

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

| Skill Emphasis | Physical Focus | Game Specific |
|--|--|--|
| Hurling | | |
| <p>Ball Winning</p> <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 <p>Sending & Receiving (L&R)</p> <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) <p>Travelling</p> <ul style="list-style-type: none"> • Making room (with & without the ball) • Take on opponent & protecting the body with the hurl. • Dummy hand pass. <p>Tackle</p> <ul style="list-style-type: none"> • Shouldering, recover and flick & hook. | <p>Speed (based on test results profile)</p> <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 <p>Strength (based on test results profile)</p> <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 <p>Stamina (based on test results profile)</p> <ul style="list-style-type: none"> • Small-sided games • Drills incorporating the ball <p>Flexibility & Co-ordination</p> <ul style="list-style-type: none"> • Maintain flexibility exercise • Dynamic Warm up | <p>Intense Small Sided</p> <ul style="list-style-type: none"> • Across the line • Total football • Break-Ball & Kick • 4 Goal option <p>Full Invasion</p> <ul style="list-style-type: none"> • Backs v Forwards • 15 v 15 • Deploying a sweeper • Defending the zones • Deploying the big man • Various Conditions |

14-15 Years Skill Table

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 CO GAMES

10-11 YRS

EARLY CO 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)
Batting/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

PSYCHOLOGICAL FACTORS CONCERNING PLAYERS

Players can fully recognise the improvements made through individual practise

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

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 | | |
| <p>Ball Winning</p> <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 <p>Sending & Receiving (L&R)</p> <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) <p>Travelling</p> <ul style="list-style-type: none"> • Making room (with & without the ball) • Take on opponent & protecting The body with the hurl. • Dummy hand pass. <p>Tackle</p> <ul style="list-style-type: none"> • Shouldering, recover and flick & hook. | <p>Speed (based on test results profile)</p> <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 <p>Strength (based on test results profile)</p> <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 <p>Stamina (based on test results profile)</p> <ul style="list-style-type: none"> • Small-sided games • Drills incorporating the ball <p>Flexibility & Co-ordination</p> <ul style="list-style-type: none"> • Maintain flexibility exercise • Dynamic Warm up | <p>Intense Small Sided</p> <ul style="list-style-type: none"> • Across the line • Total football • Break-Ball & Kick • 4 Goal option <p>Full Invasion</p> <ul style="list-style-type: none"> • Backs v Forwards • 15 v 15 • Deploying a sweeper • Defending the zones • Deploying the big man • Various Conditions |

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THE COACH

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- 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 slotar 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)
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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)

Baiting/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 FIELDS 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

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

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.
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