



# Clerihan GAA

Coaching & Player  
Development Pathway

# Topics

- Introduction
- Club Pathway
  - Goals & Values
  - Club Objectives
- Coach Pathway
- Player Pathway
- County Players
- Skill Challenges
- Links



## Club Mission Statement

*“Reformed in 2005, Clerihan GAA Club serves all age groups, from our U5 nursery to adult teams. Our dedicated, qualified coaches work with integrity, quality, equality, and fair play, helping players of all ages reach their full potential.”*



# Club Pathway Aims

1

Provide an inclusive, open environment with high-quality training from experienced, qualified coaches.

2

Maximise player potential while fostering fun, friendships, and personal growth.

3

Promote player retention from juvenile to adult levels to ensure long-term success.

4

Cultivate an open, friendly, and welcoming atmosphere where all members feel valued.

5

Create a safe and nurturing environment for all players.

6

Foster loyalty and pride in both the club and the community.



# Vision

*“At Clerihan GAA, our vision is to build a strong club identity and culture through Gaelic games, fostering lifelong participation and promoting individual well-being for all.”*



Better Coaches

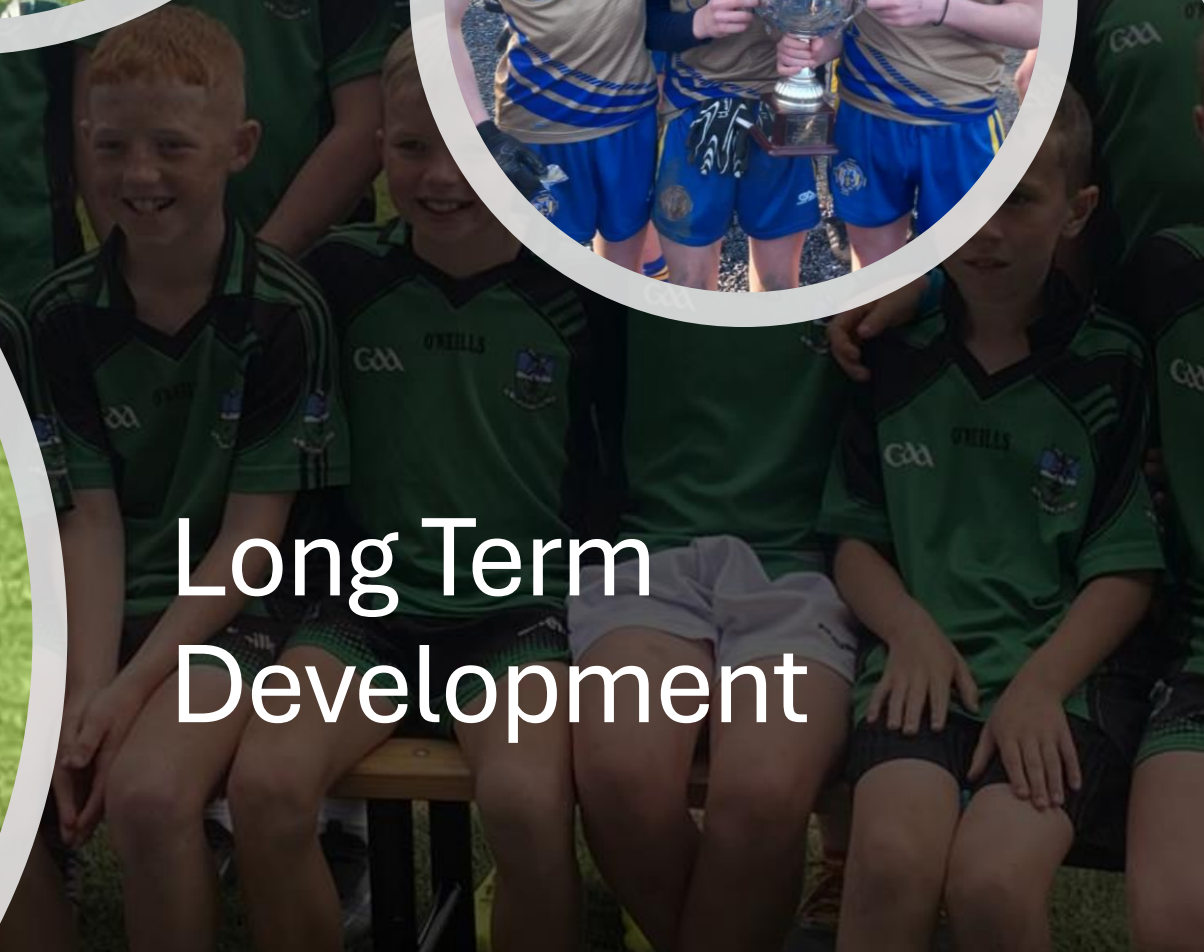
Better Players

Player Retention

Better Club

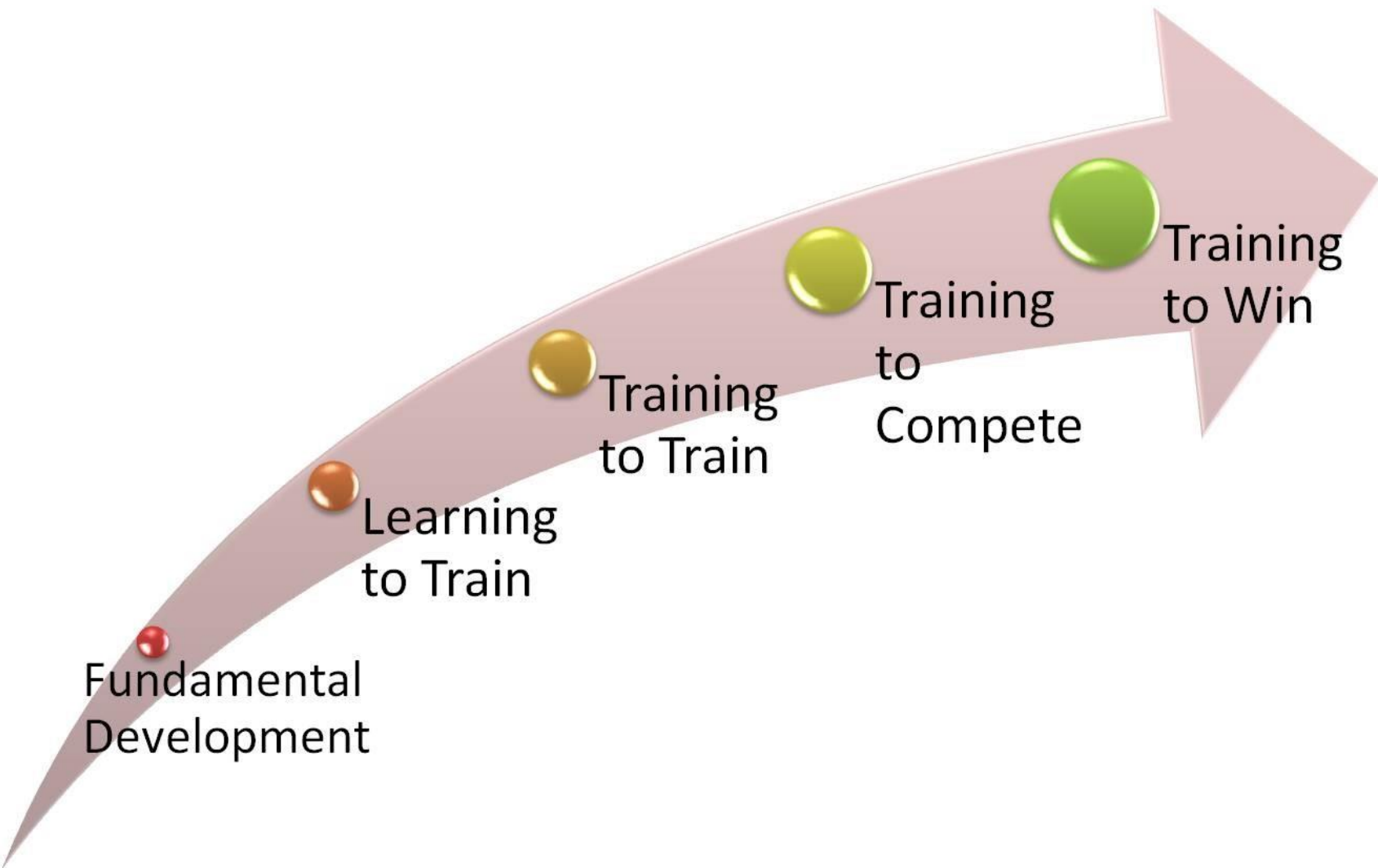


# Coach Pathway



# Long Term Development





Long Term Development



# Stages of Coaching

Stage	Age	Emphasis
Learn to Master the Ball	5 – 7	It should be about fun and participation, with a key emphasis on physical literacy and fundamental movement skills with the ball.
Learn to Use the Ball	8 – 9	The major skills-learning phase is where all the basic skills in hurling and football are learned, emphasizing the fundamental movements.
Learn to Play Together	10 – 11	Emphasis on understanding how to play and work together as a team.
Learning about Positions	12 – 13	The principles of play and applying good game sense increase.
Learning to Perform	14 – 15	Combining all aspects of performance, including decision-making, higher physical demands of the game, and coping with competition.
Refining Performance	16 - 17	Be able to perform the skills of Hurling/Football to an autonomous level in an open environment incorporating teammates and/or opponents.



# Stages of Coaching

Age group	Requirements
U 7	<ul style="list-style-type: none"> <li>• Foundation</li> <li>• Child Protection</li> <li>• Garda Vetted</li> <li>• Progress to Award 1C</li> </ul>

Age group	Requirements
U 9	<ul style="list-style-type: none"> <li>• Foundation</li> <li>• Child Protection</li> <li>• Garda Vetted</li> <li>• Progress to Award 1C</li> </ul>

Age group	Requirements
U 11	<ul style="list-style-type: none"> <li>• Foundation</li> <li>• Child Protection</li> <li>• Garda Vetted</li> <li>• Progress to Award 1C</li> </ul>

Age group	Requirements
U 13	<ul style="list-style-type: none"> <li>• Foundation</li> <li>• Child Protection</li> <li>• Garda Vetted</li> <li>• Progress to Award 1Y</li> </ul>

Age group	Requirements
U 15	<ul style="list-style-type: none"> <li>• Foundation</li> <li>• Child Protection</li> <li>• Garda Vetted</li> <li>• Progress to Award 1Y</li> </ul>

Age group	Requirements
U 17	<ul style="list-style-type: none"> <li>• Foundation</li> <li>• Child Protection</li> <li>• Garda Vetted</li> <li>• Progress to Award 1Y</li> </ul>

## Supplemented By

3 Collective Coaches Meetings Per Year

Coaching Talks

Right Tools and Equipment



# Our Players





## Player Pathway

Our approach centres on people— our players. We focus on valuing and nurturing them to keep our Games integral to our identity. Our heritage, or 'Dúchas,' connects our past to our future. The player is central to our Pathway, with development aimed at realising their potential both on and off the field. The journey from first involvement to full potential is complex and individualistic, requiring an adaptive coaching approach that evolves with the player, their environment, and the game.



# Club Pathway Aims

## F1 – Fundamental Movement Skills

Focus on open play, letting children explore movement through fun experiences. This phase aims to build core motor skills, creating a positive foundation in Gaelic Games and physical activity.



## F2 – Extension and Refinement of Movement

Emphasis on developing functional movement and early Gaelic Games skills, preparing children gradually before entering formal competitions.

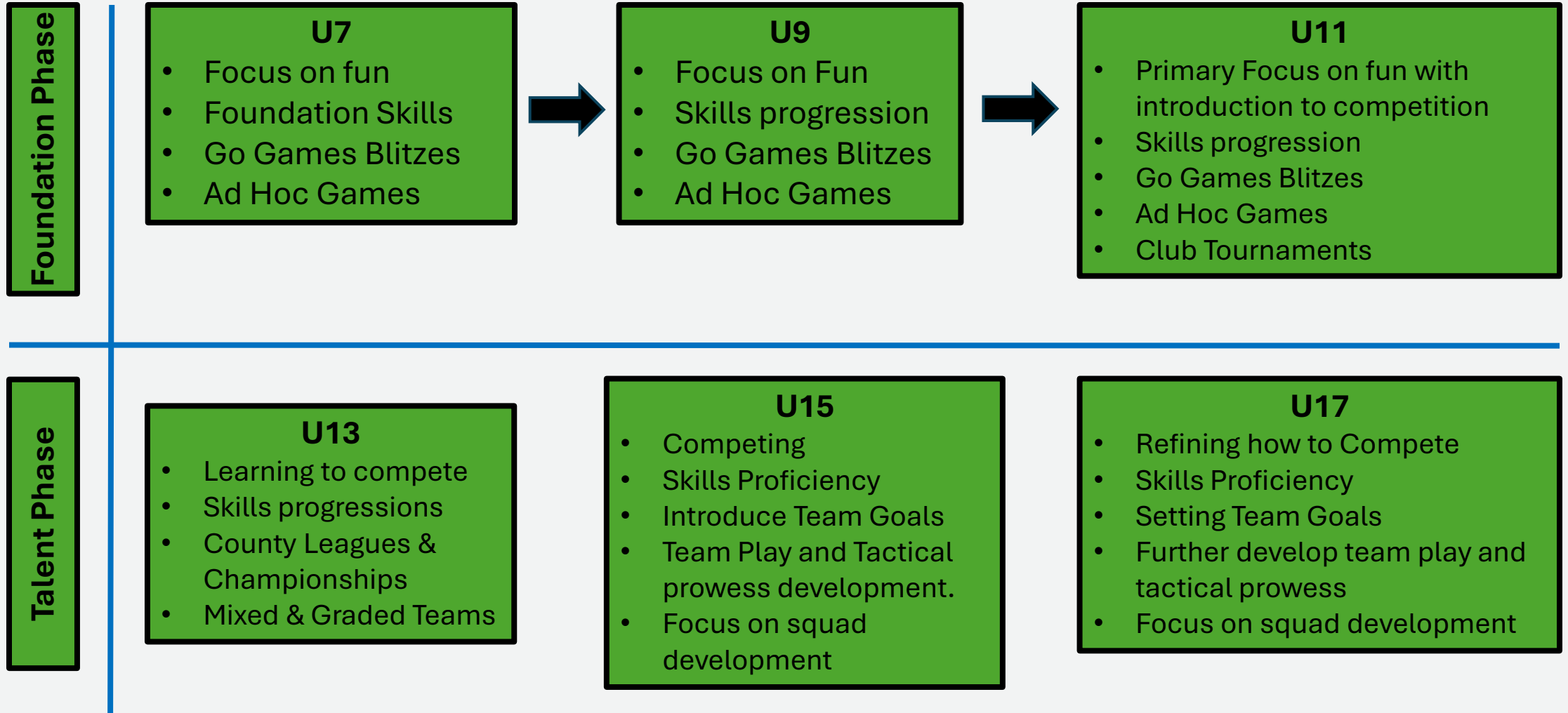


## F3 – Commitment to Gaelic Games and Active Lifestyle

As skills consolidate, youths commit to training and competition, with the goal of lifelong participation. This phase supports development from youth to adult levels, promoting inclusive club activities for all.



# Club Player Pathway Model Long Term Development Model (LTDM)



# Skills to Age – Under 7

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## Our emphasis should be on:

- Fun
- Participation
- Agility and fundamental movement skills
- Correct hurley size and grip

## We want our children to feel

- Confident
- Friendship
- Teamwork
- Punctuality
- Respect



## 3.3.1 Players Aged 5,6 & 7

### Learning to Master the Ball



Skill Emphasis	Skill Emphasis	Physical Focus	Game Specific
<b>Hurling</b>	<b>Football</b>	<b>ABC &amp; RJT's</b>	
<b>Handling</b> <ul style="list-style-type: none"> <li>• Correct hurley size</li> <li>• Identification of the 'strong' hand</li> <li>• Grip &amp; Swing</li> <li>• Ready &amp; Lock</li> </ul>	Maintaining Possession <ul style="list-style-type: none"> <li>- Throw</li> <li>- Two handed Bounce</li> <li>- One handed Bounce</li> </ul>	Agility e.g. chasing games, dodging, e.g. shadow running	<b>Target Games:</b> 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
		Balance Animal walking Hop in & out of hoops	
Gaining Possession <ul style="list-style-type: none"> <li>- Body Catch</li> <li>- Pick up (stationery &amp; moving)</li> </ul>	Co-ordination Skipping, Ladder Work, Bean Bag toss		
<b>Send &amp; Receiving</b> <b>One Hand Dribble</b> <ul style="list-style-type: none"> <li>- Two-Handed Dribble</li> <li>- Ground Strike               <ul style="list-style-type: none"> <li>▪ Tyre</li> <li>▪ Ball</li> </ul> </li> <li>- Ground Stop</li> <li>- Run Strike</li> <li>-Stationary Ground ball</li> </ul>		Running Good Technique Forward, Backward, side ward's e.g. Marching e.g. Stopping	
		<b>Travelling</b> <ul style="list-style-type: none"> <li>- Knee tap solo</li> </ul>	
		<b>Throwing Target Roll, Skittles, Bowling</b>	<b>Part Invasion:</b> 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.

## 3.3.2 Players Aged 8 & 9

### Learning to Use the Ball Well



Skill Emphasis	Skill Emphasis	Physical Focus	Game Specific
<b>Hurling</b>	<b>Football</b>	<b>ABC &amp; RJT's</b>	
<b>Handling</b> <ul style="list-style-type: none"> <li>• Correct hurley size</li> <li>• Identification of the 'strong' hand</li> <li>• Grip &amp; Swing</li> <li>• Ready &amp; Lock</li> <li>• Claw Catch</li> <li>• Cupped Catch</li> </ul>	Maintaining Possession <ul style="list-style-type: none"> <li>- One handed Bounce</li> <li>- Solo Run</li> </ul>	Agility Back to Back, Follow the Leader, Hopscotch, Lateral Jumps	<b>Target Games:</b> 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
		Balance Hop in & out of hoops, bunny hops, 1 legged balance & hop	
<b>Send &amp; Receiving</b> <ul style="list-style-type: none"> <li>• Ground Striking (a moving ball) L&amp;R</li> <li>• Ground doubling (same &amp; opposite direction)</li> <li>• Striking from the hand (Stationary)</li> <li>• Jab Lift (Stationary Ball)</li> </ul>	Gaining Possession <ul style="list-style-type: none"> <li>- Handpass (closed fist)</li> <li>- Ground Kick</li> <li>- Punt Kick</li> </ul>	Co-Ordination Skipping, Ladder Work Running With the Hurley/Football Forward, Backward, sideways (multiple change of direction) High knees & heels	<b>Court Games:</b> 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
<b>Travelling</b> <ul style="list-style-type: none"> <li>• Bean Bag Balancing</li> <li>• Ball Balancing</li> </ul>	Gaining Possession <ul style="list-style-type: none"> <li>- Body Catch</li> <li>- Overhead Catch</li> <li>- Low Catch</li> <li>- Pick Up</li> </ul>	Jumping Jump & Land then Change Direction, Jump Jacks, Squat Jumps, Jump & Turn	
<b>Tackle</b> <ul style="list-style-type: none"> <li>• Ground Flick (backhand)</li> <li>• Ground Clash</li> <li>• Hooking Frontal &amp; ground block (Hurl to Hurl)</li> </ul>	<b>Contesting Possession</b> <ul style="list-style-type: none"> <li>- Blockdown</li> <li>- Near Hand Tackle</li> <li>- Shadowing</li> </ul>	<b>Conditioning: Partner Resistance</b> e.g. Tug of war, e.g. Push & Pull partner, e.g. The bridge, whole body exercises, introduce basic flexibility	<b>Field Games:</b> These are games which require 1 team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. E.G. Rounders (football & hurling)
		Throwing Target Roll, Skittles, Bowling, Dodgeball	<b>Part &amp; Full Invasion</b> These games require players to complete a task with limited or direct opposition, where the objective is to move into opponents territory and score. E.G. Getting through the traffic, 4v4 (2 zones), 4v4 (2 touch), no goalie, Up north down south, 5v5 (wide man)

## 3.3.3 Players Aged 10 & 11

### Learning to Play Together



Skill Emphasis	Skill Emphasis	Physical Focus	Game Specific
<b>Hurling</b> <b>Handling</b> <ul style="list-style-type: none"> <li>• Overhead catch (hurl to protect)</li> <li>• Hand passing (using both hands)</li> <li>• Switch pass</li> <li>• Low catch</li> </ul>	<b>Football</b> Maintaining Possession <ul style="list-style-type: none"> <li>- One handed Bounce</li> <li>- Solo Run</li> </ul>	Speed Further development of speed in warm ups (Efforts less than 6 secs) e.g. quickness and change of direction and reaction sprints	<b>Court Games:</b> <ul style="list-style-type: none"> <li>• Over the river</li> <li>• Hit the corners</li> </ul>
<b>Send &amp; Receiving</b> <ul style="list-style-type: none"> <li>• Striking on the run Short stick left &amp; right</li> <li>• Striking off hurl</li> <li>• First touch control</li> <li>• Jab lift (moving ball)</li> <li>• Roll lift</li> <li>• Lift &amp; strike</li> <li>• Batting high ball</li> <li>• Side line cuts</li> </ul>	Gaining Possession <ul style="list-style-type: none"> <li>- Handpass (closed fist)</li> <li>- Ground Kick</li> <li>- Punt Kick</li> </ul>	Strength <ul style="list-style-type: none"> <li>• Introduce Core strength e.g. twist with partner</li> <li>• Own body strength exercises e.g. Pull ups press ups etc....</li> <li>• Introduce plyometric training e.g. bounding and hopping</li> </ul>	<b>Field Games:</b> <ul style="list-style-type: none"> <li>• Crazy kicks</li> <li>• Batter bonanza</li> </ul>
<b>Travelling</b> <ul style="list-style-type: none"> <li>• Soloing at Speed</li> </ul>	Gaining Possession <ul style="list-style-type: none"> <li>- Body Catch</li> <li>- Overhead Catch</li> <li>- Low Catch</li> <li>- Pick Up</li> </ul>	Stamina Endurance related activities: e.g. <ul style="list-style-type: none"> <li>• Relay running</li> <li>• Small sided games &amp; ball drills</li> <li>• Circuit training with the ball</li> </ul>	<b>Part Invasion:</b> <ul style="list-style-type: none"> <li>• 4v1 (Grid)</li> <li>• Pass and Attack</li> </ul>
<b>Tackle</b> <ul style="list-style-type: none"> <li>• Shouldering</li> <li>• Hooking on the move</li> <li>• Blocking (ground &amp; air)</li> <li>• Doubling in the air</li> </ul>	<b>Contesting Possession</b> <ul style="list-style-type: none"> <li>- Blockdown</li> <li>- Near Hand Tackle</li> <li>- Shadowing</li> </ul>	<b>Flexibility &amp; Co-ordination</b> <ul style="list-style-type: none"> <li>• Introduction Dynamic stretching &amp; mobility exercises</li> <li>• Warm up &amp; cool down concept</li> </ul>	<b>Full Invasion:</b> <ul style="list-style-type: none"> <li>• 4v4 (Split ends)</li> <li>• 5v5</li> <li>• Go Games</li> </ul>

# 3.3.4 Players Aged 12 & 13

## Learning about Positions



Skill Emphasis	Skill Emphasis	Physical Focus	Game Specific
<b>Hurling</b> <b>Handling</b> <ul style="list-style-type: none"> <li>• High catch (protect from front &amp; behind)</li> <li>• Hand pass off the hurley (Both Hands)</li> <li>• Chest catch</li> </ul> <b>Send &amp; Receiving</b> <ul style="list-style-type: none"> <li>• Jab lift at pace</li> <li>• Striking on the run (Moving away from target)</li> <li>• Striking on the run</li> <li>• Ground striking on the run</li> <li>• Free taking</li> <li>• Roll Lift</li> <li>• Doubling ball in the air</li> <li>• Shooting for scores</li> <li>• First touch control</li> </ul>	<b>Football</b> <b>Maintaining Possession</b> <ul style="list-style-type: none"> <li>• Bounce/Hop</li> <li>• Solo</li> <li>• Side Step/Feint</li> <li>• Change of pace with the ball</li> </ul>	<b>Speed</b> <ul style="list-style-type: none"> <li>• Multi-directional (efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility &amp; reaction sprints</li> </ul>	<b>Part Invasion:</b> Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. e.g. Wide man & Zone to Zone
<b>Travelling</b> <ul style="list-style-type: none"> <li>• Soloing (changing direction)</li> <li>• Tap &amp; Move</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>• Frontal block (Hurl to ball)</li> <li>• Low block</li> <li>• Ground tussle</li> <li>• Flick off the hurley (Snig)</li> <li>• Hooking (Still &amp; Moving)</li> </ul>	<b>Releasing Possession</b> <ul style="list-style-type: none"> <li>• Handpass (Closed fist) (left &amp; right)</li> <li>• Punt Kick (left &amp; right) to moving target</li> <li>• Hook Kick (left &amp; right) to moving target</li> <li>• Scoring from angles</li> <li>• Free Kicks &amp; Penalty Kicks</li> </ul> <b>Contesting Possession</b> <ul style="list-style-type: none"> <li>• Dive Blockdown</li> <li>• Blockdown</li> <li>• Near Hand Tackle</li> <li>• Hand off</li> <li>• Shadowing</li> <li>• Frontal Tackle</li> </ul> <b>Gaining Possession</b> <ul style="list-style-type: none"> <li>• Pick Up (left &amp; right)</li> <li>• Catch (Overhead, Body &amp; Low)</li> </ul>	<b>Strength</b> <ul style="list-style-type: none"> <li>• Body weight circuit training (upper &amp; lower body, trunk) Develop core strength (The Plank)</li> <li>• Learning correct weight lifting techniques (squats, snatch, lunge, etc) Introduce light free weights and medicine balls</li> </ul>	<b>Full Invasion:</b> The key element with invasion games is the number of players involved. The less space a player has, the less time they have on the ball and the more skill is required. e.g. Backs & Forwards, 15v15, Modified & Conditioned games
		<b>Stamina</b> <ul style="list-style-type: none"> <li>• 3v1 games</li> <li>• Drills Incorporating the ball</li> </ul> <b>Flexibility/Co-Ordination</b> <ul style="list-style-type: none"> <li>• Maintain flexibility exercise</li> <li>• Dynamic Warm up</li> </ul>	<b>Possession Games:</b> Concept games designed to correct a failing in general team play or one rule games to develop a weakness in general play. e.g. Give & Go, 4 second rule, 2 touch, 1 hop 1 solo, Heads up, First touch.

# 3.3.5 Players Aged 14 & 15

## Learning to Perform



Skill Emphasis	Skill Emphasis	Physical Focus	Game Specific
<b>Hurling</b> <b>Ball Winning</b> <ul style="list-style-type: none"> <li>Catching high-low &amp; half volley (protect from front &amp; behind)</li> <li>First touch off the hurl-low, High control Dribble keep possession</li> <li>Roll &amp; jab lift at pace</li> </ul> <b>Sending &amp; Receiving (L&amp;R)</b> <ul style="list-style-type: none"> <li>Lift &amp; strike</li> <li>Strike front foot &amp; Back foot</li> <li>Feint &amp; strike</li> <li>Striking over the shoulder moving away from the target</li> <li>Overhead doubling and batting</li> <li>Overhead block</li> <li>Over head flick (direct the ball in your path)</li> </ul> <b>Travelling</b> <ul style="list-style-type: none"> <li>Making room (with &amp; without the ball)</li> <li>Take on opponent &amp; protecting the body with the hurl.</li> <li>Dummy hand pass.</li> </ul> <b>Tackle</b> <ul style="list-style-type: none"> <li>Shouldering, recover and flick &amp; hook</li> </ul>	<b>Football</b> <b>Maintaining Possession</b> <ul style="list-style-type: none"> <li>Bounce/Hop &amp; Solo</li> <li>Side Step/Feint</li> <li>Change of pace with the ball</li> <li>Support of the player with the ball</li> </ul> <b>Releasing Possession</b> <ul style="list-style-type: none"> <li>Handpass (Closed fist) (left &amp; right)</li> <li>Punt Kick (left &amp; right) to moving target</li> <li>Hook Kick (left &amp; right) to moving target</li> <li>Scoring from angles</li> <li>Free Kicks &amp; Penalty Kicks</li> </ul> <b>Contesting Possession</b> <ul style="list-style-type: none"> <li>Blockdown &amp; Dive Blockdown</li> <li>Breaking the tackle</li> <li>Near Hand Tackle</li> <li>Hand off &amp; Shadowing/Checking</li> <li>Frontal Tackle</li> <li>Group tackling</li> </ul> <b>Gaining Possession</b> <ul style="list-style-type: none"> <li>Pick Up (left &amp; right)</li> <li>Catch (Overhead, Body &amp; Low)</li> </ul>	<b>Speed</b> <ul style="list-style-type: none"> <li>Multi directional (Efforts less than 20 secs)</li> <li>Quick footwork and agility</li> <li>Planting the foot (the 3 step movement)</li> <li>Running mechanics &amp; technique</li> <li>Strength work to improve speed</li> </ul> <b>Strength</b> <ul style="list-style-type: none"> <li>Functional Movement Assessment to establish core strength and technique</li> <li>Core programme for those still not ready for weights</li> <li>Individual programme for those with core strength &amp; good technique</li> <li>Perfect technique &amp; control</li> <li>N.B. Only qualified coaches to undertake this training</li> </ul> <b>Stamina (based on test results profile)</b> <ul style="list-style-type: none"> <li>Small-sided games</li> <li>Drills incorporating the ball</li> </ul> <b>Flexibility/Co-Ordination</b> <ul style="list-style-type: none"> <li>Maintain flexibility exercise</li> <li>Dynamic Warm up</li> </ul>	<b>Intense Small Sided:</b> <ul style="list-style-type: none"> <li>Across the line</li> <li>Total football</li> <li>Break-Ball &amp; Kick</li> <li>4 Goal option</li> </ul> <b>Full Invasion:</b> <ul style="list-style-type: none"> <li>Backs v Forwards</li> <li>15 v 15</li> <li>Deploying a sweeper</li> <li>Defending the zones</li> <li>Deploying the big man</li> <li>Various Conditions</li> </ul>

## 3.3.6 Players Aged 16 & 17 Refining Performance



Skill Emphasis	Skill Emphasis	Physical Focus	Game Specific
<b>Hurling</b>	<b>Football</b>		
<p>Winning contested High ball</p> <ul style="list-style-type: none"> <li>Overhead catch</li> <li>Overhead flick to team mate</li> <li>Overhead control to self</li> <li>Overhead block/bat</li> </ul>		<ul style="list-style-type: none"> <li>Fitness</li> <li>Strength, Speed and Stamina</li> <li>Strength &amp; Conditioning Awareness</li> <li>Game and session preparation</li> <li>Rest &amp; Recovery</li> <li>Nutrition</li> </ul>	<p><b>Intense Small sided Games</b> These games are extremely beneficial for players. As well as getting involved in the game more often, players learn more quickly and make more decisions during the course of these games. And as the ball is never far away, greater concentration is required.</p>
<p>Winning Contested Ground Ball</p> <ul style="list-style-type: none"> <li>Catching to chest</li> <li>Catching Low ball (bouncing and rolling)</li> <li>Ground flick/block (from behind/side)</li> </ul>		<ul style="list-style-type: none"> <li>Physical conditioning is of a high standard with extra focus appropriate to position/unit requirements (informed by individual fitness testing and screening)</li> <li>Continued development of functional control, stability and range of motion through the major joints</li> <li>Introduction to major lifting techniques and plyometrics under supervision</li> <li>Understanding anatomical adaptation and progression</li> </ul>	<p><b>15 a-side</b> 15 a-side games are helping rehearse for the match day scenarios. E.G.15v15 (deploying a sweeper, defending the zone, 2 man full forward line, various other match tactics</p>
<p><b>Striking</b></p> <ul style="list-style-type: none"> <li>Strike front foot &amp; Back foot</li> <li>Feint &amp; strike</li> <li>Striking over the shoulder moving away from target</li> <li>free Taking</li> <li>Score taking (long range)</li> <li>Short Grip strike</li> </ul>			<p><b>Modified/Conditioned Games</b> These games are very beneficial for players by modifying the rules to suit certain game plans or to help involve everyone in that game rather than the 'strong' player being dominant all the time. These also help players get more touches on the ball, with less space and less time on the ball to help develop their decision making options, which will improve this side of their game in a proper match.</p>
<p>Travelling with ball</p> <ul style="list-style-type: none"> <li>Making room (with &amp; without the ball)</li> <li>Take on opponent &amp; protecting the body with hurley</li> <li>Shouldering and recovery.</li> </ul>			

## The Parent / Guardian Role

Clerihan values the role of parents in our club's success. We ask parents to understand the 'Long Term Player Development Pathway' (LTPDP) and follow these principles:

- Encourage full participation and commitment from your child.
- Promote respect towards teammates, coaches, officials, and club members.
- Support skill practice and encourage effort in training and games.
- Discuss progress with management if desired, focusing on the child's development, not on squad selection.
- Cheer from the sidelines, avoiding engagement with officials or opposing supporters.
- Embrace the club ethos by becoming members and volunteering.





County Players

# 6 - Goalkeeper Pathway

## 6.1 Ages 5 - 13



Age	Skills to Develop	Coaching
<b>5 to 9 Age Groups</b>	<ul style="list-style-type: none"> <li>• Rotate goalies in games. Everyone gets a go</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Encouragement</b></li> </ul>
<b>U11</b>	<ul style="list-style-type: none"> <li>• Introduction to Goalkeeping skills</li> <li>• Body position</li> <li>• Striking – improving long distance of striking</li> <li>• Handling the ball</li> <li>• Shot Stopping</li> <li>• Batting</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Introduction to all Skills, having all players carry out skills over the course of the year</b></li> </ul>
<b>U13</b>	<ul style="list-style-type: none"> <li>• <b>Striking – long distance with focus on both sides</b></li> <li>• <b>On Toes – not heels</b></li> <li>• <b>Controlling ball on ground and the air and clearing to safety</b></li> <li>• <b>Communication - developing and encouraging proper communication with players during match situation. Discipline in communication.</b></li> <li>• <b>Positional sense – when to attack the ball/ when to stay on you line.</b></li> <li>• <b>Shot stopping – Repetition shots and Penalties</b></li> <li>• <b>Introduction to chest catch</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coaches commit to 1 session every 2 weeks. Max length 30 mins</b></li> <li>• <b>1 full session over the year. Adult keepers to conduct same</b></li> <li>• <b>Identify and develop multiple potential goalkeepers.</b></li> </ul>

## 6.2 Ages 15 - 17



Age	Skill to Development	Coaching
<b>U15</b>	<ul style="list-style-type: none"> <li>• Tackling – being able to tackle an oncoming forward – slowing the forward down</li> <li>• Striking Left and Right – Increase distance</li> <li>• Accuracy – Start process of hitting the corner back, half back – midfield.</li> <li>• Tactical Awareness – develop an understanding on how to read the game</li> <li>• Communication – organising defence positions</li> <li>• Shot stopping – under pressure/unsighted</li> <li>• Clearing the ball under pressure</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coaches commit to 1 40 minute session every 2 weeks</b></li> <li>• <b>2 Full session2 a year with the assistance of adult goalies along with U17 goalies</b></li> <li>• <b>Constructive Feedback – realisation that mistakes will happen.</b></li> </ul>
<b>U17</b>	<ul style="list-style-type: none"> <li>• <b>Striking long distance – low trajectory</b></li> <li>• <b>Develop accuracy in short striking</b></li> <li>• <b>Off the line support</b></li> <li>• <b>Shot stopping control of ball when shot stopping – directing it away from the danger zone</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coaches will commit to 1 40 minute session every 2 weeks</b></li> <li>• <b>2 Full sessions a year with assistance of adult goalies along with U15 goalies</b></li> </ul>

# Skill Challenges



# 8.1 Level 1 Skills Challenge



Test 1	Pass	Test 6	Pass
Dominant hand established		Left handed Swinging Hurley and hitting a Sliotar Good fluid movement	
Test 2	Pass	Test 7	Pass
Correct grip (grip, ready, lock)		Striking ball Right side (distance) 3 Attempts	
Test 3	Pass	Test 8	Pass
Right handed Swinging Hurley and hitting a tyre Good fluid movement		Striking ball Left side (distance) 3 Attempts	
Test 4	Pass	Test 9	Pass
Left handed Swinging Hurley and hitting a tyre Good fluid movement		Stopping a moving ball Coach rolls ball to child Proper technique (5-10 metres away)	
Test 5	Pass	Test 10	Pass
Right handed Swinging Hurley and hitting a Sliotar Good fluid movement		Dribble the ball on ground (jogging/running) for 15 metres	

## 8.2 Level 2 Skills Challenge



Test 1	Pass	Test 5	Pass
<b>Ground Strike (Right Side) Pass 2/3</b> From a standing position, take a full swing and strike the ball a minimum distance of 13 metres between two posts that are 3 metres apart.		Strike From Hand (Right Side) Pass 2/3 Strike from hand (>13 metres distance) 3 Attempts	
<b>Test 2</b>	Pass	<b>Test 6</b>	Pass
<b>Ground Strike (Left Side) Pass 2/3</b> From a standing position, take a full swing and strike the ball a minimum distance of 13 metres between two posts that are 3 metres apart.		Strike From Hand (Left Side) Pass 2/3 Strike from hand (>13 metres distance) 3 Attempts	
<b>Test 3</b>	Pass	<b>Test 7</b>	Pass
<b>Roll Lift Into Hand Pass 2/3</b> 3 Attempts		Solo Ball on Hurley >20meters Pass 2/3 3 Attempts	
<b>Test 4</b>	Pass	<b>Test 8</b>	Pass
<b>Jab Lift Into Hand Pass 2/3</b> 3 Attempts		<b>Total</b>	<b>/ 7</b>

## 8.3.1 Level 3 Skills Challenge



Test 1 – Frontal Block	Pass (5/6)	Test 6 - Run, Lift & Strike (Right Side)	Pass
<b>Coach strikes 6 sliotars and player attempts to block the ball in each case. Emphasis on proper technique</b>		Striking sliotar from hand off right side over the bar from in front of goals 15m/20m/25m.	
<b>Test 2 - Batting Overhead</b>	Pass (2/3)	Test 7 - Run, Lift & Strike (Left Side)	<b>Pass (4/6)</b>
<b>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 = 3m</b>		Striking sliotar from hand off left side over the bar from in front of goals 15m/20m/25m.	
<b>Test 3 - Striking Ball Accuracy of Right Side</b>	Pass (5/6)	Test 8 - Hand pass (Right Hand) Pass (2/3)	<b>Pass (2/3)</b>
<b>Under/over crossbar 15m/20m/25m= 6 attempts.(2 at each distance)</b>		Player hand passes with dominant hand across the body to a receiver 3 metres away.	
<b>Test 4 - Striking Ball Accuracy of Left Side</b>	Pass (5/6)	Test 9 - Hand pass (Left Hand)	<b>Pass (2.3)</b>
<b>Under/over crossbar 15m/20m/25m= 6 attempts.(2 at each distance)</b>		Player hand passes with weak hand across the body to a receiver 3 metres away.	
<b>Test 5 - Soloing Pass</b>	Pass (2/3)		
<b>Player solos with ball on hurley at near top speed for a distance of 30m without allowing ball to fall.</b>			

## 8.3.2 Level 3 Skills Challenge



Test 10 – Frees	Pass (5/6)	Test 13 – Side Line Puck Pass	Pass
Over crossbar, 15m/20m/25m 2 attempts each distance		Cutting the sliotar over the bar from in front of goal, 21m	
Test 11 – Striking ball from Hand (Right Side)	Pass (5/6)	Test 14 - Long Puck (right Side)	Pass (5/6)
Ball cannot touch ground and cannot go over the crossbar. Must hit back of net cleanly from 21m line.		Strike a ball from the hand, from the right side. A minimum distance before touching the ground of 32 metres i.e. from the 13 metre line over the 45 metre line	
Test 12 - Striking ball from Hand (Right Side)	Pass (5/6)	Test 15 - Long Puck (Left Side)	Pass (5/6)
Ball cannot touch ground and cannot go over the crossbar. Must hit back of net cleanly from 21m line		Strike a ball from the hand, from the left side. A minimum distance before touching the ground of 32 metres i.e. from the 13 metre line over the 45 metre line	
<b>Overall Score</b>			<b>/78</b>

# 8.4.1 Level 4 Skills Challenge



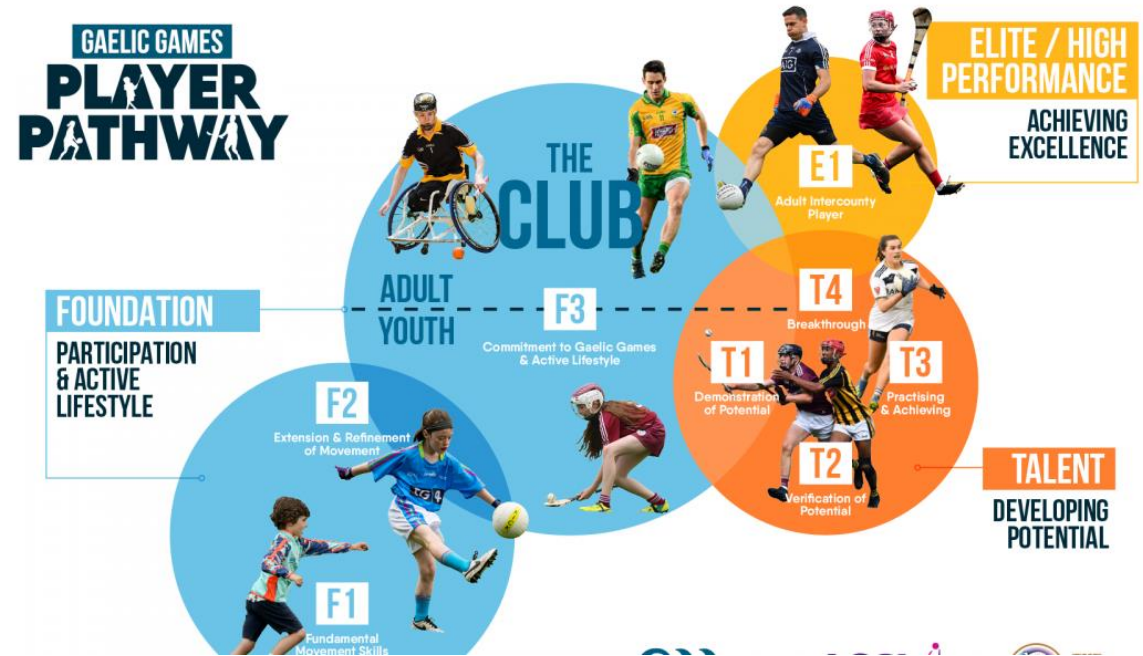
Test 1 – Ground Striking (Right Side)	Pass (5/6)	Test 5 - Point From 40 metres (Right Side)	Pass (4/6)
From a standing position take a full swing and strike the ball on the ground a minimum distance of 20m between two posts set 2m apart.		From a standing position 40m from goal strike from the hand, on the dominant side, over the crossbar. Two attempts to be made facing the centre of the goal, and two attempts to be made 20 m from the right and left hand sides of the goal.	
Test 2 - Ground Striking (Left Side)	Pass (4/6)	Test 6 - Point From 40 metres (Left Side)	Pass (5/6)
From a standing position take a full swing and strike the ball on the ground a minimum distance of 20m between two posts set 2m apart.		From a standing position 40m 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 20m from the right and left hand sides of the goal.	
Test 3 - Goal From 20m Free (Right Side)	Pass (5/6)	Test 7 - Long Puck (Right Side)	Pass (5/6)
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.		Strike a ball from the hand, on the dominant side, a minimum distance of 50 metres before touching the ground.	
Test 4 - Goal From 20m Free (Left Side)	Pass (4/6)	Test 9 - Long Puck (Left Side)	Pass (4/6)
From a standing position on the centre of the 20m line, roll - lift the ball and strike it, without handling, on the non dominant side, to pass under the crossbar without touching the ground.		Strike a ball from the hand, on the dominant side, a minimum distance of 50m before touching the ground.	

## 8.4.2 Level 4 Skills Challenge



Test 9 – Side line Cut (Right Side)	Pass (4/6)	Test 13 – Roll Lift	Pass (6/6)
Strike or ‘cut’ the ball from the ground, on the right side, to travel a total distance of 20m over a crossbar standing at a height of 2m above the ground		Run a distance of at least 5m to roll lift the ball from the ground.	
<b>Test 10 – Side line Cut (Left Side)</b>	Pass (3/6)	Test 14 - Hand Pass From Hurley	<b>Pass (4/6)</b>
Strike or ‘cut’ the ball from the ground, on the dominant side, to travel a total distance of 20m over a crossbar standing at a height of 2m above the ground.		Run a distance of at least 13m 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 5m away.	
<b>Test 11 - Lift, Solo, Strike</b>	Pass (5/6)	Test 15 - Doubling	<b>Pass (4/6)</b>
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.		3 balls are rolled or hit from 30m to be doubled on (i.e. pulled on first time) on the ground. 3 balls are thrown from 10m at above head height to be doubled on in the air.	
<b>Test 11 - Lift, Solo, Strike</b>	Pass (5/6)		
Run a distance of 10m to jab lift the ball from the ground into the hand.		<b>Overall Score</b>	<b>/78</b>

# Coaching Links



- <https://gaauat.enovation.ie/hurling>
- <https://gaa-pathway-resources.com/gaelic-skills/skill-cards/football-skill-cards>
- <https://learning.gaa.ie/footballskills>
- <https://gaa-pathway-resources.com/gaelic-skills/skill-cards/hurling-skill-cards>

