



# CRUMLIN GAA

## Youth Player Pathway

Guidelines and Players characteristics



## **Mission Statement**

Crumlin GAA Club are committed to ensuring that all our juvenile teams are as competitive as possible. That each player is constantly learning and will be in a better place when progressing to the next age level and with the intention of ensuring each player can reach their full potential throughout their underage careers.

By devising and developing our own "Youth Player Pathway" we are creating the environment that all our young players "Play and Stay" with Crumlin GAA Club, not only for their playing careers but throughout their lives.



- Introduction - The Player Pathway
- Our Club Long Term Development Model (LTDM)
- How a Parent Can Help in the Process
- 5 Stages of Coaching
- Learning to Master the Ball 4-6 Years
- Learning to Use the Ball Well 7-9 Years
- Learning to Play Together 10-12 Years
- Learning About Positions 13-15 Years
- Learning to Perform 16-18 Years
- Helpful Coaching Information Links (Game Rules & Resources)
- Printable Session Planner



## THE PLAYER PATHWAY

Welcome to the Crumlin GAA Youth Player Pathway. This pathway has been created to provide a structured, consistent framework to help guide coaches, managers, mentors, and parents who play an active role in the development of our young 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 document should be viewed as a route map which sets out the key characteristics and identifies the age-appropriate content (technical, physical and game specific) that should be coached or practiced at a particular age and stage of the player’s career. To further enhance the development of the player we encourage skills challenges to correspond with stages of development.

It should be noted that these are guidelines and recommendations for coaches, managers, mentors, and parents and 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 players.

The Crumlin GAA Youth Player Pathway is a living document. It must be reviewed regularly and updated to reflect new learning and best practice from all our Juvenile Coaches. Your opinion matters as we all want our members to reach their full potential on and off the field.

**“Mol an Óige agus Tiocfaidh sí” (Praise the young and they will flourish)**



# Our Club Long Term Development Model

## 7 STAGES TO (LTDM)

- 1. Active Fun start - Fun & Enjoyment to part of daily life.
- 2. FUNDamental - Build overall Physical Literacy & Motor Skills.
- 3. Learning to Train - Learn FUNDamental Sports Skills.
- 4. Training to Train – build ‘the engine’ and consolidate sport-specific skills.
- 5. Training to Compete – fine-tune ‘the engine’, skills and performance.
- 6. Training to Win –maximise performance, skills, and ‘engine’.
- 7. “Retirement”/Retention – adjustment/retain players/athletes for coaching/administration.



## How a Parent/Guardian can Help In The Process

**REMEMBER**

- The Players are Children
- The Coaches are Volunteers
- The referees are Human
- This is NOT an All-Ireland Final
- Show Respect to Players and Coaches
- First Priority is having Fun

**Enjoy your day!**



- 1. Attend games your child is playing in.
- 2. Ask your child & coach how their sessions are getting on in Pearse Park.
- 3. Go for a few quick pucks/kicks with them most evenings.
- 4. Encourage & Support all the Crumlin teams, with your children.
- 5. Become an active member of the club by asking your child's coach.
- 6. Help arrange transport to games/coaching sessions.
- 7. Provide, playing equipment and club gear where possible (blue & white socks & shorts, gum shields, Helmets & Hurl etc).
- 8. Foster pride in the 'Blue' jersey.
- 9. Attend the Club AGM & fundraising events.
- 10. Be positive at home about club, school, and coaches.



## 5 Stages of Youth Coaching

There are 5 key stages outlined in our pathway which have detailed player characteristics. They describe the practical elements that must be coached during these ages.

Stage	Age	Emphasis
Learn 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.
Learn 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.
Learn to Play Together	10-12 Years	Emphasis on understanding how to play and work together as a team.
Learning about Positions	13-15 Years	The principles of play and applying good game sense increase
Learning to Perform	16-18 Years	Combining all aspects of performance including decision making, higher physical demands of the game and coping with competition



## LEARNING TO MASTER THE BALL 4-6 YEARS

### Player Characteristics

- CHILDREN OF THIS AGE ARE SELF-ABSORBED, 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/RETAIN 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.
- MOST LIKELY CHILDREN WILL ONLY WATCH THE BALL. MORE THAN LIKELY THEY 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/ATTACKING A GOAL. TO THEM THEY ARE MERELY CHASING A BALL.
- THEY RESPOND BEST TO TARGET GAMES AND RACES. (HITTING, THROWING & RUNNING)



## Learning to Master the Ball 4-6 Years

Skill Emphasis	Skill Emphasis	Physical Focus	Education Support
Hurling Skills	Football Skills	Athletic Development	Coaching Courses
<b>Practise all Skills on both Left &amp; Right</b>  <b>Handling</b> <ul style="list-style-type: none"><li>• Correct Hurley size</li><li>• Identification of the 'Dominant' hand</li><li>• Grip &amp; Swing</li><li>• Ready &amp; Lock</li></ul> <b>Send &amp; Receiving</b> <ul style="list-style-type: none"><li>• One Hand Dribble</li><li>• Two Handed Dribble</li><li>• Ground Strike – Tyre, Ball</li><li>• Ground Stop</li><li>• Run and Strike stationary Ground ball</li><li>• 1 Handed Air Strike</li><li>• Jab Lift</li></ul>	<b>Practise all Skills on both Left &amp; Right</b>  <b>Handling</b> <ul style="list-style-type: none"><li>• Bowling Ball</li><li>• Two handed Bounce catch</li><li>• One hand bounce</li><li>• Chest Catch (into the bucket)</li><li>• Pick Up stationary &amp; moving</li></ul> <b>Kicking</b> <ul style="list-style-type: none"><li>• Ground Kick</li><li>• Dribble</li><li>• Punt Kick (Two Hands) (Hard Foot) (Point Toes)</li></ul> <b>Travelling</b> <ul style="list-style-type: none"><li>• Knee tap solo</li><li>• Toe Tap solo</li><li>• 4 Steps</li></ul>	<b>Agility</b> chasing games, dodging, shadow running  <b>Balance</b> Animal Movements, Hop back & Forward, Side to Side.  <b>Co-ordination</b> Skipping, Ladder Work, Bean Bag toss  <b>Running</b> Good Technique - Forward, Backward, sideways. Marching, Stopping  <b>Jumping</b> Take-off & Landing, Jump Jacks  <b>Throwing</b> Targets, Bowling. Overhead Throwing	<b>Garda Vetted for the Club</b>  <b>Safeguarding Course</b>  <b>Club Coaching Workshop</b>



# LEARNING TO USE THE BALL WELL 7-9 YEARS

## Player Characteristics

- THEY WILL BEGIN TO LOOK UP WHEN IN POSSESSION AND START CHOOSING OPTIONS [E.G. PASSING RATHER THAN SHOOTING]
- 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.
- PLAYERS WILL BEG FOR A GAME AT EVERY OPPORTUNITY, YET THEIR TECHNIQUE IS BEST IMPROVED THROUGH INDIVIDUAL, PAIRED AND SMALL GROUP WORK. THIS IS AN IDEAL TIME TO USE CONDITIONED GAMES APPROACH TO SOME SESSIONS WHERE THE COACH STARTS WITH A GAME, STOPS IT AFTER TEN MINUTES, WORKS ON ONE TECHNIQUE FOR A SHORT PERIOD THEN RESTARTS THE GAME.
- COACHES NEED TO FOCUS ON POSITIVE FEEDBACK, THIS IS AN AGE WHERE DROP-OUTS START TO 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 OPPPOSITION THE OPPORTUNITY TO SCORE.
- THEY WILL ALSO BEGIN TO UNDERSTAND THE NEED TO CHANGE DIRECTION OF THEIR 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, LIKE 'OVER THE RIVER'.
- AT THIS AGE PLAYERS MUST ALSO GET USED TO ATTACKING THE BALL [I.E. RUNNING AND NOT STOPPING] AND BREAKING TACKLES
- FIRST CRITICAL PERIOD FOR SPEED DEVELOPMENT.



## LEARNING TO USE THE BALL WELL 7-9 YEARS

Skill Emphasis	Skill Emphasis	Physical Focus	Education Support
Hurling Skills	Football Skills	Athletic Development	Coaching Courses
<b>Practise all Skills on both Left &amp; Right</b>  <b>Handling</b> <ul style="list-style-type: none"><li>• Correct Hurley size</li><li>• Identification of the 'Dominant' hand</li><li>• Grip &amp; Swing (Ready &amp; Lock)</li><li>• Claw catch</li><li>• Cupped catch</li></ul> <b>Sending &amp; Receiving</b> <ul style="list-style-type: none"><li>• Ground striking a ball L&amp;R</li><li>• Ground doubling (same &amp; opposite direction)</li><li>• Striking from the hand (Stationary)</li><li>• Jab lift (Stationary Ball)</li></ul> <b>Travelling</b> <ul style="list-style-type: none"><li>• Bean Bag balancing</li><li>• Ball balancing (Solo)</li></ul> <b>Tackle</b> <ul style="list-style-type: none"><li>• Ground Flick (backhand)</li><li>• Ground clash</li><li>• Hooking Frontal &amp; ground block (Hurl to Hurl)</li></ul>	<b>Practise all Skills on both Left &amp; Right</b>  <b>Handling</b> <ul style="list-style-type: none"><li>• Body Catch</li><li>• Low catch</li><li>• High catch</li><li>• Fist pass</li><li>• Hand pass</li><li>• Crouch lift (stationary ball)</li></ul> <b>Kicking</b> <ul style="list-style-type: none"><li>• Punt kick(Front foot) Left &amp; right</li><li>• Hook Kick(one hand)</li><li>• Foot Solo (stationary) Toes to nose</li></ul> <b>Travelling</b> <ul style="list-style-type: none"><li>• 4 step rule Foot Solo</li><li>• High bounce approach run</li></ul> <b>Tackle</b> <ul style="list-style-type: none"><li>• Near hand tackle</li><li>• Shadowing</li><li>• Frontal Tackle</li><li>• Block Down</li></ul>	<b>Agility</b> Directional Change Relay  <b>Balance</b> hop land on one leg control Basic Flexibility Positions  <b>Co-ordination</b> Skipping, Ladder Work.  <b>Running</b> Running Mechanics Relay races Long Stride Starting & Stopping control  <b>Jumping</b> Leap Frog, Donkey kicks, Tuck Jumps  <b>Throwing</b> Targets, Bowling, Dodgeball Overhead Throwing & Catching	<b>Club GPO will support you on your Coaching Journey</b>  <b>Create a Coaching Portfolio via <a href="http://learning.gaa.ie">learning.gaa.ie</a></b> This will give you great support on coaching information  <b>Foundation Award (Dual)</b> To be completed by end of under 7  <b>Award 1 Child (Dual)</b> To be completed by end of under 9



# LEARNING TO PLAY TOGETHER 10-12 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 OPPPOSITION 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, 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 BE MODERATELY INCREASED AT THIS STAGE.
- PLAYERS ARE NOW READY TO DEVELOP GENERAL STRENGTH THROUGH THEIR OWN BODY WEIGHT AND CORE EXERCISES.



## LEARNING TO PLAY TOGETHER 10-12 YEARS

Skill Emphasis	Skill Emphasis	Physical Focus	Education Support
Hurling Skills	Football Skills	Athletic Development	Coaching Courses
Practise all Skills on both Left & Right	Practise all Skills on both Left & Right		
<b>Handling</b> <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> <b>Sending &amp; Receiving</b> <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>Sideline cuts</li></ul>	<b>Handling</b> <ul style="list-style-type: none"><li>High catch</li><li>Hand passing (using both hands)</li></ul> <b>Kicking</b> <ul style="list-style-type: none"><li>Punt kick left &amp; right</li><li>Punt kick outside foot</li><li>Crouch lift moving ball</li><li>Toe lift</li><li>Hook kick left &amp; right</li></ul> <b>Travelling</b> <ul style="list-style-type: none"><li>Solo Run left &amp; right</li><li>Low bounce</li><li>Dummy solo</li></ul> <b>Tackle</b> <ul style="list-style-type: none"><li>Near hand tackle</li><li>Shadowing</li><li>Shouldering</li><li>Frontal tackle</li><li>Block down</li></ul>	<b>Speed</b> <p>Further development of speed in warm ups (Efforts less than 6 secs) e.g. quickness and change of direction and reaction sprints.</p> <b>Strength</b> <ul style="list-style-type: none"><li>Introduce 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> <b>Stamina</b> <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> <b>Flexibility &amp; Co-ordination</b> <ul style="list-style-type: none"><li>Introduction</li><li>Dynamic stretching &amp; mobility exercises</li><li>Warm up &amp; cool down concept</li></ul>	<p><b>Club GPO will support you on your Coaching Journey</b></p> <p><b>Coaching Tips</b></p> <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 rules</li></ul> <p><b>Searching for workshops to upskill through <a href="http://learning.gaa.ie">learning.gaa.ie</a> and update your coaching Portfolio.</b></p>
Travelling <ul style="list-style-type: none"><li>Soloing at speed</li></ul>			
Tackle <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>			



## LEARNING ABOUT POSITIONS 13-15 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.



## LEARNING ABOUT POSITIONS 13-15 YEARS

Skill Emphasis	Skill Emphasis	Physical Focus	Education Support
Hurling Skills	Football Skills	Athletic Development	Coaching Courses
<b>Practise all Skills on both Left &amp; Right</b>	<b>Practise all Skills on both Left &amp; Right</b>		
<b>Handling</b> <ul style="list-style-type: none"><li>• High catch (protect from front &amp; behind)</li><li>• Hand pass off the hurley (Both Hands)</li><li>• Chest catch</li></ul> <b>Sending &amp; Receiving</b> <ul style="list-style-type: none"><li>• Jab lift at pace</li><li>• Striking on the run (Moving away from target)</li><li>• Striking on the run</li><li>• Ground striking on the run</li><li>• Free taking</li><li>• Roll Lift</li><li>• Doubling ball in the air</li><li>• Shooting for scores</li><li>• First touch control</li></ul> <b>Travelling</b> <ul style="list-style-type: none"><li>• Soloing (changing direction)</li><li>• Tap &amp; move</li></ul> <b>Tackle</b> <ul style="list-style-type: none"><li>• Frontal block (Hurl to ball)</li><li>• Low block</li><li>• Ground tussle</li><li>• Flick off the hurley (Snig)</li><li>• Hooking (Still &amp; Moving)</li></ul>	<b>Handling</b> <ul style="list-style-type: none"><li>• Ball feint</li><li>• Fist pass for distance</li><li>• Overhead tap on</li><li>• Catching at speed</li></ul> <b>Kicking</b> <ul style="list-style-type: none"><li>• Punt kick to moving target</li><li>• Long Kick pass</li><li>• Scoring from angles</li><li>• Assisted Chip lift</li><li>• Penalty Kick</li></ul> <b>Travelling</b> <ul style="list-style-type: none"><li>• Swerve/side step</li><li>• Change of pace with the ball</li></ul> <b>Tackle</b> <ul style="list-style-type: none"><li>• Near hand tackle</li><li>• Delay opponent &amp; Shadowing</li><li>• Frontal Tackle</li><li>• Dive block</li><li>• Hand off</li></ul>	<b>Speed</b> <ul style="list-style-type: none"><li>• Multi directional (Efforts less than 20 secs)</li><li>• Quick footwork and agility</li><li>• Acceleration and deceleration</li><li>• Game related reaction exercises</li><li>• Relay racing e.g. crazy ball drills</li></ul> <b>Strength</b> <ul style="list-style-type: none"><li>• Body weight Circuit training Upper body, legs, and back, core strength e.g. plank</li><li>• Learn correct weight lifting techniques e.g. squat, clean, snatch,</li></ul> <p>N.B. Only qualified coaches to undertake this training</p> <ul style="list-style-type: none"><li>• Introduce free weights and medicine balls N.B. For upper age range group only Plyometric e.g. multi directional jumps</li></ul> <b>Stamina</b> <ul style="list-style-type: none"><li>• 3v1games</li><li>• Drills incorporating the ball</li></ul> <b>Flexibility &amp; Co-ordination</b> <ul style="list-style-type: none"><li>• Maintain flexibility exercise</li><li>• Dynamic warm up/cool down</li></ul>	<p><b>Club GPO will support you on your Coaching Journey</b></p> <p><b>Coaching Tips</b><ul style="list-style-type: none"><li>• Part Invasion</li><li>• Zone games<ul style="list-style-type: none"><li>• Wide man</li><li>• Zone to zone</li></ul></li></ul></p> <p><b>Full Invasion</b><ul style="list-style-type: none"><li>• Backs v Forwards<ul style="list-style-type: none"><li>• 15 v 15</li></ul></li><li>• Possession Games<ul style="list-style-type: none"><li>• One rule games e.g. Give and Go</li><li>• 4 seconds 2 touch</li></ul></li></ul></p> <p><b>Searching for workshops to upskill through learning.gaa.ie and update your coaching Portfolio.</b></p> <p><b>Award 1 Youth/Adult (Dual)</b> <b>To be completed by end of under 15</b></p>



# LEARNING TO PERFORM 16-18 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.
- INSTIL CONCEPTS OF MENTAL TOUGHNESS AND CALMNESS UNDER PRESSURE (WINNING BEHAVIOURS).
- 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.



## LEARNING TO PERFORM 16-18 YEARS

Skill Emphasis	Skill Emphasis	Physical Focus	Education Support
Hurling Skills	Football Skills	Athletic Development	Coaching Courses
<b>Practise all Skills on both Left &amp; Right</b>  <b>Ball Winning</b> <ul style="list-style-type: none"><li>• Catching high-low &amp; half volley (protect from front &amp; behind)</li><li>• First touch off the hurl-low, High control</li><li>• Dribble keep possession</li><li>• Roll &amp; jab lift at pace</li></ul> <b>Sending &amp; Receiving</b> <ul style="list-style-type: none"><li>• Lift &amp; strike</li><li>• Strike front foot &amp; Back foot</li><li>• Feint &amp; strike</li><li>• Striking over the shoulder moving away from the target</li><li>• Overhead doubling and batting</li><li>• Overhead block</li><li>• Overhead flick (direct the ball in your path)</li></ul> <b>Travelling</b> <ul style="list-style-type: none"><li>• Making room (with &amp; without the ball)</li><li>• Take on opponent &amp; protecting the body with the hurl.</li><li>• Dummy hand pass.</li></ul> <b>Tackle</b> <ul style="list-style-type: none"><li>• Shouldering, recover and flick &amp; hook.</li></ul>	<b>Practise all Skills on both Left &amp; Right</b>  <b>Game Plays</b> <ul style="list-style-type: none"><li>• How to use a sweeper</li><li>• How to deal with a sweeper</li><li>• Man marking</li><li>• Zone marking</li></ul> <b>Kicking</b> <ul style="list-style-type: none"><li>• Kicking for possession - diagonal ball</li><li>• Kicking for scores</li><li>• Cutting in to score</li><li>• Free kicks/penalties</li></ul> <b>Ball Retention</b> <ul style="list-style-type: none"><li>• Supporting the ball player</li><li>• Breaking the tackle</li><li>• Getting out of traffic</li><li>• Change the direction of play</li></ul> <b>Tackle</b> <ul style="list-style-type: none"><li>• Near hand tackle</li><li>• Group tackling</li><li>• Frontal Tackle</li><li>• Checking</li><li>• Blocking ball</li></ul>	<b>Speed</b> (based on test results profile) <ul style="list-style-type: none"><li>• Multi directional (Efforts less than 20 secs)</li><li>• Quick footwork and agility</li><li>• Planting the foot (the 3 step movement)</li><li>• Running mechanics &amp; technique</li><li>• Strength work to improve speed</li></ul> <b>Strength</b> (based on test results profile) <ul style="list-style-type: none"><li>• Functional Movement Assessment to establish core strength and technique</li><li>• Core programme for those still not ready for weights</li><li>• Individual programme for those with core strength &amp; good technique</li><li>• Perfect technique &amp; control</li></ul> <p>N.B. Only qualified coaches to undertake this training</p>	<p><b>Club GPO will support you on your Coaching Journey</b></p> <p><b>Update your coaching Portfolio with Workshops/Courses.</b></p> <p><b>Coaching Tips</b></p> <p><b>Intense Small Sided</b></p> <ul style="list-style-type: none"><li>• Across the line<ul style="list-style-type: none"><li>• 4 v 4</li></ul></li><li>• Break-Ball &amp; Kick<ul style="list-style-type: none"><li>• 4 Goal option</li></ul></li></ul> <p><b>Full Invasion</b></p> <ul style="list-style-type: none"><li>• Backs v Forwards<ul style="list-style-type: none"><li>• 15 v 15</li></ul></li></ul> <p>Deploying a sweeper Defending the zones Deploying the big man Various Conditions.</p> <p><b>Award 2 Youth/Adult (Dual)</b> <b>To be completed by end of under 18</b></p>



## GAA GAME RULES & REGULATIONS

U8s Football Rules

[http://uploads.dublingaa.ie/files/21/u8\\_football\\_rules\\_2.pdf](http://uploads.dublingaa.ie/files/21/u8_football_rules_2.pdf)

U8s Hurling Rules

[http://uploads.dublingaa.ie/files/21/u8\\_hurling\\_rules\\_2.pdf](http://uploads.dublingaa.ie/files/21/u8_hurling_rules_2.pdf)

U9s Football Rules

[http://uploads.dublingaa.ie/files/21/u9\\_football\\_rules\\_2.pdf](http://uploads.dublingaa.ie/files/21/u9_football_rules_2.pdf)

U9s Hurling Rules

[http://uploads.dublingaa.ie/files/21/u9\\_hurling\\_rules\\_2.pdf](http://uploads.dublingaa.ie/files/21/u9_hurling_rules_2.pdf)

U10s Football Rules

[http://uploads.dublingaa.ie/files/21/u10\\_football\\_rules\\_2.pdf](http://uploads.dublingaa.ie/files/21/u10_football_rules_2.pdf)

U13 FOOTBALL AND HURLING Grading League Regulations

[http://uploads.dublingaa.ie/files/21/u13\\_football\\_and\\_hurling\\_grading\\_league\\_regulations - august 2020.docx](http://uploads.dublingaa.ie/files/21/u13_football_and_hurling_grading_league_regulations - august 2020.docx)

U14s Féile Peil na nÓg and Feile na nGael Regulations (Aug.-Oct.2020)

[http://uploads.dublingaa.ie/files/21/rules\\_governing\\_feile\\_peil\\_na\\_nog\\_and\\_feile\\_na\\_ngael\\_autumn\\_2020.docx](http://uploads.dublingaa.ie/files/21/rules_governing_feile_peil_na_nog_and_feile_na_ngael_autumn_2020.docx)

U16 & U15 Football and Hurling Championship Regulations 2020

[http://uploads.dublingaa.ie/files/21/u16\\_u15\\_football\\_and\\_hurling\\_championship\\_regulations\\_2020.docx](http://uploads.dublingaa.ie/files/21/u16_u15_football_and_hurling_championship_regulations_2020.docx)

We recommend registering to <https://learning.gaa.ie/> to help and record your coaching journey.



# LGFA RULES & REGULATIONS

[Dublin Ladies Gaelic | Official website of the DLGFA](#)

## DUBLIN CLUB COMPETITION RULES AND REG'S

[Small sided Playing Rules \(U8 to U11\) 2020.pdf](#)

[U12 Playing Rules 2020.pdf](#)

[2020 Playing Rules as approved 14-07-2020, incl underage \(new material highlighted\).doc](#)

Click on the link below to view how to return match results via the Esportsmanager System

[Results-Esports reply.doc](#)

Please find an [Club Info & FAQ Season 2020.pdf](#) which provides answers to FAQ that come to the LGFA office.

## ADULT COMPETITION PLAYING RULES - CLICK BELOW

[2020 Playing Rules as approved 14-07-2020.doc](#)

We recommend registering to <https://learning.gaa.ie/> to help and record your coaching journey.



## CAMOGIE RULES & REGULATIONS

[The Camogie Association | Official Website](#)

[Camogie Go Game \(U8 to u12\) Rules](#)

[Official Playing Rules](#)

Camogie Ireland have a great website with tonnes of information on Camogie events throughout the country.

We recommend registering to <https://learning.gaa.ie/> to help and record your coaching journey.



# SESSION PLANNER

DATE:	TEAM COACHES IN ATTENDANCE:	EQUIPMENT REQUIRED:	
VENUE:			
SESSION FOCUS / LEARNING OUTCOMES:			
WARM UP ACTIVITY:	DRILLS AND GAMES:	DRILLS AND GAMES:	COOL DOWN:
REFLECTION: (to be carried out after session)			
<ul style="list-style-type: none"><li>• Key points from session.</li><li>• What worked/what did not work.</li><li>• Modification to make for next session.</li></ul>			