



## FunDo Hurling - Paudie Butler Drills

**Fundo Hurling Programme**  
**Paudie Butler**  
**Physical Literacy**  
**Fundamental Movement Skills**

### ABCs

#### Agility: Balance: Coordination

Moving in different directions Soloing with beanbag Using hands and legs at the same time in an orderly, controlled fashion

Moving off either foot Keeping beanbag on hurley, speed while turning

S = Speed (feet, hands, eye, mind, reaction)

### RJTs

#### Running: Jumping: Throwing:

Forward, Backward, Sideways Take off & Landing Distance, Trajectory

Variable speeds -Off one foot

-Off two feet

Accuracy, Timing

Acceleration and deceleration Turning & Stopping -One-handed small ball bean bag

CPKS

Catching: Passing: Striking:

One-handed:

Down Catch –Aggressive

Up Catch – Passive

Throwing:

One-handed

On the ground static large ball

On the ground static small ball

Hurley flick pass From the hand

In the air

1. The traditional way of introducing children to hurling seemed to me to be very unproductive. It isn't that the ground hurling isn't important but it's too demanding for the young child. The coach and the player experience failure way too early. We know now that we must build from success and so this new programme evolved based on the work done by Terence McWilliams with his fundamental movement skills for young children. We have added the hurley and replaced the ball with a much more compliant bean bag.
2. Everywhere I go coaches ask me how they can change players who have their weak hand on top. The "sword-grip" and the "glove hurley" are very helpful and give a degree of success. But why should so much time and energy be spent on remedial work? As a result of wide consultation it is clear now that the length and weight of the hurley lies at the heart of the problem.
3. In single-handed sports like tennis everyone uses the dominant hand (90% right, 10% left) to gain full control of the racket and execute their best shots.
4. In this programme we start with one-handed grip: dominant hand (writing hand) grips hurley well down the handle until child has total control (using thumb). This feeling of control is our first feeling about the game and it must be successful. By holding the hurley in the dominant hand we are confident that this will become the permanent grip
5. Wiggle the hurley up and down quickly with an almost straight arm (use other arm for balance). Coach checks every child for correct grip and direction of base (turned out).
6. There are ten lines of five markers, 1m apart.  
You will need markers in 5 colours in every line. Do not have same colour beside each other in adjoining lines.  
Three children is the ideal number in a line. Two is ok but might be too demanding. You will need at least 10 beanbags. The tetra shaped bag is the most suitable for small children (1st & 2nd class)
7. Running up and down the road wiggling hurley  
Coach demonstrates.  
On the whistle first person in every line runs down middle of the road (between cones) wiggling the hurley.  
Coach observes without stopping activity gives feedback (positive), corrects grip.  
Children want to race, promise them races later, now we want control of the hurley.
8. When children have mastered middle of the road we move to weaving in and out through lines of cones.

- 9. Children now line up behind cones**  
Coach demonstrates weaving run while wiggling the hurley all the time.  
Check: some children may be holding hurley too tightly and experience cramp in the hand a firm gentle grip is best
- 10. When they have gained mastery of that, it's time to introduce the 'Bean Bag'.**  
Coach demonstrates middle of the road run with bean bag  
Key teaching point: if the bag falls to the ground the child collects it with the free hand or ball hand (the hurley hand stays)
- 11. Don't worry if bean bags fall off early this is natural and picking bag off ground with free hand is a skill in itself. Don't see this as failure.**  
Golden Rule:  
Dominant hand = hurley hand  
Other hand = Catching hand
- 12. Catching**  
As in point 10) children run down the middle of the road but at the end of the road they flick the bag up in the air and jump to catch. They then run back and give bag to partner.  
Coach Demonstrates  
Initially all we want is the confidence to have a go,  
Key teaching points  
"Eagles Claw" hand shape  
It's the aggressive down catch rather than passive up catch.  
As children improve encourage them to jump off one foot and leave the ground altogether (this takes time)  
As with every routine coach's judgement of how long to spend is vital  
Too long leads to boredom  
Too short no skill gain  
Rough guide 10 chances for each child.
- 13. Weave run with bean bag**  
Coach demonstrates  
Coach is looking for a nice smooth run, nice balance easy control. Arm almost straight  
For some children the arm bends and the hurley comes up near the face leading to an awkward running style.  
Key here is to relax drop down hand and hurley and run freely.

- 14. Forward Circle on 3rd cone**  
[As in 13] Coach demonstrates  
When player comes to the 3rd cone she must do a full circle facing forward all the time before continuing her weaving run  
Bag may fall off.  
Key skills: acceleration, deceleration, complex footwork.
- 15. One leg hopping in the middle of the road**  
Out on one leg  
Return on the other.
- 16. Side Skipping**  
Coach Demonstrates  
Children face coach who stands at one side of play area holding a hurley over his head. Children are encouraged to watch the coach's hurley and still be aware of the beanbag while skipping sideways down the middle of the road and back again.
- 17. Catching**  
Flicking the bag into the catching hand while moving can be added to almost any exercise when you feel the children are ready. this adds to the excitement and enjoyment.
- 18. ZigZag**  
Coach Demonstrates  
Place left foot at cone on left side of the “road”  
Zig to right, Zag to left etc.  
When they begin to glide over the ground you’ll know they have the skill.  
Coach may have to demonstrate again for some children.  
For the return cross to the other side and work the opposite cones
- 19. Racing Cars**  
Full speed racing (bag on hurley)  
Middle of the Road  
Out to 3 stop reverse to 2  
Out to 4 stop reverse to 3  
Out to 5 race home  
Key Skill: stopping, reversing, full speed.

## 20. Rest Exercises

It will not be possible for the children to keep moving all the time so when appropriate (every 10-15mins) coach should introduce some less strenuous exercises.

A.

Children work in pairs standing 2-3m apart facing each other eg.

Child places bag on hurley and flicks (silent) to her partner who catches it (down catch) places it on her hurley and flicks it back.

B.

Flick bag into the air and “catch” it on the hurley.(10 each).

C.

Flick bag over your head spin around and “catch” it on the hurley (10 each).

## 21. Swallows

Swallows is a game that tests all the skills we have practised so far.

Swallows is a high risk game and the rules must be clear.

The swallow is one of the most agile birds of the air able to fly at tremendous speed, twisting and turning, darting through narrow openings to feed the young and catching flies on the wing.

Their judgement is brilliant. Even at the highest speed they never collide.

## 22. The swallow is an ideal hurling model.

The cones come in 5 colours so there will be five colours in every line. If we place the cones so that a given colour is in a different place in every line it will allow us to play swallows.

e.g. Mary is in front of the yellow cone so on the whistle Mary solos to every yellow cone on the floor until whistle sounds again. She then returns to her “nest”.

Progressions:

(a) Count the number of cones she passed e.g. 7

(b) Flick the ball from hurley to hand as she passes her colour:

Count how many “flies” she has going back to her nest.