

Douglas Player Pathway

Kicking/Striking, Coaching, Tackling

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INTRODUCTION

THE DOUGLAS GAA PLAYER PATHWAY

The purpose of this Player Pathway is to offer support & guidance to our clubs & coaches on player development. The Pathway is segregated into age grades, however, this is just a guide as players develop at different speeds.

The completion of this Pathway is just the first stage of the process. Stage Two involves you, the coach, utilising the information within & giving our players the best experience.

We offer our support to our clubs & coaches, just like you, through Coaching Workshops, Parents Workshops & Player Development Workshops. See the information on Page 46 for further resources.

This Pathway will be reviewed periodically.

Kicking/Striking, Catching, Tackling, Work Rate

MISSION STATEMENT, VISION, VALUES

MISSION STATEMENT

"We are a community-based volunteer organisation promoting Gaelic Games, Irish identity and culture and lifelong participation."

We are dedicated to ensuring that our games and values enrich the lives of our members, families, and the communities we serve. We are committed to active lifelong participation for all and to providing the best facilities. We reach out to and include all members of our society. We promote individual development and well-being and strive to enable all our members to achieve their full potential.

VISION

"Our vision is that everybody has the opportunity to be welcomed to take part in our games and culture, to participate fully, to grow and develop and to be inspired to keep a lifelong engagement with our club."

VALUES



COACHING POLICY

OUR ROLE AS COACHES

Our role as coaches is to bring out the best in our players and to develop them as both a group and as individuals. To do this we must create a competitive and safe environment, where players are allowed to have fun and to express themselves, such that they are skipping out the gate after training and will skip back in the gate for the next training session.

PERSON CENTRED APPROACH

“To teach Johnny Hurling/Camogie you need to know Hurling/Camogie and you need to know Johnny”

It is important we adopt a “Person Centered” approach to coaching i.e., not only do we know our players strengths/weaknesses from a technical/tactical viewpoint, we also make it our priority to know what motivates them, why do they come to training (learn the skills, meet friends, have fun etc.).



“The only team that needs to win trophies is the first team. The youth teams don't need to win, they just need to make their players better.”

Before the age of 14 it's just playful skills and developing good habits, like controlling the ball, passing and positions, and we're also thinking a lot about the mental side.

So in the end you have not just a complete footballer, but a person who is good for others, who means something in the world.”

Dennis Bergkamp



CHILDREN MAKING FRIENDS

We strongly encourage coaches to group players with others that may not be their closest friends, to reduce cliques and create a friendly environment for all players.

This can be achieved by planning the training groups in advance of the training session.



COACH DEVELOPMENT

The key to good coaching is good coaches. Accordingly, we need to focus on upskilling our coaches so they will maximise their potential and that of our players.

The club will identify the best coaches at underage and adult level and we will work with our coaches to ensure we are meeting best possible coaching standards for our club. Our coaches will be supported 100% by the club in their journey to becoming the best possible coach they can be through the running of internal and external workshops, courses, knowledge sharing and mentoring.

We all want to enjoy coaching whether we win, lose, or draw and it is worthwhile considering what motivates us to be coaches and what we want to achieve.

If we plan to work with and develop our players through their teenage years and beyond, and if we want to bring success to our club, then it makes sense to invest time in developing our coaching skills.

The GAA Award Structure provide a roadmap for our development and the GAA site <https://learning.gaa.ie/> facilitates our continuous education so that we can improve by means of specifically designed courses, workshops and conferences incorporating internationally recognised principles of best practice.

The following is policy within our clubs

- Anyone involved with coaching/mentoring should complete the Foundation course (GAA Mandatory), within the first 12 months of their involvement.
- The head coach for 9-12-year-olds must complete the Award 1 Course
- The head coach from 13 upwards should complete the Award 2 Course



GAME CENTRED APPROACH

GAMES BASED COACHING is the philosophy of using a variety of games to teach something as opposed to drills. Instead of teaching a skill in a drill setting, games are designed to teach the athlete the same concept as they play in an actual game situation

A drill is something we do repetitively, without thinking. That doesn't allow the athlete to develop the perception of when and where to use it.

Why is Games based better than drill based?

- Fun v boring
- Straight lines v multi directional movement
- Numerous repetitions v fewer repetitions
- Loads of decision-making v no decision making
- Moving v static

- Allows for flexibility v little flexibility
- Pressure v no pressure

PLAYING DIFFERENT POSITIONS

If we limit young players to specific positions too early, we only expose them to the technical/tactical skills required for that position instead of giving them the opportunity to develop a more rounded Hurling/Camogie/Football education and a deeper understanding of different positional requirements

Some of the key benefits of playing players in different positions are :

- Developing more skillful players
- Improving teamwork and team performances
- Making the games more interesting and fun
- Teaches players the importance of flexibility (life skill)
- Players start to get used of change (life skill)
- We may uncover hidden talents

"She is definitely a forward, or is she?"

We recommend between the ages of 12 to 15, we try out players in different positions in training and matches and whilst recognizing this comes with a risk of losing the match, we also see that a more rounded player is more important at these ages.



PLAYING SEASON



The Coaching Committee recommend that the playing season runs from February to November and recommends a maximum of two week's break in Summer to ensure we are playing Hurling, Camogie, and Football in the best weather and pitch conditions.



During December and January, players should be encouraged to practice at home by provision of an online skills video

LINKING WITH LOCAL SCHOOLS

As a Club in the heart of the community, the relationships our Club fosters with local schools is critical to the Club's future success. Through active liaison, communication, in-school coaching with our Games Promotion Officer and Club volunteers, as well as provision of our facilities to host training and matches, these school relationships can provide an environment where our members can develop their skills and enjoy participation in GAA, LGFA and Camogie activities from nursery level through to adulthood.

Our Club has a large number of primary and post primary schools in our catchment area. Engagement and co-ordination with stakeholders at each of these schools will assist with achieving our goals around player number growth, coaching excellence and skill development. These relationships are important in ensuring training and playing load for all players are age and sport appropriate.

COACHING IN A DUAL CLUB

For GAA/LGFA/Camogie, no player should have more than 4 total sessions across all codes per week with their club (e.g. two training sessions and two matches). This is an important measure to prevent burnout and coaches need to recognize that players are playing other sports and that a commonsense approach is required to safeguard player welfare and avoid overload. Concerns with respect to training/match load exceeding these guidelines should be brought to the attention of the respective Child Protection Officers of the GAA/LGFA/Camogie as appropriate.

Whilst Camogie & LGFA draw from the same pool of players, each age group doesn't necessarily have the same set of coaches for football and Camogie. Therefore, good communication between the coaches is essential to ensure players are not having too few or too many training sessions/matches in a given week. The single code player also needs consideration and in some age groups with a large number of single code players, a tailored approach may be required for those players. Where a coach feels the collaboration between codes is not working effectively then he/she should ask the club secretaries to discuss and facilitate a resolution.



COMPETITION FROM OTHER SPORTS

Some other sports have the attraction of a path to a professional career. We do not have this in GAA and therefore must find an alternative message.

To keep our players involved, we must show them a future where they can demonstrate their skills on the highest stage for club or county (i.e. Páirc Uí Chaoimh in a County Final or Croke Park in a Club All Ireland Final).

All players need to know there are teams at all ages including adult level that suit their ability and they will also have an opportunity to win titles and enjoy Gaelic Games through their teenage years and into adulthood.

Every chance we get, we should tell our players about the opportunities within the club and within the GAA.

PRACTICE AT HOME

Our clubs will endeavor to create a tradition of practice at home for Hurling/Camogie and Football. Regular online skills videos, player of the week, and most improved player prizes as well placing an expectation on players and parents will become part of our practice at home policy.

SKILLS CHECKER

Skills Checking is being introduced in the Club:

- to give players and coaches a focus for which skills to develop at which age grade;
- to track players reaching skills milestones at each age grade;
- to assist coaches in identifying areas for further development for a particular group; and
- to create a baseline of information to measure players' skills development in the club in the coming years.



- The skills checker should be run at the beginning and end of the season.
- Results will be fed into a central database controlled by the Games Promotion Officer.
- For the first year we will gather information, look for improvement in each player and focus training on what the coaches perceive as deficits.
- The results of skills checks should be shared with coaches, with individual players and parents.
- Skills should be assessed/graded broadly under the three headings of “developing”, “proficient” and “exceeds expectations”.

Specific Considerations for Skills Checking at Street Leagues Age Grades:

- The practicalities of completing a skills checker for upwards of 80 children per group at Street Leagues may mean that all the skills on the checker cannot be completed and therefore the focus should be on striking/kicking, catching and tackling skills as appropriate to the age group.
- Particularly at Street Leagues ages, skills should be assessed discretely and in a sympathetic way (i.e. it should not be apparent to very young kids that they are being assessed for a skills check).
- For age grades from U12s and below, the results of a skills check should not be shared with the players on an individual basis and instead coaches should use the results to inform the focus for the next training block or to address the group as a whole on skills to work on or practice further at home.



PLANNING & ORGANISING TRAINING SESSIONS

All training sessions should be pre-planned by the head coach and circulated in advance to mentors to include:

- The key focus
- Number of player groups and who is in each group
- Pitch layout-Number of stations
- How many players at each station
- Who is the mentor at each station
- What time is spent at each station
- Note: From U9 up, when we teach a skill, we also teach where it applies to the game
- Note below the recommended ratio of coaches to kids and on field playing time



	U5-U7	U8-U9	U10-U11	U12-U13	U14-U15	U16-U18
Ration Coaches to players	1 to 4	1 to 8	1 to 8	1 to 8	1 to 10	1 to 12
On field playing time	45mins to 1 hr.	1hr	1hr	1hr	60mins-75mins	60mins to 75mins

The following resources should be used:

- Training Session Plan Template
- Session plan 9s-12s
- Session Plan u6-u8s

These documents can be found at

<https://douglasgaa.com/downloads/#coaching-resources>

SPECIALISED COACHING

The Player Pathway doesn't seek to address specialized coaching such as goalkeeping, free taking, forward play, defending, tackling etc.

The One Club Coaching Committee will be proactive in organizing such coaching using internal and external resources and welcome suggestions from coaches at all levels. (Email: gpo@oneclubdouglas.com)



ADOPT A TEAM PROGRAM

Under our "Adopt a Team" program, existing adult players or recently retired players adopt one of the age levels in Street Leagues or Underage from U12 to U17 and offer meaningful support to players and coaches at training and matches.



The One Club Coaching Committee will endeavor to support all age groups that seek out such support and will actively pursue support for all teams in the underage section of the clubs (U12-U17).

Ladies football invite transition year students who play with club to assist coaches with underage teams and the Club will facilitate them with enrolling in foundation courses and helping them to develop their skills, while giving Street Leagues girls role models within their Club.

The clubs should also encourage our underage players (14-15-year-old) to come back to Street leagues and help with football, hurling or camogie training. This gives an added buzz around Street Leagues training as well as being good for the rounded development of our teenagers within the Club.

Kicking/Striking, Catching, Tackling, Work Rate

“KNOW YOUR PLAYERS”

CODE OF BEHAVIOUR

The Douglas and GAA Code of Behaviour (Up to U18) is a separate document that should be read in conjunction with this Pathway. Amongst other matters it addresses the following:

- Player, coach, parent, and Club behaviour
- Club specific rules up to U18

LONG TERM ATHLETIC DEVELOPMENT

Long term athletic development addresses the different stages of trainability during childhood and adolescence.

It takes 8-12 years for an athlete to reach elite levels and therefore, long term commitment is required.

Gaelic football and hurling/camogie are classified as late specialization sports.



This means that a generalised approach is required in the early stages of training. This is where a structured strength and conditioning program comes into play.

The following are the stages of long-term athletic development:

Stage	Age	Objective
FUNdamentals & Learning to Train	9-12	Develop fundamental movement & fundamental sport skills
Training to Train	12-15	Develop sport specific skills, general strength, speed and endurance
Training to Compete	16-17	Position/player specific skills and specific strength, speed and endurance preparation
Training to Win	>18	Maximise performance

One Arena have been engaged to provide the Club with a Long-Term Athlete Development Pathway outlining the training that is carried out at the different age groups. In instances where preseason fitness sessions are being organized, it is reasonable to consider combining LGFA and Camogie when the same group of players are involved. See website downloads for further information.

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THE GAELIC GAMES PLAYER PATHWAY (FTEM)

On Tuesday 10th December 2019, the GAA released a Talent Academy and Player Development Review Committee Report. This report was the result of an extensive consultation process which included workshops with staff and volunteers, inclusive of club coaches, teachers, parents & players. Over 1000 stakeholders were surveyed and over 7000 statements were gathered and divided into key issues, key recommendations, and commended practices.

One key aspect in this report is a new Player Pathway Framework (FTEM) which repositions the club at the centre of the player pathway. Education, player development & competitions will begin to fit around the pathway. These programs are underpinned by values & principles that allow the player and club to occupy the central spaces in the development process.

Kicking/Striking, Catching, Tackling, Workmate



GAAELIC GAMES
PLAYER
PATHWAY

FOUNDATION

PARTICIPATION & ACTIVE LIFESTYLE



GAELIC GAMES DEVELOPMENT FRAMEWORK EXPLAINED

FOUNDATION

F1- LEARNING & ACQUIRING BASIC MOVEMENT

- Club Nursery/Street Leagues Have a Ball
- Club Primary Section

F2- EXTENSION & REFINEMENT OF MOVEMENT

- Go Games
- Primary School Competitions
- Primary School Informal GAA Activity

F3- COMMITMENT TO GAELIC GAMES AND/OR ACTIVE LIFESTYLE

- Underage Club Competitions up to and including u17
- Adult Club Competitions

GAELIC GAMES DEVELOPMENT FRAMEWORK EXPLAINED

TALENT

T1- DEMONSTRATION OF POTENTIAL

- U13/14 Schools of Excellence
- u15 Development Squad

T2- VERIFICATION OF POTENTIAL

- U16 Development Squad
- 2nd Level Junior Competition

T3- PRACTICING AND ACHIEVING

- u17 Minor and Intercounty Squad 2nd Level Senior Competition
- 3rd Level Freshers Competition u19 Intercounty Squad

T4- BREAKTHROUGH

- 3rd Level Senior Competition

ELITE

E1- SENIOR INTERCOUNTY SQUAD

U4-6: F1 LEARNING & ACQUIRING BASIC MOVEMENT

"MY BALL"

- Children at this age are new to sharing
- Incorporate activities with a ball each & between two to introduce teamwork

"OOOHHH LOOK AT THAT!"

- These children have a short attention span & are distracted easily
- Speak briefly to the group & use imagery during activities (let them be an animal or their favorite superhero)

"ME! I KNOW! I KNOW!"

- These children love knowing the answers to questions
- Ask questions throughout the session. Ask them to help you because you have "forgotten how to catch the ball." They will quickly reiterate the main coaching points to you

ALSO...

- Speak & meet with parents about the child Find out likes & dislikes
- Encourage some games at home
- Get down to a child's level when you speak with them- height, language, games etc

AGE 4-6 Skill Emphasis:

Skill Emphasis

HURLING/ CAMOGIE	FOOTBALL	PHYSICAL DEVELOPMENT	TACTICAL
<p>Handling:</p> <ul style="list-style-type: none"> • Correct Hurl Size • Identify "Hurley Hand" • Identify "Catching Hand" Grip • (Ready, Lock) • Swing <p>Sending: *Left/ Right*</p> <ul style="list-style-type: none"> • Ground Strike • Underarm Throw <p>Receiving:</p> <ul style="list-style-type: none"> • Ground Stop • Catch (beanbag/ball) <p>Travelling:</p> <ul style="list-style-type: none"> • Dribble (both sides) <p>Tackling:</p> <ul style="list-style-type: none"> • Ground Block <p>Advanced:</p> <ul style="list-style-type: none"> • Strike from hand <ul style="list-style-type: none"> ○ One handed swing half-way down hurl • Jab/Roll lift <ul style="list-style-type: none"> ○ Easier on knees with one hand halfway 	<p>Handling: (Sending)</p> <ul style="list-style-type: none"> • Roll • Bounce • Tummy Throw • Chest Pass <p>Handling: (Receiving)</p> <ul style="list-style-type: none"> • Roll • Bounce • Chest Catch <p>Kicking: *Left & Right*(Sending)</p> <ul style="list-style-type: none"> • Ground Kick • Cone Kick (replicating punt kick) <p>Travelling:</p> <ul style="list-style-type: none"> • Picking up & setting down football • Bouncing the ball • Dribbling (explore all parts of the feet) • Knee-tap solo <p>Advanced:</p> <ul style="list-style-type: none"> • Handpass (Left/right) • Punt Kick (Left/Right) 	<p>Strength</p> <ul style="list-style-type: none"> • Use bodyweight • Balance on body parts • e.g. plank, bear crawls, animal races <p>Movement/Speed</p> <ul style="list-style-type: none"> • Coach running technique • Lip to Hip arms • Running on balls of feet • Use races, tag games etc. <p>Flexibility</p> <ul style="list-style-type: none"> • Mobilise body parts • e.g., arms, hips etc. <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>GAMES</p> </div> <ul style="list-style-type: none"> • Target Games • Court Games 	<p>Spatial Awareness</p> <ul style="list-style-type: none"> • Do they know what a good space is? <p>Passing & Moving</p> <ul style="list-style-type: none"> • Can they pass & move to a good space? <p>Principles of Attack & Defence</p> <ul style="list-style-type: none"> • Do they know what a score is? • Would they know where to score? • Do they know what defending means?

AGE 4-6: F1 Skills Checker (Hurling/Camogie)

Player Name:

Hurl Appropriate:	Weight: <input type="checkbox"/>	Size: <input type="checkbox"/>	
Correct Grip:	Grip: <input type="checkbox"/>	Ready: <input type="checkbox"/>	Lock: <input type="checkbox"/>
Hurl Hand Established:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Catching Hand Established:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Can they dribble the ball 10m?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Can they solo a bean bag 5m & back?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Can they ground strike off both sides?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

Kicking/Striking, Catching, Tackling, Work Rate

AGE 4-6: F1 Skills Checker Football

Player Name:

SKILL	DESCRIPTION	STATIONARY	MOVING
Chest Catch	Can they catch the ball comfortably when thrown by the coach?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce & Catch	Can they bounce the ball & catch again?	<input type="checkbox"/>	<input type="checkbox"/>
Ground Kick	Can they kick the ball accurately from 5m along the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up	Can they pick the ball up with two hands without stopping?	<input type="checkbox"/>	<input type="checkbox"/>
Knee Solo	Can they solo bounce the ball off their knee & catch?	<input type="checkbox"/>	<input type="checkbox"/>
Throwing	Can they throw the ball underhand accurately to the coach?	<input type="checkbox"/>	<input type="checkbox"/>

U7-U9: F2 EXTENSION & REFINEMENT OF MOVEMENT

"IS COACH STILL TALKING??"

- Children at this age just want to get out & play
- Keep interactions short & sweet, using questions to check for understanding

"CAN WE PLAY A GAME NOW?"

- Children at this age love playing matches & games
- Modify games using the STEP principle to ensure desired outcomes are met Target,
- Field & Court games are encouraged.
- If you play matches, keep them small-sided sided games (3v3, 4v4, 5v5, 6v6)

"I'M NO GOOD AT THIS!"

- This is an important time in a child's development
- How many successes (scores, points) they achieve have an impact on their perception of the session & the sport
- Plan different versions of games & tasks to allow for all children to achieve success

ALSO...

- Make notes about each child's development Remember that they are not mini adults
- Use storytelling, imagery, and FUN to ensure children keep coming back
- Avoid negative language such as "don't" or "weak-side"

Age 7-9 Skill Emphasis

Skill Emphasis

HURLING/CAMOGIE	FOOTBALL	PHYSICAL DEVELOPMENT	TACTICAL
<p>Handling:</p> <ul style="list-style-type: none"> • Correct Hurl Size • Identify "Hurley Hand" • Identify "Catching Hand" • Grip (Ready, Lock) Swing <p>Sending: *Left & Right*</p> <ul style="list-style-type: none"> • Ground Strike moving ball • Ground Strike while moving • Striking from hand (stationary to moving) <p>Receiving:</p> <ul style="list-style-type: none"> • Catching (High, Mid, Low) • First Touch • Roll & Jab Lift (practice 1 & 2 hands) <p>Travelling:</p> <ul style="list-style-type: none"> • Dribble (both sides) • Solo (bean bag or ball) <p>Tackling:</p> <ul style="list-style-type: none"> • Ground Block • Hooking • Clash • Ground Flick • Airborne Block 	<p>Handling: (Sending) *Left & Right*</p> <ul style="list-style-type: none"> • Hand Pass • Fist Pass <p>Handling: (Receiving)</p> <ul style="list-style-type: none"> • Body Catch • Low Catch • High Catch (from 8/9) <p>Kicking: *Left & Right* (Sending)</p> <ul style="list-style-type: none"> • Punt Kick • Hook Kick (from 8/9) <p>(Receiving)</p> <ul style="list-style-type: none"> • Crouch Lift <p>Travelling:</p> <ul style="list-style-type: none"> • Toe Tap (Stationary to moving) • Bounce on the move <p>Tackling:</p> <ul style="list-style-type: none"> • Near Hand Tackle • Frontal/Fencing Tackle • Block 	<p>Strength</p> <ul style="list-style-type: none"> • Use bodyweight • Balance on body parts • e.g., plank, bear crawls, animal races • Partner resistance Activities <p>Movement/Speed</p> <ul style="list-style-type: none"> • Coach running technique • Lip to Hip arms • Running on balls of feet • Use races, tag games etc. <p>Flexibility</p> <ul style="list-style-type: none"> • Mobilise body parts • e.g., arms, hips etc. • Introduce Warm-up & Cool Down concept. • Give flexibility tasks <p>GAMES</p> <ul style="list-style-type: none"> • Target Games • Court Games • Non-Invasion • Part Invasion • Full Invasion 	<p>Spatial Awareness</p> <ul style="list-style-type: none"> • Do they know what a good space is? <p>Passing & Moving</p> <ul style="list-style-type: none"> • Can they pass & move to a good space? • Can they pass to a moving receiver? • Can they support a player off the ball? <p>Principles of Attack & Defence</p> <ul style="list-style-type: none"> • Do they know what a score is? • Would they know where to score? • Do they know what defending means?

AGE U7: F2 Skills Checker (HURLING/CAMOGIE)

Player Name:

Ground Strike (Right Side)	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Ground Strike (Left Side)	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Roll Lift & Jab Lift	How many in 60 secs?	Roll Lift <input type="checkbox"/>	Jab Lift <input type="checkbox"/>
Solo Bean Bag/Ball (out 10m & Back)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Ball/Beanbag
Overhead Catch (Coach throws from 10m)	How many catches from 5 attempts? <input type="checkbox"/>		
Can they solo a bean bag 5m & back?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Can they ground strike off both sides?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

AGE U7:F2 SKILLS CHECKER (FOOTBALL)

Player Name:

SKILL	DESCRIPTION	STATIONARY	MOVING
Overhead Catch	Can they catch the ball over their head comfortably?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce & Catch	Can they bounce the ball & regain possession without dropping?	<input type="checkbox"/>	<input type="checkbox"/>
Punt Kick (Both Feet)	Can they kick the ball from the hands before it hits the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up	Can they pick the ball up without stopping?	<input type="checkbox"/>	<input type="checkbox"/>
Foot Solo	Can they solo the ball without dropping?	<input type="checkbox"/>	<input type="checkbox"/>
Hand Pass	Can they pass the ball with their hand?	<input type="checkbox"/>	<input type="checkbox"/>

AGE U8-9:F2 SKILLS CHECKER (HURLING/CAMOGIE)

Player Name:

Ground Strike

- Four balls in a line
- Player strikes 2 from left & 2 from right

LEFT

0-10m

10-15m

15m+

RIGHT

0-10m

10-15m

15m+

Roll Lift

- Two squares 5m apart
- Roll lift 5x balls from 1 square into other.
- Coach times this.

Time:

Jab Lift

- Two cones 5m apart
- Run around each cone, jab lift & drop.
- How many in 30 secs?

How many in 30 secs?

First Touch

- Coach rolls the balls toward player
- Player takes first touch to hand

How many out of 5?

Strike from Hand

- Static strike
- 3 strikes on left & 3 strikes on right

0-20m= 5 pts; 20-40m= 10 pts; 40m+= 15pts

Right

Left

Hand Pass

- 5m apart
- Hand pass each hand x5 times

How many out of 5 attempts?

Right

Left

Catch

- Coach strikes ball to player 5m away
- Player catches

How many out of 5 attempts?

Right

Left

AGE U8-9:F2 SKILLS CHECKER (FOOTBALL)

Player Name:

Catching

- Coach stands 10m away
- Coach throws 8 balls
- 2x high, low, body & moving catch

Score:
(2 points/catch)

Hand Pass

- Two players 5m away
- 5 with each hand
- 2 points per successful pass

Score:
(2 points/pass)

Crouch Lift

- Two cones 5m apart
- Run around each cone, lift & drop.
- How many in 30 secs?

Score:

Punt Kick

- Player stands 10m from target
- Target- 2 cones, 3m apart
- 5 attempts per foot

How many out of 5 attempts?

Right

Left

Solo (Moving)

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones

2 points per successful solo.

Right

Left

Hook Kick

- 14m from goal
- Hook kick over the bar
- 5 with each foot

Score: (2 points/score)

Right

Left

Can they...

Perform the Frontal block?

Yes

No

Can they...

Perform the Near hand tackle?

Yes

No

U10-U13: F3 COMMITMENT TO GAELIC GAMES & ACTIVE LIFESTYLE

"THE iPad GIVES ME A GAME"

- This is a crucial stage, it's when competition really begins
- Children want game-time. If YOU don't give them it, they might not return. The iPad doesn't discriminate...

"BUT THEY WON'T PASS THE BALL"

- Children need your advice on how to be in a better position off the ball
- Show them how to support teammates off the ball by being in a good space
- Bigger players dominate games here.
- Modify games to ensure passes are needed before a score can take place

"I DONT UNDERSTAND"

- Players will never understand the game if you keep telling them how it should be done
- Set up small groups & tasks. Ask players to solve the problems, and assist them through the process.

ALSO...

- Make notes about each child's development
- Help players understand the need to attack the ball
- Peers now have a bigger influence on choices

Age 10-13 Skill Emphasis

Skill Emphasis

HURLING/ CAMOGIE	FOOTBALL	PHYSICAL DEVELOPMENT	TACTICAL
<p>Sending:</p> <p>*Left & Right*</p> <ul style="list-style-type: none"> • Hand Pass • Strike from hand (stationary to moving) • Q. Can they strike with a long & short grip? • Q. Can they strike moving forward, backwards & over shoulder? <ul style="list-style-type: none"> ○ Striking off hurl ○ Lift & Strike ○ Side-line cuts <p>Receiving:</p> <ul style="list-style-type: none"> • High Catch <ul style="list-style-type: none"> ▪ Progression- try it with opponent in front, side & behind • Roll & Jab Lift (1 & 2 hands) • First Touch (Stationary to moving) <p>Travelling:</p> <ul style="list-style-type: none"> • Solo (straight lines & multi-directional) <p>Tackling:</p> <ul style="list-style-type: none"> • Side Flick (Snig) Hooking (while moving) • Blocking from front & side (2 & 1 handed) 	<p>Handling: (Sending)</p> <p>*Left & Right*</p> <ul style="list-style-type: none"> • Hand Pass • Fist Pass <p>Handling: (Receiving)</p> <ul style="list-style-type: none"> • High Catch <ul style="list-style-type: none"> ○ Progression- with opponent in front, side & behind • Low Catch • Reach Catch (stationary to moving) <p>Kicking: *Left & Right* (Sending)</p> <ul style="list-style-type: none"> • Punt Kick (laces, inside & outside foot) • Hook Kick <p>(Receiving)</p> <ul style="list-style-type: none"> • Crouch Lift • Chip Lift (ball moving toward player) <p>Travelling:</p> <ul style="list-style-type: none"> • Toe Tap (Left & Right) • Crossover bounce while moving • Dummy Solo • Q. Can they Solo/bounce & change direction quickly? <p>Tackling:</p> <ul style="list-style-type: none"> • Near Hand Tackle • Frontal/Fencing Tackle • Block 	<p>Strength</p> <ul style="list-style-type: none"> • Use bodyweight • Introduce core strength • Light medicine ball work • Partner resistance Activities <p>Movement/Speed</p> <ul style="list-style-type: none"> • Coach running technique • Lip to Hip arms • Running on balls of feet • Use races, tag games etc. • Build endurance into activities <p>Flexibility</p> <ul style="list-style-type: none"> • Mobilise body parts • e.g.arms, hips etc. • Introduce Warm-up & Cool Down concept. • Give flexibility tasks <p>GAMES</p> <ul style="list-style-type: none"> • Target Games • Court Games • Non-Invasion • Part Invasion Full Invasion 	<p>Principles of Play</p> <ul style="list-style-type: none"> • Ball retention • Avoiding traffic • Use of Set Pieces • Movement of the ball and players off the ball <p>Principles of Attack & Defence</p> <ul style="list-style-type: none"> • Do they know to show an attacker away from goal? • Can the attacker find the right space to receive the ball?

AGE U10-11:F3 SKILLS CHECKER (HURLING/CAMOGIE)

Player Name:

Strike from Hand

- Stand on 21m line
- Strike at goal without it hitting the ground

RIGHT

Score: /5 attempts

LEFT

Score: /5 attempts

Strike from Hand (Moving)

- 3 cones on 21m line
- 1 cone in center and 1 20m either side
- Player runs at ball, jab lifts and strikes over bar, while continuing to the next ball

RIGHT

Score: /3 attempts

LEFT

Score: /3 attempts

Roll Lift & Move

- Two squares 5m apart
- Roll lift balls from 1 square into other.
- How many in 60secs

Score:

Jab Lift & Move

- Three cones 5m apart
- 6 balls at middle cone
- Start at one end, jab lift and drop at other end. Turn & repeat.

Time taken to complete:

First Touch

- Coach strikes ball 20m away
- Player takes first touch to hand

How many out of 5?

Hand Pass

- 4 balls in a line
- Pick up ball , 4 steps and handpass to coach 5m to the right using left hand
- Turn & repeat using right hand

2 points per successful pass

Score:

Can they...

Perform
the Frontal
block?

Protect the
hand?

Clean Catch?

Kicking/Striking, Catching, Tackling, Work Rate

AGE U10-11 F3 SKILLS CHECKER (FOOTBALL)

Player Name:

High Catch

- Coach stands 15m away
- Kicks 10 balls
- Player must catch above their head.

Score:
(1 point/catch)

Hand Pass

- 6 balls in a line
- Pick up ball , 4 steps and hand pass to coach (10m) to the right using left hand
- Turn & repeat using right hand

Score:
(2 points/pass)

Crouch Lift & Twist

- Two cones 10m apart
- Run around each cone, lift, twist, take 4 steps & drop
- How many in 30 secs?

Score:

Punt Kick

- Punt kick at goal from 21m line
- Ball cant touch ground
- 5x each foot

How many out of 5 attempts?

	Right	Left
	<input type="text"/>	<input type="text"/>

Solo (Moving)

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones

2 points per successful solo.

	Right	Left
	<input type="text"/>	<input type="text"/>

Hook Kick

- 3 cones on 21m line
- 1 cone in center and 1 20m either side w/ 2 balls at each
- Player runs to 1st cone and hook kicks balls with each foot over the bar.
- Repeat at 2nd & 3rd cone

Score: (2 points/score)

	Right	Left
	<input type="text"/>	<input type="text"/>

Can they...

Frontal block while moving?

Right Hand?

Left Hand?

Can they...

Perform the Near hand tackle?

Right Hand?

Left Hand?

AGE U12-13:F3 SKILLS CHECKER (HURLING/CAMOGIE)

Player Name:

Catching

- Coach/player 30m away
- High ball played to player
- Player must catch & protect hand

Score:
(2 pts/catch)

Strike from Hand (Moving)

- 6 balls on 45m line
- Pick up 1st ball, take steps & strike on the move
- Repeat, 3 strikes each side

RIGHT	25-35m <input type="text"/>	35-45m <input type="text"/>	45m+ <input type="text"/>
	5 points	10 points	15 points
LEFT	25-35m <input type="text"/>	35-45m <input type="text"/>	45m+ <input type="text"/>
	5 points	10 points	15 points

Roll Lift & Roll Off

- Two cones 10m apart
- Roll lift balls from 1 cone, Rolls away, takes steps & drops ball at other cone. Repeat.
- How many in 60secs

Score:

Jab Lift & Move

- Three cones 5m apart
- 6 balls at middle cone
- Start at one end, jab lift and drop at other end. Turn & repeat.

Time taken to complete:

First Touch

- Coach strikes ball 30m away
- Player takes first touch to hand while moving at the ball.

How many out of 5?

Hand Pass off Hurl

- 4 balls in a line
- Pick up ball, solo and handpass to coach 5m to the right using left hand
- Turn & repeat using right hand

2 points per successful pass Score:

Batting Overhead

- Coach stands 10m away
- Coach throws ball high over players head.
- Player bats the ball back toward the coach
- 5 attempts

2 points per successful bat Score:

AGE U12-13:F3 SKILLS CHECKER (FOOTBALL)

Player Name:

High Catch

- Coach stands 15m away
- Kicks 10 balls
- Player must catch above their head.

Score:
(1 point/catch)

Hand Pass

- 6 balls in a line
- Pick up ball , 4 steps and hand pass to coach (10m) to the right using left hand
- Turn & repeat using right hand

Score:
(2 points/pass)

Crouch Lift & Twist

- Two cones 10m apart
- Run around each cone, lift, twist, take 4 steps & drop
- How many in 30 secs?

Score:

Long Punt Kick

- Player kicks from end line.
- 45m+= 3points
- 30m+=2 points
- <30m=1 point
- 5 kicks each side

Score:

Right	Left
<input type="text"/>	<input type="text"/>

Solo (Dummy)

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones
- Player pretends to shoot and solo away

2 points per successful solo.

Right	Left
<input type="text"/>	<input type="text"/>

Hook Kick

- 3 cones on 21m line
- 1 cone in center and 1 20m either side w/ 2 balls at each
- Player runs to 1st cone and hook kicks balls with each foot over the bar.
- Repeat at 2nd & 3rd cone

Score: (2 points/score)

Right	Left
<input type="text"/>	<input type="text"/>

Can they...

Frontal block while moving?

Right Hand?

Left Hand?

Can they...

Perform the Near hand tackle?

Right Hand?

Left Hand?

U14-17: F3 COMMITMENT TO GAELIC GAMES & ACTIVE LIFESTYLE

"I DONT GET THIS HASSLE WHEN IM WITH MY FRIENDS!"

- Children are becoming young adults
- When they sense a lack of empathy & understanding, they can tend to drift away
- "Players don't care what you know, until they know that you care"

LIFE PRESSURES

- Young people at this age are subject to many different pressures via exams, peer pressure, part-time work & sometimes difficulty at home
- Make your sessions FUN!
- Educate players on healthy eating, water consumption & make them aware of the dangers of alcohol & drugs

DROPOUT

- This is a key age group susceptible to dropout
- These young people may not go on to be senior players, but they could become life-long members & your next coach, referee, or administrator
- Make it an enjoyable experience & reap the rewards in the future

ALSO...

- There should be a bigger emphasis on team-play
- Set tasks for players and have them solve it as a team
- e.g. "We are two points down, with one minute to go; forwards, go make a plan for our next sideline ball, we need a goal!"

Age 14-17 Skill Emphasis

Skill Emphasis

HURLING/ CAMOGIE	FOOTBALL	PHYSICAL DEVELOPMENT	TACTICAL
<p>Sending: *Left & Right*</p> <ul style="list-style-type: none"> • Hand Pass • Strike from hand (stationary to moving) • Q. Can they strike with a long & short grip? • Q. Can they strike moving forward, backwards & over shoulder? <ul style="list-style-type: none"> ○ Striking off hurl ○ Lift & Strike ○ Side-line cuts <p>Receiving:</p> <ul style="list-style-type: none"> • High Catch while contested, opponent in front, side or behind • Roll & Jab Lift at speed (1 & 2 hands) • Q. Can they roll lift & roll away? • Q. Can they jab lift into space or jab & move to the side? • First Touch at pace <p>Travelling:</p> <ul style="list-style-type: none"> • Solo (straight lines & multi-directional) <p>Tackling:</p> <ul style="list-style-type: none"> • Side Flick (Snig) • Hooking (while moving) • Blocking from front & 	<p>Handling: (Sending)</p> <ul style="list-style-type: none"> • Left & Right* Hand Pass • Fist Pass <p>Handling: (Receiving)</p> <ul style="list-style-type: none"> • High Catch while being contested • Low Catch • Reach Catch (moving at pace; 1 & 2 hands) <p>Kicking: *Left & Right* (Sending)</p> <ul style="list-style-type: none"> • Punt Kick (laces, inside & outside of foot) • Hook Kick • Set Pieces from ground <p>Receiving</p> <ul style="list-style-type: none"> • Crouch Lift moving at pace • Chip Lift moving at pace <p>Travelling:</p> <ul style="list-style-type: none"> • Toe Tap (Left & Right) • Dummy Solo • Q. Can they Solo/bounce & change direction quickly? <p>Tackling:</p> <ul style="list-style-type: none"> • Near Hand Tackle • Frontal/Fencing Tackle 	<p>Strength</p> <ul style="list-style-type: none"> • Bodyweight circuits • Learn lifting technique (using brush shaft) • Core stability & functional movements: squat, hinge etc. <p>Movement/Speed</p> <ul style="list-style-type: none"> • Speed Development (6-10 seconds with adequate 2 min rest) • Build endurance into activities <p>Flexibility</p> <ul style="list-style-type: none"> • Mobilise body parts e.g., arms, hips etc. • Introduce dynamic warmups • Encourage mobility at home <p>GAMES</p> <ul style="list-style-type: none"> • Target Games Court Games • Non-Invasion • Part Invasion Full Invasion 	<p>Principles of Play</p> <ul style="list-style-type: none"> • Ball retention • Avoiding traffic • Use of Set Pieces • Movement of the ball and players off the ball <p>Principles of Attack & Defence</p> <ul style="list-style-type: none"> • Do they know to show an attacker away from goal? • Can the attacker find the right space to receive the ball? <p>Controlling the Game</p> <ul style="list-style-type: none"> • Do they know how to create width & depth? • Can they penetrate a defence utilising supporting players? • Is there an agreed transition from defence to attack?

side (2 & 1 handed)

- Block

Kicking/Striking, Catching, Tackling, Work Rate

AGE U14-15:F3 SKILLS CHECKER (HURLING/CAMOGIE-FÉILE)

Player Name:

Free taking

- 5 balls on 45m line spread across the pitch
- 10 points per score

Score:

Strike from Hand (Moving)

- 6 balls 30m from goal
- Pick up 1st ball, take steps & shoot on the move
- Repeat, 3 strikes each side

Score:

Sideline Cut

- 5 balls on 21m line spread across the pitch
- Ball to be cut over the bar
- 10 points per score

Score:

Jab Lift & Move

- 1 cone (with 6 balls) placed on 14m line, 3 cones (10m apart) placed on 21m line
- Player starts 5m behind 14m line
- Jab lift and solo to a cone without taking the ball to hand
- Jab & solo 2 balls to each of the 3 cones

Score:

(2 pts for each successful run)

First Touch

- 3 players. One in middle and two either side (15m apart)
- Player from side A strikes the ball low and the testing player takes first touch to hand & plays it back. Turns & repeats with opposite side.
- 5 balls per side.

Score:

(2pts per successful touch)

"Block from a distance"

- Coach on 14m line, player on 6 yard box
- On que, coach strikes for a point
- Player must get hurley in line with the shot to block
- 5 pts per block
- 5 attempts

2 points per successful block

Score:

AGE U14-15: F3 SKILLS CHECKER (FOOTBALL-FÉILE)

Player Name:

**Area 1:
Start**

Place 2 poles (2m apart), as start gates, on the 21m line, 15m in from the sideline. To begin, players pass through the starting gates toward area 2.

Coach starts timer when the player passes through gates

**Area 2:
Punt Kick**

Place 2 poles (1.5m apart), on the 45m line, 20m in from the sideline. Measure 10m toward the nearest goal & place 2 markers (1.5m apart). Players kick from behind the markers through the poles without bouncing. One kick each foot.

Score:
10pts/successful kick

**Area 3:
Pick Up & Solo**

Mark out a square (10m x 10m) with cones. Player sprint around first cone, pick up ball & solo around the centre pole & solos back to cone 2. Player returns to centre pole & sprints to cone 3 where they pick up the ball with other foot, go around centre pole & get to cone 4.

Successful completion = 30pts
Minus 5 points for each ball dropped or cone missed
Score:

**Area 4:
Hand/Fist Pass**

Place 2 poles (1.5m apart) on 45m line, 20m from sideline as goals. Measure 5m toward the nearest goal and place 2 markers (1.5m apart). Player will hand/fist pass from behind these cones. Player has 2 passes through the cones, one with each hand.

Score:
10pts/successful pass

**Area 5:
Gates**

Place 2 poles (1.5m apart) at the edge of the "D."
Player must pass through the gates when moving from Area 4 to Area 6.
5 points deduction for missing gates

5 pts deduction if applicable

**Area 6:
Kick for a score**

Mark out a 5m x 5m square with cones, on the left corner of the "D" and 21m line. Player must use right foot only.
No score for being outside square, or using wrong foot.

Score:
10pts available if successful

**Area 7:
Kick for a score**

Mark out a 5m x 5m square with cones, on the right corner of the "D" and 21m line. Player must use right foot only.
No score for being outside square, or using wrong foot.

Score:
10pts available if successful

AGE U15-U17: F3 SKILLS CHECKER (FOOTBALL FÉILE Contd..)

Player Name:

Area 8:
Hand/Fist Pass for a score

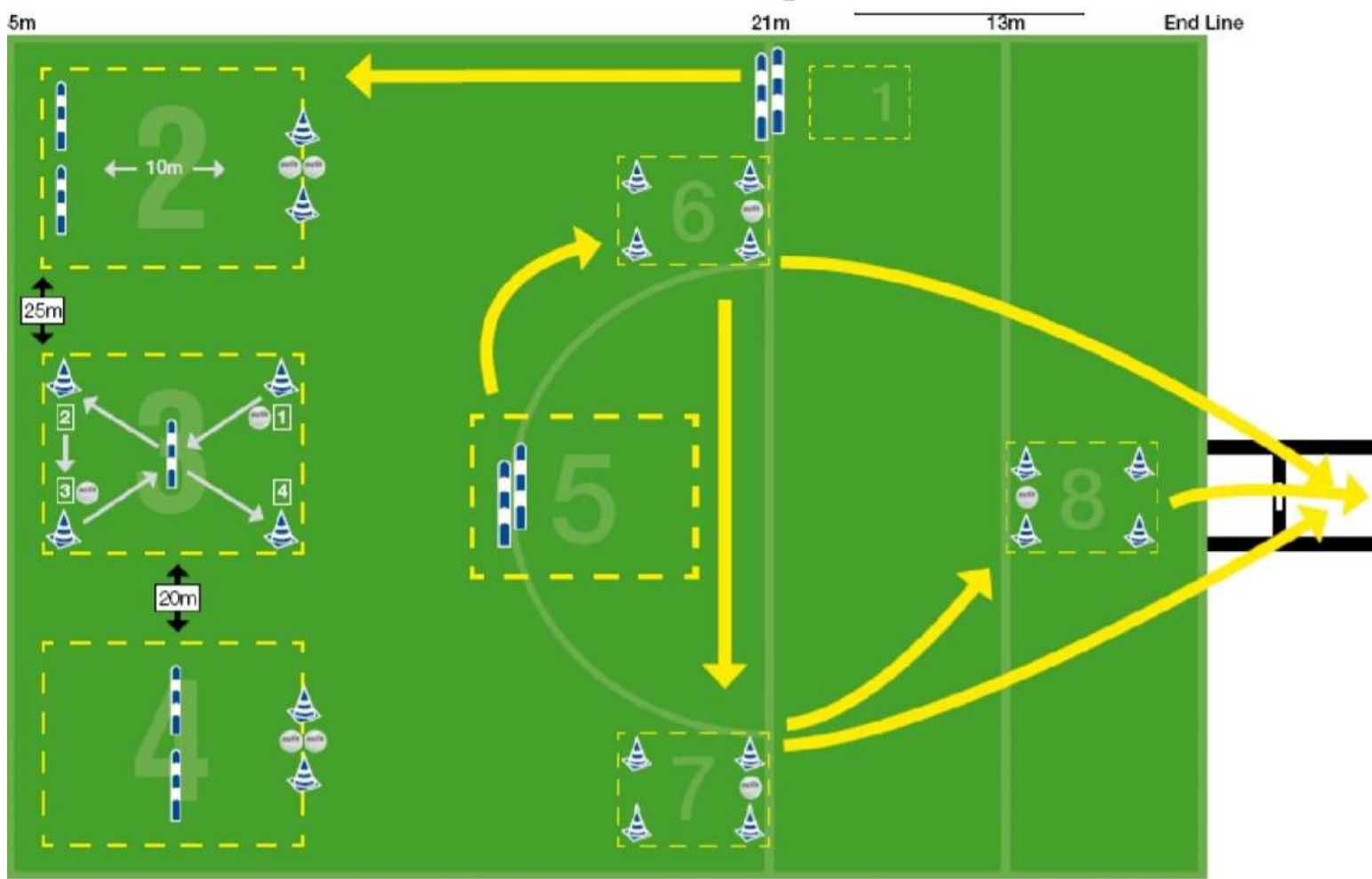
Mark out a 5m x 5m square using cones in front of 13m line. Player can use either hand for this score.

10pts for successful score

Area 9:
Timing

Coach stops the clock when the fist/hand pass is completed. 13, 9 & 5 points are awarded to the fastest 3 players.

Additional pts if fastest:



AGE U16-17:F3 SKILLS CHECKER (HURLING/CAMOGIE)

Player Name:

Catch & Strike

- Player stands 30m from goal
- Coach strikes x 6 balls to player
- Player catches & strikes into the goal without it touching the ground

Scoring:

- Moving to ball= 1pt
- Clean first touch/catch= 1pt
- Moving feet to strike= 1pt
- Hitting Net= 1pt

High Catch/ Score

- Player stands in a 25m zone thats 30-40m from goal
- Coach plays x6 high ball. Player catches the ball, change direction & shoots

Scoring:

- Moving under ball= 1pt
- High catch= 1pt
- Hurl protecting hand= 1pt
- Feet off ground for a catch= 1pt
- Change direction= 1pt
- Score a point= 1pt

First Touch & Hand Pass

- Coach/player is 40m away, ball is hit low & hard.
- Player must run at the ball, control & give a good handpass back.
- 6 attempts

Scoring:

- Moving to ball= 1pt
- Control in front= 1pt
- One touch to hand= 1pt
- Catch below hip= 1pt
- Take steps= 1pt
- successful handpass= 1pt

Ball Delivery

- 2 poles (10m apart), 60m away from player at an angle. Player stands 5m away from coach, handpasses to coach, receives it back & delivers between the poles.

Scoring:

- Good Handpass= 1pt
- Timing run for return pass= 1pt
- Clean catch= 1pt
- Striking from front foot= 1pt
- Fast delivery= 1pt
- Good trajectory= 1pt
- Accuracy= 1pt

Shoot Under Pressure

- 10m x 10m square, 30m from goal.
- 5 balls in square
- on whistle player must jab lift & score
- 40 seconds to shoot all balls
- 3 attempts

Score:

3 pts per score

Work Rate

- 20m x 20m square
- 2 players keep possession of the ball
- Defender has 30secs to hook, block, dispossess etc
- Player gets 4 attempts

Scoring:

- Hook= 2pts
- Block= 2pts
- Shoulder= 2pts
- Body tackle= 2pts
- Turnover= 4 pts
- Foul= -2pts

Score:

AGE U16-17:F3 SKILLS CHECKER (FOOTBALL)

Player Name:

Shooting

- Player takes 3 shots with right foot & 3 shots with left foot along the "D."
- 2 balls on each corner of the "D" and 2 in centre of "D" line.

Time: 40 seconds

Score:
10 pts/ score

Solo (Dummy) & Score

- 6 balls spread Across the "D" like the exercise above.
- Player picks up ball and solo dummy's before turning onto opposite foot to shoot.
- 3 with each foot.

Time: 60 seconds

Score:
5pts/ dummy solo
10 pts/ score

Kicking for Goal

- Player stands 25m from goal
- Cone set 1m in from each post
- Player kicks ball for goal
- ball cannot bounce or touch ground
- 2 kicks with each foot

Scoring:
Goal in between cone & post= 3 pts
Goal in centre of goal= 1pt

High Catch

- Coach stands 20m away from Player
- Coach delivers high ball to player
- Player must read the ball to get off the ground & catch at the peak of their jump.

Scoring:
Moving to landing area= 1pt
Feet off ground for catch= 1pt
Knee up for height= 1pt
Catch ball= 1pt
... at highest point + 1pt
Land & Change direction= 1pt

Frontal Block

- 2 attackers on 20m line (8m apart)
- Defender must alternate between each attacker and block a shot on coaches call
- 3 attempts per attacker

Score:
10pts per successful block

Work Rate

- 20m x 20m square
- 3 players keep possession of the ball
- Defender has 30secs to dispossess

Scoring:
Delay attacker= 2pts
Shoulder= 2pts
Body tackle= 2pts
Turnover=4 pts
Foul= -2pts

Score:

KEY PERFORMANCE INDICATORS

As a Coaching Committee, we have identified areas as a club in which we should improve through implementing this Pathway.

Football

- Emphasize step by step age-appropriate coaching.
- Kick off both feet.
- Handpass with both hands.
- Develop more fielding skills.
- Introduce Strength & Conditioning at underage.
- Encourage more kick passing.
- Excellent work rate during training and matches
- Develop tackling skills form U13 upwards

Hurling/Camogie

- Emphasize step by step age-appropriate coaching.
- Strike off both sides and on the run.
- Develop more fielding skills.
- Introduce Strength & Conditioning at underage.
- Encourage use of the ball wall to develop control and handling.
- Excellent work rate during training and matches
- Develop tackling skills form U13 upwards

RESOURCES

- See our website for many coaching resources:
<https://douglasgaa.com/downloads/#coaching-resources>
- Specific resources all coaches should be using:
 - Coaching the Game manuals
 - Go Games Coaching Manual
 - Youth Adult Coaching Manuals
 - Wall Ball Coaching Manual
 - Session Plan u6-u8s
 - Session plan 9s-12s
 - Douglas Session Plan Template
 - Douglas Match Template
 - Good Coaching Practice-Gavin Webb
 - One Arena-Douglas Youth Program
- Further coaching resources are available from each sport's national association:
 - [Camogie Association coaching portal](#)
 - [Gaelic Athletic Association coaching portal](#)
 - [Ladies Gaelic Football Association coaching portal](#)

Kicking/Striking, Catching, Tackling, Work Rate