

Coaching the Skills

There are many different skills in Hurling which can be categorised as follows:

Gaining Possession	Maintaining Possession	Releasing Possession	Contesting Possession	Other Skills
Ground Stop	Dribble	Ground Strike	The Clash	Holding the Hurley
Chest Catch	Solo Run	Ground Strike on the Run	Frontal Ground Block	Low Catch
Roll Lift		Strike from the Hand	Hook	Puck Out
Overhead Catch		Hand Pass	Frontal Air Block	Free Puck
Jab Lift		Doubling	Batting a Ball Overhead	Sideline Cut
Overhead Block		Overhead Strike	Ground Flick	Penalty Puck
Controlling a Moving Ball				Shot Stopping

Each skill has its own distinct form and feel and to coach them all takes a great degree of diligence, application and skill in itself.

So, how do we coach a new skill?

Coaching a new skill is essentially a matter of communication. As such it can be achieved by various methods, e.g.

- Verbal instructions
- Demonstration
- Video
- Diagrams
- Photo sequences

These can be simplified to Verbal Instruction and Visual Instruction. In the field or yard the Coach is generally reduced to Verbal Instructions and Demonstration.

Coaching a new skill is also influenced to a great degree by how people perceive or interpret communication and how they learn.

A simple, and effective, teaching method commonly used in coaching is the Whole-Part-Whole Method. Based on the way people naturally perceive things

as a whole as opposed to a set of distinct components, it enables the player to both understand the skill in its entirety but also identify the component parts it is comprised of.

In this section, we look at each of these topics.