

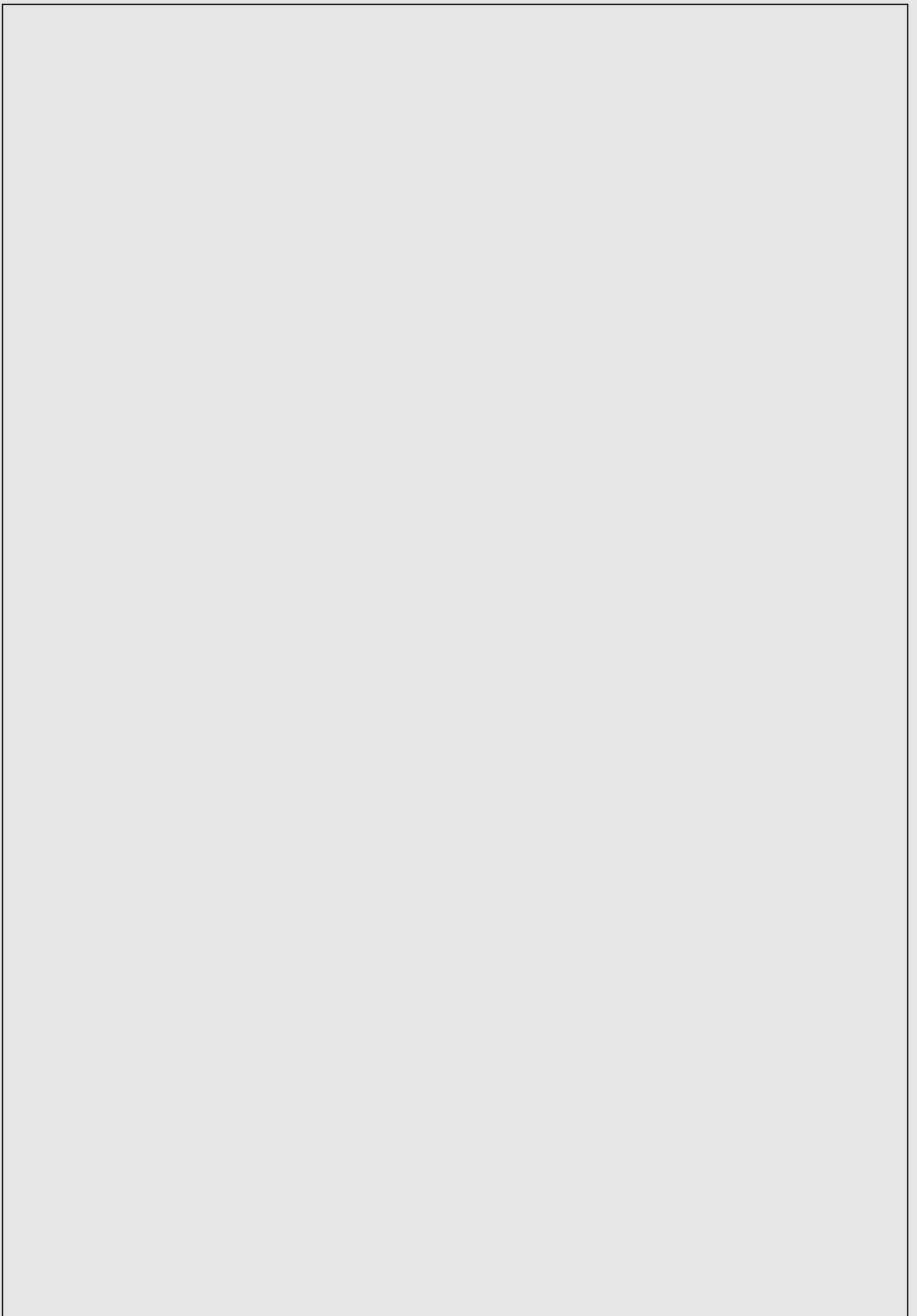
8. LEARNING ABOUT **POSITIONS, 12-13 years**

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		
<p>Handling</p> <ul style="list-style-type: none"> • High catch (protect from front & behind) • Hand pass off the hurley (Both Hands) • Chest catch <p>Sending & Receiving</p> <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 <p>Travelling</p> <ul style="list-style-type: none"> • Soloing (changing direction) • Tap & move <p>Tackle</p> <ul style="list-style-type: none"> • Frontal block (Hurl to ball) • Low block • Ground tussle • Flick off the hurley (Snig) • Hooking (Still & Moving) 	<p>Speed</p> <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 <hr/> <p>Strength</p> <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 <hr/> <p>Stamina</p> <ul style="list-style-type: none"> • 3v1games • Drills incorporating the ball <hr/> <p>Flexibility & Co-ordination</p> <ul style="list-style-type: none"> • Maintain flexibility exercise • Dynamic warm up 	<p>Part Invasion</p> <p>Zone games</p> <ul style="list-style-type: none"> • Wide man • Zone to zone <p>Full Invasion</p> <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

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.

PSYCHOLOGICAL FOCUS ENHANCING ABILITY OF PLAYERS

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

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.

PARTICIPANT FEEDBACK

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

Visit to UCD

