

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

# 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 sliotar 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 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 sliotar
- Continue to allow players to explore all positions
- Limit plays of the sliotar in coaching sessions to mirror that of match day rules.



## Juvenile Teams training and visit to Croke Parks



## Minors discussing skills and drills

