



Cláirseacha na Sceirí

Cumann C.L.C. agus Camógaíochta Chláirseacha Na Sceirí
(Sherris Harps G.A.A. and Camogie Club)
Dublin Road, Sherris, Co. Dublin



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Introduction

LTPD (Long Term Player Development) is an internationally accepted concept to describe the typical lifetime development of an athlete or player and how coaching and training should be applied to that player or athlete so that they may be the best that they can be.

The LTPD model and associated player pathway is intended to provide a common reference point for all participants in Skerries Harps GAA with the aim of ensuring a more enjoyable and productive experience for all (players, coaches, parents, spectators, referees & officials).

The three key principles underlying the LTPD are:

1. The model is Player-centred and Age Specific - all aspects of the model are appropriate to the capacities of participants at each stage. These capacities are: Lifestyle, Physical, Tactical, Mental and Technical.
2. The model is Long-term - the reality is there are no short-cuts in developing competencies to levels of excellence. A widely accepted belief is that it takes ten years of proper coaching to produce a world-class athlete or player.
3. Collective alignment between relevant people & structures throughout a player's GAA playing experience is the final principle behind the LTPD. This requires all participants who contribute to the development and experience of players to co-operate ensuring that all aspects of the LTPD are aligned.



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The 6 Stages OF LPTD Are:

- 1) FUNdamental : Build overall motor skills (Age 4-6)
- 2) Learning to Train: Learn all fundamental motor skills (Age 7-9)
- 3) Training to train: Build ‘the engine’ and consolidate sport specific skills (Age 10-12)
- 4) Training to compete: fine-tune ‘the engine’, skills and performance (Age 13-15)
- 5) Training to Win – maximise performance, skills and engine (Age 16-18)
- 6) Retirement & Retention: adjustment / retain players / athletes for coaching / administration.

Player Pathway

The player pathway is an attempt to set out the key characteristics and identifies the age appropriate content that should be coached or practiced at a particular age and stage of the players career. There are 5 key stages in the player pathway and in this document we cover 4:

Stage	Approximate Age	Emphasis
Academy – learning fundamentals of balance, agility and basic football/hurling skills	5-7	Fun and the basics FUNdamentals - ABC’s (Agility, Balance, Co-Ordination) and RJT’s (Running, jumping, Throwing).
Learning to use the ball well	7-9	Major skills phase where all the basic skills are learned
Learning to play together	10-12	Emphasis on how to play and work together as a team
Learning about positions	13-15	The principles of play and applying good game sense increase.



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5-7 year old - Academy player pathway

The main aim of the academy (nursery) in any club is to be a stepping stone for 4 to 6 year olds to get involved with the club. The club do a lot of hard work around the local area and in schools trying to recruit young people into the club and it is the aim of the academy to try and keep these children coming back week after week and then hopefully they will go on to continue playing for the club up through the ranks and become life members of the club. It all starts with the academy.

The most important aspect of the nursery is FUN. Simple philosophy for children is that if it's fun and they enjoy it they will want to come again and again and again – If it's not fun they won't to come back and they will go somewhere else. Simple as that, so with that in mind everything that is done in the academy has to evolve around fun.

When children come into the academy they are taught the basics FUNdamentals - ABC's (Agility, Balance, Co-Ordination) and RJT's (Running, jumping, Throwing).

For 4-5 year olds the Academy is about fun games that work on the ABC's and RJT's. When the child is competent at the primary movements then we can concentrate on the more common skills used in GAA. If the children move out of the academy with a basic understanding of how to do the skills i.e Hand passing, kicking catching soloing then at 6/7 is when we start improving skills.



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Skill Emphasis	Physical Focus (ABC's and RJT's)	Game Specific
<p>Handling</p> <ul style="list-style-type: none"> - Throwing - Ball rolling - Body Catching - Pick up <ul style="list-style-type: none"> Stationary and moving - Bouncing ball <ul style="list-style-type: none"> Two hand bounce One handed bounce <p>Kicking</p> <ul style="list-style-type: none"> - Kicking on the ground - Dribble - Punt kick <p>Travelling</p> <ul style="list-style-type: none"> - Bounce - Ground dribble - Knee solo 	<p>Agility</p> <p>Chasing games, Dodging</p> <p>e.g Monkey tails</p> <p>Balance</p> <p>e.g Animal walks</p> <p>eg Jumping and landing</p> <p>eg Balance domes</p> <p>Co-ordination</p> <p>e.g Skipping</p> <p>e.g obstacle course</p> <p>Running-Good Technique</p> <p>e.g Marching</p> <p>e.g Stopping</p> <p>e.g Multi-directional</p> <p>Jumping</p> <p>Take-off and landing</p> <p>e.g Frog jumps</p> <p>e.g bunny hops</p> <p>Throwing</p> <p>e.g Dodge ball</p> <p>e.g bean bags</p> <p>e.g Target throws</p>	<p>Target Games:</p> <p>e.g Skittles</p> <p>e.g Through the gate</p> <p>e.g hit the targets</p> <p>Court Games</p> <p>e.g Over the river</p> <p>e.g ground tennis</p> <p>Part – Invasion</p> <p>e.g 4v4 No Goalie</p> <p>e.g Ball each, four goals score in any</p>



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7-9 years old – Under 8 / Under 9 / Under 10 Teams

Player Characteristics

- Players 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
- 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. This is an ideal time to use the Whole-Part-Whole approach to some sessions where the coach starts with a game, stops it after a few minutes, works on one technique for a short period then restarts the game.
- Coaches need to focus on positive feedback, 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 also begin to understand the need to change the direction of a run or 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 conditioned games.
- 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



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<p>Handling</p> <ul style="list-style-type: none"> - Body Catch * - Low Catch * - High Catch - Fist Pass * - Hand Pass * <p>Crouch Lift *</p> <p>Kicking</p> <ul style="list-style-type: none"> - Punt kick * (front foot) - Left & Right - Hook Kick * (one hand) <p>Travelling</p> <ul style="list-style-type: none"> - Bounce * - Solo * - Soft foot - Roll <p>Tackle</p> <ul style="list-style-type: none"> - Near hand tackle * - Shadowing - Frontal tackle - Block * 	<p>Agility</p> <p>Eg zig zag relay</p> <p>Balance</p> <p>e.g One leg hopping</p> <p>eg hop land on other leg</p> <p>Coordination</p> <p>Running-Good Technique</p> <p>e.g On the spot</p> <p>e.g Relay races</p> <p>e.g Hurdle running</p> <p>e.g Stopping</p> <p>Jumping</p> <p>e.g leap frog</p> <p>e.g Donkey kicks</p> <p>Throwing</p> <p>e.g Dodge ball</p> <p>Conditioning</p> <p>Partner Resistance</p> <p>e.g Tug of war</p> <p>e.g Push & Pull partner</p> <p>e.g The Bridge</p> <p>Whole body exercises</p> <p>Introduce basic Flexibility</p>	<p>Target Games:</p> <p>e.g Skittles</p> <p>Through the gate</p> <p>Tower ball</p> <p>Court Games</p> <p>e.g Over the river</p> <p>Scout Ball</p> <p>Cúchulainn</p> <p>Fields Games</p> <p>e.g Rounders</p> <p>Four hitters</p> <p>Part – Invasion</p> <p>e.g 4v4 (zoned)No Goalie</p> <p>e.g line game</p> <p>Full– Invasion</p> <p>e.g 4v4(two touch)</p> <p>e.g 5v5 (Wide man)</p>

By the end of the Under 10 season, all players who have displayed a natural aptitude for the technical skills of the game should be proficient in the skills marked *, particularly on their strong side.



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10-12 – Under 11 / Under 12 / Under 13 teams

- 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 also 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 conditioned games.
- 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 skill (e.g. one to one coaching may be needed)
- Coaches must be quick to address the problem of one or two players dominating play and preventing others from developing their skills during games.
- 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 his/her instincts.
- Training need to be moderately increased at this stage.
- Players are now ready to develop general strength through own body weight and core exercises.



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Skill Emphasis	Physical Focus	Game Specific
<p>- Handling</p> <p>-High Catch</p> <p>-Hand passing (using both hands)</p> <p>Kicking</p> <p>-Punt Kick left & Right</p> <p>-Punt Kick outside foot</p> <p>Crouch lift moving ball</p> <p>-Toe lift</p> <p>-Hook Kick left & Right</p> <p>Travelling</p> <p>-Solo Run left & Right</p> <p>-Low bounce</p> <p>-Dummy solo</p> <p>Tackle</p> <p>-Near hand tackle</p> <p>-Shadowing</p> <p>-Shouldering</p> <p>-Frontal Tackle</p> <p>-Block Down-</p>	<p>Speed</p> <p>-Further development of speed in warm ups(Efforts less than 6 secs)</p> <p>e.g quickness and change of direction and reaction sprints</p> <p>Strength</p> <p>-Introduce Core strength</p> <p>e.g twist with partner</p> <p>-Own body strength exercises</p> <p>e.g Pull ups press ups etc....</p> <p>-Introduce plyometric training</p> <p>e.g bounding and hopping</p> <p>Stamina</p> <p>-Endurance related activities:</p> <p>e.g</p> <p>-Relay running</p> <p>-Small sided games & Ball drills</p> <p>-Circuit training with the ball</p> <p>Flexibility/Co-ordination</p> <p>-Introduction Dynamic Stretching & Mobility exercises</p> <p>-Warm up & Cool down concept</p>	<p>Court Games</p> <p>e.g Over the river</p> <p>Hit the corners</p> <p>Fields Games</p> <p>e.g Crazy kicks</p> <p>Batter bonanza</p> <p>Part – Invasion</p> <p>e.g 4v1 (Goid)</p> <p>e.g Pass and Attack</p> <p>Full– Invasion</p> <p>e.g 4v4(Split ends)</p> <p>e.g 5v5</p>



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13-16 – U14, U15, U16 Teams

- Aerobic and strength programmes should be individualised or grouped according to their (P.H.V)*N.B Only trained coaches to undertake this training*
- Broad base skills and sport specific skills
- Advanced technical skill development
- Skill developed under pressure
- Fitness with the ball in skills 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

From Boys to Young Men !! - Player Characteristics

Players are now entering the phase where games become more competitive and the aim from age 15 should be to start preparing for the transition to minor/adult games. While players in this stage may have the same chronically 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.

The development of these players now ramps up from just a focus on skills development heretofore. The overall personal, as well as physical, development of the player comes into play at these stages in order to prepare boys for the transition to minor and adult football. Player capacities for development include :

- **Technical**
- **Tactical**
- **Physical**
- **Mental**
- **Personal & Lifestyle**

Additional Information for u13-u16 contained in Coaching Tips Folder



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Skill Emphasis	Physical Focus	Game Specific
<p>- Handling</p> <ul style="list-style-type: none"> -Ball feint -Fist pass for distance -Overhead tap on -Catching at speed <p>High: Reach: Low Half volley</p> <p>Kicking</p> <ul style="list-style-type: none"> - Punt kick to moving target -Long Kick pass -Scoring from angles -Assisted Chip lift -Penalty Kick <p>Travelling</p> <ul style="list-style-type: none"> -Swerve -Change of pace with the ball <p>Tackle</p> <ul style="list-style-type: none"> -Near hand tackle -Delay opponent & Shadowing -Frontal Tackle -Dive Block -Hand off 	<p>Speed</p> <ul style="list-style-type: none"> -Multi directional (Efforts less than 20 secs) -Quick footwork and agility -Acceleration and deceleration e.g go go stop -Game related reaction exercises -Relay racing e.g crazy ball drills <p>Strength</p> <ul style="list-style-type: none"> -Body weight Circuit training Upper body ,legs, and back -Develop Core strength e.g plank -Learn correct weight lifting techniques e.g squat, Clean, snatch, <p>N.B Only qualified coaches to undertake this training</p> <ul style="list-style-type: none"> -Introduce free weights and medicine balls <p>N.B For upper age range group only</p> <p>Plyometric e.g multi directional jumps</p> <p>Stamina</p> <ul style="list-style-type: none"> -3 v 1 games -Drills incorporating the ball <p>Flexibility/Co-ordination</p> <ul style="list-style-type: none"> -Maintain flexibility exercise -Dynamic Warm up 	<p>Part – Invasion</p> <p>Zone games</p> <p>e.g wide man</p> <p>e.g zone to zone</p> <p>Full– Invasion</p> <p>Back V Forwards</p> <p>15 V 15</p> <p>Possession Games</p> <p>One rule games</p> <p>e.g Give and Go</p> <p>4 seconds</p> <p>2 touch</p>



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Appendices

In this section we have tried to pull together a reference guide for all coaches covering the basic skills of the game, the principles of the modern game and a series of coaching tips and expressions which coaches should find useful. In the interests of space we have not included descriptions of drills or games but we have included links to websites where these can be found. In particular we recommend the Munster GAA website for basic drills and games and the Sarsfields coaching manual.



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Basic Skills of Gaelic Football

The basic technical skills of gaelic football and a brief explanation of how to execute these skills is given below:

Catching

The chest catch

Keep eyes on the ball
Arms held out with elbows close together
Catch the ball into arms
Pull the ball into chest to protect the ball

The low catch

Keep eyes on the ball
Bend knees and back low to the ground
Arms held out with elbows close together
Catch the ball into arms
Pull the ball into chest to protect the ball

The high catch

Keep eyes on the ball
Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg
Extend the arms over the head, with head up
Spread fingers to form W shape behind the ball
Draw the ball into chest with both hands

Hand Passing

The hand pass

Keep eyes on the ball
Hold the ball on the palm of the non striking hand
Swing back and extend striking hand
Lean forward, strike through the middle of the ball with the open hand. Keep supporting hand steady

Aim to pass the ball into receiver's chest, and follow through in the direction of the target.

The fist pass

Keep eyes on the ball
Hold the ball at chest height with non striking hand
Swing back and extend striking hand
Lean forward, strike through the middle of the ball with the fist.
Keep supporting hand steady.

Aim to pass the ball into receiver's chest, and follow through in the direction of the target.



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Kicking

The punt kick

Keep eyes on the ball
Hold the ball firmly in both hands.
Release the ball into the hand at the kicking side. Head down.
Step forward with non kicking foot.
Drop ball onto kicking foot with same hand.
Use opposite arm for balance
Kick with laced part of boot pointing toe towards target.
Follow through in the direction of the target

The hook kick

Keep eyes on the ball
Non kicking leg, body and shoulder facing towards target
Hold the ball firmly on both hands.
Release the ball into the hand at the kicking side.
Head down - step forward with non-kicking foot.
Drop ball onto kicking foot with same hand.
Use opposite arm for balance
Kick with inside part of boot
Follow through in the direction of the target

Travelling

Solo

Strong hand holding ball is lowered towards kicking leg
Eyes on the ball
Kick ball using laced part of boot and point toe upwards
Catch the ball at chest height and pull the ball into chest

Bounce

Release the ball into one hand
Push the ball into the ground
Extend both arms to the ball as it returns
Hold the ball securely and bring it into the body

Tackling

Near hand tackle

Move alongside opponent. Eyes on ball.
Move across with near leg when opponents far leg is forward.
Flick the ball away with near hand when the ball is free.
Recover ball to win possession

Block

Stand close to the opponent in the check position
Reach forward arms out as the opponent prepares to play the ball.
Block ball at point of contact with the boot

Pick up

Move to the ball
Place hands in front of the ball
Scoop the ball forward into the cupped hands
Secure possession



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Drills and Games

The best source of basic drills and games to work on all of the above skills is the Munster GAA website <http://munster.gaa.ie/coaching-2/resources/coaching-planner/>
The drills/games are filed in skills order making it an easy reference guide.

Tip : Print down game instructions and diagrams to explain to fellow coaches

Drills and Games for working on all aspects of the game can be found at:

<http://www.sarsfieldsgaanewbridge.ie/sites/default/files/SarsfieldsCoachingManual2012.pdf>

<http://www.dublingaagamesdevelopment.ie/training-drills>

Other Website Links

In addition to the websites referenced earlier the following websites also contain useful information.

GAA Website –

<http://www.gaa.ie/coaching-and-games-development/coaching/>

Dublin Games Development – lots of good articles by renowned coaches – couple of good articles about Dynamic Warm-ups.

<http://www.dublingaagamesdevelopment.ie/resources/coaching-articles>

Warm up / Athletic Development (Based on FIFA 11+)

http://www.f-marc.com/downloads/workbook/11plus_workbook_e.pdf

GAA Athletic Development programme - GAA 15

<http://learning.gaa.ie/node/268653>



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Principles of the modern game

It is important for coaches to have an understanding of the basic principles of team play as applied to gaelic football. Essentially, there are three elements to most team games – Attack, Midfield and Defence

Principles of Attack

The principles of attack in modern gaelic football are

Depth: Support the ball
 Players as targets
 Short and long ball passing options

Penetration: Moving the ball through or into the oppositions defence at speed

Width: Playing balls into wide positions to draw and isolate defenders away from each other and from central positions giving more space inside for forwards to see.

Mobility: The movement of players in from or behind the ball therefore moving defensive players out of position and causing disruption in their defence. Players making runs to leave space for others.

Improvisation: Players changing roles, positions

Communication: Supporting players giving verbal and non verbal signals to the players in possession.



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Principles of Defence

The principles of defence are used to help counteract forward play and the main ones include:

Make forward make a decision

Too often defenders commit or lunge into the tackle without knowing what is going on behind them. A good defender will strive to get close enough to the attacker to prevent a score being taken but not too close to allow the forward to dummy or side step him. The defender should always keep in mind that the forward has to hop, solo, or get rid of the ball and the key principle of defending must be to make the forward make a decision. Good defending is all about waiting for the right moment to tackle or force the forward into a low scoring area of the pitch.

Delay Too often defenders see their primary duty as dispossessing the opponent, often resulting in a free kick being awarded, whereas the initial function of good defence is to delay and prevent the forward doing what he wants to do with the ball.

Balance: Balance also as a principle of play in defence is essential. With forwards being mobile and moving defenders around the pitch and attempting to pull them out of position, it is essential that the defence maintains balance through depth and cover. Defenders have to be coached to read the game while at the same time working on their man marking skills. Maintaining balance in defence is also about good communication, vision and decision making by the defender.

Concentration: For effective defending, high levels of concentration are essential. Concentration is central to getting players behind the ball into the key defensive areas to provide cover and depth.

There are a multitude of websites with information, however the 4 websites referenced in this document should meet 95% of coaches needs...



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Coaching Tips

The Training Session

Every effective training session for children must give due attention to the following key elements of player development

ABC - Agility, Balance, Co-ordination

RJT – Running, Jumping, Throwing

CPKS – Catching, Passing, Kicking

A properly structured training session for children should include 1 ABC, 1 RJT and 1 CPKS. Session should also include a warm-up.

Housekeeping

Always plan your training session beforehand (Template below..)

Be organised. Arrive early to set up your drills before you start

Have the right equipment, whistle/bibs/cones/balls etc.

Keep talk time brief

Set some ground rules before you start i.e. everyone stops what they are doing and listens when the coach blows the whistle

Face children away from distractions when explaining something

Always give encouragement and praise

Get the children to help with tidying up after training i.e. everyone grab a cone, make coach's job easier

Running the Session

Drills v Games – get the balance right

Cut the queues

Spot and fix

Three second rule

Increase the traffic

Small groups are easier to manage

An important tip for coaches of the younger Go Games teams is to start practicing for the rules of the next season from September onwards.



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Coaching Expressions

<ul style="list-style-type: none">- Attack the ball- First touch- Head down- Near hand tackle- Off the laces- Receiving a pass- Standing foot- Switch the play- Support- Break the tackle- That's a score- Protect the ball- Delay- No spills- Step across- Step up- Tackle- Sweet spot (kicking)- Do your job and do it well- Move it on- Be quick don't hurry	<ul style="list-style-type: none">- Speed of thought- Speed of play- Quick hands- Diagonal ball- No straight line runs- First touch- Switch the play- Angled lines- Deny space- Give and go- Next ball- Shoulder roll- Dispossess- Work the ball in triangles <p>Unhelpful expressions :</p> <p>Shoot!, shout “, will ya shoot!</p>
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Player Ownership/Development u13-u16

Suggested Approaches

Exchange mentors/coaches monthly U13-16

Kids to be responsible for packing their own kit bag

Putting away equipment after training

Grouping coloured bibs & cones

Technical training 15 minutes a day (Homework)

Quarterly feedback to parents & kids (quick chat at training/game)

Ownership of jerseys – returned as received

Shake hands with mentors

Respect at training – agreed punishment if not

Can you encourage your players to maintain personal practice diaries?

Specialised Coaches-GK, technique, defence

Could you use older players for training?



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Dublin Road, Sherris, Co. Dublin



Sample Training Session Template

COACHING SESSION PLANNER

DATE: / / STARTING TIME: : FINISHING TIME: :

NO. IN ATTENDANCE: CONDITIONS:

SESSION THEME

EQUIPMENT LIST

WARM UP

PLAY A GAME 1

REVISE A TECHNIQUE



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PRACTISE THE TECHNIQUE

DEVELOP THE SKILL

PLAY A GAME 2

COOL DOWN

SESSION REVIEW

IDENTIFY 3 ASPECTS OF THE SESSION THAT WENT WELL:

1. _____
2. _____
3. _____

IDENTIFY 3 ASPECTS OF THE SESSION TO IMPROVE UPON:

1. _____
2. _____
3. _____



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U13 to U 16 – 2013 MATCH PERFORMANCE

RATING YOUR PERFORMANCE AFTER EACH GAME ALLOWS YOU AND YOUR MENTOR TO FIND AREAS WHERE YOU CAN IMPROVE AS WELL AS IDENTIFYING AREAS WHERE YOU HAVE BEEN DOING CONSISTENTLY WELL AND BUILDING ON THAT:

GOALKEEPER –

➤ Did you command your area well?	1	2	3	4	5
➤ Did your kick-outs find their target ?	1	2	3	4	5
➤ Did you organise your defence well ?	1	2	3	4	5
➤ Did the defence give you enough cover?	1	2	3	4	5
➤ Were you happy with your performance?	1	2	3	4	5

DEFENDERS -

➤ Were you happy with your block count?	1	2	3	4	5
➤ Was your tackling good (near hand)?	1	2	3	4	5
➤ Was your kick passing good?	1	2	3	4	5
➤ Did you support player in possession?	1	2	3	4	5
➤ Were you happy with your performance?	1	2	3	4	5

MIDFIELDERS –

➤ Did you show for kick-outs?	1	2	3	4	5
➤ How was your handling?	1	2	3	4	5
➤ Did you dominate the middle?	1	2	3	4	5
➤ Were you free to take passes?	1	2	3	4	5
➤ Were you happy with your performance?	1	2	3	4	5

FORWARDS –

➤ Did you show well for the ball?	1	2	3	4	5
➤ Did you tackle back when needed?	1	2	3	4	5
➤ Did you create space for team mates?	1	2	3	4	5
➤ Were your shots from the scoring zone?	1	2	3	4	5
➤ Were you happy with your performance?	1	2	3	4	5

Please rate as follows 1 being the least amount with 5 being the best.

GOALS		
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TARGET

ACHIEVED?



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NOTES:
