



Warm Drills/ Exercises



U12

- <https://www.youtube.com/watch?v=KyBxbAXRk-w>
Paudie Butler (20 mins) – how to coach and drills to begin with

U14 – U16

- <https://www.youtube.com/watch?v=CV64Zl60i4Y>
Rena Buckley (20 mins) warm exercises and warm drills
- [Martin Fogarty Training Session with Park/Ratheniska U-14s – YouTube](#)
Martin Fogarty training session, explained and demos



Sample Training Drills/ Skills



U10 – U12

- <https://www.youtube.com/c/Eocchurling>

Eire Og Cornachilla Hurling Club YouTube channel – all skills explained

- <https://www.youtube.com/watch?v=pm5sdhJcd-Q>

Martin Fogarty (15 mins) Hurling/ camogie drills and skills for children

- [Hurling skills - conditioned games – YouTube](#)

Conditioned games help players to learn the skills of hurling that involve interaction with other players

U14 – U16

- <https://www.youtube.com/watch?v=3IMkSJGFpNs>

Ciaran Carey (20 mins) Camogie Coaching Workshop

- <https://www.youtube.com/watch?v=YMj2tJeGsJo>

Derek McGrath (30 mins) sample training session with explanation for modifying for different age groups

- [Circuit Based Hurling Skills Session – YouTube](#)

Non contact hurling session for small groups