

Aim & Introduction to Wall Ball

The ultimate aim of this workshop is to examine and explore the different types of wall ball activity and identifying the advantages for camogie players.

Hurling Walls and Alleys are a new sight at many GAA grounds throughout the country and are essential in player development. They provide the player with the opportunity to develop their skills where one or more players can play at any one time, often outside of structured coaching sessions. These activities develop Technical Proficiency by maximising the amount of ball contacts in a training period, and as the only equipment required is a Hurley, ball and wall they can be practiced in many places and at almost any time.

Wall Ball activities cater for all types of striking skills, hand passing and all types of catching. Developing ability on the left and right sides is also catered for.

Different types of ball can be used depending on the type of session that is taking place and the ability of the participating players. Wall Ball activities can be incorporated into all aspects of a Coaching session and can function as warm up activities prior to the start of any session or game.

WALL BALL SKILLS & DRILLS

Wall Ball Skills U8 & U10

1. Throwing ball at wall with strong hand & catching with weak.
Players must be on toes at all times.
ABC's must be emphasised at all times.
2. Throwing ball at wall with strong hand & catching with weak.
Players to be **side stepping left & right** whilst throwing.
3. Throwing ball at ground to bounce back off wall and catch.
Catching with both left & right hands.
4. Strike ball from ground to wall & control & strike continuously
Controlled use of the ball at all times
5. Strike ball from ground to wall & control & strike continuously
Players in pairs & striking every second ball

Wall Ball Skills U12 & U14

1. Striking on the Ground
Drill 1 – Basic – Striking on the Ground
This is a basic drill to improve the ground strike technique by striking a stationary and moving ball.

Organisation

Position each Player approximately 5m from the wall; one ball per Player

Each Player strikes the ball off the wall, stops the return and repeats the drill

Count the number of successful attempts scored in a set time

Challenge each Player to perform the skill using the left and right sides

Variation

As the players become more proficient the coach can mark a 2m wide goal in front of each Player. Each Player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated. Challenge each Player to return the ball to the front wall without stopping it.

Drill 2 – Basic – Striking on the Ground

This is a basic drill to improve the ground strike technique by striking a stationary and moving ball.

Organisation

Line up Players in groups of 3 – 5 at one end of the court; one ball per line
The first Player strikes the ball along the ground to return off the front wall. Each following Player must stop the ball and strike to return off the front wall for the next player in line
Challenge each Player to perform the skill using the left and right sides

Variation

As the Players become more proficient the coach can mark a goal 2m wide in front of the line of Players. Each Player must strike the ball off the front wall to return into the goal. The ball is then stopped, pushed to one side and the activity is repeated

Challenge each Player to strike the ball against the side wall (if applicable) before returning to front wall

Challenge each Player to return the ball to the front wall without stopping it

Challenge each Player to return the ball to side walls and then to the front without stopping it

Drill 3 – Intermediate – Striking on the Ground in Pairs

This is an intermediate drill to improve the ground strike technique by striking a stationary and moving ball.

Organisation

Divide the Players into pairs; Player A at the back of the court and Player B at the front of the court; one ball per pair

Mark a line $\frac{3}{4}$ of the way down the court

Player A strikes the ball along the ground to return off the front wall

Player B must return the ball to strike the front wall before it crosses the marked line

Award one point to Player A if the ball crosses the marked line before it is returned,

or if Player B fails to reach the front wall with the return strike

- Reverse the roles after each attempt

- Challenge each Player to perform the skill using the left and right sides

Variation

As the Players become more proficient allow the drill to repeat so that each Player must return their partners strike to the front wall before it crosses the marked line.

Award one point if (a) either Player fails to reach the ball before it crosses the line or (b) either Player fails to hit the front wall with their strike

ADVANCED WALL BALL SKILLS

1. Warm the ball

Players in pairs, one on one off for 1min or 30 sec from strong side

2. Weak side striking

3. Every second side striking

4. The Minute Challenge

Player 1 strikes, Player 2 counts.

Strong side 1st, Weak side 2nd & finally every second side continuously.

4m from wall flat out, partner counts

5. Every second side striking against the clock

6. In Pairs standing 4m from wall.

Player 1 throws ball at wall hard

Player 2 runs towards ball and catches, then throws ball again, etc...

7. In Pairs standing 4m from wall.

Player 1 strikes ball off wall

Player 2 catches ball and strikes fast off wall. Player 1 catches and so on...

8. In Pairs standing 4m from wall.

30 seconds on & 30 seconds off

Player must strike ball hard half way between ground & wall. Jumping high to catch ball each time.

9. **In groups of 3. Standing 4m from wall.**

Player 1 strikes ball against wall.

Player 2 Batts ball against wall.

Player 3 catches and throws high against wall.

This is done in a continuous movement.

10. **In groups of 3.**

Players numbered 1, 2, 3.

Players Handpassing ball to each other while moving around the square.

When 1 is called, Player 1 must then take 4 steps and strike ball off the wall and catch.

Drill continues.

11. Every second side against the clock

12. Back of alley, strike on the run, collect on first hop or directly

13. **Teamwork**

3 or 4 in a line one ball

14. 1st player runs strikes, 2nd player collects ball and strikes, 3rd player collects and strikes etc

15. 3m from wall, ball struck to ground to wall

Singles

Doubles

Trebles

16. **Back of alley** High catching (3-4line)

run to front of alley and strike rising ball towards wall, second player must take ball from air

a) no hands

17. **Lift and strike**

5-6m stationary (1 min on)

Lift and strike running

HURLING WALL CIRCUIT

8 stations / Activities numbered 1-8

Players in groups of 3

One sliotar per group (except at station 7 where every player needs a ball)

One minute at each station

- 1-3 to be set up 4-5m from the wall
- 4-8 to be set up 20-30m from the wall
- NOTE: could alternate **1-5-2-6-3-7-4-8**

1) Snappy striking & head high catching

1 strikes head height, 2 controls and strikes, 3 controls and strikes, 1 controls and so on.

2) Overhead Catching

1 strikes at the ground to angle up off wall for 2 to catch overhead and proceed as above.

3) Batting

1 strikes high off the wall for 2 to bat, 3 catches and strikes high off wall for 1 to bat, 2 catches and so on.

4) Reacting & Catching

1 solos towards wall until 5 metres from wall, strikes high, 2 catches, solos and strikes high, 3 catches, solos towards wall and so on.

5) Low shot and control into hand

1 drops ball towards toe and strikes low, 2 controls into hand and repeats, 3 controls and repeats and so on.

6) Low shot and control

As in 5 but must bring ball under control without handling it before striking it back against wall.

7) Low shot, Control into hand, Strike at head height and catch

Players go in order as before. Note: each player needs a ball.

- 8) Lift & strike low without catching, control into hand, strike at head height and catch, place ball on ground for next player.**
Players go in order as before.

Competition Winter / Summer League

1 v 1 Playing Rules

Playing Area

Ideal Playing dimensions = 20m x 40m

Wall Height = 10m

Short Line = 4m

Serve

Player toss a coin to see who serves first

A. The server must strike the ball above a line marked (3m approx.) on the front wall.

B. The ball must pass a line marked on the ground (4m approx.) to begin play.

C. Ball cannot bounce beyond 'long' line (20m) either for serve or in general play.

If A., B. or C. is not performed correctly the server must serve again.

The server only gets two chances and then loses serve.

Play

When the ball is in play,

it may be allowed one hop on the ground and one bounce on the hurley, before it is struck.

OR

it may be bounced once on the hurley, but then be struck (i.e. it may not now touch the ground)

Or

it may be returned to the wall on the volley.

If the ball touches the ground or the hurley more than once the point is lost.

You may not touch the ball with your hands.

Score

Each game is played to eleven.

A player can only score when he/she is serving.

A point is obtained, if your opponent is unable to return the ball to the wall, within the rules laid down in "play" (see above)

Competition Rules

1. Each Player must play at least one game per week, or else drops one place.
2. If you are the holder of first place, you must play the holders of second and third position within one week.
3. You may challenge **any** player above you, but you can only move upwards (**one place** at a time) by beating a player above you. However you cannot move to number one position until that player is beaten or forfeits his position (see above)
4. You may challenge as many players as you wish in a week.
5. If you are in second or third position, you can challenge for the number one spot.
6. A beaten player cannot challenge the player who beat him for a least one week.
7. A player who wishes to join the table is entitled to challenge for any spot up to and including fourth place. However if he loses the challenge he must join the table at last place.
8. Rules may be modified to suit conditions.
9. Helmets with full face visor must be worn at all times.