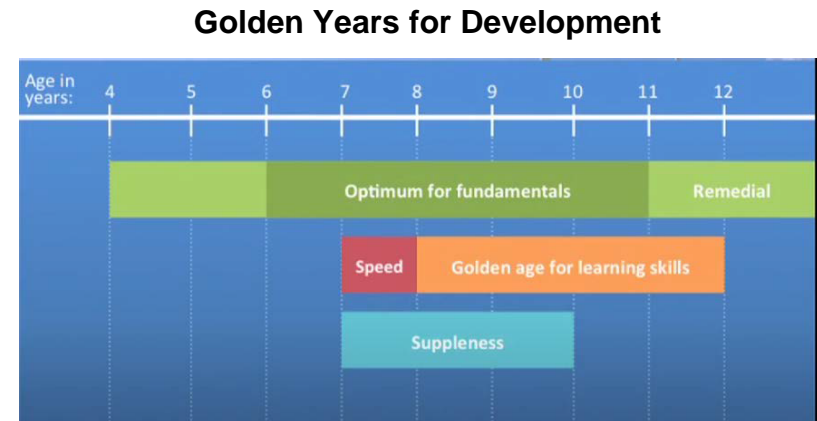




Kildorrery Juvenile GAA Coaching Plan

Coaching Plan Focus Areas are:

- Hurling & Football Skills
- Physical Development
- Game & Team Sense
- Developing as Players and as People



'Parents build players & Coaches build teams'

The secret is to work less as individuals and more as a team.

'As a coach I play not my fifteen best, but my best 15'.

TEAM MOTTO: A GOOD PLAYER ALWAYS COMES TO TRAINING & A GREAT PLAYER ALWAYS PRACTICES

Pathway Stage: 'Play To Learn'

1 sessions a week min

Emphasis:

- **FUN & ENJOYMENT**
- **PARTICIPATION**
- **AGILITY & FUNDAMENTAL MOVEMENT**

Characteristics of children at this age:

- Can be self-centred, little co-operation.
- May think that the ball is their own 'toy', so they will try to keep it and score rather than pass.
- They will respond to partner work and skills practice for a very short time. This helps to introduce to team work and cooperation.
- They will only watch the ball, they cannot/will not look for space to run into.
- They enjoy being asked questions and this should give the coach opportunities to check for understanding.
- When their team is in possession, they find it difficult to understand defending – to them they are merely chasing a ball.
- They respond best to target games, races and FUN activities (hitting, throwing, running)

EXAMPLE SESSION – RUN TIME 55 MINS

Section	Time	Activity
Warm-Up	10 Mins	<ul style="list-style-type: none"> • Monkey Tails • Tag using Sponge Balls • Flush the Toilet Tag • Bridges & Rivers • Simon says • Cones & Domes
Water & Divide into groups	5 Mins	
Skills Develop Drill 1-4	4 x 10 Mins	<ul style="list-style-type: none"> • Introduce & Explain Drill • Practice • Develop Drill towards Game Sense
Modified Game	10 Mins	<ul style="list-style-type: none"> • 7 a side modified game

PERSONAL DEVELOPMENT

- **CONFIDENCE**
- **FRIENDSHIP**
- **TEAM WORK**
- **TIME-KEEPING**
- **RESPECT**



Correct hurley size and grip:

- Using a hurley too long hinders a child's development
- When a child's hands are straight by their side and the boss of the hurley is touching the ground the top of the hurley should be at the wrist
- Correct grip (right) is important to develop a fluid swing



TEAM MOTTO: A GOOD PLAYER ALWAYS COMES TO TRAINING & A GREAT PLAYER ALWAYS PRACTICES

Pathway Stage: 'Play To Learn' while Learning to use the Ball 1-2 sessions a week

Emphasis:

- Major skills learning phase
- PARTICIPATION
- AGILITY & FUNDAMENTAL MOVEMENT

EXAMPLE SESSION

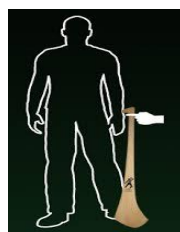
Section	Time	
Warn-Up	10 min	Agility/ Fun Game
Skill 1	10-12 min	Introduce/Revise Practice (Drills) Develop (Game sense)
Skill 2	10-12 min	Introduce/Revise Practice (Drills) Develop (Game sense)
Break		
Skill 3	10-12 min	Introduce/Revise Practice (Drills) Develop (Game sense)
Modified game	10-12 min	

PERSONAL DEVELOPMENT

- CONFIDENCE
- FRIENDSHIP
- TEAM WORK
- TIME-KEEPING
- RESPECT
- POSITIVE ATTITUDE
- WELL-BEING
- GOOD COMMUNICATOR

Characteristics of children at this age:

- They begin to look up when in possession for options
- Have difficulty tackling opponents but will kick the ball away from them and attempt to block shots
- They have a tendency to stand back in Hurling, so encourage them to get close to opponents
- Use questions to challenge and introduce decision making
- Need positive feedback, this is the age where drop-outs occur if children think they are no good
- Will now try to win by defending as well as scoring
- Begin to understand the need to change the direction of a run or a pass to be more effective and they begin to understand that a player may need support
- Coaches should continue to run small-sided games and conditioned games
- Players must get used to attacking the ball and breaking tackles.
- First critical period for speed development
- Players will beg for a game, but their technique is best improved through individual, paired a small group work.
- Ideal time for the 'whole-part-whole' approach to sessions, where coach starts with a game, stops it after 10 minutes, works on one technique for a short period, and then restarts the game



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TEAM MOTTO: A GOOD PLAYER ALWAYS COMES TO TRAINING & A GREAT PLAYER ALWAYS PRACTICES

Pathway Stage: 'Learn to Compete' while Learning to Play Together 1-2 sessions a week Emphasis:

- Fine tune skills, begin to understand how to play and work together as a team.
- Build Engine

EXAMPLE SESSION

Section	Time	
Warm-Up	10 min	Agility
Skill 1	10-12 min	Introduce/Revise Practice (Drills) Develop (Game sense)
Game sense drill/ conditioned game	10-12 min	Introduce/Revise Practice (Drills) Develop (Game sense)
Skill 2	10-12 min	Introduce/Revise Practice (Drills) Develop (Game sense)
Conditioned game	10-12 min	Focus on team play

PERSONAL DEVELOPMENT

- **CONFIDENCE**
- **FRIENDSHIP**
- **TEAM WORK**
- **TIME-KEEPING**
- **RESPECT**
- **POSITIVE ATTITUDE**
- **WELL-BEING**
- **GOOD COMMUNICATOR**
- **PRIDE**

Characteristics of children at this age:

- Players now compete with intensity against each other
- Players will try to win not only by scoring but by attempting to deny the opposition the opportunity to score
- Players will now 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 as well as in front
- Coaches need to continue to run small sided games and condition the players to solve problems in a game based environment
- During training, players must always feel part of the session. Coaches must always be ready to pay as much attention to them as to other established players and always work to improve their skills – 1-1 coaching may be needed
- Coaches must see and be quick to address the problem of 1 or 2 players dominating and preventing others from developing their skills during games. Modifying the rules can help here.
- Often players of this age fail to recognise the need to attack the ball and prefer to wait for the ball. If this is allowed to persist the player will find it hard to change this instinct.
- Training needs to be moderately increased
- He is now ready to develop general strength through their own body weight and core exercises.



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DOMINANT HAND

Pathway Stage 4: 'Learn to Compete'

2-3 sessions a week

Emphasis:

- **The principles of play and applying good game sense increase.**
- **Fine tune ENGINE, SKILLS & PERFORMANCE**

6 SPEEDS NEEDED TO PLAY Hurling

- RUNNING
- HAND
- EYE
- MIND
- SWING/Hurling
- REACTION

PERSONAL DEVELOPMENT

- | | |
|---------------------|---------------------|
| • CONFIDENCE | • POSITIVE ATTITUDE |
| • FRIENDSHIP | • WELL-BEING |
| • TEAM WORK | • RIDE |
| • TIME-KEEPING | • COMMITMENT |
| • RESPECT | • INTENSITY |
| • GOOD COMMUNICATOR | • GAME PREPARATION |

Characteristics of children at this age:

- While players in this stage may be the chronological age, their biological age may differ greatly; i.e. more/less developed
- The onset of puberty usually occurs during the early stages of this cycle. Aerobic and strength programmes should be individualized or grouped according to their Peak Height Velocity (PHV). Only trained coaches to undertake this training
- Advanced technical skill development/skills must be developed under pressure
- Fitness with the ball in skills and drills
- The players will gain an understanding of the principles of attack and defence through grids and small sided games
- Players can now be introduced to moderate aerobic and strength training through ball work
- Players should be introduced to psychological training through games that promote concentration and better decision making

Physical Development

- Speed
 - multi-directional (efforts <20 s in response to hand signals)
 - Quick footwork, change of direction, agility and reaction sprints
- Strength
 - Body weight circuit training (upper and lower body, trunk)
 - Develop core strength (plank)
 - Learning correct weight lifting techniques (squats, snatch, lunge etc.)
 - Introduce light free weights and medicine balls
- Stamina
 - Small sided games
 - 3 v 1 drills
 - Drills incorporating the ball
- Flexibility/Coordination
 - Maintain flexibility exercises
 - Dynamic warm-up

Pathway Stage 5: Learning to Perform

3 sessions a week

Emphasis:

Combining all aspects of performance including DECISION MAKING, higher PHYSICAL DEMANDS of the game and coping with COMPETITION

6 SPEEDS NEEDED TO PLAY Hurling

- RUNNING
- HAND
- EYE
- MIND
- SWING/Hurling
- REACTION

PERSONAL DEVELOPMENT

- CONFIDENCE
- FRIENDSHIP
- TEAM WORK
- TIME-KEEPING
- RESPECT
- POSITIVE ATTITUDE
- WELL-BEING
- GOOD COMMUNICATOR
- PRIDE
- COMMITMENT
- INTENSITY
- GAME PREPARATION
- MATURITY
- CONTROLLED AGGRESSION
- COOL-HEADED
- GOOD COMMUNICATOR
- EXAMS
- BEING A ROLE MODEL

Characteristics of players at this age:

- Now players begin to reach their physical peak and slow developers begin to catch up
- Encourage ideas of self-awareness and self-help within each player
- A Physical Movement Screening (conducted by a Physio) should be carried out on each player and the results along with their Critical Success Factors (CSFs) identified by each player in their Self-Assessment Profile (SAP) should form the basis of a Personal Development Plan (PDP)
- Each player should have a PDP, a component of which should be an individualized conditioning programme developed and delivered by a Strength & Conditioning coach. Each player should be committed to their programme as they will have an input into their Self-Assessment Profile (SAP)
- 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

Physical Development

- Speed
 - multi-directional (efforts <20s in response to hand signals)
 - Quick footwork, change of direction, agility and reaction sprints
- Strength
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 - Introduce light free weights and medicine balls
- Stamina
 - Small sided games
 - 3 v 1 drills
 - Drills incorporating the ball
- Flexibility/Coordination
 - Maintain flexibility exercises
 - Dynamic warm-up



Age Appropriate Skills



Age	Physical Development
Fundamental Movement Skills	
U6 - 13	Balance <ul style="list-style-type: none">- Static- Dynamic
	Hopping
	Walking
	Running
	Skipping
	Crawling
	Jumping <ul style="list-style-type: none">- 2 footed- From standing- Moving into jump- Single leg jump
	Landing <ul style="list-style-type: none">- 2 feet- 1 foot- Ready position
Fundamental Sport Skills	
U6- 13	Agility <ul style="list-style-type: none">- Body awareness- Spatial awareness- FUN based games
	Throwing/Catching <ul style="list-style-type: none">- Controlled throws- Variety of positions- Target based
Conditioning	
U11 /17	Basics of warm-up & cool-down

Age	Game Sense	
U7	Skills in a game situation	Light physical contact
	Accuracy of striking	Close to opponent
	Not in isolation	Game introduction
U8	Player evasion	
U9	Contesting possession	Learning positions
	Looking up	Support the player
	Move with the ball	Passing
	Tackling	
U11	Spatial Awareness	Defending
	Attacking Play	Options in possession
U13	Creating an overlap	Breaking tackles
U15	All skills performed under pressure	Winning dirty ball (2 nd phase)
	Creating space	Creating scoring opportunity
	Goal getting	Increased physical contact
	Team tactics – frees, puck outs	Support overlapping player
	Winning breaking ball	Taking sidelines
U17	Switching play	Attacking as a unit
	Defending as a unit	

Age	Hurling Skills	
U7	Holding Hurley correctly (Grip)	Clashing - Tyres & Ropes
	Stopping moving ball & controlling it	Frontal Block
	Dribbling	Flicking
	Ground strike	Ground strike on run
U8	Roll & Pick	Jab lift
U9	Hooking	Sideline cut
	Front ground block	Ground strike on run
	Strike out of hand	Move with the ball , 4 steps
U11	Hand Pass	Free Puck
	Overhead catch – protect hand	First touch
	Front block	Soloing at speed
	Strike from hand on run	Flick ball off hurley
U13	Overhead batting	Low catch
	Doubling	Overhead block
	Overhead strike	Hand pass off hurley
	Ground flick	Goalkeeping
	Control moving ball	
U15	Overhead catch	Create scoring opportunity
U17	Hooking, blocking, striking	Emphasis on first touch

Age	Football Skills	
U7	Throwing/Passing	Body catch
	2 handed bounce	Pick-up <ul style="list-style-type: none"> - Stationary - moving
	1 handed bounce	Knee tap solo
U8/ 11	Solo run	Low catch
	Hand pass (closed fist)	Block down
	Ground kick	Near hand tackle
	Punt kick	shadowing
	Overhead catch	
U13	Bounce/hop	Shoulder clash
	Side step/feint	Frontal tackle
	Hand pass (L & R)	Pick-up (L&R)
	Punt kick (L&R)	Catch (overhead, body, low, high)
	Hook kick (L&R)	
U15	Change pace with ball	Free/Penalty kicks
	Punt kick – to moving target	Dive block down
	Hook kick – to moving target	Hand off
	Scoring from angles	Chip lift (L&R)
U17	Side step, dummy, feint	Hand-off/checking