



O' LOUGHLIN GAELS

Young Player Pathway



Guidelines and Player Characteristics





MISSION STATEMENT

O'Loughlin Gaels 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 "Young Player Pathway" we are creating the environment that all our young players "Play and Stay" with O'Loughlin Gaels GAA Club, not only for their playing careers but throughout their lives.



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INTRODUCTION

THE PLAYER PATHWAY

Welcome to the O'Loughlin Gaels 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 have included 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 O'Loughlin Gaels Player Pathway is a living document and must be reviewed regularly and updated to reflect new learning and best practice from all our Juvenile Coaches.

"Mol an Óige agus Tiocfaidh sí."

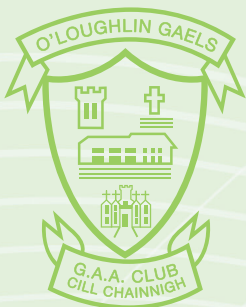


OUR CLUBS LONG-TERM DEVELOPMENT MODEL

7 STAGES OF THE LTDM

- 1. Active Fun start - Fun & 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/Retainment – adjustment/retain players/athletes for coaching/administration.





HOW A PARENT CAN HELP IN THE PROCESS



- 1. Attend matches to see their children play
- 2. Ask them how they are getting on in St. John's Park
- 3. Go for a few quick pucks with them most evenings
- 4. Support all the O'Loughlin Gaels teams, with their children.
- 5. Become an active member of the club



5 STAGES OF 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-centred and co-operation is largely absent.
- At this age many still think that the ball is their own 'toy', so they will try to run with the ball and score rather than pass.
- They will respond to partner work and skills practice for a short time. This helps introduce them to team work and co-operation.
- These children will only watch the ball. They cannot and will not look for space to run into.
- They usually enjoy being asked questions and this should give the coach plenty of opportunities to check for understanding.
- When their team is not in possession they find it difficult to understand defending a goal. To them they are merely chasing a ball.
- They respond best to target games and races. (Hitting, throwing & running)



Learning to Master the Ball 4-6 Years

Skill Emphasis		Physical Focus	Game Specific
Hurling	Football	ABC & RJT's	
Handling <ul style="list-style-type: none"> • Correct hurley size • Identification of the 'strong' hand • Grip & Swing • Ready & Lock Send & Receiving <ul style="list-style-type: none"> One Hand Dribble - Two Handed Dribble - Ground Strike Tyre Ball <ul style="list-style-type: none"> - Ground Stop - Run Strike stationary Ground ball	Handling <ul style="list-style-type: none"> • Bowling Ball • Two handed Bounce catch • One hand bounce • Body Catch • Pick Up stationary & moving Kicking <ul style="list-style-type: none"> • Ground Kick • Dribble • Punt Kick(Two Hands) (Hard foot) Travelling <ul style="list-style-type: none"> • Knee tap solo 	Agility e.g. chasing games, dodging, e.g. shadow running Balance Animal walking Hop in & out of hoops Co-ordination Skipping, Ladder Work, Bean Bag toss Running Good Technique Forward, Backward, sideward's e.g. Marching e.g. Stopping Jumping e.g. Takeoff & Landing Jump Jacks Throwing Target Roll, Skittles, Bowling	Target Games The simplest form of a game which challenges players to use the technique previously learnt is to aim or target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making. e.g. Skittles, Through the Gate, Tower Ball Court Games Court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited e.g. Over the River, Hurling Tennis Part Invasion These games require players to complete a task with limited or direct opposition. e.g. Getting through the traffic, 4V4 (2 zones), no goalie, Up north down south.

Level 1 Skills Challenge

Equipment

Correct hurley size	Yes	No
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Test 1

Dominant hand established	Yes	No
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Test 2

Correct grip (grip, ready, lock)	Yes	No
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Test 3

Swinging hurley and hitting a tyre		
Right handed		
Good fluid movement	Yes	No

Test 4

Swinging hurley and hitting a tyre		
Left handed		
Good fluid movement	Yes	No

Test 5

Swinging hurley and striking sliotar		
Right handed		
Good fluid movement	Yes	No

Test 6

Swinging hurley and striking sliotar		
Left handed		
Good fluid movement	Yes	No

Test 7**Striking ball right side (distance)**

Attempt 1	
Attempt 2	
Attempt 3	

Test 8**Striking ball left side (distance)**

Attempt 1	
Attempt 2	
Attempt 3	

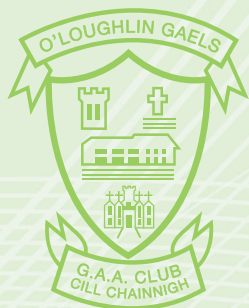
Test 9**Stopping a moving ball**

Coach rolls ball to child		
Proper technique (5-10 metres away)	Yes	No

Test 10**Dribble**

Dribble the ball on ground (jogging/running) for 15 metres	Yes	No
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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 the 'Whole-Part-Whole' 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 the age where drop-outs occur if children think they are no good.
- At this age players will now try to win the game not only by scoring but also by attempting to deny the opposition the opportunity to score.
- They will 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, one of the better games is called '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		Fundamental Movement	Game Specific
Hurling	Football	ABC & RJT	
Handling <ul style="list-style-type: none"> • Correct hurley size • Identification of the 'strong' hand • Grip & Swing • Ready & Lock • Claw catch • Cupped catch Sending & Receiving <ul style="list-style-type: none"> • Ground striking (a moving ball) L & R • Ground doubling (same & opposite direction) • Striking from the hand (Stationary) Jab lift (Stationary Ball) Travelling <ul style="list-style-type: none"> • Bean Bag balancing • Ball balancing Tackle <ul style="list-style-type: none"> • Ground Flick (backhand) • Ground clash • Hooking Frontal & ground block (Hurl to Hurl) 	Handling <ul style="list-style-type: none"> • Body Catch • Low catch • High catch • Fist pass • Hand pass Crouch lift (stationary ball) Kicking <ul style="list-style-type: none"> • Punt kick(Front foot) Left & right hook Kick(one hand) • Pick up foot Travelling <ul style="list-style-type: none"> • High bounce • Toe tap(stationary) • Soft foot • Roll Tackle <ul style="list-style-type: none"> • Near hand tackle • Shadowing • Frontal Tackle • Block Down 	Agility e.g. zig zag relay Balance e.g. One leg hopping e.g. hop land on other leg Co-ordination Skipping, Ladder Work. Running e.g. On the spot e.g. Relay races e.g. Hurdle running e.g. Stopping Jumping e.g. leap frog, e.g. Donkey kicks Throwing Target Roll, Bowling, Dodgeball Conditioning: Partner Resistance e.g. Tug of war, e.g. Push & Pull partner, e.g. The bridge, whole body exercises, introduce basic flexibility	Target Games <ul style="list-style-type: none"> • Skittles • Through the gate • Tower ball Court Games <ul style="list-style-type: none"> • Over the river • Scout Ball • Cúchulainn Field Games <ul style="list-style-type: none"> • Rounders • Four hitters • 4v4 (two touch) • 5v5 (Wide man) Part Invasion <ul style="list-style-type: none"> • 4v4 (zoned) No Goalie • Line game

Level 2 Skills Challenge

Test 1 - Ground Strike (Right Side)

From a standing position and from the right side take a full swing and strike the ball on the ground a minimum distance of 13 metres between two posts that are three metres apart.

Pass
4/6

Test 2 - Ground Strike (Left Side)

From a standing position and from the left side take a full swing and strike the ball on the ground a minimum distance of 13 metres between two posts that are three metres apart.

Pass
4/6

Test 3 - Roll Lift Into Hand

60 Seconds

Attempt 1
Attempt 2
Attempt 3

Test 4 - Jab Lift Into Hand

60 Seconds

Attempt 1
Attempt 2
Attempt 3

Test 5 - Strike From Hand (Right Side)

Strike from hand (at least 13 metres distance)

Attempt 1
Attempt 2
Attempt 3

Test 6 - Strike From Hand (Left Side)

Strike from hand (at least 13 metres distance)

Attempt 1
Attempt 2
Attempt 3

Test 7 - Bouncing Ball on Hurley in Succession

(Max 100)

Attempt 1
Attempt 2
Attempt 3

Level 2 Skills Challenge

Test 8 - Cupped Catch

Coach throws ball/bean bag to child's chest.
Child catches ball with hand.

Pass
4/6

Test 9 - Overhead Catch

Coach throws a ball over child's head and child attempts to catch the ball.
Distance from coach is three metres.

Pass
4/6

Test 10 - Ground Strike a Moving Ball

Coach rolls ball to alternate sides.
Child must pull on ball without turning to dominant side. Both sides.

Pass
4/6

Test 11 - Strike From Hand (Distance)**How Many Metres? (Right Side)**

Attempt 1

Attempt 2

Attempt 3

Test 12 - Strike From Hand (Distance)**Strike from hand (Left Side)**

Attempt 1

Attempt 2

Attempt 3



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 opposition the opportunity to score.
- They will begin to understand the need to change the direction of a run or a pass to be more effective and they will begin to grasp the idea that a player may need support from behind and to the side as well as in front.
- Coaches should continue to run small sided games and condition the players to solve problems in a game based environment.
- 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		Physical Focus	Game Specific
Hurling	Football		
Handling <ul style="list-style-type: none"> Overhead catch (hurl to protect) Hand passing (using both hands) Switch pass Low catch Sending & Receiving <ul style="list-style-type: none"> Striking on the run Short stick left & right Striking off hurl First touch control Jab lift (moving ball) Roll lift Lift & strike Batting high ball Side line cuts Travelling <ul style="list-style-type: none"> Soloing at speed Tackle <ul style="list-style-type: none"> Shouldering Hooking on the move Blocking (ground & air) Doubling in the air 	Handling <ul style="list-style-type: none"> High catch Hand passing (using both hands) Kicking <ul style="list-style-type: none"> Punt kick left & right Punt kick outside foot Crouch lift moving ball Toe lift Hook kick left & right Travelling <ul style="list-style-type: none"> Solo Run left & right Low bounce Dummy solo Tackle <ul style="list-style-type: none"> Near hand tackle Shadowing Shouldering Frontal tackle Block down 	Speed Further development of speed in warm ups (Efforts less than 6 secs) e.g. quickness and change of direction and reaction sprints Strength <ul style="list-style-type: none"> Introduce Core strength e.g. twist with partner Own body strength exercises e.g. Pull ups press ups etc.... Introduce plyometric training e.g. bounding and hopping Stamina Endurance related activities: e.g. <ul style="list-style-type: none"> Relay running Small sided games & ball drills Circuit training with the ball Flexibility & Co-ordination <ul style="list-style-type: none"> Introduction Dynamic stretching & mobility exercises Warm up & cool down concept 	Court Games <ul style="list-style-type: none"> Over the river Hit the corners Field Games <ul style="list-style-type: none"> Crazy kicks Batter bonanza Part Invasion <ul style="list-style-type: none"> 4v1 (Grid) Pass and Attack Full Invasion <ul style="list-style-type: none"> 4v4 (Split ends) 5v5 Go Games

Level 3 Skills Challenge

Test 1 - Frontal Block

Coach strikes 6 sliotars and player attempts to block the ball in each case. Emphasis on proper technique.

Pass
4/6

Test 2 - Batting Overhead

Coach throws a ball over the child's head and the child bats the ball back in the direction of the coach. Distance from coach to player = 3 metres.

Pass
4/6

Test 3 - Striking Ball (Accuracy of Right Side)

Under/over crossbar
15m/20m/25m= 6 attempts.(2 at each distance)

Pass
4/6

Test 4 - Striking Ball (Accuracy of Left Side)

Under/over crossbar
15m/20m/25m= 6 attempts.(2 at each distance)

Pass
4/6

Test 5 - Soloing

Player solos with ball on hurley at near top speed for a distance of 30m without allowing ball to fall.

Pass
4/6

Test 6 - Run, Lift & Strike (Right Side)

Striking sliotar from hand off right side over the bar from in front of goals 15m/20m/25m.

Pass
4/6

Test 7 - Run, Lift & Strike (Left Side)

Striking sliotar from hand off left side over the bar from in front of goals 15m/20m/25m.

Pass
4/6

Test 8 - Handpass (Dominant Hand)

Player handpasses with dominant hand across the body to a receiver 3 metres away.

Pass
4/6

Test 9 - Handpass (Weak Hand)

Player handpasses with weak hand across the body to a receiver 3 metres away.

Pass
4/6

Level 3 Skills Challenge

Test 10 - Frees**Over crossbar, 15m/20m/25m, 3 attempts,**

Attempt 1

Attempt 2

Attempt 3

Test 11 - Striking Ball From Hand (Right Side)

Ball cannot touch ground and cannot go over the crossbar. Must hit back of net cleanly from 21m line.

Pass

5/6

Test 12 - Striking Ball From Hand (Left Side)

Ball cannot touch ground and cannot go over the crossbar. Must hit back of net cleanly from 21m line.

Pass

5/6

Test 13 - Side Line Puck

Cutting the sliotar over the bar from in front of goal, 21m.

Pass

3/6

Test 14 - Long Puck (Strong Side)

Strike a ball from the hand, from the 'strong' side. A minimum distance before touching the ground of 32 metres i.e. from the 13 metre line over the 45 metre line.

Pass

5/6

Test 15 - Long Puck (Weak Side)

Strike a ball from the hand, from the 'weak' side. A minimum distance before touching the ground of 32 metres i.e. from the 13 metre line over the 45 metre line.

Pass

5/6

Primary School Skills Challenge

Test 1 - Ground Striking

Mentors/Judges: Six hurling balls are placed in a straight line six metres apart. Players must run and strike the balls on the ground from alternate sides. The balls must travel a distance of 15 metres past the marked cones.

Points

**Time allowed is 15 seconds - Score: 5 points per ball.
Exceed time = points deduction (2 points) - Max score: 30 points.**

Test 2 - Free Taking

Mentors/Judges: 3 hurling balls are placed 40 metres (4th, 5th & 6th Class) and 30 metres (2nd & 3rd Class) as follows:

- (a) centre
 - (b) 10 metres to right of centre
 - (c) 10 metres to left of centre
- Balls must be struck over the bar

Points

**Score: 10 points for (a). 20 points for (b) and 20 points for (c).
Maximum score: 50 points.**

Test 3 - Ground Cut

Mentors/Judges: 3 hurling balls are placed 18 metres from goal as follows:

- (a) centre (b) 4 metres to right of centre
 - (c) 4 metres to left of centre
- Balls must be struck over the bar.

Points

**Score: 10 points for (a) and 20 points for (b) and 20 points for (c)
Maximum score: 50 points.**

Test 4 - Ball Control

Mentors/Judges: 10 grid poles are placed in a line 2 metres apart. 1 cone is placed 3 metres before the first pole as the start point. Players must begin at the cone, roll lift a ball and solo through all 10 poles and down to the end cone positioned 5 metres past the last pole where they have to drop the ball and perform 5 roll lifts before coming back through the 10 poles again. The ball must not be taken in to the hand or dropped at any time.

Points

Time allowed 35 seconds (2nd & 3rd) and 30 seconds (4th, 5th & 6th) Score: 50 points. 5 points deducted each time the ball is touched by the hand or dropped. 2 points deducted if player exceeds the time limit. Maximum score: 50 points.

Test 5 - Beat the Goalie Penalty Taking

Mentors/Judges: 2nd & 3rd Class players must take penalty 10 metres (Red Cone) from goal and 4th, 5th and 6th Class players must take penalty 14 metres from goal (Blue Cone) in the centre spot. They must take 2 penalty shots with 10 points for each successful score.

Points





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		Physical Focus	Game Specific
Hurling	Football		
Handling <ul style="list-style-type: none"> • High catch (protect from front & behind) • Hand pass off the hurley (Both Hands) • Chest catch Sending & Receiving <ul style="list-style-type: none"> • Jab lift at pace • Striking on the run (Moving away from target) • Striking on the run • Ground striking on the run • Free taking • Roll Lift • Doubling ball in the air • Shooting for scores • First touch control Travelling <ul style="list-style-type: none"> • Soloing (changing direction) • Tap & move Tackle <ul style="list-style-type: none"> • Frontal block (Hurl to ball) • Low block • Ground tussle • Flick off the hurley (Snig) • Hooking (Still & Moving) 	Handling <ul style="list-style-type: none"> • Ball feint • Fist pass for distance • Overhead tap on • Catching at speed Kicking <ul style="list-style-type: none"> • Punt kick to moving target • Long Kick pass • Scoring from angles • Assisted Chip lift • Penalty Kick Travelling <ul style="list-style-type: none"> • Swerve • Change of pace with the ball Tackle <ul style="list-style-type: none"> • Near hand tackle • Delay opponent & Shadowing • Frontal Tackle • Dive block • Hand off 	Speed <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 Strength <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, N.B. Only qualified coaches to undertake this training • Introduce free weights and medicine balls N.B. For upper age range group only Plyometric e.g. multi directional jumps Stamina <ul style="list-style-type: none"> • 3v1 games • Drills incorporating the ball Flexibility & Co-ordination <ul style="list-style-type: none"> • Maintain flexibility exercise • Dynamic warm up 	Part Invasion Zone games <ul style="list-style-type: none"> • Wide man • Zone to zone Full Invasion <ul style="list-style-type: none"> • Backs v Forwards • 15 v 15 • Possession Games • One rule games e.g. Give and Go • 4 seconds 2 touch

Level 4 Skills Challenge

Test 1 - Ground Striking (Dominant Side)

From a standing position, and from the right or dominant side. Take a full swing and strike the ball on the ground a minimum distance of 20 metres between two posts set two metres apart.

Pass
5/6

Test 2 - Ground Striking (Non Dominant Side)

From a standing position, and from the left or non-dominant side. Take a full swing and strike the ball on the ground a minimum distance of 20 metres between two posts set two metres apart.

Pass
4/6

Test 3 - Goal From 20m Free (Dominant Side)

From a standing position on the centre of the 20m line, roll - lift the ball and strike it, without handling, on the dominant side, to pass under the crossbar without touching the ground.

Pass
5/6

Test 4 - Goal From 20m Free (Non Dominant Side)

From a standing position on the centre of the 20m line, roll - lift the ball and strike it, without handling, on the dominant side, to pass under the crossbar without touching the ground.

Pass
4/6

Test 5 - Point From 40 metres (Dominant Side)

From a standing position 40 metres from goal strike from the hand, on the dominant side, over the crossbar. Two attempts to be made facing the centre of the goal, and two attempts to be made 20 metres from the right and left hand sides of the goal.

Pass
4/6

Test 6 - Point From 40 metres (Non Dominant Side)

From a standing position 40 metres from goal strike from the hand, on the non dominant side, over the crossbar. Two attempts to be made facing the centre of the goal, and two attempts to be made 20 metres from the right and left hand sides of the goal.

Pass
4/6

Test 7 - Long Puck (Dominant Side)

Strike a ball from the hand, on the dominant side, a minimum distance of 50 metres before touching the ground.

Pass
5/6

Test 8 - Long Puck (Non Dominant Side)

Strike a ball from the hand, on the non-dominant side, a minimum distance of 50 metres before touching the ground.

Pass
4/6

Level 4 Skills Challenge

Test 9 - Sideline Cut (Dominant Side)

Strike or 'cut' the ball from the ground, on the dominant side, to travel a total distance of 20 metres over a crossbar standing at a height of 2 metres above the ground.

Pass
4/6

Test 10 - Sideline Cut (Non Dominant Side)

Strike or 'cut' the ball from the ground, on the non dominant side, to travel a total distance of 20 metres over a crossbar standing at a height of 2 metres above the ground.

Pass
3/6

Test 11 - Lift, Solo, Strike

Run at least 4 metres to a ball on the 65 metre line. Lift the ball. On the run using the two handed jab lift, solo run with the ball (hopping or stationary) on the hurley to a marker (flag) 45 metres away; without stopping, either strike the ball with the hurley or hand pass the ball (without dropping the hurley) a distance of at least 2 metres to pass between two posts set two metres apart without touching the ground.

Pass
5/6

Test 12 - Jab Lift

Run a distance of 10 metres to jab lift the ball two-handed from the ground into the hand.

Pass
6/6

Test 13 - Roll Lift

Run a distance of at least 5 metres to roll lift the ball two handed from the ground.

Pass
6/6

Test 14 - Hand Pass From Hurley

Run a distance of at least 13 metres with the ball on the hurley and then hand pass the ball from the hurley (i.e. without catching the ball), to a person standing 5 metres away.

Pass
4/6

Test 15 - Doubling

3 balls are rolled or hit from 30 metres to be doubled on (i.e. pulled on first time) on the ground. 3 balls are thrown from 10 metres at above head height to be doubled on in the air.

Pass
4/6

Feile na nGael U-14 Skills Challenge

Test 1 - Ground Striking

Six hurling balls are placed on the 20 metre line four metres apart. Players must run and strike the balls on the ground from alternate sides. The balls must travel a distance of 20 metres.

Points

Time allowed – 10 seconds. Score: 5 points per ball. 2 points will be deducted for every second over the allotted time. Maximum score: 30 points.

Test 2 - Free Taking

4 hurling balls are placed on the 45 metre line e.g. (a) 10m to right of centre (b) 10m to left of centre (c) 25m to right of centre (d) 25m to left of centre Balls must be struck over the bar.

Points

Score: 10 points for (a), and (b). 20 points for (c) and (d) Maximum score: 60 points.

Test 3 - Jab Lift & Strike

Three sliotars are placed on the 20 metre line and spaced 12m apart. The centre ball is in line with the centre of the goals. Players must jab lift the ball into the hand and strike on the run to pass over the bar, first from the right side and then left or vice versa.

Points

Score: 10 points per ball right and left side. 2 points will be deducted for every second over the allotted time. Max score: 60 points.

Test 4 - Ground Cut

4 hurling balls are placed on the 30 metre line e.g. (a) 10m to right of centre (b) 10m to left of centre (c) 25m to right of centre (d) 25m to left of centre Balls must be struck over the bar.

Points

Score: 10 points for (a) and (b). 20 points for (c) and (d) Maximum score: 60 points.

Test 5 - Ball Control

Six grid poles are placed in a line 2 metres apart. Players must begin at the cone, 5 metres from the first cone; jab lift the ball on to the hurl; carry it through the poles; around the end cone, 5 metres from the final cone and back through the poles to the start. The ball must not be taken in to the hand or dropped at any time. Time allowed 15 seconds.

Points

Score: 50 points. 5 points deducted each time the ball is touched by the hand or dropped. 2 points deducted for every second over the allotted time.

Test 6 - Long Puck

Players must strike two hurling balls from the hand from the end line. Distance is measured from the first bounce. If end line is crossed prior to striking the ball that puck is null and void.

Points

Score: Up to 60 metres, 5 points per ball. 60-70 metres, 10 points. Over 70 metres 20 points. Maximum score: 40 points.





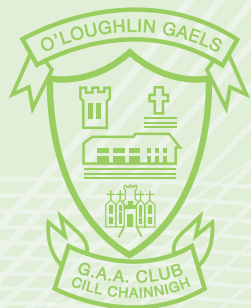
LEARNING TO PERFORM 16–18 YEARS

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.



Skill Emphasis		Physical Focus	Game Specific
Hurling	Football		
Ball Winning <ul style="list-style-type: none"> Catching high-low & half volley (protect from front & behind) First touch off the hurl-low, High control Dribble keep possession Roll & jab lift at pace Sending & Receiving (L&R) <ul style="list-style-type: none"> Lift & strike Strike front foot & Back foot Feint & strike Striking over the shoulder moving away from the target Overhead doubling and batting Overhead block Over head flick (direct the ball in your path) Travelling <ul style="list-style-type: none"> Making room (with & without the ball) Take on opponent & protecting the body with the hurl. Dummy hand pass. Tackle <ul style="list-style-type: none"> Shouldering, recover and flick & hook. 	Game Plays <ul style="list-style-type: none"> How to use a sweeper How to deal with a sweeper Man marking Zone marking Kicking <ul style="list-style-type: none"> Kicking for possession - diagonal ball Kicking for scores Cutting in to score Free kicks/penalties Ball Retention <ul style="list-style-type: none"> Supporting the ball player Breaking the tackle Getting out of traffic Change the direction of play Tackle <ul style="list-style-type: none"> Near hand tackle Group tackling Frontal Tackle Checking Blocking ball 	Speed (based on test results profile) <ul style="list-style-type: none"> Multi directional (Efforts less than 20 secs) Quick footwork and agility Planting the foot (the 3 step movement) Running mechanics & technique Strength work to improve speed Strength (based on test results profile) <ul style="list-style-type: none"> Functional Movement Assessment to establish core strength and technique Core programme for those still not ready for weights Individual programme for those with core strength & good technique Perfect technique & control N.B. Only qualified coaches to undertake this training Stamina (based on test results profile) <ul style="list-style-type: none"> Small-sided games Drills incorporating the ball Flexibility & Co-ordination <ul style="list-style-type: none"> Maintain flexibility exercise Dynamic Warm up 	Intense Small Sided <ul style="list-style-type: none"> Across the line Total football Break-Ball & Kick 4 Goal option Full Invasion <ul style="list-style-type: none"> Backs v Forwards 15 v 15 Deploying a sweeper Defending the zones Deploying the big man Various Conditions

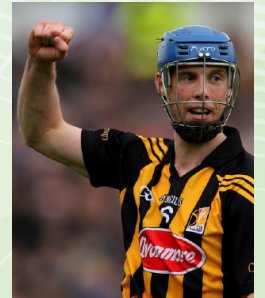
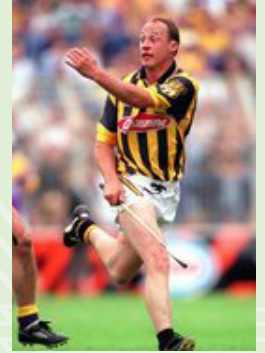


SESSION DURATION

GUIDELINE ONLY



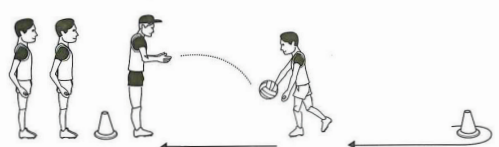
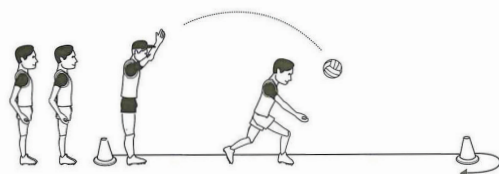
Age Group	Coach/Player Ratio	Duration
Nursery	1 : 4	40/45 Minutes
Under 8	1 : 8	45/50 Minutes
Under 10	1 : 8	50/60 Minutes
Under 12	1 : 8	60/70 Minutes
Under 14	1 : 10	60/75 Minutes
Under 16	1 : 12	60/80 Minutes
Under 18	1 : 12	70/90 Minutes



SAMPLE FOOTBALL SESSION 7-9 YEARS

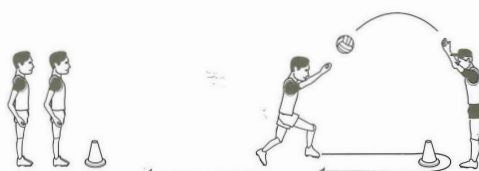
SKILL ACTIVITY 1: REACT

Helper coach stands beside the line of children and throws the ball up high. First child runs out, marks the ball, runs around the cone, bounces the ball twice, handballs to the helper coach and returns to the end of the line. Vary chest and hand marks. Position your body in line with the flight of the ball. Fingers outstretched pointing to the ball, thumbs behind the ball, arms long.



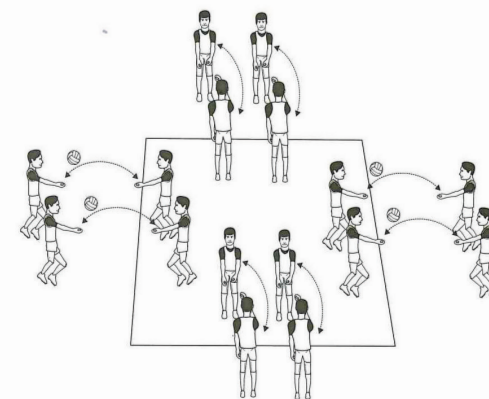
SKILL ACTIVITY 2: KICK, RUN AND CATCH

Child walks/runs and kicks the ball to the helper coach, then follows the kick. The helper coach holds the ball high and the child leaps off the ground to take a high mark. Child runs around the helper coach, handballs the ball to the next child and runs to the back of the line.



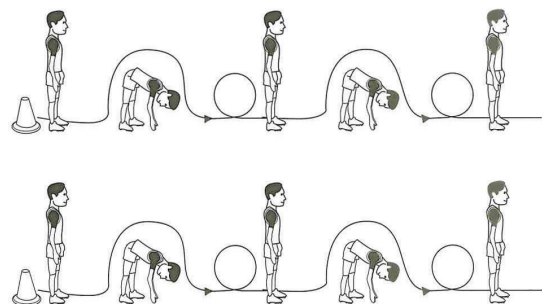
SKILL ACTIVITY 3: CHAOS

In Pairs, one child stands outside the square and the other inside the square with the ball. Children run in different directions and on the whistle, the inside child finds his or her partner. Once together, the children start throwing the ball to each other, catching it on their chest 10 times (five times each). Children sit down when finished. Children swap roles and for variation are instructed to skip hop leap and so on.

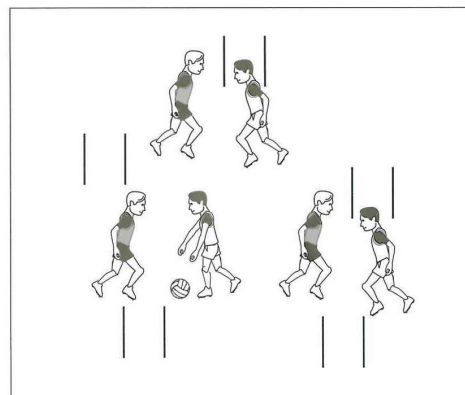


SKILL ACTIVITY 4: UNDER AND OVER

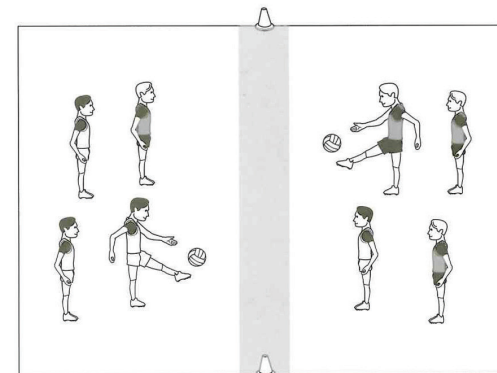
Children form a line about three metres apart with hands and feet on the ground, feet apart and hips high. Carrying the ball, the child at the back of the line goes under the first child, leaps over the next child, completes a commando roll and continues this until he/she reaches the front of the line. The ball is then handballed back along the line to the child at the rear of the line. A variation includes forward rolls.

**SKILL ACTIVITY 5: GOALS GOALS GOALS**

Two teams play soccer against one another. There are five small goals (two pylons) scattered in the area. One team attempts to maintain possession and score as many points as possible by passing the ball through any of the goals. The ball is only turned over if a team loses possession or the ball goes out of play. Each team has to get to so many points before the other team. Instead of passing through the goals, the ball must be dribbled through.

**SKILL ACTIVITY 6: SCOUTBALL**

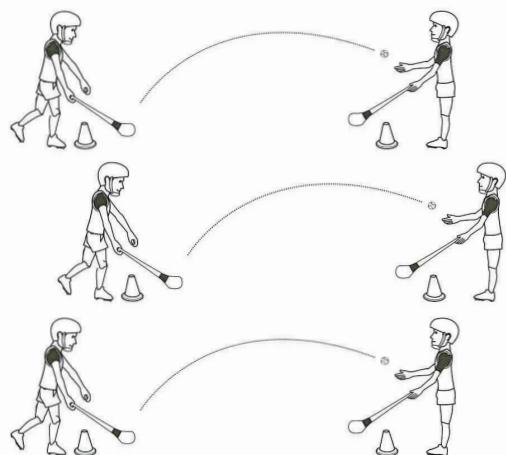
They must punt kick "over the river" into the opposition's area. One Player from each team goes to the opposite court and acts as a 'Scout' i.e. your team attempts to punt/strike the ball over to him/her. Scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, 1 point for a ball that hits the ground, 3 Points if the scout catches.



SAMPLE HURLING SESSION 7-9 YEARS

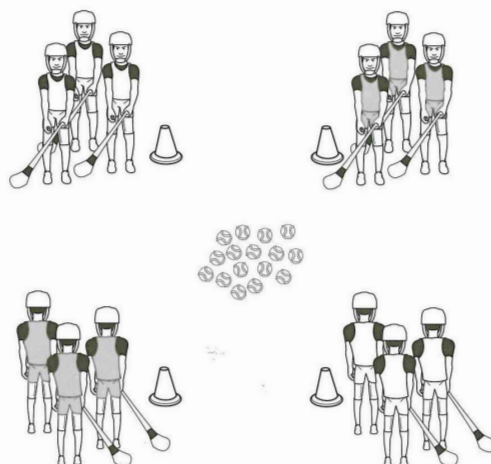
SKILL ACTIVITY 1: FLICK AND CATCH

Players in pairs 2m apart. 1 player has a bean bag on a hurl. He flicks the bean bag to partner who attempts to catch in their hand.



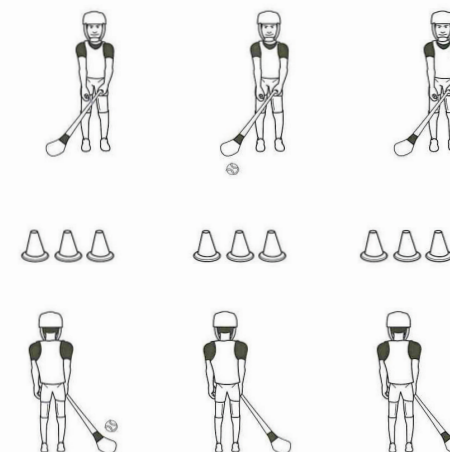
SKILL ACTIVITY 2: ROB THE NEST

12 players split into 4 teams of 3. In 60 seconds dribble as many sliotars as possible from the centre to your own area.



SKILL ACTIVITY 3: SKITTLES

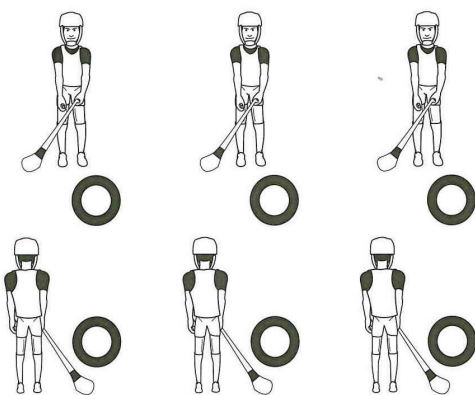
Two players face each other with a set of cones in between. Players stand a designated distance back and try to knock the cones with the ball/sliotar. Award one point if skittle is hit, 2 if it is moved and 3 if it is knocked down.



Sample Hurling Session 7-9 Years

SKILL ACTIVITY 4: TYRE HIT

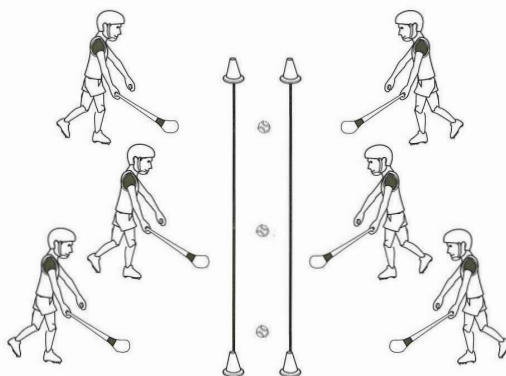
8 players - each at a tyre. One handed strike while walking around the tyre - both sides. Switch to two-handed striking. Jump onto the tyre. Jump back down & strike right/left. Jump into the tyre, jump out and strike right/left.



8 min	6	6	0

SKILL ACTIVITY 5: FLICK THE FLIES

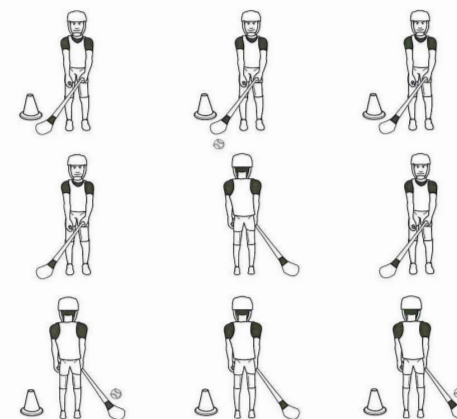
Step 1. draw two parallel lines of 4 meters distance. Step 2. two players facing each other on the parallel lines. Step 3. Put a ball in the middle (2 metres distance). Execution: the winner is the player who Flicks the ball away first. Each flick reward is 1 point. Set player to execute from ready position to flick action, using your thumb and finger as a spring.



8 min	6	4	3

SKILL ACTIVITY 6: PASS THE GUARDS

The first player begins by striking the sliotar towards the central player. The central player, without stopping the ball, must strike it on towards the third player. The third player strikes it back to the central player again and so the drill continues. Encourage the central player to play the ball on whatever side it approaches. The first team to move the ball up and down the line a set number of times wins.

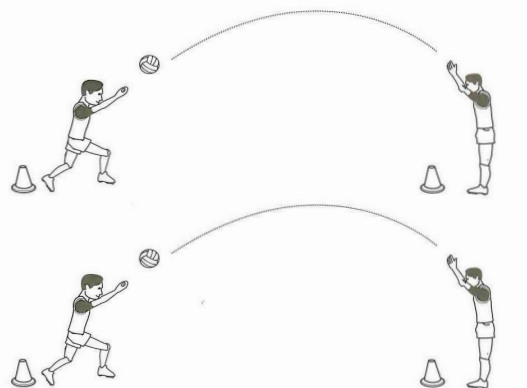


8 min	9	6	3

SAMPLE FOOTBALL SESSION 10-12 YEARS

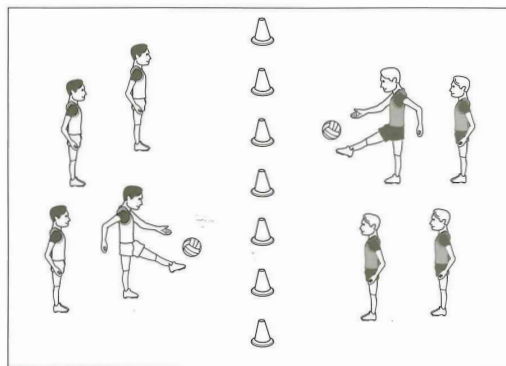
SKILL ACTIVITY 1: PARTNER CATCH

Divide group into pairs, one ball per pair. Each player in turn throws the ball above their head for them to perform the high catch. Initially the catcher jumps off both feet from a stationary position, bend the knees and extend the arms forward and up to catch the ball. To progress the drill the catcher takes one step forward to jump while swinging the other leg forward. Concentrate on gaining as much height as possible with the swinging leg.



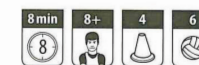
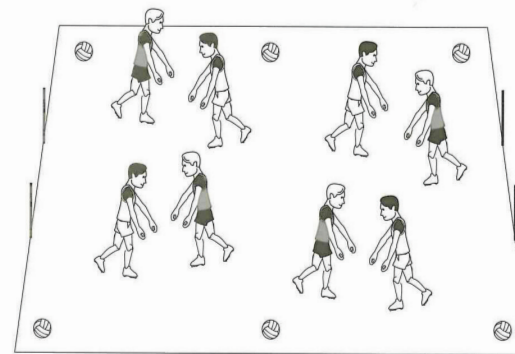
SKILL ACTIVITY 2: PRISONER BALL

Mark out a court using markers. Mark out a centre net or barrier using cones to divide the court into 2 sides. Divide the players into 2 equal teams. Objective of the game is to kick the ball into the opponents section of the court, if the ball is caught it is returned In the same way, but if the ball is dropped the player who dropped it or was nearest to it bouncing must surrender as 'prisoner' to the other-side, effectively increasing their numbers. The game is over when all the players of one team have been taken prisoner by the other.



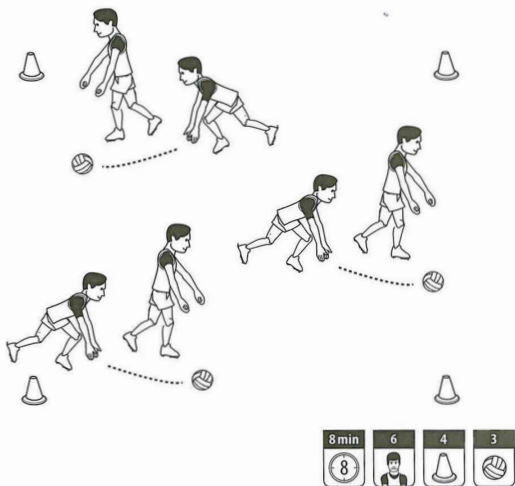
SKILL ACTIVITY 3: CONTINUOUS PLAY

Set out two teams as is shown and with 6 Footballs. There are 6 designated positions for the Football. Play begins with the referee calling a position (1-6) and the nearest player to the ball gets the game going. When the ball goes out of play again the referee calls another number. This game allows for 6 consecutive plays. It encourages quick reactions and decision making for the player who receives the ball. When all balls are used up the players must reset the balls.

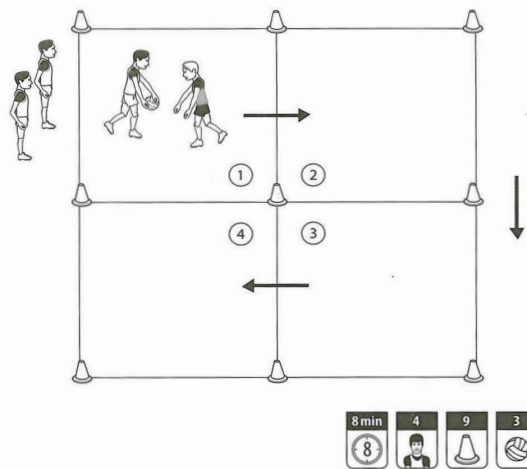


SKILL ACTIVITY 4: A RACE AGAINST TIME

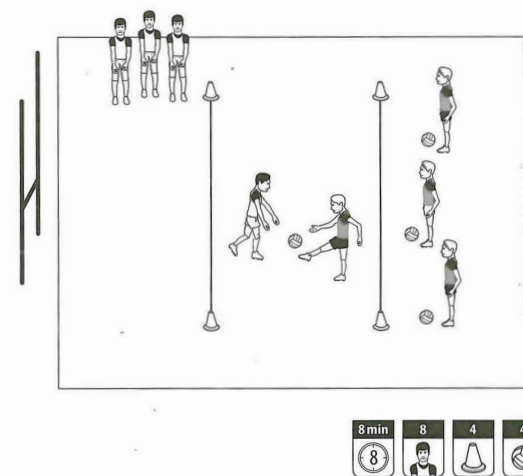
Mark out a grid 15mx15m using cones. Divide the players into pairs, one ball per pair. On a whistle, the player in possession rolls the ball forward for their partner to chase and pick up using the crouch lift technique. Encourage constant changes of direction. Ensure each player practices securing the ball after the lift, before rolling it for their partner. Count how many successful lifts each pair can do in a set time.

**SKILL ACTIVITY 5: BORDER RAIDERS**

Teams of 4 – 3 Attackers (Raiders) & 1 Defender. Aim: Defender from Team 1 goes to Zone 1 while his/her 3 Attacking team mates start behind end line. On signal the Attackers attempt to bypass the defender and move into Zone 2, go around the cone and attack Zone 3 and 4 as shown. If the defender intercepts she/he returns the ball and moves back to defend Zone 2, Zone 3 etc. before returning to side line. If he fails to gain possession in Zone 1 he may move back to defend in Zone 2 etc.

**SKILL ACTIVITY 6: LAST MAN**

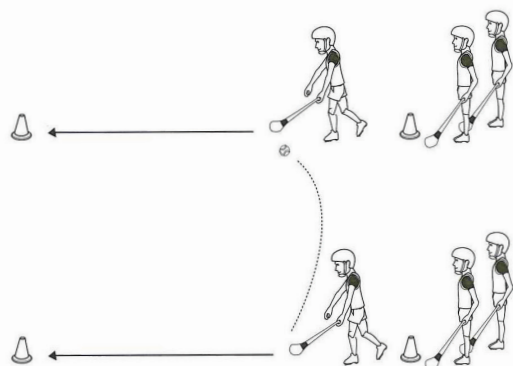
Mark a channel approx 20-45m out from goal. Divide the players into defenders and attackers. The attackers line up at the beginning of the channel each with a ball. The defenders line up to the side of the channel. In turn each attacker and defender enter the channel. The attacker attempts to get past the defender to take a shot at goal. Near hand tackle only to be used.



SAMPLE HURLING SESSION 10-12 YEARS

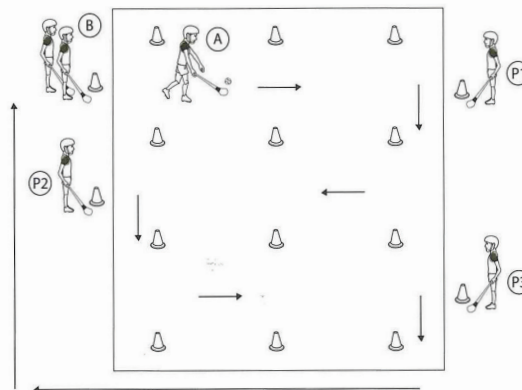
SKILL ACTIVITY 1: KEEP IT WIDE

Divide the players into pairs, one ball per pair. Mark out a distance 30m wide using cones. The players strike the ball back and forth across the distance as they move up the field. When all the pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side.



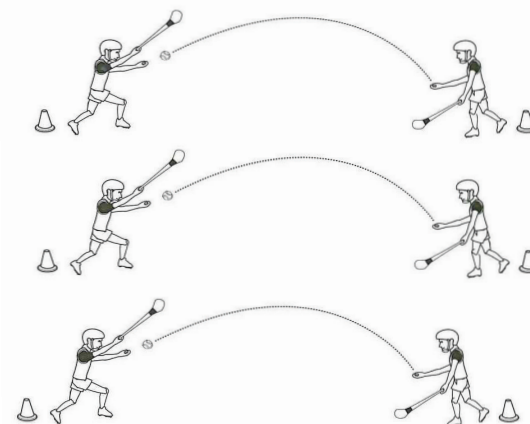
SKILL ACTIVITY 2: LANE TO LANE

Player A strikes the ball to player 1. Player 1 returns a hand-pass to the running A. A strikes to player 2. Player 2 returns a hand-pass to the running A. A strikes the ball to Player 3 and returns a hand-pass to the running A who solos back to the start. Player B continues the drill.



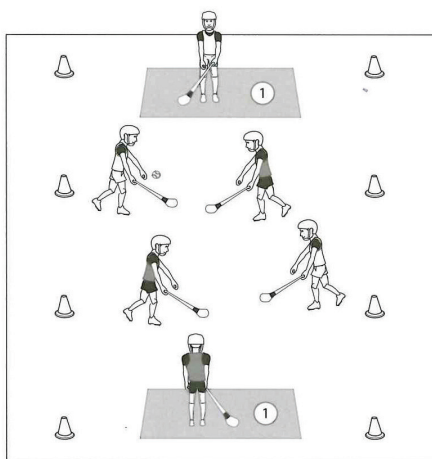
SKILL ACTIVITY 3: PARTNER CATCH

Divide players into pairs 3-5m apart. Player A throws the ball underarm for Player B to catch overhead. Player B then throws the ball for player A to catch. Encourage players to raise the hurley to protect the catching hand. Count how many successful catches each pair complete in 30 seconds.



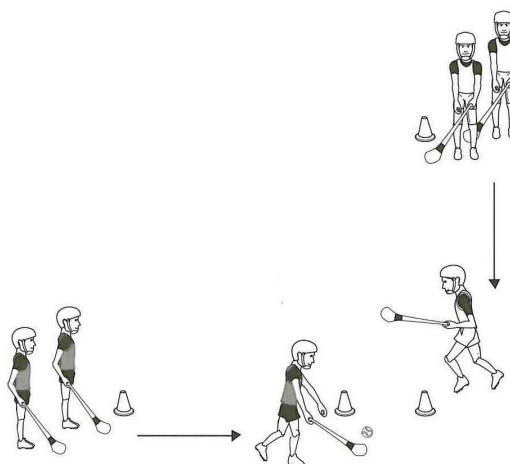
SKILL ACTIVITY 4: CAPTAIN BALL

Two teams of 4. Number the players from 1-4. Position 1 player (captain) from each team into a scoring box. Using a hand pass players attempt to get the ball to their captain in the box. Rotate the captaincy. **Progression:** Put an opponent beside the captain. Reduce the size of the grid. Increase the size of the teams.



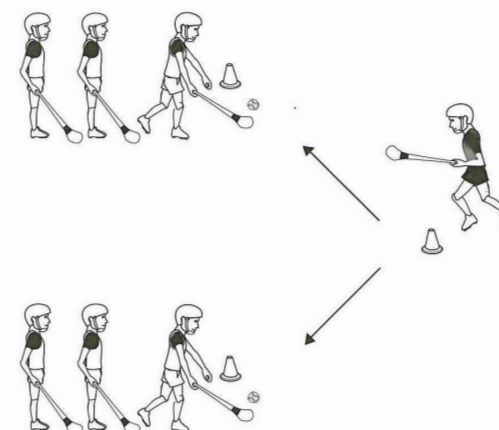
SKILL ACTIVITY 5: L-BLOCK

Set up cones as is shown below. Split groups into 2. Reds striking and yellows blocking. Reds run out to designated cone and strike the ball. At the same time yellow runs out to designated cone and moves in to block the striking player.



SKILL ACTIVITY 6: BLOCK TILL YOU DROP

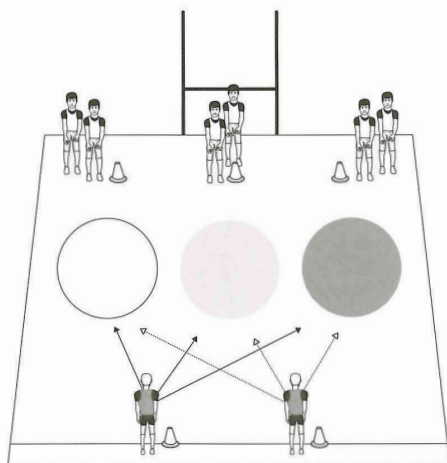
Divide team into 3 players per group 2 strikers and 1 blocker. This progresses with the blocker blocking from both sides to imitate a match situation. The strikers simultaneously strike a ball to the blockers left and right. The strikers perform a block on 1 side and the other.



SAMPLE FOOTBALL SESSION 13-15 YEARS

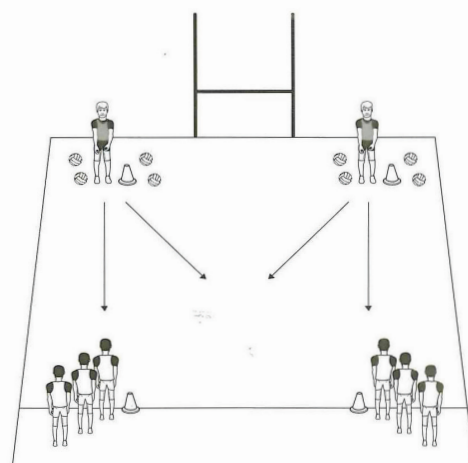
SKILL ACTIVITY 1: 3 RINGS

Forwards divided into 3 groups. Coach calls 1 yellow. Feeder punts the ball into the yellow circle. Player 1 runs and gathers the ball in the yellow circle, turns and shoots for the point. Drill continues shooting with both feet. Introduce a defender as a variation.



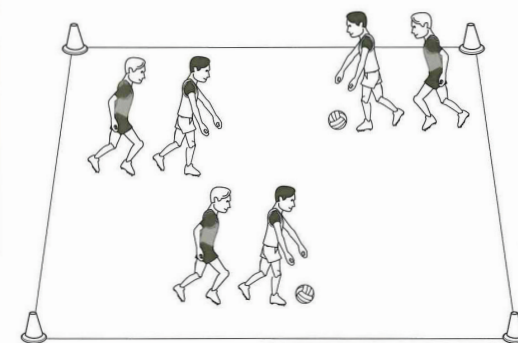
SKILL ACTIVITY 2: FEEDERS

2 feeders on the end line. 2 groups of forwards on the 45. Feeders punt kicks the ball into the forwards path and the forward puts the ball over the bar. **Variation:** Feeders hit the group on the opposite side of the pitch. i.e. they hit a diagonal pass.



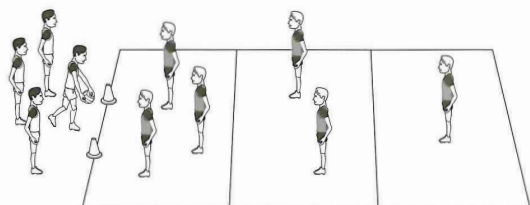
SKILL ACTIVITY 3: 5/6 PICK UP

Red team can only pick up. Blue team can defend. Start the game with two footballs. Any player from the blue team can prevent a pick up by any other player from red team. Defenders shouldn't guard the footballs, and encourage players that successfully make a pick up to try and place the ball in such a way that makes it easy for one of his team to pick it up, i.e. via a low kick pass or hand-pass into space to the advantage of one of his team mates. A different player must pick up the ball each time. After a set time reverse the roles.

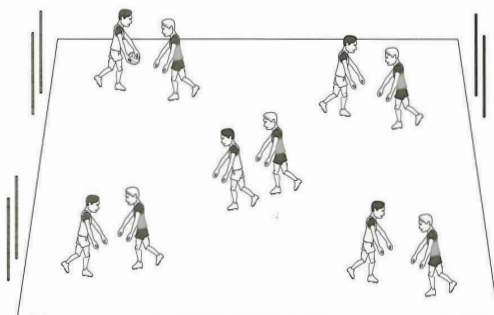


SKILL ACTIVITY 4: ZONES

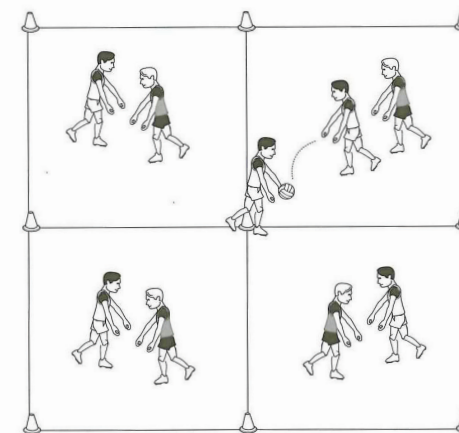
6 attackers, 3 defenders in zone 1, 2 defenders in zone 2, 1 defender zone 3. The attackers attempt to solo through each defensive zone and score a point for every time an attacker successfully gets through 3 zones. If dispossessed by a defender, he comes out at the side of that zone and returns to the start to go again. A successful attacker also returns to the start. Defenders can only defend their own zone. After a set time attackers and defenders change roles.

**SKILL ACTIVITY 5: DEFEND THE GATES**

2 teams of 5 in an area with 4 goals. Each team has two goals to defend and two goals that they can score in. Designed to enhance vision, creation of space and decision making.

**SKILL ACTIVITY 6: E9**

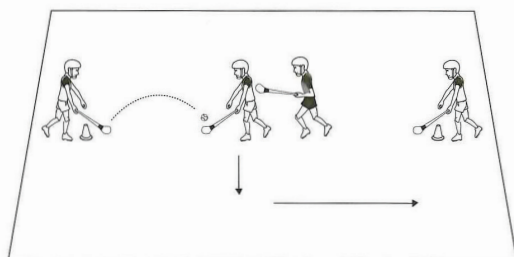
2 teams of 4. One man in each grid starts the game. The 9th player begins in the centre of the grid with the ball. When the whistle goes the extra man simply moves from grid to grid. The game is to keep possession. Once he passes to a player in a grid he must get to that grid to receive a return pass. Each player gets 1min in the middle.



SAMPLE HURLING SESSION 13-15 YEARS

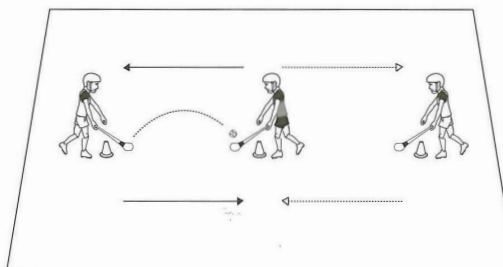
SKILL ACTIVITY 1: COLLECT, TURN & STRIKE

Set up in groups of 4. 2 feeders and 2 men in the middle, 1 defending and 1 attacking. Feeder 1 plays the ball into the attacker who is under pressure from the defender. The attacker must turn and beat the defender and play the ball to feeder 2. The drill continues from feeder 2. After 2 minutes reverse the roles and switch the feeders into the middle.



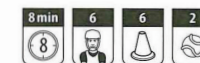
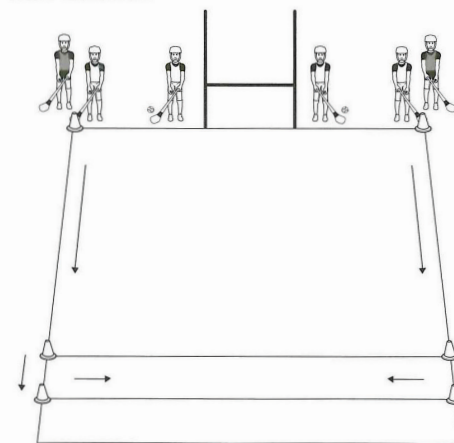
SKILL ACTIVITY 2: 2 BALL HAND

Split the team into groups of 3. 2 feeders and 1 striker working in the middle. Feeder number 1 strikes to the man in the middle he controls it and strikes it back. As soon as he's finished he turns and receives a ball off the second feeder. Drill continues for 2 minutes then man in the middle is changed.



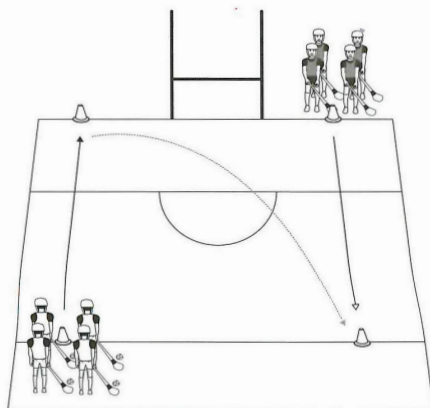
SKILL ACTIVITY 3: FAST TOUCH

Divide players into 2 groups of 4/5. 2 feeders either side of the goal. Place 2 cones the first 40 yds from goal and the second 45m from goal. Players should be in two at the end line. On the call the attacker runs around the near cone defender around the far cone. Feeder feeds the attacker the ball. The attacker under pressure must score.



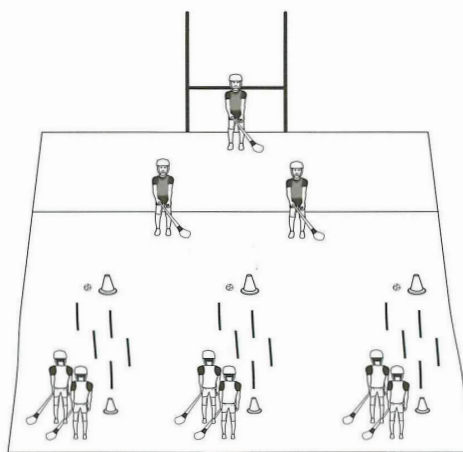
SKILL ACTIVITY 4: DEFENDER & ATTACKERS

On the goals call 2,3,4,5 etc. Players set off from either side of the pitch. Defenders have the ball and pass to each-other. Attackers just run out to 45. Defenders once they have reached the end-line turn and strike the ball out the field to the attackers. Attackers collect the ball and head for goals. Defenders take up positions in the scoring zone (Inside the D). Only once the attackers have entered the zone can they shoot for a score.



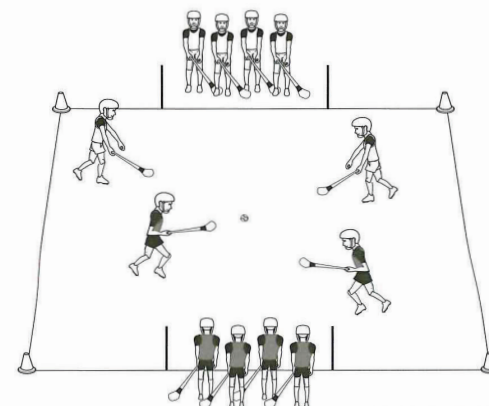
SKILL ACTIVITY 5: REACTOR GAME

Team divided into 3 groups. Attackers run around the poles in a slalom layout. When they come out of the poles Coach calls a colour and the player at that cone picks up the ball. They must beat the defender and attempt a score the other two runners are assisting them as team mates.



SKILL ACTIVITY 6: LINE GAME

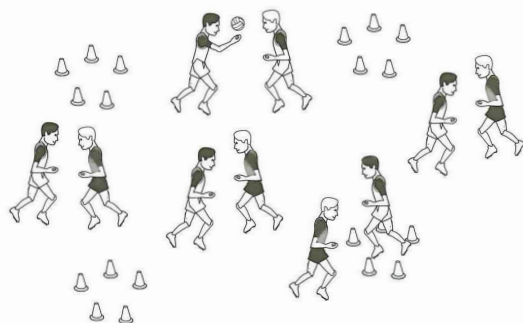
Equipment: 2 Sets of bibs, Cones to mark out grids 30m x 20m. **Layout:** 2 Teams of 10, split into 2 groups of 5 each. Give a colour to each group Yellow and Blue. Nos. Players in each group 1 to 5. When a player's number is called e.g. 1's from both group play against each other. 2 Numbers may be called at a time. Uneven team numbers could be called given one team a numeric advantage e.g. 'Yellow 2,3, & 4' v 'Blue 2 & 5' etc. **Progression:** Groups rotate to approach grid from different angles.



SAMPLE FOOTBALL SESSION 16-18 YEARS

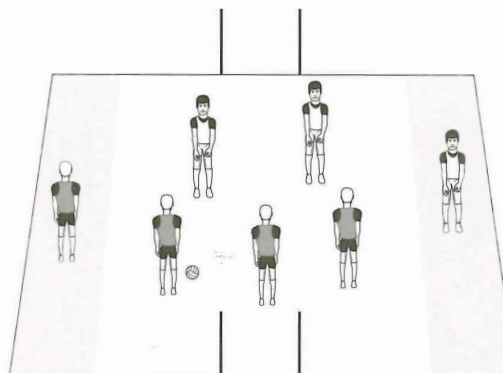
SKILL ACTIVITY 1: 4 GOAL ZONES

Two teams play in an area approx 30m. One team begins with the ball and attempts to score points by having one team member catch the ball in one of the goal zones outlined by the markers. The attacking team cannot run with the ball and have 5 seconds to pass the ball to a team mate once in possession. Attacking players cannot stand in the goal zones, but must enter the zone just before receiving the pass to score a point. Once a point is scored the same team continues with the ball and must attack another zone.



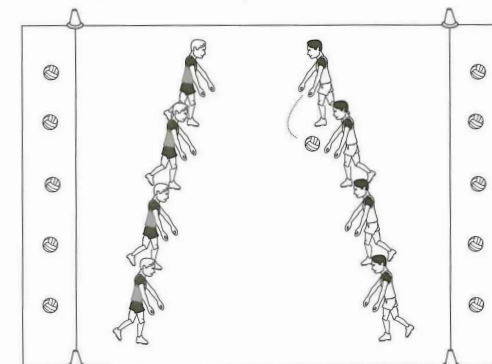
SKILL ACTIVITY 2: WIDE MAN

Mark 30m x 40m grid and divide into 3 smaller zones with 2 outer zones 40m x 2m and a central zone 26m v 40m. Teams: 3 v 2 initially before introducing 2 v 2 or 3 v 3. 2 extra players (wide men) run channels and may play for either Team. Players in channels cannot be tackled. Wide man must be used in each attack. Goalies are optional. A point given for each score.



SKILL ACTIVITY 3: (2 HANDED) SUPPORT PLAY

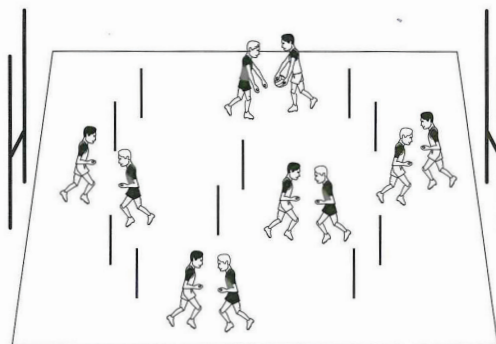
No kicking or tackling is permitted. The ball must be hand-passed backwards and then carried forward. Play stops when an opponent touches the ball-carrier with both hands. If after five sequences of play a goal hasn't been scored, the ball is turned over. A goal occurs when the ball is touched on the ground at the end of the field. A number of balls are placed at each end of the field so the opposing team can play on immediately when a goal is scored, resuming from the defended touch line. The team with the highest score at the end of the game wins.



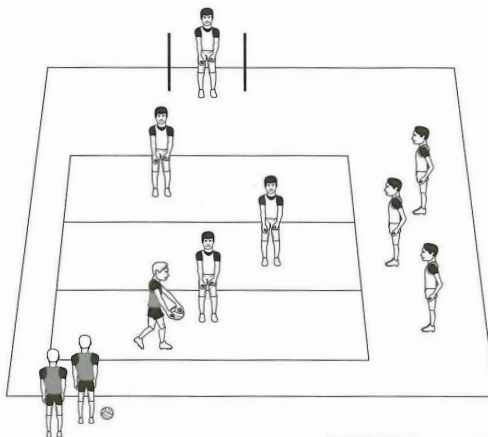
SKILL ACTIVITY 4: SPACIAL AWARENESS

Set up 5 gates between the two 21m lines. The centre gate measures approx 20m while the other 4 measure approx 25m.

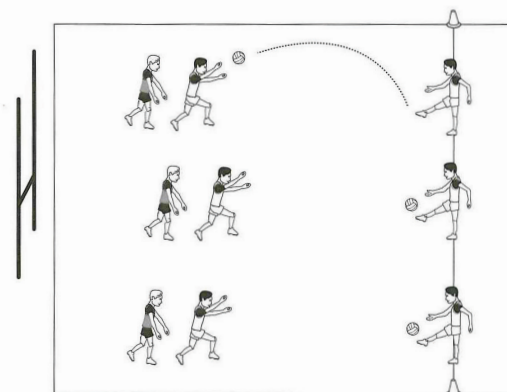
Aim: to score a kick pass through the gate to a team mate running on to the ball. Encourages long passing, diagonal movement and forwards to attack the ball.

**SKILL ACTIVITY 5: TACKLE ALLEY**

Set up 3/4 small grids 10m x 5m with a 3m space between each in front of goals. The long thin grids allow the defenders a chance of chasing their opponents to execute the N.H.T. (Near Hand Tackle).
Organisation: Place a defender in each grid. They must remain in their own grid. Have extra defenders ready to come in after a set number of attacks. 3/4 Attackers each with a ball attempt to solo, one at a time, through the grids and finish with a shot on goal.

**SKILL ACTIVITY 6: ONE ON ONE**

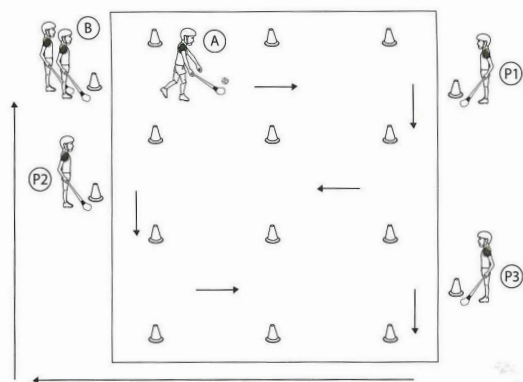
Organise players in groups of 3. 1 feeder, 1 defender and 1 attacker. The feeder plays the ball from the halfway line into the attacker. The attacker performs a high catch un-contested initially and then attempts to put the ball over the bar. Drill advances with a fully contested high catch between defender and attacker. Switch roles every 2 minutes contested.



SAMPLE HURLING SESSION 16-18 YEARS

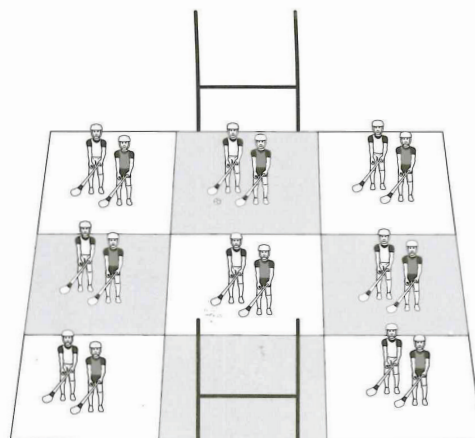
SKILL ACTIVITY 1: LANE TO LANE

Player A strikes the ball to Player 1. Player 1 returns a Hand-pass to the running A. A strikes to player 2. Player 2 returns a hand pass to the running A. A strikes the ball to Player 3 and returns a hand-pass to the running A, who solos back to the start. Player B continues the drill.



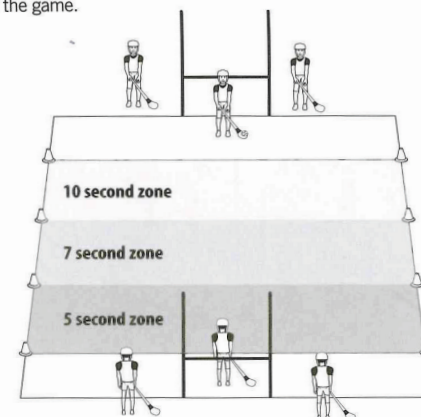
SKILL ACTIVITY 2: ZONES

The pitch is divided into zones. Players are split into two teams. Two players from opposing teams are assigned to each zone. Normal rules apply but players can't leave their zone. After a score, each player moves to a different zone.



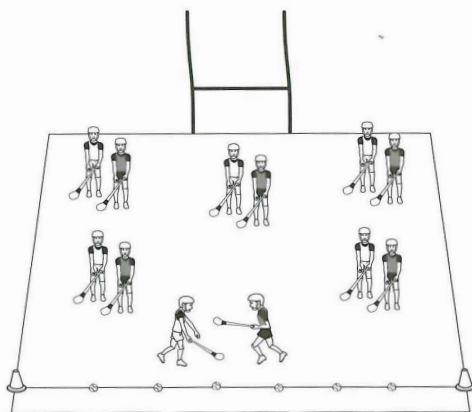
SKILL ACTIVITY 3: TIME ZONES

Mark out a large zone 60m x 20m with 3 equal zones. Two teams 3 v 3 aim to solo the ball past their opposite end line. The team in possession must keep possession of the ball for 10 seconds in their defending zone, 7 seconds in their middle zone and 5 seconds in their attacking zone before crossing their end line for a score. If a team regains possession of the ball in their attacking or middle zone they must first solo back to their defending zone before they may start the game.

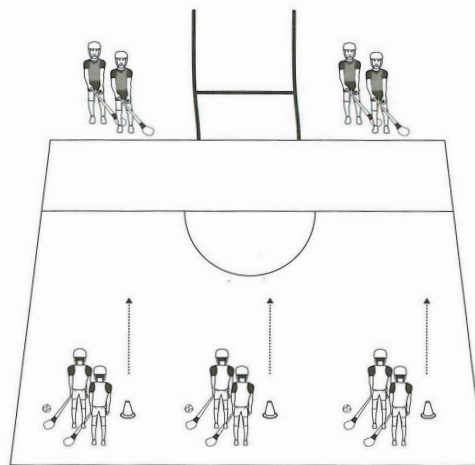


SKILL ACTIVITY 4: 6 OF THE BEST

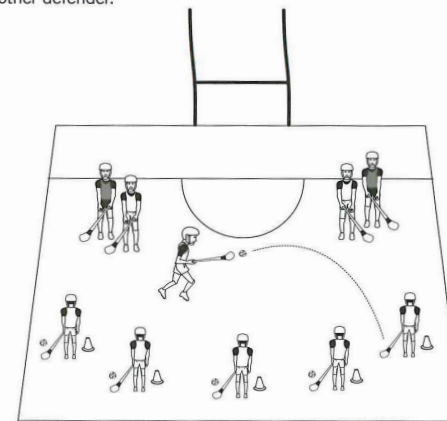
Six scoring opportunities. One forward picks up a sliotar and along with his team-mate attempts to set up a score. If the ball is intercepted or the defenders win back possession then that attacking opportunity is gone. The forwards must then go back to the halfway line, retrieve another sliotar and set up another attack. How many scores do the forwards get from 6 attacks. Rotate defenders with attackers after 6 attacks.

**SKILL ACTIVITY 5: TIME ATTACK**

3 attackers start in possession of a sliotar on the 45m line. 2 defenders start on the end-line either side of the goal. The attackers must pass the ball a minimum of 3 times and must carry the sliotar, beat the defenders and work a goal.

**SKILL ACTIVITY 6: FREE FORWARD**

Place 5 fielders around the pitch on the 45 in a half circle set up. Place 3 attackers and 2 defenders inside the 45. The aim of the drill is for the Feeder to make the correct decision and pick out the free forward. The free forward must carry the ball and create space for the other 2 attackers and make the correct pass to avail of this space and create a scoring opportunity. **Progression:** Add in another defender.







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