

# 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
<b>Hurling</b>	<b>ABC &amp; RJT's</b>	
<p><b>Handling</b></p> <ul style="list-style-type: none"> <li>• Correct hurley size</li> <li>• Identification of the 'strong' hand</li> <li>• Grip &amp; Swing</li> <li>• Ready &amp; Lock</li> </ul> <p><b>Send &amp; Receiving</b></p> <p><b>One Hand Dribble</b></p> <ul style="list-style-type: none"> <li>- Two Handed Dribble</li> <li>- Ground Strike               <ul style="list-style-type: none"> <li>▪ Tyre</li> <li>▪ Ball</li> </ul> </li> <li>- Ground Stop</li> <li>- Run Strike</li> <li>-Stationary Ground ball</li> </ul>	<p><b>Agility</b> e.g. chasing games, dodging, e.g. shadow running</p> <p><b>Balance</b> Animal walking Hop in &amp; out of hoops</p> <p><b>Co-ordination</b> Skipping, Ladder Work, Bean Bag toss</p> <p><b>Running</b> Good Technique Forward, Backward, side ward's e.g. Marching e.g. Stopping</p> <p><b>Jumping</b> e.g. Takeoff &amp; Landing Jump Jacks</p> <p><b>Throwing</b> Target Roll, Skittles, Bowling</p>	<p><b>Target Games</b> 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</p> <p><b>Court Games</b> 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</p> <p><b>Part Invasion</b> 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.</p>

# 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.

#### 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

### PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Develop listening skills – Simon Says Game

### PARTICIPANT FEEDBACK

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

### 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.

#### 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

### TEAM PLAY

## 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







**Standing ready in dolphin Park**



**ABC Group having a group chat in between drills**