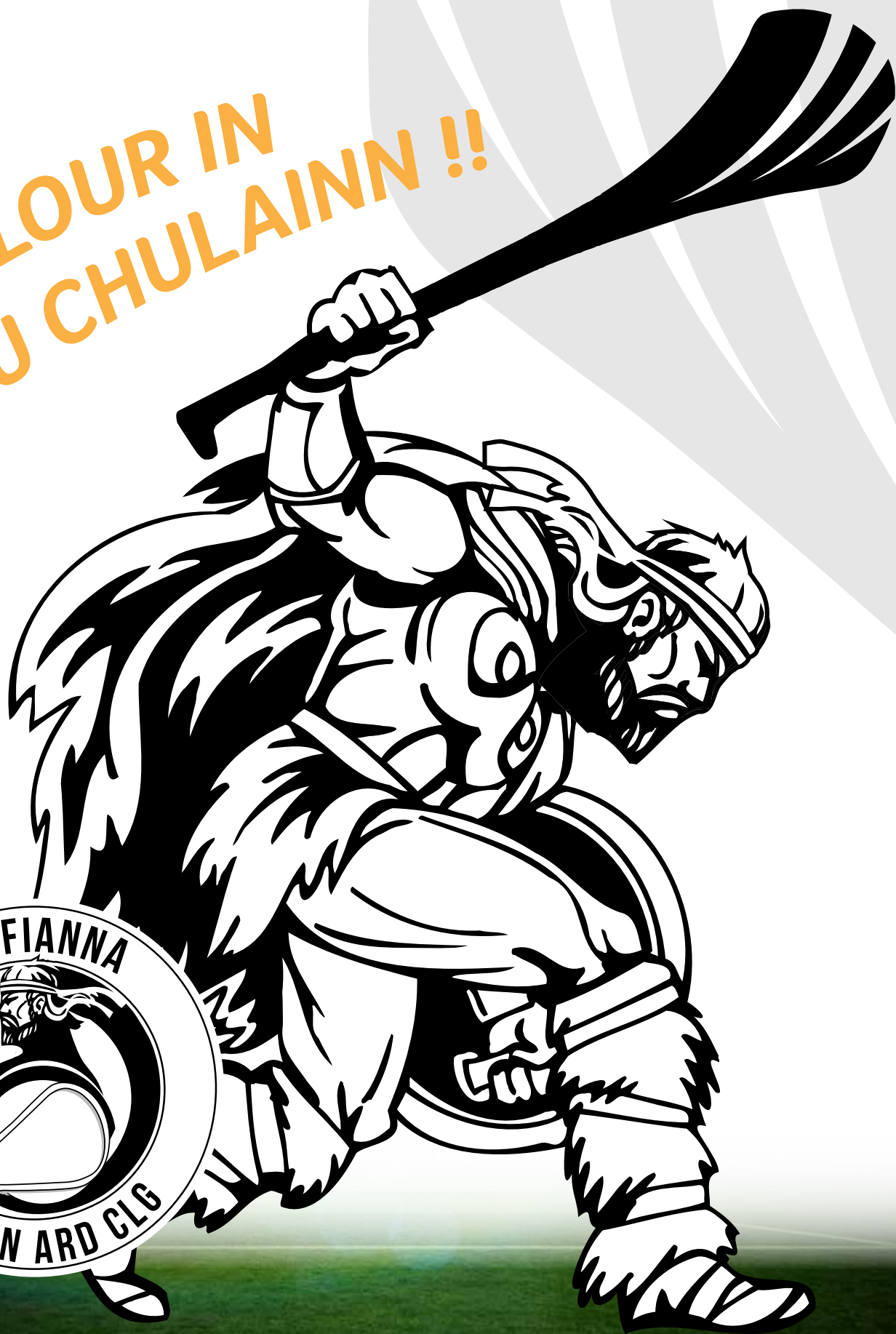


THE
CAMOGIE
ASSOCIATION
An Cumann Camógaiochta

THIS BOOK BELONGS TO...

.....

COLOUR IN
CÚ CHULAINN !!





NA FIANNA CLONARD

OUR NAME

NA FIANNA

Na Fianna - "Band of Warriors". They were small, semi-independent warrior bands in Irish mythology. They are featured in the stories of the Fenian Cycle, where they are led by Fionn mac Cumhaill (Finn MacCool).

They had three mottoes:

- Glaine ár gcroí (Purity of our hearts)
- Neart ár ngéag (Strength of our limbs)
- Beart de réir ár mbriathar (Action to match our speech)

CLONARD

Clonard – 'An Chluain Árd' the high meadow.

OUR CREST

Our crest features a hurl and sliothar depicting our games of Hurling & Camogie. It also features the Irish Warrior, Cu Chulainn.

Cú Chulainn

Cú Chulainn is one of the most famous Irish mythological heroes. He was the son of Deichtine and the god Lugh, and the nephew of Conchobar mac Nessa, the King of Ulster. His given name at birth was Setanta.

A man named Culann invited Conchobar to a feast at his house. Before going, Conchobar goes to the playing field to watch the boys play a hurling match. He is so impressed by his nephew Sétanta's performance that he asks him to join him at the feast.

Sétanta has a game to finish, but promises to follow the king later. But Conchobar forgets, and Culann lets loose his ferocious hound to protect his house. When Sétanta arrives, the enormous hound attacks him, but he kills it in self-defence by driving a Sliotar down its throat with his hurley. Culann is devastated by the loss of his hound, so Sétanta promises he will rear him a replacement hound, and until the pup is old enough to do the job, he himself will guard Culann's house. His name henceforth will be Cú Chulainn —"Culann's Hound"

WORD SEARCH



Find the verbs, nouns, adjectives and adverbs hidden here.

F	D	O	X	Y	L	V	K	S	C	E	X	Z	A	G
B	S	L	S	E	G	H	E	R	I	U	G	A	M	M
Z	K	W	T	L	A	S	O	L	A	G	O	G	P	O
E	H	J	A	R	R	K	L	K	A	P	W	G	T	F
P	E	V	N	U	E	G	I	S	A	M	L	B	T	B
H	R	R	D	H	L	C	N	O	E	V	U	C	S	C
X	O	E	E	R	M	Q	E	K	S	I	R	E	Ú	Z
D	X	G	S	F	L	G	S	O	X	F	V	L	C	T
D	O	G	A	I	E	C	M	O	A	O	C	D	V	Q
S	M	U	A	N	D	R	A	H	L	A	F	I	N	G
E	V	N	C	J	T	E	N	G	M	N	I	V	A	D
I	F	S	W	Y	W	Q	N	P	U	G	W	L	Y	G
C	U	S	A	C	K	Y	S	T	X	W	F	Q	O	T
L	X	Q	E	N	I	C	Z	V	L	T	G	T	U	O
B	R	A	V	E	L	Y	H	G	X	F	A	S	T	N

CROKE
PARK
CUSACK
STAND
PRESIDENT
REFEREE
SAM
MAGUIRE
FAST
BRAVELY
CÚLCAMPS
DAVIN
FLAG
GLOVES
HOGAN
HOOK
HURLEY
LINESMAN

DID YOU KNOW? ??



Fact #1 – Hurling In The Olympics

In the 1904 Summer Olympics in the USA, hurling was a demonstration sport.

Fact #2 – All-Ireland Hurling Final

Every year, over 82,000 people attend the All-Ireland Hurling Final in Croke Park in Dublin.

Fact #3 – Hurling Is The Fastest Field Sport

Hurling is considered to be the world's oldest and fastest field sport with the ball being hit at speeds up to 100 mph.

Fact #4 – The Origin of Puck

The word "puck" used in ice hockey is derived from the Irish word "poc" which refers to striking the ball with a hurl.

Fact #5 – Hurling In 10 Sporting Events You Have To See Live

The All-Ireland Hurling Final was listed as #2 in CNN's "10 Sporting Events You Have To See Live"

Fact #6 – Hurloween At The Milwaukee Hurling Club

The Milwaukee Hurling Club is the largest hurling club outside of Ireland. Every year, they host an

event called "Hurloween" where players dress up in costume and play hurling.

Fact #7 – Hurling Industry In Ireland

There are about 350,000 hurls produced in Ireland every year which supports 400 full-time jobs.

Fact #8 – Hurling Trained Warriors

There are theories that the origin of hurling was to train warriors for battle in the middle ages. Other theories suggest that hurling was played as an alternative to war.

Fact #9 – The First Hurler

According to Irish mythology, the first hurler was Cú Chulainn who used a hurl & sliotar to defeat a vicious hound.

Fact #10 – Hurling & The US Marine Corps

The US Marine Corps have two hurling teams called "The Wild Geese" and "The Barley House Wolves"

Fact #11 – Hurling Banned In Quebec City

In 1845, hurling was banned on the narrow streets of Quebec City as it was considered too dangerous.

FIELD OF PLAY

The pitch is rectangular in shape, between 130m and 145m in length and 80m and 90m in width. It can be reduced for younger players.

A series of lines are marked across the pitch at 13m, 20m and 45m from each end line. A further marking at 65m is made for hurling.

These lines are also marked with flags on the sidelines.

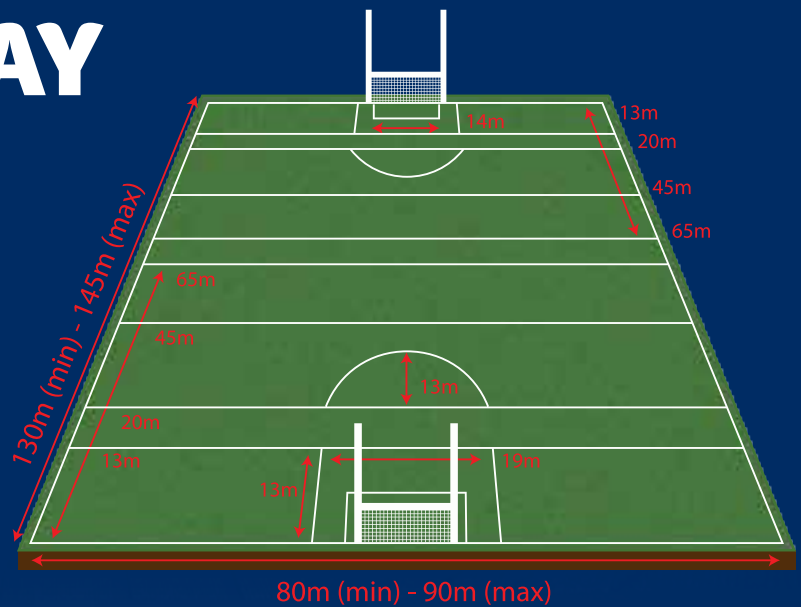
There is also a line in the middle of the pitch, 10m long parallel with the end lines.

Two rectangles are marked in front of each goal.

The smaller of the two is 14m by 4.5m in size, the bigger 19m by 13m.

All lines are part of the area which they make up, meaning that the entire ball must cross the perimeter line before it's considered out of play.

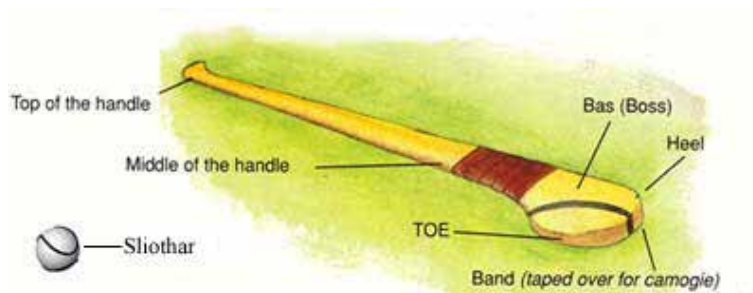
The goal measures 6.5m in width and 2.5m in height and the posts should go to a height of at least 7m to form an H.



OUR GEAR

Hurley

A hurley or hurl (Irish: camán) is a wooden stick used in the Irish sports of hurling and camogie. It measures between 45 and 96 cm (18 to 38 inches) long with a flattened, curved bas at the end, which provides the striking surface. Hurleys are made from ash wood; the base of the tree near the root is the only part used, local craftsmen throughout Ireland still use traditional production methods. It is used to strike the leather sliotar ball, Sliotar.



Sliothar

A sliotar or sliothar is a hard solid sphere slightly larger than a tennis ball, consisting of a cork core covered by two pieces of leather stitched together. It is used in the Gaelic games of hurling, camogie, rounders and shinty.

Helmet

In 1966 the helmet made its debut in hurling. A player by the name of Micheal Murphy came on as a second half sub for UCC in a Cork County Final wearing a motorcycle helmet. This promoted a few raised eyebrows amongst the 12,500 souls watching the game. The Cooper SK100 was first introduced to the world of hurling in that UCC v UCD Fitzgibbon Cup game in Croke Park in February 1969. In 2010 it became compulsory for all GAA hurlers to wear protective headgear – though not necessarily a motorcycle helmet as worn by Micheál Murphy in the old Cork Athletic Grounds in 1966.



DIFFERENCE BETWEEN HURLING & CAMOGIE

The rules are almost identical to hurling, with a few exceptions.

- Goalkeepers wear the same colours as outfield players. This is because no special rules apply to the goalkeeper and so there is no need for officials to differentiate between goalkeeper and outfielders.
- A camogie player can handpass any score from play (handpassing a goal is forbidden in hurling since 1980).
- Camogie games last 60 minutes, two 30-minute halves (senior inter-county hurling games last 70, which is two 35-minute halves). Ties are resolved by multiple 2×10-minute sudden death extra time periods; in these, the first team to score wins.
- Dropping the camogie stick to handpass the ball is permitted.
- A smaller sliotar (ball) is used in camogie – commonly known as a size 4 sliotar – whereas hurlers play with a size 5 sliotar.
- If a defending player hits the sliotar wide, a 45-metre puck is awarded to the opposition (in hurling, it is a 65-metre puck).
- After a score, the goalkeeper pucks out from the 13-metre line (in hurling, he must puck from the end line).
- The metal band on the camogie stick must be covered with tape (not necessary in hurling).
- Side-to-side charges are forbidden (permitted in hurling).
- Two points are awarded for a score direct from a sideline cut (since March 2012).[12]
- Camogie players must wear skirts or skorts rather than shorts.

The Big All-Ireland Final Timeline



GRIP AND SWING

These activities allow the coach to determine whether the Hurley is the correct size and weight for the player.



KEY TEACHING POINTS



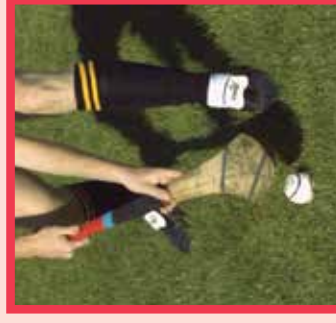
The stronger or dominant hand grips the Hurley at the top of the handle.



The Ready Position: Feet shoulder width apart. Dominant hand at the top of the handle, non-dominant down the handle.



The Lock Position: Slide the non-dominant hand up the handle to lock with the dominant hand.



The lifting position: toe of the Hurley facing away from the body on the dominant side. Bend the knees and hips; thumbs facing the bas of the Hurley.

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

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the non-dominant hand on top
- Holding the Hurley with the toe facing inwards
- Not locking the hands

GROUND STRIKE

Striking the ball on the ground is one of the most important techniques in Hurling. It is important that players are encouraged to strike from the dominant and non-dominant side from an early age.



KEY TEACHING POINTS



Adopt the Ready Position. Feet shoulder width apart.



Slide the non-dominant hand into the lock position. Bend the elbows to raise the Hurley.



Swing the Hurley down. Strike the sliotar flat on with the bas.



Keep the head down. Follow through in the direction of the strike.

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

- I** **N**TRODUCE the skill
- D** **E**MONSTRATE the technique
- E** **X**ECUTE the activity
- A** **T**TEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

- Feet too close together
- Not standing close enough to the sliotar
- Lifting the head to follow the sliotar

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.

KEY TEACHING POINTS



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



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.

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

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



DRIBBLE

Dribbling is a Hurling technique used to move the sliotar along the ground in order to avoid opponents or to place the ball in a better position for striking. It may be performed with one hand on the Hurley but using two hands will provide more control.

KEY TEACHING POINTS



Bend the hips and knees, place the heel of the Hurley on the ground.



Non-dominant hand, placed down the handle of the Hurley.



Use alternate sides of the bas on every second stroke



Progress to one hand.

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

LOOK OUT FOR THESE COMMON ERRORS

- Locking the Hands
- The bas of the Hurley striking over the top of the sliotar
- Pushing the sliotar too far in front



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.



KEY TEACHING POINTS



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



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



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



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

LOOK OUT FOR THESE COMMON ERRORS

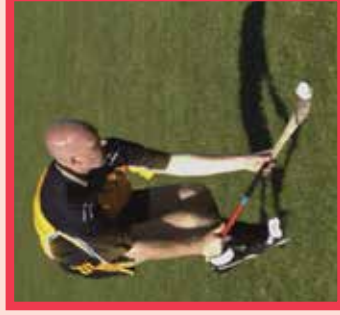
- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle

JAB LIFT

The Jab Lift is used to raise the sliotar from the ground into the hand. Normally used when the player is on the run. Can also be used to raise the sliotar to strike without taking into the hand.



Adopt the Lifting Position. Eyes on the sliotar.



Toe of the Hurley pointing away from the body on the dominant side. Thumbs pointing towards bas.



Slide the Hurley under the sliotar to lift it.



Release the non-dominant hand into a cupped position to catch the sliotar.

KEY TEACHING POINTS

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

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle
- Catching the sliotar in the dominant hand



STRIKING FROM THE HAND

Striking from the Hand is the most common method of passing the sliotar or shooting for a score in Hurling. It is important that players are taught to strike from the dominant and non-dominant side from an early age.



Toss the sliotar from the cupped hand to shoulder height. Keep eyes on the sliotar.



Slide the non-dominant hand into the Lock Position, bending the elbows to raise the Hurley.



Step forward with the lead foot and swing the Hurley downward. Strike the sliotar at knee height.



Transfer the body weight to the non-dominant leg as the swing is completed.

KEY TEACHING POINTS

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

LOOK OUT FOR THESE COMMON ERRORS

- Missing the ball completely
- Placing the non-dominant hand above the dominant hand on the Hurley
- Tossing the sliotar too high or too far in front



OVERHEAD CATCH

The Overhead Catch is used to gain possession when the sliotar is approaching above head height. Requires excellent hand eye coordination.



Move towards the sliotar. Eyes on the sliotar.

KEY TEACHING POINTS

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

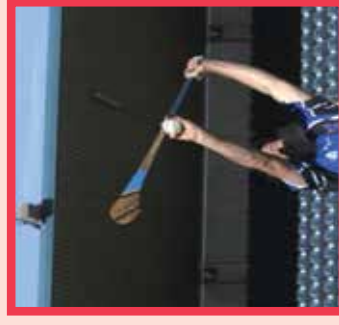
- I** **NTRODUCE** the skill
- D** **EMONSTRATE** the technique
- E** **XECUTE** the activity
- A** **TTEND** and provide feedback



Release the non-dominant hand and extend it above the head.



Raise the Hurley above the head to protect the catching hand.



Relax the hand on impact, catching the sliotar with the fingers.

LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Grabbing at the sliotar
- Failing to protect the catching hand



SOLO RUN

The Solo Run is used to carry the sliotar to a better position, or to get away from an opponent. The sliotar may be carried balanced on the Hurley, or hopping on the Hurley.



Point the Hurley forward, with the bas flat and the toe pointing away from body on the dominant side.



Toss the sliotar onto the bas of the Hurley. Place non-dominant hand along the handle for balance.



Move forward balancing or hopping the sliotar.



To help control the Hurley, use a shortened grip.

KEY TEACHING POINTS

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

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at full length



BATTING A BALL OVERHEAD

Batting a Ball Overhead is used mostly by defenders and midfielders to prevent the sliotar from passing through and play it back in the direction that it came from.



Position the Hurley above the head; slide the non-dominant hand to meet the dominant hand at the top of the handle.



Both thumbs should be facing the bas of the Hurley; the toe should be facing away from the body on the dominant side.



Keeping eyes on the sliotar, tilt the Hurley back as the sliotar approaches.



Swing the Hurley forward to bat the sliotar with the bas. If necessary, jump to meet the sliotar at its highest point.

KEY TEACHING POINTS

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

LOOK OUT FOR THESE COMMON ERRORS

- Moving too quickly underneath the sliotar
- Holding the Hurley with the toe pointed inwards
- Attempting to bat the sliotar too far



HOOK

The Hook is a tackling technique used to prevent an opponent from striking the ball on the ground or from the hand. It involves hooking or deflecting the swing of the Hurley from behind the opponent.

KEY TEACHING POINTS



Hold the Hurley in the dominant hand. Extend the arm while striding forward.



Extend the Hurley into the path of an opponents swing. The Hurley may be held with the toe pointing upwards or flat.



Flick the wrist as the opponents Hurley is deflected.



Move in quickly to gain possession.

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

LOOK OUT FOR THESE COMMON ERRORS

- Attempting the hook from the front
- Not striding into the tackle and extending the arm
- Not following up on the slotar after completing the hook



FRONTAL BLOCK

The Frontal Block, or Frontal Air Block, is a tackling technique used to block an opponent attempting to strike the sliotar from the hand, or double in the air.

KEY TEACHING POINTS



As the opponent throws the sliotar up, bend into the tackle as if lunging. Reach forward sliding the non-dominant hand towards the dominant hand.



Both thumbs face the bas of the Hurley, the toe of the bas faces away towards the dominant side.



As the opponent strikes, block down firmly on the sliotar and their Hurley.



The block can be performed with one hand; stride forward with the dominant leg to increase reach.

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

LOOK OUT FOR THESE COMMON ERRORS

- Not stepping into the tackle
- Waiting for the opponents Hurley to strike the blocking Hurley
- Dropping the Hurley below the striking Hurley



BECOME A WARRIOR!

NEW MEMBERS ALWAYS WELCOME!

We are a Hurling and Camogie club based in the heart of Wexford Town.

We offer the opportunity for underage boys & girls, from U6 upwards, to enjoy Hurling & Camogie in one convenient central location.

All of our training facilities are located in Clonard.
During the winter months we train indoor and on Astro Turf outdoor

The club hosts annual Easter and Summer Camps
which normally cater for over 100 boys and girls.

We train weekly from February through to November.
For full details on training times check out nafiannaclonard.ie,
follow us on Twitter / Facebook / Instagram or call Mary on 087 996 7925

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