



# Cuala GAA

COACHING & GAMES DEVELOPMENT

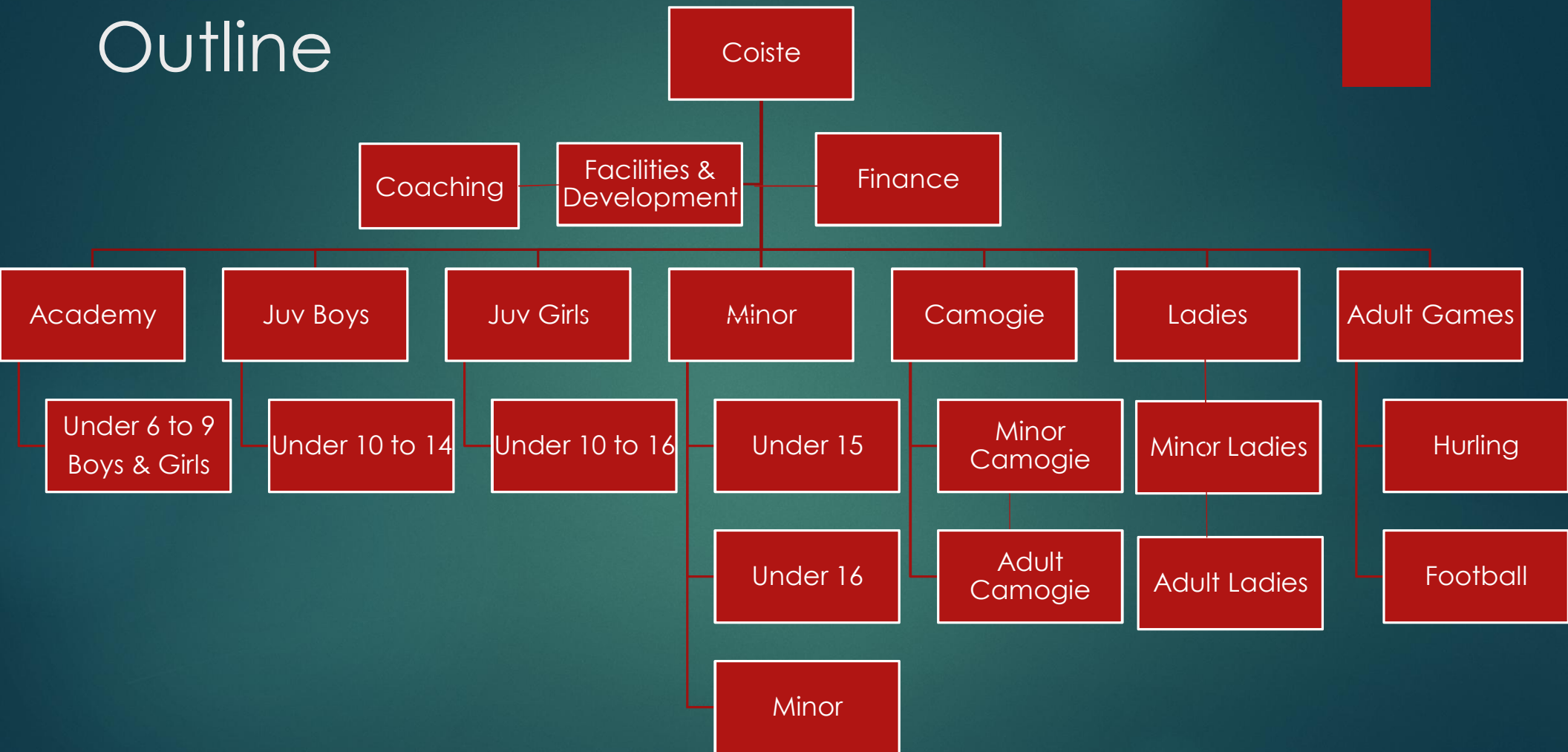
# Presentation to Roscommon Gaels CLG

- ▶ Club Coaching Philosophy and Structures :
- ▶ Coaching Officer Coaching Committee, Communication with Executive.
- ▶ Club-School Link
- ▶ Nursery Programme
- ▶ Coach Education / Coaching the Coaches
- ▶ Overview of Player Pathway
- ▶ Player Retention

# Club Coaching Philosophy and Structures

- ▶ Cuala operates on a 'meitheal' principle
- ▶ If everyone does a small job nobody is overburdened
- ▶ Currently 11% of our underage parents have a background in Gaelic Games
- ▶ All parents are asked to volunteer their time
- ▶ This frees up knowledgeable people to do the coaching

# Outline



# Coaching committee structure

Reps from:

- ▶ Academy
- ▶ Boys & Girls Juvenile Sections
- ▶ Minor section
- ▶ Adult Camogie
- ▶ Ladies football
- ▶ Adult football
- ▶ Adult Hurling

Also Chairman (Also Coaching Officer), Secretary, GPO & Club Coach



# School/Club Link

- ▶ Active in 16 schools including 7 DEIS schools

- ▶ 3 Levels of school:

  - Level 1....schools from which we get the greatest numbers of players.

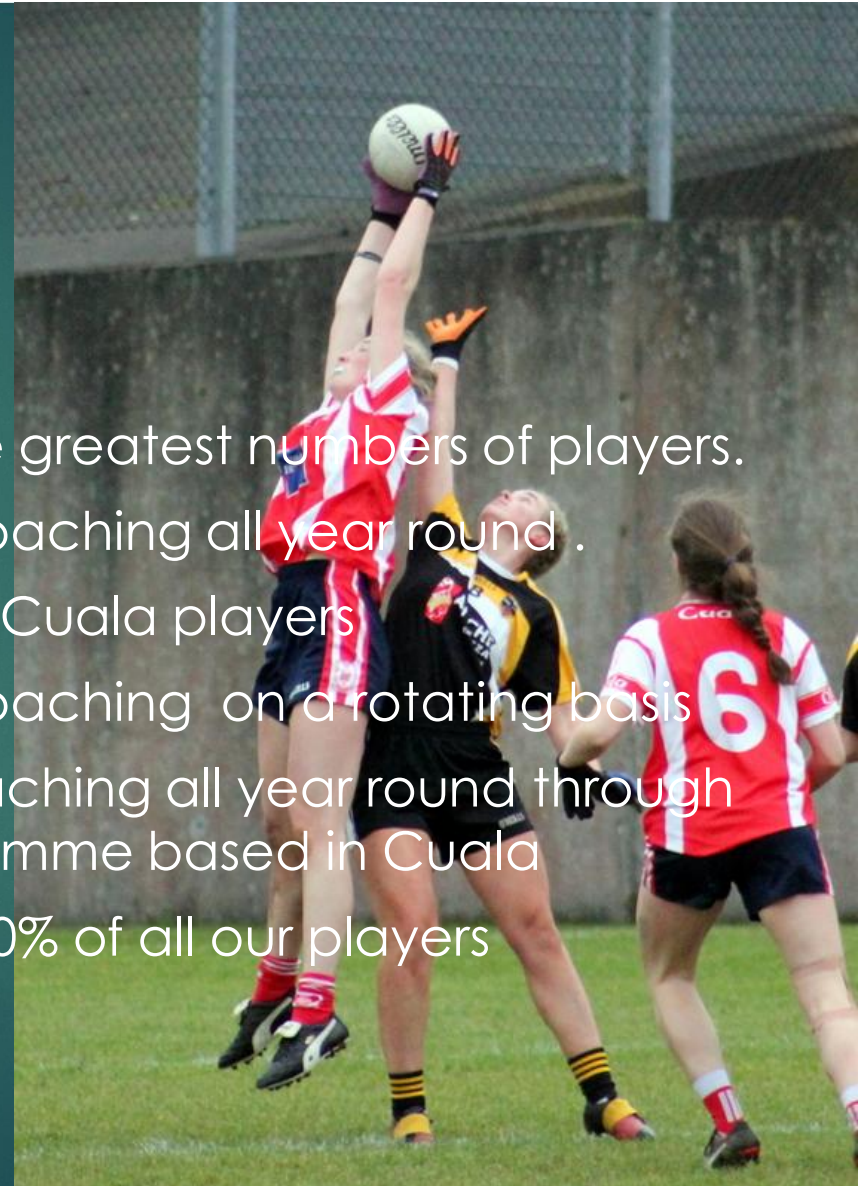
    - These schools receive coaching all year round .

  - Level 2....schools with lower numbers of Cuala players

    - These schools receive coaching on a rotating basis

  - Level 3.....The 7 DEIS schools receive coaching all year round through a state funded diversionary & outreach programme based in Cuala

- ▶ One of our primary schools provide almost 40% of all our players



# Academy structure

- ▶ Academy has it's own Coiste which reports to the Club Coiste
- ▶ Chair, Sec, & Treas as well as rep from each age & gender grouping
- ▶ Club Coach also sits on Academy Coiste
- ▶ Academy Covers U6, 7, 8 & 9 Boys and Girls
- ▶ 1 Foundation trained coach for every 8 children.
- ▶ 1 Award 1 Child trained coach for every 5 foundation trained coaches

# Academy Group coaching structure





# Academy Group coaching structure



# Sample Academy session

**Empty The  
Circle**

Football

**Fundamental  
movement  
skills  
Jumping Games**

Football

**Rob the Nest**

Hurling/Camogie

**Striking  
Goal to Goal**

Hurling/Camogie

**Hand Pass**

Football

**Kick &  
Knock the  
cones**

Football

**Shoulder  
Clash**

Hurling/Camogie

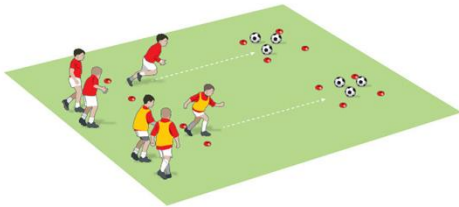
**Snatch the  
Bacon**

Hurling/Camogie

# Academy Session Breakdown

## Empty the circle

- Break group into 3 teams.
- Place 4 footballs in each circle
- On the call players race, one at a time, to take 1 ball back to their 'home' circle
- Group with their balls back first is the winner.
- Progress to 1. Bouncing the ball on the way back.
- 2. Throw up, clap & catch before running back.



### EXERCISE 6 HIGH FIVES PINKY AND PERKY



- ORGANISATION**
- The players to work in pairs facing each other
  - On a signal swing the arms back and using a two footed jump, high five the other player at the highest point possible
  - Practise using both the right and left hands
  - Progress the exercise by using a short run up; increase the distance of the run up as the players become more proficient

- KEY POINTS**
- Ensure that the players in each pair are of a similar height
  - Do not slap
  - Land softly with bent knees, straight back and head up

### EXERCISE 7 JUMP THE ARC



- ORGANISATION**
- Imagine the ball approaching on an arc
  - Run and jump up the arc to meet it
- KEY POINTS**
- Ensure the players have enough room to perform the exercise safely
  - Land softly with bent knees, straight back and head up

### EXERCISE 8 PICKING FRUIT

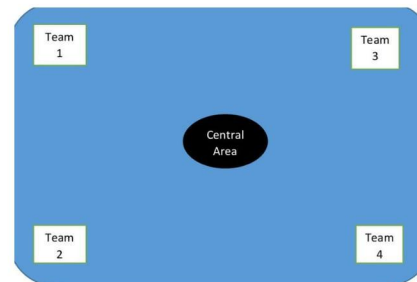


- ORGANISATION**
- The players work in pairs; one player in each pair holds a ball above their head in the palm of one hand
  - The second player runs from 3 to 4m away and jumps to reach and take the ball from their partner's hand
  - Return the ball to the initial player and repeat a number of times before reversing roles

- KEY POINTS**
- Ensure the players are of similar height
  - Take off from close to the player holding the ball and jump to catch the ball on the way up

## Rob The Nest

- Put all bean bags in the centre.
- Group players at each corner.
- On coaches call players run in, grab 1 bean bag and bring it back to their corner.
- When all bean bags are gone the group with the most is the winner.
- Progress to running with hurley in one hand and bean bag in the other, the to balancing bean bag on the hurley.



### Using slotars on rope



### Jog and Clash

- Each pair jogs forward and clashes on each ball in sequence. Have hurl over player's shoulder before they run. Progress to a race.

**GAA** ACTIVITY PLANNER  
**STRIKE ON THE GROUND - STRIKING IN PAIRS: ACCURACY**  
 HURLING - INTERMEDIATE DRILL

Rate this Activity ☆☆☆☆

Diagram Video

- Divide the players into pairs 10m apart; one ball per pair
- Place two cones midway between both players
- Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides
- A score may be awarded for every successful strike between the cones

**STEP Variation**

Space - To increase the challenge: Reduce the distance between the middle cone

Cones Markers Slotar

**GAA** ACTIVITY PLANNER  
**HAND PASS - HAND PASS TO PARTNER**  
 FOOTBALL - BASIC DRILL

Rate this Activity ☆☆☆☆

Diagram Video

This is a basic drill to practice the Hand Pass technique

**Organisation**

- Divide the group into pairs; one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Partners stand approximately 3 metres apart
- Each player in turn hand passes the ball to his partner
- Continue the routine for approximately 1 minute
- This drill may be used to practice the variety of open handed hand pass techniques

Cones Football

**GAA** ACTIVITY PLANNER  
**THE PUNT KICK - HIT THE CONES**  
 FOOTBALL - FUN ROUTINE

Rate this Activity ☆☆☆☆

Diagram Video

This is a target game to develop the punt kick

**Organisation**

- Mark out a grid 25m by 25m
- Place a number of cones across the middle of the grid
- Divide the group into teams of 3-5 players
- Give 1 or 2 footballs to each team
- The player in possession attempts to strike one of the cones in the middle of the grid using the punt kick
- For each successful strike award one point
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far

Cones Football

**Snatch the Bacon**

**HOW TO PLAY** • Two teams line up opposite to each other • Each player has a number • Coach calls a number and both players run to get the ball and returns hand pass to coach

**PROGRESSION** Person who does not get the ball must defend player who got the ball and prevent him from returning ball to coach.

**WHAT IT DEVELOPS** Speed & carrying

5 1 10 1 10

5

# Academy Calendar

- ▶ September: Academy resumes after summer break
- ▶ Late September: sponsored walk. (Only Academy fundraiser)
- ▶ Late October: Hurloween & Ghoulic Football
- ▶ Late November: Move to all weather pitch at IADT. (Youngest move into hall)
- ▶ Early December: Christmas party.



# Academy Calendar

- ▶ January: Academy resumes first Saturday after return to school.
- ▶ Late February: Return to grass training on Saturdays.
- ▶ Late March: Mommy & Me Camogie & Football (6 weeks)
- ▶ Easter Camp
- ▶ Mid May: New academy group starts. ( Children are coached by full time coaches, TY helpers, Previous years coaches & new parents who have vetting completed in advance)
- ▶ End of June: Mini ALL Ireland
- ▶ July 4 weeks of summer camps
- ▶ August..proposed Gael Campa Cuala

# Coach Education / Coaching the Coaches

- ▶ All academy age groups have four 90min coaching workshops at key points during the year
- ▶ 2/3 Foundation Award courses each year
- ▶ Either Dual Award 1 Child or single code Award 1 Youth & Adult each year
- ▶ 5 Safeguarding 1 courses this year
- ▶ 5 hurling coaching 'advisors' in place at U12,13,14,15 & 16 for next year. (coach retention!!)
- ▶ Coaching conference in January
- ▶ Usually 10-12 coaches at National Coaching Conference
- ▶ Full time staff are trained tutors



# Cuala Player Pathway

## THE 7 STAGES OF THE LONG-TERM PLAYER PATHWAY



### INTRODUCTION

The purpose of this Player Pathway initiative is to help guide coaches, managers, mentors and parents who play an active role in the development of our young Gaelic Footballers & Hurlers.

It should be noted that these are guidelines and recommendations for coaches, managers, mentors and parents that may be used with a degree of flexibility. They are not written in stone as players grow, develop and learn at different rates through their lives. This is a general guide to bear in mind when working with our 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 reach their full potential "doing the right thing, at the right time and in the right way"

This Player Pathway is a systematic approach to maximise player potential and increase the enjoyment of all our players. It provides a framework for the development of skills, fundamental movement, physical focus and game specific capacities that coaches can follow stage by stage



## A JOURNEY MUST BEGIN WITH A SINGLE STEP

There are 5 key stages in the pathway outlines which have detailed player characteristics and describe the practical elements that must be coached during these ages. The 5 stages are:

STAGE	APPROX AGE	EMPHASIS
A. Learning 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
B. Learning to Use the Ball Well	7-9 years	Major skills learning phase where all the basic skills in football & hurling are learned. Emphasis on the fundamental movements.
C. Learning to Play Together	10-12 years	Emphasis on understanding how to play and work together as a team
D. Learning about Positions	13-15 years	The principles of play and applying good game sense increase
E. Learning to Perform	16-18 years	Combining all aspects of performance including decision making, higher physical demands of the game and coping with competition

## STAGE A: LEARNING TO MASTER THE BALL 4-6 YEARS OF AGE

### PLAYER CHARACTERISTICS

- Children of this age are sometimes self-centred and co-operation can be 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 team work and cooperation
- 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)

SKILL EMPHASIS		FUNDAMENTAL MOVEMENT	GAME SPECIFIC
HURLING	FOOTBALL	ABC & RTJ	
<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 Positions</li> <li>- Hand position for Dribble</li> </ul> <p><b>Maintaining Possession</b></p> <ul style="list-style-type: none"> <li>- Dribble</li> </ul> <p><b>Gaining Possession</b></p> <ul style="list-style-type: none"> <li>- Ground Stop/Block</li> </ul> <p><b>Releasing Possession</b></p> <ul style="list-style-type: none"> <li>- Ground Strike</li> </ul>	<p><b>Maintaining Possession</b></p> <ul style="list-style-type: none"> <li>- Throw</li> <li>- Two handed Bounce</li> <li>- One handed Bounce</li> </ul> <p><b>Gaining Possession</b></p> <ul style="list-style-type: none"> <li>- Body Catch</li> <li>- Pick up (stationery &amp; moving)</li> </ul> <p><b>Travelling</b></p> <ul style="list-style-type: none"> <li>- Knee tap solo</li> </ul>	<p><b>Agility</b></p> <p>Back to Back, Follow the Leader, Hopscotch, Lateral Jumps</p> <p><b>Balance</b></p> <p>Hop in &amp; out of hoops, bunny hops, 1 legged balance &amp; hop</p> <p><b>Co-ordination</b></p> <p>Skipping, Ladder Work, Bean Bag toss</p> <p><b>Running</b></p> <p>With the Hurley/Football Forward, Backward, sideways (multiple change of direction) High knees &amp; heels</p> <p><b>Jumping</b></p> <p>Jump &amp; Land then Change Direction, Jump Jacks, Squat Jumps, Jump &amp; Turn</p> <p><b>Throwing</b></p> <p>Target Roll, Skittles, Bowling</p>	<p><b>Target Games</b></p> <p>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></p> <p>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></p> <p>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>

## STAGE B: LEARNING TO USE THE BALL WELL 7-9 YEARS OF AGE

### PLAYER CHARACTERISTICS

- They will begin to look up when in possession and start choosing options
- 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
- Use questions to challenge and introduce decision making
- Players will beg for a game at every opportunity, yet their technique is best improved through individual, paired and small group work.
- Coaches need to focus on positive feedback, this is the age where drop-outs occur if children 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 begin to understand the need to change the direction of a run or a pass
- First critical period for speed development

SKILL EMPHASIS		FUNDAMENTAL MOVEMENT	GAME SPECIFIC
HURLING	FOOTBALL	ABC & RTJ	
<p><b>Handling</b></p> <ul style="list-style-type: none"> <li>- Same as 5-6 Year Olds</li> </ul> <p><b>Maintaining Possession</b></p> <ul style="list-style-type: none"> <li>- Dribble</li> </ul> <p><b>Releasing Possession</b></p> <ul style="list-style-type: none"> <li>- Ground Strike (left &amp; right)</li> <li>- Ground Doubling (left &amp; right)</li> <li>- Striking from the hand (left &amp; right)</li> </ul> <p><b>Contesting Possession</b></p> <ul style="list-style-type: none"> <li>- Hooking</li> <li>- Shoulder to Shoulder Clash</li> </ul> <p><b>Gaining Possession</b></p> <ul style="list-style-type: none"> <li>- Ground Block</li> <li>- Ground Frontal Block</li> <li>- Jab/Roll Lift</li> <li>- Catch</li> </ul>	<p><b>Maintaining Possession</b></p> <ul style="list-style-type: none"> <li>- One handed Bounce</li> <li>- Solo Run</li> </ul> <p><b>Releasing Possession</b></p> <ul style="list-style-type: none"> <li>- Handpass (closed fist)</li> <li>- Ground Kick</li> <li>- Punt Kick</li> </ul> <p><b>Gaining Possession</b></p> <ul style="list-style-type: none"> <li>- Body Catch</li> <li>- Overhead Catch</li> <li>- Low Catch</li> <li>- Pick Up</li> </ul> <p><b>Contesting Possession</b></p> <ul style="list-style-type: none"> <li>- Blockdown</li> <li>- Near Hand Tackle</li> <li>- Shadowing</li> </ul>	<p><b>Agility</b></p> <p>Back to Back, Follow the Leader, Hopscotch, Lateral Junmps</p> <p><b>Balance</b></p> <p>Hop in &amp; out of hoops, bunny hops, 1 legged balance &amp; hop</p> <p><b>Co-ordination</b></p> <p>Skipping, Ladder Work</p> <p><b>Running</b></p> <p>With the Hurley/Football Forward, Backward, sideways (multiple change of direction) High knees &amp; heels</p> <p><b>Jumping</b></p> <p>Jump &amp; Land then Change Direction, Jump Jacks, Squat Jumps, Jump &amp; Turn</p> <p><b>Throwing</b></p> <p>Target Roll, Skittles, Bowling, Dodgeball</p> <p><b>Conditioning</b></p> <p>Introduce basic flexibility Whole body exercises</p>	<p><b>Target Games</b></p> <p>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></p> <p>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>Field Games</b></p> <p>These are games which require 1 team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. E.G. Rounders (football &amp; hurling)</p> <p><b>Part &amp; Full Invasion</b></p> <p>These games require players to complete a task with limited or direct opposition, where the objective is to move into opponents territory and score. E.G. Getting through the traffic, 4v4 (2 zones), 4v4 (2 touch), no goalie, Up north down south, 5v5 (wide man)</p>

**STAGE C: LEARNING TO PLAY TOGETHER 10-12 YEARS OF AGE****PAGE 1 OF 2: HURLING****HURLING****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

*(Continues on next page)*

**SKILL EMPHASIS****Handling**

- Same as 4-9 Year Olds

**Maintaining Possession**

- Dribble
- Soloing at speed

**Releasing Possession**

- Ground Strike (L&R)
- Ground Block
- Doubling (L&R)
- Lift & Strike (L&R)
- Striking off the hurley on the Run (L&R)
- Strike on the Run from the Hand (L&R)
- Handpass (both hands)

**Contesting Possession**

- Hooking (stationery & on the move)
- Shoulder to Shoulder Clash & Shouldering
- Blockdown
- Doubling in the Air

**Gaining Possession**

- Roll & Jab Lift
- Catch (Overhead, Body/Chest) & Low)
- Ground Frontal Block
- First Touch Control

**PHYSICAL FOCUS****Speed**

Further development of speed in warm-ups (efforts less than 6 secs) E.G. Quickness, change of direction & reaction sprints

**Strength**

Introduce core strength  
E.G. Twist with a partner  
Own body strength exercises  
E.G. Push ups, Squats, Lunges  
Introduce Plyometric training  
E.G. Bounding & Hopping

**Stamina**

Endurance related activities  
E.G. Relay running  
Small sided games and ball drills  
Circuit training with the ball

**Flexibility/Co-Ordination**

Introduce Dynamic stretching & mobility exercises  
Warm up & Cool Down concept

**GAME SPECIFIC****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, Hit the Corners

**Field Games**

These are games which require 1 team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. E.G. Rounders (football & hurling)

**Part - Invasion**

Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. 4v1 (Goal) Pass & Attack

**Full Invasion**

The core objective here is to move into an opponents territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'

**STAGE C: LEARNING TO PLAY TOGETHER 10-12 YEARS OF AGE**

**PAGE 2 OF 2: FOOTBALL**

**FOOTBALL**

**PLAYER CHARACTERISTICS**

- During training, these players must always feel part of the session. Coaches must be ready to pay as much attention to them as to other established players and always work to improve their skills (e.g. 1-1 coaching 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 moderately increased at this stage
- Players are now ready to develop general strength through their own body weight and core exercises

**SKILL EMPHASIS**

- Handling**  
- Same as 4-9 Year Olds
- Maintaining Possession**  
- Bounce/Hop  
- Solo  
- Side Step/Feint
- Releasing Possession**  
- Handpass (Closed fist) (left & right)  
- Punt Kick (left & right)  
- Hook Kick (left & right)
- Contesting Possession**  
- Shoulder to Shoulder Clash  
- Blockdown  
- Near Hand Tackle  
- Shadowing  
- Frontal Tackle
- Gaining Possession**  
- Pick Up (left & right)  
- Catch (Overhead, Body & Low)

**PHYSICAL FOCUS**

- Speed**  
Further development of speed in warmups (efforts less than 6 secs)  
E.G. Quickness, change of direction & reaction sprints
- Strength**  
Introduce core strength  
E.G. Twist with a partner  
Own body strength exercises  
E.G. Push ups, Squats, Lunges  
Introduce Plyometric training  
E.G. Bounding & Hopping
- Stamina**  
Endurance related activities  
E.G. Relay running  
Small sided games and ball drills  
Circuit training with the ball
- Flexibility/Co-Ordination**  
Introduce Dynamic stretching & mobility exercises  
Warm up & Cool Down concept

**GAME SPECIFIC**

- 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, Hit the Corners
- Field Games**  
These are games which require 1 team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. E.G. Rounders (football & hurling)
- Part - Invasion**  
Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. 4v1 (Gold) Pass & Attack
- Full Invasion**  
The core objective here is to move into an opponents territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'

## STAGE D: LEARNING ABOUT POSITIONS 13-15 YEARS OF AGE

## PAGE 1 OF 2: HURLING

### HURLING

#### PLAYER CHARACTERISTICS

- While players in this stage may have the same chronological age, they may differ significantly in terms of biological age, i.e. 1 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

*(Continues on next page)*

#### SKILL EMPHASIS

##### Maintaining Possession

- Tap & move
- Soloing at speed with changes of direction

##### Releasing Possession

- Ground Strike on the run (L&R)
- Shooting for scores (L&R)
- Batting & Doubling (L&R)
- Lift & Strike (L&R)
- Striking off the hurley on the Run (L&R)
- Strike on the Run from the Hand (L&R)
- Handpass (both hands)

##### Contesting Possession

- Hooking (stationery & on the move)
- Shoulder to Shoulder Clash & Shouldering
- Blockdown
- Doubling in the Air
- Flicking ball off the hurley
- Ground tussle

##### Gaining Possession

- Roll & Jab Lift at pace
- Catch (Body(Chest) & Low)
- High Catch (protect from behind & front)
- Ground Frontal Block
- First Touch Control

#### PHYSICAL FOCUS

##### Speed

Multi-directional (efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility & reaction sprints

##### Strength

Body weight circuit training (upper & lower body, trunk)  
Develop core strength (The Plank)  
Learning correct weight lifting techniques (squats, snatch, lunge, etc)  
Introduce light free weights and medicine balls

##### Stamina

3v1 games  
Drills Incorporating the ball

##### Flexibility/Co-Ordination

Maintain flexibility exercise  
Dynamic Warm up

#### GAME SPECIFIC

##### Part - Invasion

Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. Wide man & Zone to Zone

##### Full Invasion

The key element with invasion games is the number of players involved. The less space a player has, the less time they have on the ball and the more skill is required. E.G. Backs & Forwards, 15v15, Modified & Conditioned games

##### Possession Games

Concept games designed to correct a failing in general team play or one rule games to develop a weakness in general play. E.G. Give & Go, 4 second rule, 2 touch, 1 hop 1 solo, Heads up, First touch.

**STAGE D: LEARNING ABOUT POSITIONS 13-15 YEARS OF AGE****PAGE 2 OF 2: FOOTBALL****FOOTBALL****PLAYER CHARACTERISTICS**

- 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

**SKILL EMPHASIS****Maintaining Possession**

- Bounce/Hop
- Solo
- Side Step/Feint
- Change of pace with the ball

**Releasing Possession**

- Handpass (Closed fist) (left & right)
- Punt Kick (left & right) to moving target
- Hook Kick (left & right) to moving target
- Scoring from angles
- Free Kicks & Penalty Kicks

**Contesting Possession**

- Dive Blockdown
- Blockdown
- Near Hand Tackle
- Hand off
- Shadowing
- Frontal Tackle

**Gaining Possession**

- Pick Up (left & right)
- Catch (Overhead, Body & Low)

**PHYSICAL FOCUS****Speed**

Multi-directional (efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility & reaction sprints

**Strength**

Body weight circuit training (upper & lower body, trunk)  
Develop core strength (The Plank)  
Learning correct weight lifting techniques (squats, snatch, lunge, etc)  
Introduce light free weights and medicine balls

**Stamina**

3v1 games  
Drills Incorporating the ball

**Flexibility/Co-Ordination**

Maintain flexibility exercise  
Dynamic Warm up

**GAME SPECIFIC****Part-Invasion**

Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. Wide man & Zone to Zone

**Full Invasion**

The key element with invasion games is the number of players involved. The less space a player has, the less time they have on the ball and the more skill is required. E.G. Backs & Forwards, 15v15, Modified & Conditioned games

**Possession Games**

Concept games designed to correct a failing in general team play or one rule games to develop a weakness in general play. E.G. Give & Go, 4 second rule, 2 touch, 1 hop 1 solo, Heads up, First touch.

## STAGE E: LEARNING TO PERFORM 16-18 YEARS OF AGE

## PAGE 1 OF 2: HURLING

## HURLING

## 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 their 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

*(Continues on next page)*

## SKILL EMPHASIS

**Maintaining Possession**

- Tap & move
- Soloing at speed with changes of direction

**Releasing Possession**

- Hurley Pass
- Shooting for scores (L&R)
- Doubling (L&R)
- Lift & Strike (L&R)
- Striking off the hurley on the Run (L&R)
- Strike on the Run from the Hand (L&R)
- Handpass & Dummy Handpass (both hands)

**Contesting Possession**

- Hooking (stationery & on the move)
- Shoulder to Shoulder Clash & Shouldering
- Blockdown (1 & 2 hands)
- Doubling in the Air
- Flicking ball off the hurley
- Ground tussle

**Gaining Possession**

- Roll & Jab Lift at pace
- Catch (Body/Chest) & Low
- High Catch (protect from behind & front)
- Ground Frontal Block
- First Touch Control
- Overhead Ball Control

## PHYSICAL FOCUS

**Speed**

Multi-directional (efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility & reaction sprints  
Running mechanics & technique  
Strength work to improve to speed

**Strength**

Body weight circuit training (upper & lower body, trunk)  
Develop core strength (The Plank)  
Learning correct weight lifting techniques (squats, snatch, lunge, etc)  
Introduce light free weights and medicine balls

**Stamina**

Small sided games  
3v1 games  
Drills Incorporating the ball

**Flexibility/Co-Ordination**

Maintain flexibility exercise  
Dynamic Warm up

## GAME SPECIFIC

**Intense Small-sided Games**

These games are extremely beneficial for players. As well as getting involved in the game more often, players learn more quickly and make more decisions during the course of these games. And as the ball is never far away, greater concentration is required.

**15-A-Side**

15 aside games are helping rehearse for the match day scenarios. E.G. 15v15 (deploying a sweeper, defending the zone, 2 man full forward line, various other match tactics

**Modified / Conditioned Games**

These games are very beneficial for players by modifying the rules to suit certain game plans or to help involve everyone in that game rather than the 'strong' player being dominant all the time. These also help players get more touches on the ball, with less space and less time on the ball to help develop their decision making options, which will improve this side of their game in a proper match.



**STAGE E: LEARNING TO PERFORM 16-18 YEARS OF AGE**

**PAGE 2 OF 2: FOOTBALL**

**FOOTBALL**

**PLAYER CHARACTERISTICS**

- 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
- Instil 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 athletic development

**SKILL EMPHASIS**

**Maintaining Possession**

- Bounce/Hop& Solo
- Side Step/Feint
- Change of pace with the ball
- Support of the player with the ball

**Releasing Possession**

- Handpass (Closed fist) (left & right)
- Punt Kick (left & right) to moving target
- Hook Kick (left & right) to moving target
- Scoring from angles
- Free Kicks & Penalty Kicks

**Contesting Possession**

- Blockdown & Dive Blockdown
- Breaking the tackle
- Near Hand Tackle
- Hand off & Shadowing/Checking
- Frontal Tackle
- Group tackling

**Gaining Possession**

- Pick Up (left & right)
- Catch (Overhead, Body & Low)

**PHYSICAL FOCUS**

**Speed**

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Running mechanics & technique  
Strength work to improve to speed

**Strength**

Body weight circuit training (upper & lower body, trunk)  
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# Player retention

- ▶ Minor players brought into adult squads during second year
- ▶ At least 1 mentor per code tasked with smoothing transition from minor to adult
- ▶ 10 years ago we had 2 hurling & 2 mens football teams. Next year we'll have 5 of each.
- ▶ Next year we'll have 3 adult camogie teams. 5 years ago we had none.
- ▶ We'll have 3 Ladies football teams next year

