



Midleton GAA Club – Player Pathway



This player pathway is a guide to mentors, players and parents as to what they should be doing as the boys progress through each age group in their playing career in Midleton GAA club. Its purpose is to aid and assist all concerned to maximise enjoyment and participation, with player welfare at the core of the plan. We hope this will provide assistance in ensuring the development of all players to reach their full potential, from their first introduction to Gaelic games at nursery level, up to the adult teams and beyond. As Gaelic Games is not an international sport the ideas contained in the plan are in keeping with best practice and in line with the GAA's Total Performance Model.

Each section is covered separately and contains guidelines and ideas for players at each level. Each individual will develop at a different rate, mentally and physically, the same applies to teams. It is important to remember that children are not mini adults, should be treated with respect, patience and perseverance is key. Try to concentrate on 'your' team's development as mentioned earlier your team may not develop as the team that precedes it. We are concerned with the long term development of each and every player to reach their own maximum potential.

Some of the Physical Requirements to play hurling and football;

Off the ball

Stand, walk, jog, stride, sprint in multi directions.
Accelerate and decelerate from various speeds in multi directions.
Change direction at various speeds.
Jostle/shoulder to gain possession.

On the ball

Stand, walk, jog, stride, sprint in multi directions.
Accelerate and decelerate from various speeds in multi directions.
Change direction at various speeds.
Jostle/shoulder to gain possession.
Balance.
Jump, reach overhead and bend in the air and along the ground.

Players Requirements to carry out these activities;

Skill. Speed. Stamina. Suppleness. Strength. Agility.

UNDER 6'S

Characteristics

Easily distracted. Short attention span. Not ready for formal sport
Self centred - expect others to adapt to them. Don't understand planned training

Session Planner

- 0 - 5 mins; Welcome children, provide equipment
5 - 10 mins; Warm up – should consist of fun games
10 - 45 mins; Skills
- split into groups to practice skill
 - groups of roughly 6
 - 4 – 5 stations set up
 - striking / tyres / dribbling / ABC's / fun games
 - 7 mins per drill
- 45 - 50 mins; Conditioned Matches, small sided games for all children
55 - 60 mins; Finish Talk to players / parents. Clean up.

Hurling

It is important to ensure that all children play with their dominant hand on top of the hurley from a very young age. Make sure the players keep the dominant hand on top at all times. It will make it easier to learn and develop essential skills.

It is also important that both left and right sides are trained equally from a young age.

- Approx 60 mins once a week
- FUN, FUN, FUN, (games, activities)
- Lots of breaks
- Rudimentary skills
- Agility, jumping, landing, throwing
- Catching, passing, striking, kicking
- Ball control
- Ground strike
- Ground strike on run
- Dribble
- Shoulder clash
- Hook

UNDER 8'S

Characteristics

Easily distracted. Short attention span. Not ready for formal sport
Self centred - expect others to adapt to them. Don't understand planned training

Session Planner

- 0 - 5 mins; Welcome children, provide equipment
5 - 10 mins; Warm up – should consist of fun games
10 - 45 mins; Skills
- split into groups to practice skill
 - groups of roughly 6
 - 4 – 5 stations set up
 - striking / tyres / dribbling / ABC's / fun games
 - 7 mins per drill
- 45 - 50 mins; Conditioned Matches, small sided games for all children
55 - 60 mins; Finish Talk to players / parents. Clean up.

Hurling

- Approx 60 mins 1-2 a week
- FUN, FUN, FUN, (games, activities)
- Lots of breaks
- Continue rudimentary skills
- Agility, jumping, landing, throwing
- Catching, passing, striking, kicking
- Ball control
- Ground strike
- Ground strike on run
- Dribble
- Shoulder clash
- Hook

Only when players are competent at above

- Roll lift
- Catch
- Strike from hand

UNDER 10'S

Characteristics

Can now cope with skill training. Huge emphasis on skill development.
Begin to understand rules and competition – introduce slowly. Will follow role models

Session Planner

- 0 - 5 mins; Welcome children, provide equipment
5 - 10 mins; Warm up
10 - 40 mins; Skills
- groups of roughly 10
 - conditioned games / drills
 - Striking / 1st touch / pick up / handpassing / catching
 - ABC's / fun games – exercise
 - Hooking / Blocking drills
- 40 - 50 mins; Conditioned Matches, small sided games for all children
55 - 60 mins; Finish Talk to players / parents. Clean up.

Hurling

- Approx 60 mins 1-2 a week
- FUN, FUN, FUN, (games, activities)
- Lots of breaks
- Continue rudimentary skills
- Ground Strike Run
- Strike from hand
- Ball control
- Block Down
- Shoulder clash
- Hand pass
- Jab lift
- Bat down
- Solo run
- Roll lift

UNDER 12'S

Characteristics

Begin to form small close friendships. Group opinion important for evaluation.
Start to compare to each other. Better able to work with others. Easier to develop teamwork.

Session Planner

0 - 5 mins; Welcome children, provide equipment

5 - 10 mins; Warm up

10 - 40 mins; Skills

- groups of roughly 10
- conditioned games / drills
- Striking / 1st touch / pick up / handpassing / catching
- ABC's / fun games – exercise
- Hooking / Blocking drills

40 - 50 mins; Conditioned Matches, small sided games for all children

55 - 60 mins; Finish Talk to players / parents. Clean up.

Hurling

- Approx 60 mins 2-3 a week
- FUN, FUN, FUN, (games, activities)
- Lots of breaks
- Continue rudimentary skills
- Combination of FMS, Mobility & Stability
- Ground Strike Run
- Strike from hand
- Ball control
- Block Down
- Shoulder clash
- Hand pass
- Jab lift
- Bat down
- Solo run
- Roll lift
- Ground flick

UNDER 14'S

Characteristics

Begin to form small close friendships. Group opinion important for evaluation. Start to compare to each other. Better able to work with others. Easier to develop teamwork.

At this stage of the player's development, individual differences are becoming more noticeable. The player's onset of his peak height velocity (PHV) will dictate the component of fitness to be trained. At under 14 you will have players at different levels of biological age. Player's skill performances are likely to be affected due to their rapid growth during the PHV stage.

Hurling

- Approx 75 mins 3 a week
- Consider school / county involvement
- Skill development
- Combination of FMS, Mobility & Stability
- Flexibility

UNDER 16'S

Characteristics

Ready for concentrated and specific training programmes.
Ready for individual programmes to work on weaknesses.
Will respond well to praise and challenge – mental fitness.

Hurling

- Approx 80 mins, 3 times a week
- Consider school / county involvement
- Individual differences
- Skill development
- Mobility & Stability
- Flexibility
- Pre-habitation

PLAYER EVALUATION

- Training is testing, testing is training – ongoing process
- Include your movement screens in your coaching plan
- Feedback to your players
- Collecting data centrally so a player profile can be developed
- Players can be monitored from season to season
- Monitor improvement?
 - Record of injuries
 - Onset of PHV
 - Coaches are informed of player's abilities over time

DETAILED SKILLS - HURLING

○ Ground Strike

- **Strong Hand on top of Hurley.**
- Be in ready position.
- Feet shoulder width apart and ball in between feet
- Move into Lock position
- Bend knees slightly and Strike with Bas of Hurley
- Keep eyes on Ball and Swing through
- Emphasise and demonstrate, elbows up

○ Ground Block

- Ready Position with Strong Hand on top of Hurley
- Keep eyes on Ball and get in line with Flight of Ball
- Skill hand (non dominant hand) low down Hurley and Bend knees to control the ball.
- Keep Legs together and have Heel of Hurley close to the Ground

○ Dribble

- Strong Hand on top of Hurley.
- Skill Hand low down Hurley and Heel of Hurley always Closest to Ground.
- Keep eyes on the Ball and use both sides of the Hurley

○ Frontal Block

- Release non dominant hand from Hurley
- Step into tackle with dominant foot
- Extend dominant arm to place Hurley behind ball
- Get Hurley perpendicular to ground
- Place Dominant Foot behind the ball for extra stability

○ Shoulder Clash

- Move from Ready position to Lock Position
- Keep eyes on ball, make shoulder and Hip contact with opponent
- Use 2 hands on Hurley when striking

○ Hook

- Stand Hurley and full arms length behind opponent
- Hold Hurley in dominant hand only
- Lean in and Extend Hurley into the path of opponents swing path, usually about Hip level

○ Roll Lift

- Place non dominant hand low on Hurley and Dominant Hand at top
- Bend knees and back close to the ground
- Toe of Hurley pointing away from Body, Dominant Hand almost touching the Ground so that Hurley is almost parallel to ground
- Roll ball towards body and slide toe of Hurley underneath to lift ball
- Bring ball slowly onto the Hurley and keep on Hurley until it can be taken off with Skill Hand
- When demonstrating make sure to hold the hurley to your dominant side so that the handle will slide behind your hip (not into your stomach) when the roll is being performed

○ Handpass

- Throw ball up with Skill hand
- Strike the ball with the fingers of Skill Hand towards receiver
- Follow through with arm swing
- Hold Hurley up to protect

○ Jab Lift

- Move towards ball
- Two hands on Hurley, dominant hand at top, non dominant hand down low
- Toe of Hurley pointing away from Body, Dominant Hand almost touching the Ground so that Hurley is almost parallel to ground
- Slide toe of Hurley under ball and lift from ground
- Collect with Skill Hand when ball is in air.
- Collect ball into hand below knee if possible

○ Bat Down

- Move in line with flight of ball
- Extend Hurley over head holding with both hands at full length, with thumbs facing up Hurley
- Toe of Hurley facing away from body and keep eyes on the ball
- Tilt the Hurley back as Ball approaches, and swing with a wristy action sending ball back in direction it came

○ Solo Run

- Toe facing away from body and Hurley out in front of Body.
- Have Bas of Hurley flat
- Place ball on Bas and try to balance ball on Hurley as moving Forward

○ Block Down

- Two hands on Hurley, standing in front of opponent.
- As opponent throws up ball, move in as if genuflecting
- Stepping forward with the dominant leg for balance and reach
- Reach Forward sliding Skill hand towards Dominant Hand
- Both Thumbs facing up the Hurley
- As opponent is about to strike ball, block down the Bas of his Hurley and the Ball.