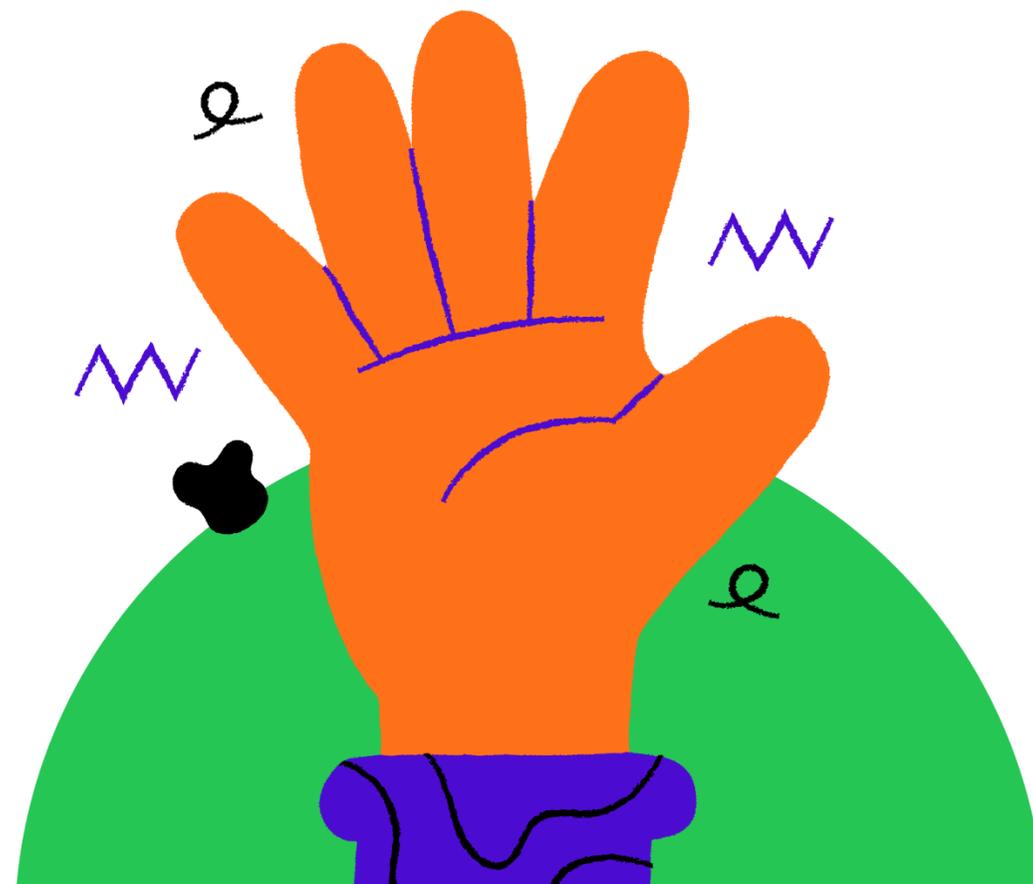


# This is!

# Camán & Play



**What is it?**



# **Camán & Play Is** **A Holistic Approach** **To Learning Hurling** **& Camogie**



Camán & Play is a new way of introducing hurling to junior and senior infants and our nursery children.

This 7-week program will introduce many of the fundamental skills of Hurling with the addition of children having the opportunity to decorate their own hurls. This gives less sporty kids a real involvement in the program.

We also use many different subjects as part of our FUN games including Maths, Irish, and Geography.

We believe that Camán & Play is a programme for everyone and is a great way for children to get started with Hurling.

**Who** is it  
**for?**



# Camán & Play

## Is For

### Jr & Sr Infants



Camán & Play is designed for jr & sr infants to get them started on their hurling journey. As mentioned already, this is a holistic approach to teaching hurling & Camogie and is designed to be inclusive for all children regardless of ability, interest, or experience.

The aim of Camán & Play is to develop the fundamental skills and an interest in hurling at an early stage in a FUN & interesting way!

**Why** is it  
**needed?**



# Reasons For Camán & Play

## Why Kids Don't Start Hurling / Camogie

Not Sporty

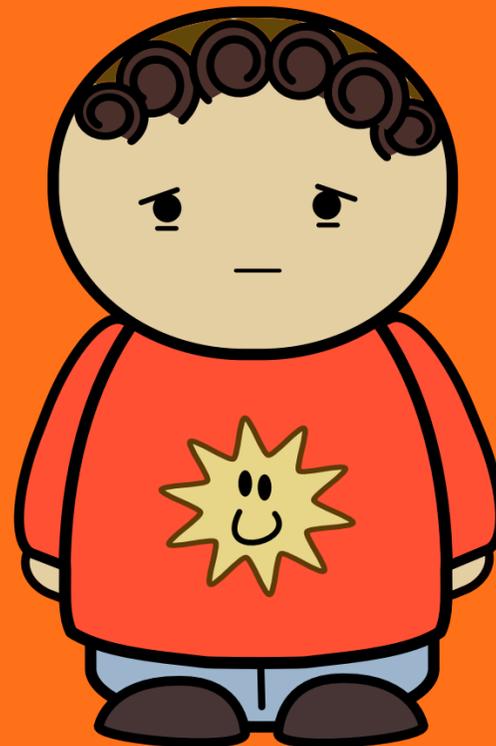
Too hard to learn

Afraid of getting hurt

No Interest

No connections to  
get started

Can't afford equipment



## Why Kids Don't Stay Hurling / Camogie

It's NOT FUN!

Coached skills above their level

Afraid of getting hurt

Lose Interest

Their friends don't play

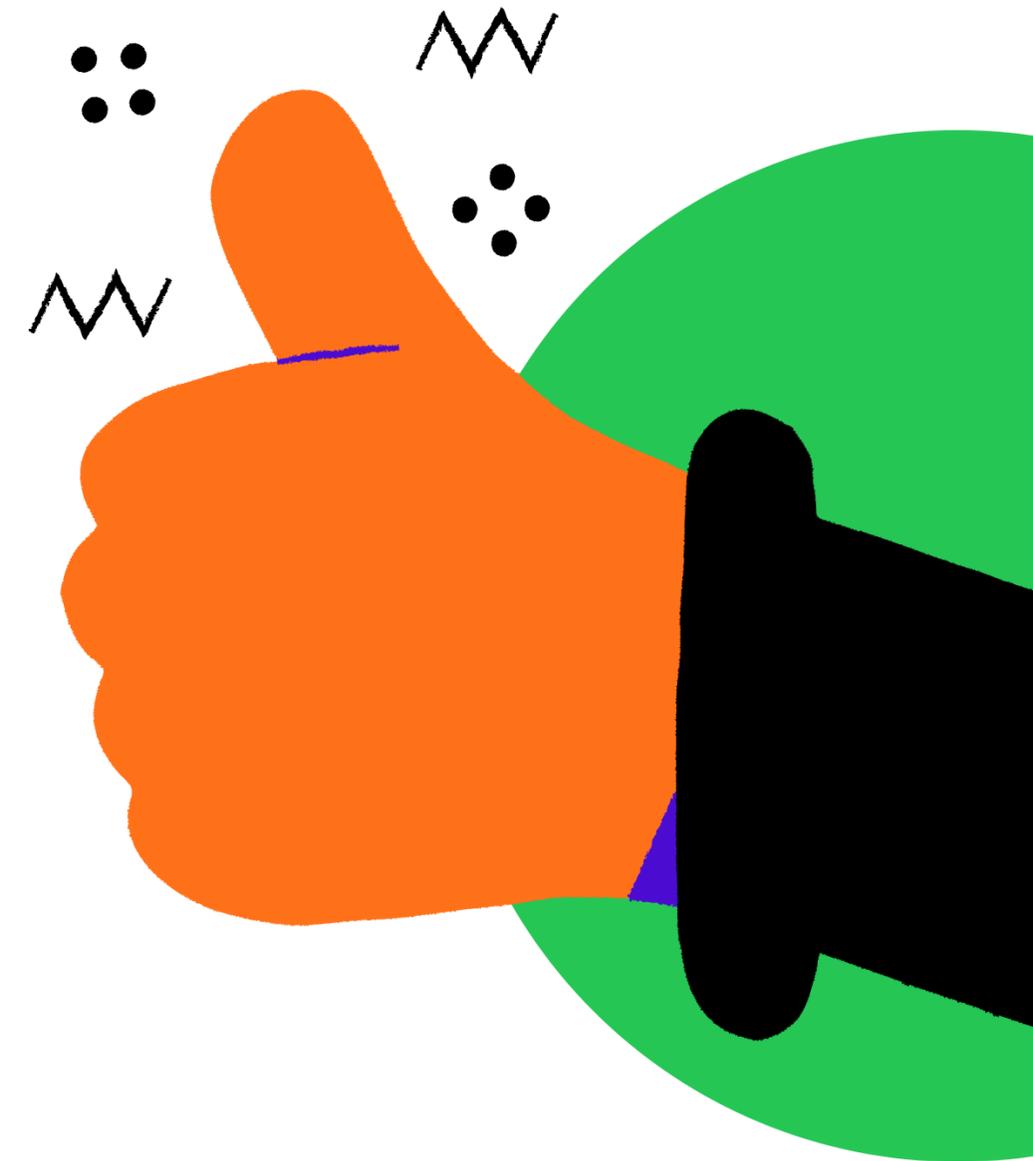
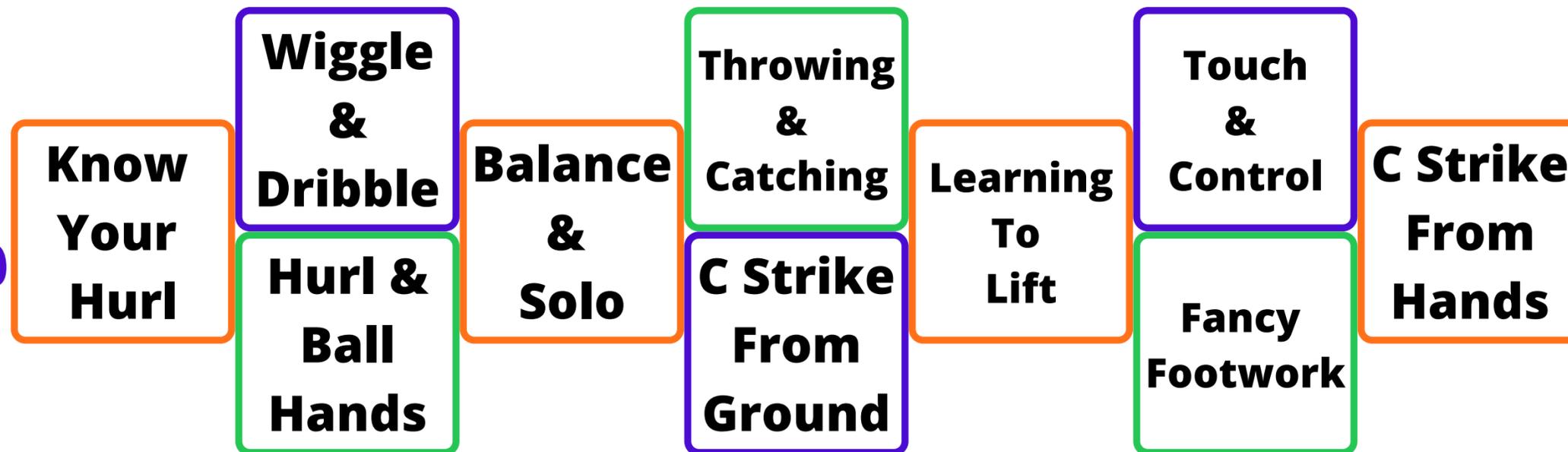
Never learned the basic skills

Started too late

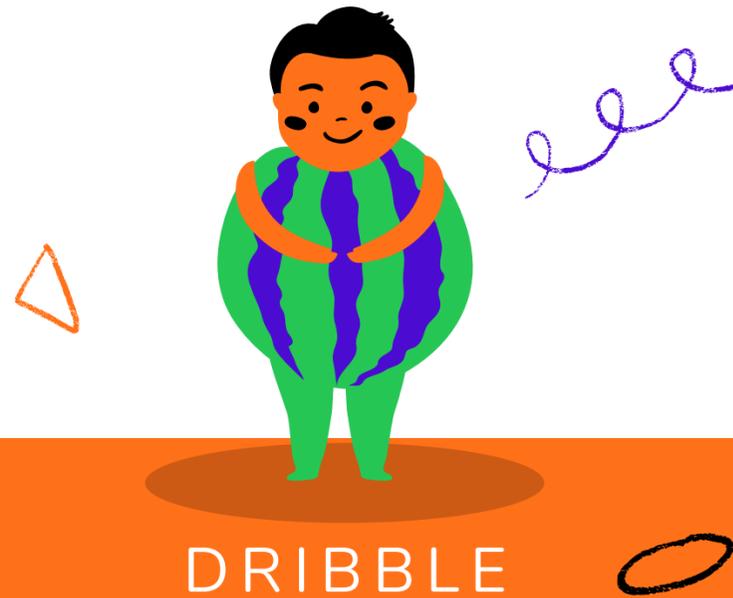
# Hops To Hurl

The following steps are a progression pathway for Camán & Play. Kids will progress through each stage building skills that support the next step on their way to success.

Getting Started



# 7-Week Skill Development



## DRIBBLE

Kids will learn how to control the ball on the ground using the hurl. This is a great way to build confidence with ball control and learn how to develop their wrist strength.

## LIFTING

Kids will learn the skills of lifting the ball with both the jab lift and the roll lift. This supports many other skills that will be taught along the way.



## SOLO

Kids will learn how to control the hurl when balancing an object (bean bag progressing to a ball). This skill starts off with having a good "wobble".

## THE "C" STRIKE

Kids can not wait to be able to hit the ball, in the Camán & Play program they will learn how to do it in the right way!



## THROWING & CATCHING

Kids will develop the skills of throwing and catching which is the fundamental of handpassing as they progress. Hand-eye coordination is a massive part of hurling and it all starts with throwing and catching.

**Where** is it  
**done?**





# Schools & Clubs

CAMÁN & PLAY IS DESIGNED FOR BOTH  
SCHOOLS & CLUBS

Camán & Play is delivered by Meath GAA Coaching & Games staff over a 7-week period.

In this 7-week period, the program is delivered in school to the jr & sr infants. This is paired with training and upskilling for both teachers and club coaches.

- Camán & Play will be delivered by Meath GAA staff for 7 weeks in the school
- Teachers will continue the program
- Club nursery coaches will also deliver the program in the club

**How** does it  
work?





# This Is A Joint Venture

MEATH COACHING & GAMES / CLUB / SCHOOLS

Meath GAA Coaching & Games staff deliver

- A 7-week coaching program to jr & sr infants in the school
- Training & resources for teachers to continue in the school
- Training & resources for nursery club coaches to continue the program in the club

After the 7-week program, we hope that all students will continue to practice and develop their skills in both the school and also in the club throughout the year.

**What** does it  
**cost?**





# Is It Expensive

WE THINK CAMÁN & PLAY IS GREAT VALUE!

Camán & Play is delivered to the school with only one cost passed on, everything else is covered by Meath Coaching & Games.

The only cost involved in getting started is buying the hurls.

We have organised a fantastic price of €5 per hurl from a supplier and we can do everything for you including; placing an order, hurl collection, and delivery to your school.

**For a class of 25 children, the total cost of the program is €125**

**When** will it  
**start?**





# Apply Now!

WE ARE LOOKING FOR SCHOOLS & CLUBS TO BE INVOLVED IN OUR 2021 PILOT

If you are interested in being involved in our 2021 pilot program scan the QR code to the right with your phone and submit the online application form.

Once accepted, one of the Meath GAA Coaching & Games Staff will get in touch to organise everything with your school & club.

