

Cóitseálaithe / Coaches

Téarmaíocht Aclaíochta / Imeartha

- Amuigh faoin aer....outdoors
- Ar an talamh / san aer....on the ground / in the air
- Coinnigh an sliotar ar an talamh....keep the sliotar on the ground
- Tarraing ar an sliotar san aer....pull on the sliotar in the air
- Ar gcúl....backwards
- Rithigí ar gcúl....run backwards
- Blocáil....to block
- Bunscileanna....basic skills
- Léireoidh mé na bunscileanna....I will demonstrate the basic skills
- Buail i gcoinne....bump
- Buail ina choinne. Bíodh a fhios aige go bhfuil tú leis....bump him to let him know you are marking him
- Barr feabhais a bhaint amach....to excel at / to be fit
- Tá barr feabhais ar na himreoirí....the players are very fit
- Beir greim ar....grip
- Cairt....chart
- Léireoidh mé an plan imeartha ar an gcart....I'll diagram the game plan on the chart
- Carbaihidráit....carbohydrate
- Ceannaireacht....leading
- D'éirigh leo an bua a fháil faoi cheannaireacht an chaptain....they won the game led by the captain
- Comhghníomhú lámh is cos / lámh is súil....hand-foot / hand-eye co-ordination
- Coinnigh tú féin cothrom....keep yourself balanced
- Cóireáil leighis....medical treatment
- Corpacmhainneacht....fitness
- Cothrom na Féinne....fair play
- Tabharfar cothrom na Féinne do gach imreoir má dhéanann said an traenáil is gá....every player who does the necessary training will get a chance
- Cothú / beathú cothrom....balanced diet
- Crom....bend
- Cruth....shape
- Dea-nósanna....good habits
- Déan aithris....copy / imitate
- Déanaigí aithris ar imreoirí na foirne sin....copy that team's players
- Déan staidéar....observe, survey
- Druil....drill
- Eagraigh....organise
- Tá sé tábhachtach seisiúin oiliúna tráthrialta a bheith ann....It is important to organise regular training sessions
- Feadóg....whistle Tá an fheadóg séidte ag an réiteoir
- Fearas....apparatus
- Tá fearas traenála san áras gleacaíochta....there is training apparatus in the gymnasium
- Fíor na foirne....formation
- Seo mar a bheidh fíor na foirne....this is the formation of the team
- Forbairt....develop
- Tá sé tábhacht scileanna na hiomána a fhorbairt agus tú fós óg....it is important that you develop the skills of hurling while still young
- Garchabhair....first aid
- Tugadh garchabhair don imreoir a bhí gortaithe....first aid was administered to the injured player
- Gearr....short
- Gluaiseacht....movement
- Coinnigh an liathróid ag gluaiseacht....keep the ball moving
- Gníomhaíochtaí eachtraíochta....adventure activities
- Gualainn....shoulder
- Tabhair do ghualainn dó....give him a shoulder

- I bhfáinne ar deiseal....in a clockwise direction
- Íseal....low
- Cuir an liathróid isteach go dtí na tosaithe go hÍseal....send the ball in low to the forwards
- Laistigh....indoor
- Is féidir traenáil a dhéanamh laistigh nuair a bhíonn drochaimsir ann....training can be done indoors during bad weather
- Lasmuigh....outside
- Leanúint....follow
- Leanúnachas....continuity
- Léaráid....diagram
- Léim ard....high jump
- Léim sé go hard chun seilbh a fháil ar an liathróid....he jumped high to get the ball
- Léimeanna guairneánacha....turning jumps
- Léirigh....demonstrate
- Liathróid a ghabháil....catch a ball
- Liathróid a sheachadadh....to pass / deliver a ball
- Luasghéarú....acceleration
- Luasmhoilligh....decelerate
- Lúthchleasaíocht....athletics
- Máistreacht....control / master
- Mataí urláir....floor mats
- Meáchan....weight
- Meáchan a chur ort / a chur díot....gain weight / lose weight
- Ná lig uait é....mark him closely / do not let him get away from you
- Obair mar fhoireann....teamwork
- Oiliúint....coaching
- Tarraing, a mhic!....Pull, young man!
- Tarraing, a iníon!....Pull, young woman!
- Pléascach....thrusting
- Thug sé ruathar pléascach leis an liathróid....he made a thrusting explosive attack with the ball
- Preab....bounce
- Ráib....a sprint
- Ráibeanna gearra....short sprints
- Rás sealaíochta....relay race
- Rithim....rhythm
- Rith ar aghaidh....run forward
- Rith cliathánach....run sideways
- Saoráid....facility
- Saorimeacht....free flow
- Saorghluaiseacht....free movement
- Saorchleachtadh....free practice
- Saothrú corpacmhainne / aclaíochta....fitness work
- Scileanna aonair....individual skills
- Scipeáil....to skip
- Seiftigh....improvise
- Solúbthacht....flexibility
- Scileanna feidhmiúla....functional skills
- Sciorbhuille....flick
- Spás....space
- Tadhall teann / éadrom....firm / light touch
- Tarraing ar....pull on
- Téigh san iomaíocht....compete
- Treo....direction