

Kevin's Hurling & Camogie



Player Pathway 2020

Acknowledgments

Kevin's Hurling and Camogie GAA Club has developed this player pathway for new and existing mentors and coaches involved with our teams. It has not been developed as a coaching manual. It is a guidance document only.

It sets out the age-appropriate level of technical, tactical, physical attributes that each player should be able to demonstrate at that age.

While it sets out some characteristics at certain levels and some skills and drills, it is not a full comprehensive list of the activities which one use in the environment of coaching and development.

This player pathway has been developed using established aims, objectives, content, skill plans from various GAA sources.

The contribution from all involved in the GAA coaching world is gratefully acknowledged and all of us in Kevin's are very thankful for their support. A lot of the research that developed this document was from the GAA Learning Portal.

Kevin's Hurling and Camogie GAA Club, as always, would like to warmly thank all our sponsors who supported our club throughout the year. As a club with over 25 teams at all age groups we really do need and appreciate the sponsorship.

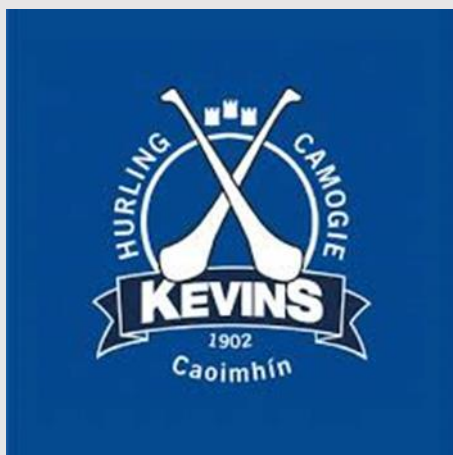
Kevin's Hurling and Camogie GAA Club would like to thank all the local schools and Griffith College who regularly facilitate us in using their resources and facilities.

We hope this document can add to your work and enjoyment as a coach, mentor, or parent, and as a club we cherish the time you give in the support of our club in the coaching and development of all our players and members.



Mission Statement

Kevin's Hurling and Camogie GAA Club is committed to ensuring that all our juvenile teams are as competitive as possible, but also that each player is constantly learning and that they will be in a better place when progressing to the next age level, all of this with the intention of ensuring each player can reach their full potential throughout their underage careers. By devising and developing our own "Young Player Pathway" we are creating the environment so that all our young players "Play and Stay" with Kevin's Hurling and Camogie Club, not only for their playing careers but throughout their lives.



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1. INTRODUCTION.

THE PLAYER PATHWAY

Welcome to Kevin's Hurling and Camogie Club Player Pathway. This Pathway has been created to provide a structured, consistent framework to help guide coaches, managers, mentors and parents who play an active role in the development of our young players. It is intended, at its most basic form, to give our young players the best opportunity to succeed at whatever level they may play and to reach their full potential "doing the right thing, at the right time and in the right way." This document should be viewed as a route map which sets out the key characteristics and identifies the age-appropriate content (technical, physical and game specific) that should be coached or practiced at a particular age and stage of the player's career. To further enhance the development of the player we have included skills challenges to correspond with stages of development. It should be noted that these are guidelines and recommendations for coaches, managers, mentors and parents and may be used with a degree of flexibility. They are not written in stone, as players will grow, develop and learn at different rates through their lives. This is a general guide to bear in mind when working with players.

Kevin's Hurling and Camogie Player Pathway is a live document and will be reviewed regularly and updated to reflect new learning and best practices amongst all our Juvenile Coaches

2. Our Club's Long-Term Development Model

7 Stages of our Long Term Development Model

- **Active Fun start** - Fun & part of daily life.
- **Fundamental** - Build overall Physical Literacy & Motor Skills.
- **Learning to Train** - Learn Fundamental Sports Skills.
- **Training to Train** – build 'the engine' and consolidate sport-specific skills.
- **Training to Compete** – fine-tune 'the engine', skills and performance.
- **Training to Win** –maximize performance, skills and 'engine'.
- **Retirement/Retainment** – adjustment/retain players/athletes for coaching/administration

3. How Parents and Carers Can Help

- **Attend matches and watch their children play**
- **Ask the children how they are getting on in training.**
- **Go for a few pucks with them some evenings**
- **Come and support all the Kevin's Hurling and Camogie teams, along with their children.**
- **Become an active member of the club.**
- **Assist in activities across the club if possible.**

4. The 5 Stages of Coaching

There are 5 key stages outlined in our pathway which have detailed Player characteristics.

They describe the practical elements that must be coached during these ages.

Learn to Master the Ball	4-6 Years	Should be about fun and participation with key emphasis on physical literacy and fundamental movement skills with the ball.
Learn to Use the Ball Well	7-9 Years	Major skills learning phase where all the basic skills in Hurling/Camogie are learned. Emphasis on the fundamental movements.
Learn to Play Together	10-12 Years	Emphasis on understanding how to play and work together as a team.
Learning about Positions	13-15 Years	The principles of play and applying good game sense increase
Learning to Perform	16-18 Years	Combining all aspects of performance including decision making

5. LEARNING TO MASTER

THE BALL, 4-6 years

Player Characteristics

- Children of this age are naturally self-centered and co-operation is largely absent.

At this age many still think that the ball is their own 'toy', so they will try to run with the ball and score rather than pass.

- They will respond to partner work and skills practice for a short time. This helps introduce them to teamwork and co-operation.
- These children will only watch the ball. They cannot and will not look for space to run into.

They usually enjoy being asked questions and this should give the coach plenty of opportunities to check for understanding.

When their team is not in possession, they find it difficult to understand defending a goal. To them they are merely chasing a ball.

- They respond best to target games and races (hitting, throwing & running)



4 -6 Years Skill Table

Skill	Physical Focus	Game Specific
Hurling	ABC & RJT's	
Handling <ul style="list-style-type: none"> • Correct hurley size • Identification of the 'strong' hand • Grip & Swing • Ready & Lock Send & Receiving One Hand Dribble <ul style="list-style-type: none"> - Two Handed Dribble - Ground Strike <ul style="list-style-type: none"> ▪ Tyre ▪ Ball - Ground Stop - Run Strike -Stationary Ground ball 	Agility e.g. chasing games, dodging, e.g. shadow running Balance Animal walking Hop in & out of hoops Co-ordination Skipping, Ladder Work, Bean Bag toss Running Good Technique Forward, Backward, side ward's e.g. Marching e.g. Stopping Jumping e.g. Takeoff & Landing Jump Jacks Throwing Target Roll, Skittles, Bowling	Target Games The simplest form of a game which challenges players to use the technique previously learnt is to aim or target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making. e.g. Skittles, Through the Gate, Tower Ball Court Games Court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited e.g. Over the River, Hurling Tennis Part Invasion These games require players to complete a task with limited or direct opposition. e.g. Getting through the traffic, 4V4 (2 zones), no goalie, Up north down south.

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

ADULT
18+ YRS

LATE TEENAGE
16-17 YRS

MID TEENAGE
14-15 YRS

EARLY TEENAGE
12-13 YRS

LATE GO GAMES
10-11 YRS

EARLY GO GAMES
7-9 YRS

NURSERY
4-6 YRS

THE COACH

- Variation. Coach open to trial & error
- Well organised/planned sessions
- Maximise all coaching resources to increase knowledge
- Guide children. Don't tell them
- Be a role model
- Set Fun GAA activities to be played between sessions involving adults

AGE 4-6 HURLING

ENVIRONMENT

- FUN is number one priority
- Coach to player ratio 1:6
- Every child has their own ball.
- Discovery/Exploration
- Trial & Error
- Variation in Equipment using colours & different sizes

TECHNICAL SKILLS

Striking

Ground, Dribble, Stop, Bounce Kick, Kick from two hands.

Handling

Two hand catch, one hand catch, body catch, different sized balls, Two hand bounce, one hand bounce.

Pick Up

Hands Only, Hand & Toe in a stationary position. Striking, Rolling, Bowling, Throwing.

Movement

Use four steps, knee tap solo.

TACTICAL PROWESS

Decision Making

2v1 Piggy in the middle
3v1 Piggy in the middle (roll ball to pass only)

Target Games

Aim into or at a target to improve technique e.g. Knock the tower.

PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Develop listening skills – Simon Says Game

Running Marching, running forwards, backwards & sideways shuffle.

Jumping/Landing

1 leg/both legs/variety of directions

Agility

Chasing games, evasion games. Encourage sidestep & evasion. Balance Exercise – Stand on 1 leg, rope walks, 1 on 1 balance games.

Coordination

Hand Eye- cups and saucers
Eye Foot- Dribble
Eye Foot- Bean Bag Solo

PHYSICAL FITNESS

THE PLAYER

- Only goes flat out – no sense of pace
- Is self-centred – will want their own ball
- Has little concern for team activities
- Physical & Physiological state of boys & girls is very similar
- Has limited sense of time & space
- Has a short attention span

Zones

Used in games for early development of positional sense.

Stops bunching

Small sided games only. 2v2, 4v4 Max.

Premium on all players getting touches, player development –

Max 7v7
Foot hand

THE GAME

- Small sided games 2v2, 3v3, 4v4 MAX
- First touch soft sliotar
- Each child has their own hurl/helmet
Water Bottle & Gum Shield
- Have a sliotar per child at all sessions.
- Child brings their own sliotar

PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. Targets, scores.





Standing ready in dolphin Park



ABC Group having a group chat in between drills

6. LEARNING TO USE THE

BALL, 7-9 years

Player Characteristics

- They will begin to look up when in possession and start choosing options (e.g. passing rather than shooting).
- They will have difficulty tackling opponents but will kick the ball away from them and attempt to block any shots.
- They have a tendency to stand back in hurling so encourage them to get close to the opponents.
- Players will beg for a game at every opportunity, yet their technique is best improved through individual, paired and small group work. This is an ideal time to use the 'Spot, Stop, and fix' approach to some sessions where the coach starts with a game, stops it after ten minutes, works on one technique for a short period then restarts the game.
- Coaches need to focus on **positive feedback**; this is the age where dropouts occur if children begin to think they are "no good."
- At this age players will now try to win the game not only by scoring but also by attempting to deny the opposition the opportunity to score.
- They will also begin to understand the need to change the direction of a run or a pass to be more effective and they will begin to grasp the idea that a player may need support from behind and to the side as well as in front.
- Coaches should continue to run small-sided games, one of the better games is called 'Over the River'
- At this age players must also get used to attacking the ball [i.e. running and not stopping] and breaking tackles
- This the First critical period for speed development.

7-9 Years Skill Table

Skill Emphasis	Fundamental Movement	Game Specific
Hurling	ABC & RJT	
Handling <ul style="list-style-type: none"> • Correct Hurley size • Identification of the 'strong' hand • Grip & Swing • Ready & Lock • Claw catch • Cupped catch Sending & Receiving <ul style="list-style-type: none"> • Ground striking (a moving ball) L & R • Ground doubling (same & opposite direction) • Striking from the hand (Stationary) Jab lift (Stationary Ball) Travelling <ul style="list-style-type: none"> • Bean Bag balancing • Ball balancing Tackle <ul style="list-style-type: none"> • Ground Flick (backhand) • Ground clash • Hooking Frontal & ground block (Hurl to Hurl) 	Agility e.g. zig zag relay Balance e.g. One leg hopping e.g. hop land on other leg Co-ordination Skipping, Ladder Work. Running e.g. On the spot e.g. Relay races e.g. Hurdle running e.g. Stopping Jumping e.g. leap frog, e.g. Donkey kicks Throwing Target Roll, Bowling, Dodgeball Conditioning: Partner Resistance e.g. Tug of war, e.g. Push & Pull partner, e.g. The bridge, whole body exercises, introduce basic flexibility	Target Games <ul style="list-style-type: none"> • Skittles • Through the gate • Tower ball Court Games <ul style="list-style-type: none"> • Over the river • Scout Ball • Cúchulainn Field Games <ul style="list-style-type: none"> • Rounders • Four hitters • 4v4 (two touch) • 5v5 (Wide man) Part Invasion <ul style="list-style-type: none"> • 4v4 (zoned) No Goalie • Line game

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

ADULT
18+ YRS

LATE TEENAGE
16-17 YRS

MID TEENAGE
14-15 YRS

EARLY TEENAGE
12-13 YRS

LATE GO GAMES
10-11 YRS

EARLY GO GAMES
7-9 YRS

NURSERY
4-6 YRS

THE COACH

- Variation. Coach open to trial & error
- Well organised/planned sessions
- Maximise all coaching resources to increase knowledge
- Guide children. Don't tell them
- Be a role model
- Convey Enthusiasm

AGE 7-9

ENVIRONMENT

- FUN is number one priority
- Coach to player ratio 1:8
- Be sensitive to each players development needs
- Discovery/Exploration
- Actual game results are secondary

TECHNICAL SKILLS

Handling

Grip, Ready, Lock & Swing
Catch-Low/Chest/High
Claw Catch for Chest/High Catch
Cupped Catch for low catch
(Below Knee)

Striking

Ground Strike (8-10M) Left & Right

Ball Control

Dribble/Flick to space
Bean bag Solo

Tackle

Frontal Block Ground Intro to Shoulder
Clash e.g. use hurling rope

TACTICAL PROWESS

Decision Making

Players encouraged to move into space

Devise games that require players to look up

PSYCHOLOGICAL FACTS

COACHABILITY OF PLAYERS
Ask players imagine themselves as role models to improve skills

Use trigger words to develop concentration

Zones

Use zones for basic positional understanding

Players play all positions to experience attack & defence

Small sided games crucial for individual learning

Basic Communication

Call for the ball

THE PLAYER

- Only goes flat out – no sense of pace
- Need approval from coach/parents
- Like to show off individual skills
- Small group activities are vital for improvement
- Imagine themselves as inter county players to improve skills

PHYSICAL FITNESS

Running

Speed Developed through
Fun Games – i.e. Chasing Games

Jumping

Jump for distance & in all directions

Agility

Jump for distance & in all directions

Body Resistance Exercises

Fun Squat performed through
"laying an Egg" game Balance &
Strength improved through Fun
Tug of War Games

PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. Target scores in a minute



THE GAME

- Small sided games, 3v3, 4v4, 6v6, 7v7 MAX
- Zones can be used to stop bunching of players.
- Player fouled takes Free
- Players sample all positions.
- Every child has their own ball at home.
- Play against a wall, with a friend, with group of friends.

Camogie & Hurling Dolphing Park



7. LEARNING TO PLAY

TOGETHER, 10-11 years

Player Characteristics

- Players will compete with greater intensity against each other.
- At this age players will now try to win the game not only by scoring but also by attempting to deny the opposition the opportunity to score.
- They will begin to understand the need to change the direction of a run or a pass to be more effective and they will begin to grasp the idea that a player may need support from behind and to the side as well as in front.
- Coaches should continue to run small-sided games and condition the players to solve problems in a game-based environment.
- During training, all players must always feel part of the session. Coaches must be ready to pay as much attention to 'weaker' players as to other established players, and always work to improve their skills (e.g. 1-1 coaching and encouragement may be needed)
- Coaches must be quick to address the problem of 1 or 2 players dominating play and preventing others from developing their skills during games. Modifying the rules can help here.
- Many players at this age fail to recognise the need to attack the ball and prefer to wait for the ball. If this is allowed to persist, that player will find it increasingly difficult to change their instincts.
- Training needs to be moderately increased at this stage.
Players are now ready to develop general strength through their own body weight and core exercises

10-11 Years Skill Table

Skill Emphasis	Physical Focus	Game Specific
Hurling		
Handling <ul style="list-style-type: none"> Overhead catch (hurl to protect) Hand passing (using both hands) Switch pass Low catch Sending & Receiving <ul style="list-style-type: none"> Striking on the run Short stick left & right Striking off hurl First touch control Jab lift (moving ball) Roll lift Lift & strike Batting high ball Side line cuts Travelling <ul style="list-style-type: none"> Soloing at speed Tackle <ul style="list-style-type: none"> Shouldering Hooking on the move Blocking (ground & air) Doubling in the air 	Speed Further development of speed in warm ups (Efforts less than 6 secs) e.g. quickness and change of direction and reaction sprints	Court Games <ul style="list-style-type: none"> Over the river Hit the corners Field Games <ul style="list-style-type: none"> Crazy kicks Batter bonanza Part Invasion <ul style="list-style-type: none"> 4v1 (Grid) Pass and Attack Full Invasion <ul style="list-style-type: none"> 4v4 (Split ends) 5v5 Go Games
	Strength <ul style="list-style-type: none"> Introduce Core strength e.g. twist with partner Own body strength exercises e.g. Pull ups press ups etc.... Introduce plyometric training e.g. bounding and hopping 	
	Stamina Endurance related activities: e.g. <ul style="list-style-type: none"> Relay running Small sided games & ball drills Circuit training with the ball 	
	Flexibility & Co-ordination <ul style="list-style-type: none"> Introduction Dynamic stretching & mobility exercises Warm up & cool down concept 	

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

ADULT

18+ YRS

LATE TEENAGE

16-17 YRS

MID TEENAGE

14-15 YRS

EARLY TEENAGE

12-13 YRS

LATE 10 GAMES

10-11 YRS

EARLY 10 GAMES

7-9 YRS

NURSERY

4-6 YRS

THE COACH

- Simple Tips
- Cheer & Praise
- Organised/Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning.

AGE 10-11

ENVIRONMENT

- FUN is number one priority
- Coach: Player Ratio = 1:8
- At least 1 slotar for every 2 players
- Players enjoy practice. Coach sets FUN tasks between sessions.
- Player enjoy game experiences rather than results

TECHNICAL SKILLS

Handling

Hand pass – left & right
Overhead catch – hand protected
Jab/Roll lift – moving

Striking

Ground strike 15 – 20M
Strike from the hand 20 – 30M
Rise & Strike (Without catching) 8 – 10M
Ball Control
Solo
Stopping – High Ball, Batting

Tackling

Hook, Frontal Block – in air
Shoulder Clash

Body resistant exercise

Performed through FUN games incorporating Push, Pull, Squat, Lung movement patterns. E.g. Leap Frog

Evasion

Encourage use of side step & feint in possession of the ball
Continue to develop principles of Running & Jumping

TACTICAL PROWESS

Decision Making

When in possession challenge the players to scan options – Pass, Travel or shoot.
Off the ball – Who to mark.
How to be an option.

Coach to question players during session and in games on decision making.

Coach to place conditions on training games to challenge decision making e.g. No solo left and right side striking

Support Play

Support Play – Support your team mates in attack & defence. Coach to praise off the ball support runs.

PSYCHOLOGICAL FOCUS

COACHABILITY OF PLAYERS
Outline the link between practise and improvement.

THE PLAYER

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-consciousness in learning new skills

PHYSICAL FITNESS

PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. 5 points in a row from 10 meters out.

THE GAME

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- size 4 slotar
- Continue to allow players to explore all positions
- Limit plays of the slotar in coaching sessions to mirror that of match day rules.



Juvenile Teams training and visit to Croke Parks



Minors discussing skills and drills



8. LEARNING ABOUT

POSITIONS, 12-13 years

Player Characteristics

- While players in this stage may have the same chronological age, they may differ significantly in terms of biological age, i.e. one may be more physically developed than another.
- The onset of puberty usually occurs during the early stages of this cycle. Aerobic and strength programmes, should be individualised or grouped according to their Peak Height Velocity (PHV) N.B. Only trained coaches to undertake this training.
- Broad base skills and sports specific skills.
- Advanced technical skill development/skills developed under pressure.
- Fitness with the ball in skills and drills. Gain an understanding of the principles of attack and defence through grids and small sided games.
- Players can be introduced to moderate anaerobic and strength training through ball work.
- Players should be introduced to psychological training through games that promote concentration and better decision making

12-13 Years Skill Table

Skill Emphasis	Physical Focus	Game Specific
Hurling		
Handling <ul style="list-style-type: none"> • High catch (protect from front & behind) • Hand pass off the hurley (Both Hands) • Chest catch Sending & Receiving <ul style="list-style-type: none"> • Jab lift at pace • Striking on the run (Moving away from target) • Striking on the run • Ground striking on the run • Free taking • Roll Lift • Doubling ball in the air • Shooting for scores • First touch control Travelling <ul style="list-style-type: none"> • Soloing (changing direction) • Tap & move Tackle <ul style="list-style-type: none"> • Frontal block (Hurl to ball) • Low block • Ground tussle • Flick off the hurley (Snig) • Hooking (Still & Moving) 	Speed <ul style="list-style-type: none"> • Multi directional (Efforts less than 20 secs) • Quick footwork and agility • Acceleration and deceleration e.g. go go stop • Game related reaction exercises • Relay racing e.g. crazy ball drills Strength <ul style="list-style-type: none"> • Body weight Circuit training Upper body ,legs, and back • Develop core strength e.g. plank • Learn correct weight lifting techniques e.g. squat, clean, snatch, N.B. Only qualified coaches to undertake this training • Introduce free weights and medicine balls N.B. For upper age range group only Plyometric e.g. multi directional jumps Stamina <ul style="list-style-type: none"> • 3v1 games • Drills incorporating the ball Flexibility & Co-ordination <ul style="list-style-type: none"> • Maintain flexibility exercise • Dynamic warm up 	Part Invasion Zone games <ul style="list-style-type: none"> • Wide man • Zone to zone Full Invasion <ul style="list-style-type: none"> • Backs v Forwards • 15 v 15 • Possession Games • One rule games e.g. Give and Go • 4 seconds 2 touch



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

ADULT
18+ YRS

LATE TEENAGE
16-17 YRS

MID TEENAGE
14-15 YRS

EARLY TEENAGE
12-13 YRS

LATE 10 GAMES
10-11 YRS

EARLY 10 GAMES
7-9 YRS

NURSERY
4-6 YRS

THE COACH

- Get to know your players individually
- Well organised and planned sessions
- Games Based Coaching
Set Individual skill
- Set Individual skill
Challenges to do away from the field

AGE 12-13

ENVIRONMENT

- FUN is number one priority
- Coach: Player Ratio = 1:10
- At least 1 ball for every 2 players
- Players development takes priority over results
- Fun & Enjoyment are a major theme of all sessions

TECHNICAL SKILLS

Striking

Strike from the hand 30-35M
Ground Strike 20+M
Both sides (Left & Right)

Handling

Hand pass – left & right off the hurl
Catch Low/chest/high with hand protected

Ball Control

Solo
Ground flick to space

Tackle

Hook & Block
Frontal Block and recover possession

Body resistant exercise

Performed through FUN games incorporating Push, Pull, Squat, Lung movement patterns. E.g. Leap Frog

Evasion

Encourage use of side step & feint in possession of the ball

Running

Challenge players to stop suddenly to develop deceleration

PHYSICAL FITNESS

THE PLAYER

- Begin to see relationship between effort & outcome
- Potential changes in maturation rates due to a change in school environment
- Become very self-conscious in front of group
- Lack of confidence may be a barrier to development

PSYCHOLOGICAL FOCUS ACHIEVABILITY OF PLAYERS

Players aware of how activities are used to improve specific skills. Look for feedback from players to question this.

PARTICIPANT FEEDBACK

Using imagery ask players to mirror recent pieces of play by their hero's

TACTICAL PROWESS

Decision Making

Play conditioned games to create pressure on players decision making
Activities focus on building skills to gain & maintain possession of the ball under pressure

Learning to work in team environment, individual decisions now has more impact on team outcome.

Team Play

Encourage and support team mates vocally

Work on teams ability to create space when in possession

Work on teams ability to deny space when not in possession

TEAM PLAY



THE GAME

- Small sided games
5v5, 7v7, 9v9, 11v11 MAX
- Size 4 stintar
- Continue to allow players to explore all positions
- All players experience game time in matches
- Limit plays of the ball in coaching sessions to mirror that of match day rules.

Visit to UCD



9. LEARNING TO PERFORM,

14-15 years

Player Characteristics

- Encourage ideas of self-awareness and self-help within players.
- At this stage a Functional Movement Screening (conducted by a Physio) should be carried out on each player and the results along with their Critical Success Factors (CSF's) identified by each player in their Self-Assessment.
- Advanced technical skill development/skills developed under pressure.
 - Fitness with the ball in skills and drills.
 - Gain an understanding of the principles of attack and defence through grids and small sided games.
 - Players can be introduced to moderate anaerobic and strength training through ball work.
- Players should be introduced to psychological training through games that promote concentration and better decision making.
- Support Players with education and other external factors that also take place at this time

14-15 Years Skill Table

Skill Emphasis	Physical Focus	Game Specific
Hurling		
Ball Winning <ul style="list-style-type: none"> • Catching high-low & half volley (protect from front & behind) • First touch off the hurl—low, High control • Dribble keep possession • Roll & jab lift at pace Sending & Receiving (L&R) <ul style="list-style-type: none"> • Lift & strike • Strike front foot & Back foot • Feint & strike • Striking over the shoulder moving away from the target • Overhead doubling and batting • Overhead block • Over head flick (direct the ball in your path) Travelling <ul style="list-style-type: none"> • Making room (with & without the ball) • Take on opponent & protecting the body with the hurl. • Dummy hand pass. Tackle <ul style="list-style-type: none"> • Shouldering, recover and flick & hook. 	Speed (based on test results profile) <ul style="list-style-type: none"> • Multi directional (Efforts less than 20 secs) • Quick footwork and agility • Planting the foot (the 3 step movement) • Running mechanics & technique • Strength work to improve speed Strength (based on test results profile) <ul style="list-style-type: none"> • Functional Movement Assessment to establish core strength and technique • Core programme for those still not ready for weights • Individual programme for those with core strength & good technique • Perfect technique & control N.B. Only qualified coaches to undertake this training Stamina (based on test results profile) <ul style="list-style-type: none"> • Small-sided games • Drills incorporating the ball Flexibility & Co-ordination <ul style="list-style-type: none"> • Maintain flexibility exercise • Dynamic Warm up 	Intense Small Sided <ul style="list-style-type: none"> • Across the line • Total football • Break-Ball & Kick • 4 Goal option Full Invasion <ul style="list-style-type: none"> • Backs v Forwards • 15 v 15 Deploying a sweeper Defending the zones Deploying the big man Various Conditions



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

- ADULT
18+ YRS
- LATE TEENAGE
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14-15 YRS
- EARLY TEENAGE
12-13 YRS
- LATE GO GAMES
10-11 YRS
- EARLY GO GAMES
7-9 YRS
- NURSERY
4-6 YRS

THE COACH

- Well Organised/Planned Sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning & development
- Set example by showing respect to match officials & opponents at all times
- Use simple language

AGE 14-15

ENVIRONMENT

- Coach to player ratio 1:10
- At least 1 sliotar for every 2 players
- Enjoyment and fun for players is still a key consideration when planning sessions.
- Match results are secondary to player development

TECHNICAL SKILLS

Striking (L&R)

Strike from the hand (40M – 50M)
Strike on the run
Ground Strike (32-40M)
Opposed striking
Striking over the Shoulder

Handling

Hand Pass – Both Hands & Off the Hurl (6-8M Moving)
Catching – Low, Chest, High (Pressure of an opponent)
Battling/Doubling – High Ball
Solo and Strike off Hurl

Tackle

Blocking/Hooking (Under pressure of an opponent)
Flick off the hurl

Flexibility

through static stretching and dynamic mobility activities

Speed

multidirectional, between 5M - 25M with complete recovery in between. Built into warm up.

Strength

Improve core strength through own body weight exercise e.g. Plank

PHYSICAL FITNESS

THE PLAYER

- Popularity influences self esteem
- Tend to be self-critical, rely on the coach for positive reinforcement
- Huge difference in physical development between players.
- Players do not make connection between physical development and loss of form

TACTICAL PROWESS

Decision Making

Understand the specific responsibilities of the various position through playing experience and minimal direction from coach.

Small sided games 5v5 7v7 are crucial in players developing decision making

PSYCHOLOGICAL FOCUS CAPABILITY OF PLAYERS

Players can fully recognise the improvements made through individual practise

Appreciate the space of a full size GAA pitch i.e. Use of width & depth.

Attacking play

Implement principles of attack – possession & support play

Maintain possession

Moving the ball as a team.

Defending

Implement principles of defend – Delay, Deny, Dispossess. Deliver

TEAM PLAY

THE GAME

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions.
- All players experience game time in matches
- Aim to provide at least 16 games in a season for your team.
- Size 5 sliotar

PARTICIPANT FEEDBACK

Question players individually on decisions made on and off the ball. Highlight recent examples of good play at senior level and question players on



Camogie training in Dolphin Park



Juvenile teams training Dolphin Park



10. LEARNING TO **PERFORM, 16-17 years**

Player Characteristics

- During this phase players begin to reach their physical peak and those slow developers begin to catch up with their peers.
- Encourage ideas of self-awareness and self-help within players.
- At this stage a Functional Movement Screening (conducted by a Physio) should be carried out on each player and the results along with their Critical Success Factors (CSF's) identified by each player in their Self-Assessment
- Profile should form the basis of their Personal Development Plan. (PDP)
- As a result of the above, each player should have a PDP, a component of which should be an individualised conditioning programme developed and delivered by a Strength & Conditioning coach. Every player should be committed to their programme as they will have had an input into their Self-Assessment Profile.
- Advanced technical skill development/Skills developed under pressure.
- Understand the principles of game play, tactics and game sense.
- Accept that the team is paramount and their role within the team structure.
- Instill concepts of mental toughness and calmness under pressure (winning behaviors).
- Encourage flexibility and fine tune the generic skills to play in a variety of positions.
- Players should be encouraged to embrace positive life-skills, i.e. time-management and to take control of their own

16-17 Years Skill Table

Skill Emphasis	Physical Focus	Game Specific
Hurling		
Ball Winning <ul style="list-style-type: none"> Catching high-low & half volley (protect from front & behind) First touch off the hurl-low, High control Dribble keep possession Roll & jab lift at pace Sending & Receiving (L&R) <ul style="list-style-type: none"> Lift & strike Strike front foot & Back foot Feint & strike Striking over the shoulder moving away from the target Overhead doubling and batting Overhead block Over head flick (direct the ball in your path) Travelling <ul style="list-style-type: none"> Making room (with & without the ball) Take on opponent & protecting The body with the hurl. Dummy hand pass. Tackle <ul style="list-style-type: none"> Shouldering, recover and flick & hook. 	Speed (based on test results profile) <ul style="list-style-type: none"> Multi directional (Efforts less than 20 secs) Quick footwork and agility Planting the foot (the 3 step movement) Running mechanics & technique Strength work to improve speed Strength (based on test results profile) <ul style="list-style-type: none"> Functional Movement Assessment to establish core strength and technique Core programme for those still not ready for weights Individual programme for those with core strength & good technique Perfect technique & control N.B. Only qualified coaches to undertake this training Stamina (based on test results profile) <ul style="list-style-type: none"> Small-sided games Drills incorporating the ball Flexibility & Co-ordination <ul style="list-style-type: none"> Maintain flexibility exercise Dynamic Warm up 	Intense Small Sided <ul style="list-style-type: none"> Across the line Total football Break-Ball & Kick 4 Goal option Full Invasion <ul style="list-style-type: none"> Backs v Forwards 15 v 15 Deploying a sweeper Defending the zones Deploying the big man Various Conditions

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

ADULT

18+ YRS

LATE TEENAGE

16-17 YRS

MID TEENAGE

14-15 YRS

EARLY TEENAGE

12-13 YRS

LATE GO GAMES

10-11 YRS

EARLY GO GAMES

7-9 YRS

NURSERY

4-6 YRS

THE COACH

- Well Organised/Planned Sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning & development
- Set example by showing respect to match officials & opponents at all times
- Use simple language

AGE 16-17

ENVIRONMENT

- Coach to player ratio 1:10
- At least 1 sliotar for every 2 players
- Have awareness of games schedule for others teams your players may be representing.
- Enjoyment & Fun for players still a key consideration when planning sessions.

TECHNICAL SKILLS

Striking (L&R)

Strike from the hand (40M – 50M)
Strike on the run
Ground Strike (32-40M)
Striking over the Shoulder

Tackle

Blocking/Hooking
Flick off the hurl

Handling

Hand Pass – Both Hands & Off the Hurl (6-8M)

Catching – Low, Chest, High
(Under pressure of an opponent)

Batting/Doubling – High Ball
Solo and Strike off Hurl

Decision Making

Using questioning, vary your coaching style to improve players decision making:

Guided Discovery

"show me when its best to solo ball or pass it long"

Trial & Error

"try to decide to support in front of the player or behind the player"

Observation & feedback

"let's watch this and then..."

PSYCHOLOGICAL FOCUS CONCERNING OF PLAYERS

Players can fully recognise the improvements made through individual practise

Players are challenged to adapt to a number of team playing styles throughout the season.

Use questions to help players problem solve "in game" when playing against opposition with a particular playing style.

Reflect on these scenarios in the trainingsessions that follow using conditioned games.

Flexibility

through static stretching and dynamic mobility activities

Speed

multidirectional, between 5M -25M with complete recovery in between. Built into warm up.

Strength

Improve core strength through own body weight exercise e.g. Plank

THE PLAYER

- Strong connection with admired adult (role models)
- Ability to mix socially with all teammates & adults
- Commitment to individual practice away from coaching session/matches.
- Personally responsible for Hydration/Nutrition
- Manage rest and recovery e.g. Foam Rolling
- Manage time effectively between school & sport

PHYSICAL FITNESS

TACTICAL PROWESS

TEAM PLAY

THE GAME

- Players beginning to become accustom to specific position but must still be challenged to playing a variety of positions.
- Aim to provide at least 16 games in a season for your team.
- Size 5 sliotar

PARTICIPANT FEEDBACK

Question players individually on decisions made on and off the ball. Highlight recent examples of good play at senior level and question players on





11. Session Duration

GUIDELINE ONLY

Age Group	Coach/Player Ratio	Duration
Nursery	1 : 4	40/45 Minutes
Under 8	1 : 8	45/50 Minutes
Under 10	1 : 8	50/60 Minutes
Under 12	1 : 8	60/70 Minutes
Under 14	1 : 10	60/75 Minutes
Under 16	1 : 12	60/80 Minutes
Under 18	1 : 12	70/90 Minutes

12. Useful resources for Games and Activities

Please log into the following links, below which will give you the mentor, all the material you need to de

ADAPTING TO GAMES

<https://drive.google.com/file/d/1aYatSNR5ncaAfPtngXVC4ZFKnL4TCAR4/view>

FUN DO HURLING

<https://drive.google.com/file/d/1H1zW72ouaglfTqUlo5P UE5RZHjojroV/view>

GIVE US A GAME

<https://drive.google.com/file/d/1IBftHOY5j7u202tzh5H1O hTNmUZW Lq/view>

PHYSICAL LITERACY

<https://drive.google.com/file/d/1rxpSSWxrHKOndixflmhVFQfgQLOjtjNX/view>

PLANNING A SESSION

<https://drive.google.com/file/d/1fMK5z83A8WXxB0jkptyWUoDuSryQ969E/view>

PLAYER PATHWAY CARDS

<https://drive.google.com/file/d/1Lv7-6si2VapGxVi2-MbRizPzcN 5D4YP/view>

COACH CHECK SHEET

[Player Pathway Individual new.jpg](#)

PLAYER										
<div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Parent Guardian <input style="width: 100%;" type="text"/></p> <p>Phone <input style="width: 100%;" type="text"/></p> <p>Email <input style="width: 100%;" type="text"/></p> <hr/> <p>Parent Guardian <input style="width: 100%;" type="text"/></p> <p>Phone 2 <input style="width: 100%;" type="text"/></p> <p>Email <input style="width: 100%;" type="text"/></p> </div> <div style="width: 55%;"> <p>Address <input style="width: 100%;" type="text"/></p> <p>School <input style="width: 100%;" type="text"/></p> <p>Schoolyear <input style="width: 100%;" type="text"/></p> <p>Height <input style="width: 100%;" type="text"/></p> </div> <div style="width: 40%;"> <p>Year <input style="width: 100%;" type="text"/></p> <p>Under <input style="width: 100%;" type="text"/></p> <p>Date of Birth <input style="width: 100%;" type="text"/></p> <p>Squad No. <input style="width: 100%;" type="text"/></p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;"> <p>DATE OF FORM COMPLETION</p> <p><input style="width: 100%;" type="text"/></p> </div> <div style="width: 55%;"> <p>ATTENDANCE</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; background-color: #f08080;"></td> <td style="width: 33%; background-color: #ffa500;"></td> <td style="width: 33%; background-color: #90ee90;"></td> </tr> <tr> <td>Training</td> <td><input style="width: 100%;" type="text"/></td> <td><input style="width: 100%;" type="text"/></td> </tr> <tr> <td>Games</td> <td><input style="width: 100%;" type="text"/></td> <td><input style="width: 100%;" type="text"/></td> </tr> </table> </div> </div>				Training	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Games	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Training	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>								
Games	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>								

FOOTBALL

PLAYER SKILLS	Right	Left	POSITION
Soloing	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Favourite <input style="width: 100%;" type="text"/>
Kicking Long	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Least Favourite <input style="width: 100%;" type="text"/>
Kicking Short	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Manager's Pref. <input style="width: 100%;" type="text"/>
Kicking Distance Max	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Goalkeeper <input style="width: 100%;" type="text"/>
Free-taking ground	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	STRENGTHS
Free-taking hand	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Speed <input style="width: 100%;" type="text"/>
Hand-passing	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Endurance <input style="width: 100%;" type="text"/>
Toe-lift	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Recovery <input style="width: 100%;" type="text"/>
Catching High	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	SER Score <input style="width: 100%;" type="text"/>
Tackling	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Speed 50m <input style="width: 100%;" type="text"/>
Positional Sense	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Speed 400m <input style="width: 100%;" type="text"/>
Tracking	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	KEY DEVELOPMENT AREAS
Decision Making	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Decision Speed	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Strong Side	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<i>Not Just a Club - A Way of Life</i>

HURLING

PLAYER SKILLS	Right	Left	POSITION
Soloing	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Favourite <input style="width: 100%;" type="text"/>
Pucking Long	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Least Favourite <input style="width: 100%;" type="text"/>
Pucking Short	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Manager's Pref. <input style="width: 100%;" type="text"/>
Pucking Distance Max	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Goalkeeper <input style="width: 100%;" type="text"/>
Free-taking ground	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	STRENGTHS
Hooking	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Speed <input style="width: 100%;" type="text"/>
Hand-passing	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Endurance <input style="width: 100%;" type="text"/>
Roll-lift	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Recovery <input style="width: 100%;" type="text"/>
Jab-lift	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	SER Score <input style="width: 100%;" type="text"/>
Blocking - Front	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Speed 50m <input style="width: 100%;" type="text"/>
Blocking - Leg	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	Speed 400m <input style="width: 100%;" type="text"/>
Catching High	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	KEY DEVELOPMENT AREAS
Tackling	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Positional Sense	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Tracking	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Decision Making	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Decision Speed	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
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