

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

- ADULT
18+ YRS
- LATE TEENAGE
16-17 YRS
- MID TEENAGE
14-15 YRS
- EARLY TEENAGE
12-13 YRS
- LATE GO GAMES
10-11 YRS
- EARLY GO GAMES
7-9 YRS
- NURSERY
4-6 YRS



THE COACH

- Variation. Coach open to trial & error
- Well organised/planned sessions
- Maximise all coaching resources to increase knowledge
- Guide children. Don't tell them
- Be a role model
- Set Fun GAA activities to be played between sessions involving adults

THE PLAYER

- Only goes flat out – no sense of pace
- Is self-centred – will want their own ball
- Has little concern for team activities
- Physical & Physiological state of boys & girls is very similar
- Has limited sense of time & space
- Has a short attention span

AGE 4-6 FOOTBALL

TECHNICAL SKILLS

- Kicking**
Ground, Dribble, Stop, Bounce Kick, Kick from two hands.
- Handling**
Two hand catch, one hand catch, body catch, different sized balls, Two hand bounce, one hand bounce.
- Pick Up**
Hands Only, Hand & Toe in a stationary position. Striking, Rolling, Bowling, Throwing.
- Movement**
Use four steps, knee tap solo.

- Running** Marching, running forwards, backwards & sideways shuffle.
- Jumping/Landing**
1 leg/both legs/variety of directions

- Agility** Chasing games, evasion games. Encourage sidestep & evasion. Balance Exercise – Stand on 1 leg, rope walks, 1 on 1 balance games.
- Coordination**
Hand Eye- cups and saucers
Eye Foot-Dribble
Eye Foot-Bean Bag Solo

- Decision Making**
2v1 Piggy in the middle
3v1 Piggy in the middle (roll ball to pass only)
- Target Games**
Aim into or at a target to improve technique e.g. Knock the tower.

TACTICAL PROWESS

- Zones**
Used in games for early development of positional sense.
Stops bunching
Small sided games only. 2v2, 4v4 Max.
Premium on all players getting touches. player development – Max 7v7

TEAM PLAY

- ## THE GAME
- Small sided games 2v2, 3v3, 4v4 MAX
 - First touch soft football
 - Each child has their own Water Bottle & Gum Shield
 - Have a ball per child at all sessions.
 - Child brings their own ball

PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Develop listening skills – Simon Says Game

PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. Targets, scores.

ENVIRONMENT

- FUN is number one priority
- Coach to player ratio 1:6
- Every child has their own ball.
- Discovery/Exploration
- Trial & Error
- Variation in Equipment using colours & different sizes



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THE COACH

- Variation. Coach open to trial & error
- Well organised/planned sessions
- Maximise all coaching resources to increase knowledge
- Guide children. Don't tell them
- Be a role model
- Convey Enthusiasm

THE PLAYER

- Only goes flat out – no sense of pace
- Need approval from coach/parents
- Like to show off individual skills
- Small group activities are vital for improvement
- Imagine themselves as inter county players to improve skills

AGE 7-9

TECHNICAL SKILLS

- Kicking**
Punt kick
Right Hand Left Foot
Left Hand Right Foot
- Handling**
Stationary Catch – Body/Low/High
- Movement**
Use Four Steps, One Handed Bounce Solo
- Tackle**
Near Hand Tackle

- Running** Speed Developed through Fun Games – i.e. Chasing Games
- Jumping**
Jump for distance & in all directions

- Agility**
Jump for distance & in all directions
- Body Resistance Exercises**
Fun Squat performed through "laying an Egg" game Balance & Strength improved through Fun Tug of War Games

- Decision Making**
Players encouraged to move into space
Devise games that require players to look up

TACTICAL PROWESS

- Zones**
Use zones for basic positional understanding
Players play all positions to experience attack & defence
Small sided games crucial for individual learning

TEAM PLAY

- ## THE GAME
- Small sided games, 3v3, 4v4, 6v6, 7v7 MAX
 - Zones can be used to stop bunching of players.
 - Player fouled takes Free
 - Players sample all positions.
 - Every child has their own ball at home. Play against a wall, with a friend, with group of friends.

PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Ask players imagine themselves as role models to improve skills

PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. Target scores in a minute

ENVIRONMENT

- FUN is number one priority
- Coach to player ratio 1:8
- Be sensitive to each players development needs
- Discovery/Exploration
- Actual game results are secondary



NURSERY FOOTBALL STATIONS MODEL

WARM UP ACTIVITY

All players warm up together.

Any pulse raiser can be used here – Bulldog, Stuck in The Mud, Chasing Games.

Encourage players to run at speed in warm up.



Key Principles

- Total coaching time to be one hour
- Players to spend 8 minutes at each station
- A coach is assigned to manage time spent at each station. On his/her whistle all groups move on.
 - Each station has 1/2 coaches.
- Coach stays at station for whole session. Only players move between stations.
- Max number of players per station is 6. More players = More stations

1 SKILL: EMPTY THE YARD

Set up as diagram

Football split between both teams

On whistle players kick balls continuously into other team's yard

On 2nd Whistle – team with the least balls in the yard wins

Reset Footballs and play again

2 GAME 3V3 END ZONE (TEAM PLAY)

Outline pitch clearly with cones and clear end zone

Players run with ball & pass to each other by throwing/kicking the ball

Players score by getting the ball into end zone

Restart game with different player after each score

3 FUN GAME – CHASE TAILS (SPEED)

Outline playing area clearly with cones

Each player creates their tail by tucking bib at back

On coaches whistle players run around area for 45 seconds

Players try to take as many bibs of others as possible

At end of game, check for how many bibs players have got and any players who were not caught.

4 SKILL: PIGGY IN THE MIDDLE (CATCHING)

Set up three cones in a triangle shape

Player stands at each cone with one ball between 3.

1 player stands in the middle – Piggy in the middle

Players on cones pass the ball trying to maintain possession

Regression: Player in the middle is on his/her knees

5 ABC ACTIVITY: ROB THE NEST (BALANCE)

Set up three even teams as in diagram

Place bibs in centre of the grid

Players hop to centre on one leg and bring 1 bib back to their team.

Continue until all bibs are gone from the middle
Ask players to change leg each time.

Regression: Hop on both legs or skip Key Principals

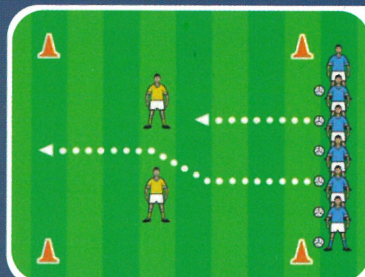
AGE 7-9 FOOTBALL SAMPLE SESSION

TURAS

PRINCIPLES

The key principles underpinning coaching on the Leinster GAA Player Pathway are presented using the acronym TURAS.

WARM UP ACTIVITY



2 Players are chosen as chasers

All other players line up side by side with a ball. Make a tail for each player using a bib or tag.

On whistle players with ball try to run from one side to the other with chasers trying to grab their tails

When caught, players become chasers. Game continues until all players are caught.

ORGANISATION

TURAS PRINCIPLES

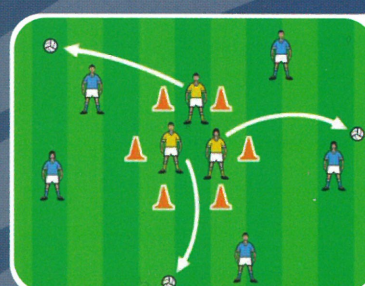
Ensure the warm up is fun

Ensure there are plenty of ball contacts

Ensure all players are active all of the time.

Make it a game

GAME BASED ACTIVITY



Mark out a circle and divide players into three teams

One team in side circle, two teams outside circle working together.

Players inside the circle try to keep the circle clear of footballs by punt kicking balls out.

Outside players must return the balls to circle

Rotate the teams to ensure all teams have a turn inside the circle.

ORGANISATION

TURAS PRINCIPLES

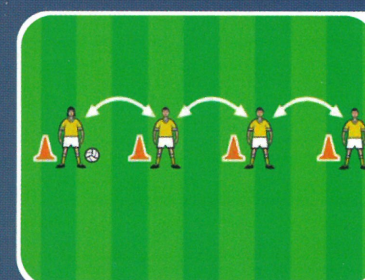
After warm up maintain the fun emphasis through game based activity

Ensure skill is practised on left and right

Design the activity for multiple possessions for each player

Stop activity when needed to reset and maintain organisation

INTERVENTION (FIX THE SKILL)



Mark out 4 cones approx 20M apart

One player at each cone

Ball is punt kicked along the line of players

After a set time change players positions at cones.

Challenge the players through 1/relay race 2/left & right foot 3/ball can't touch the ground relay race.

ORGANISATION

TURAS PRINCIPLES

After the Games Based Activity select a skill that needs improvement

Set up activity so that players get high volume of ball contacts

Use trigger words to help the players focus on a key aspect of the skill

Use basic scoring systems to set targets for the players e.g. Relay race

GAME



Organise the players into two even teams. Max 7v7

Restrict players to one play of the ball before playing it away

The player who is fouled takes the free

When a player fouls the ball the opponent nearest takes the free kick

ORGANISATION

TURAS PRINCIPLES

Complete the main part of session with a Go Game

Coach to move around the pitch in order to communicate with all players

Use skill points to focus on development of certain skills e.g. Point for high catch

Stop game when needed to re organise and deliver coaching points

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should always be an enjoyable, developmentally appropriate & holistic GAA experience

PLAYER PATHWAY

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THE COACH

- Simple Tips
- Cheer & Praise
- Organised/Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning.

THE PLAYER

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-consciousness in learning new skills

AGE 10-11

TECHNICAL SKILLS

- Kicking**
Hook Kick on both sides of the body. Shoot for points & goals. Punt Kick outside of the foot. Punt kick for distance pass.
- Handling**
Hand pass using both sides of the body. Reach catch moving towards the ball. High catch with feet off the ground..
- Movement**
Solo & bounce maximising four steps
- Tackling**
Shadowing, block down & shoulder.

- Body resistant exercise**
Performed through FUN games incorporating Push, Pull, Squat, Lung movement patterns. E.g. Leap Frog

- Evasion**
Encourage use of side step & feint in possession of the ball
Continue to develop principles of Running & Jumping

TACTICAL PROWESS

- Decision Making**
When in possession challenge the players to scan options – Pass, Travel or shoot. Off the ball – Who to mark. How to be an option.
Coach to question players during session and in games on decision making.
- Support Play**
Support Play – Support your team mates in attack & defence. Coach to praise off the ball support runs.
Coach to place conditions on training games to challenge decision making e.g. No play, Kick pass only, Left/Right foot only.

PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Outline the link between practise and improvement.

PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. 5 points in a row from 10 meters out.

PHYSICAL FITNESS

TEAM PLAY

Coaching sessions are game based to improve team play. Training Games have a variety of focus – Scoring, defending, keeping possession, use width.

ENVIRONMENT

- FUN is number one priority
- Coach: Player Ratio = 1:8
- At least 1 football for every 2 players
- Players enjoy practice. Coach sets FUN tasks between sessions.
- Player enjoy game experiences rather than results



THE GAME

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- Size 4 smart touch football
- Continue to allow players to explore all positions
- Limit plays of the ball in coaching sessions to mirror that of match day rules.
- Has their own ball at home

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THE COACH

- Get to know your players individually
- Well organised and planned sessions
- Games Based Coaching
- Set Individual skill Challenges to do away from the field

THE PLAYER

- Begin to see relationship between effort & outcome
- Potential changes in maturation rates due to a change in school environment
- Become very self-conscious in front of group
- Lack of confidence may be a barrier to development

AGE 12-13

TECHNICAL SKILLS

- Kicking**
Emphasis on accuracy, Kicking on the move & Kicking for distance. Free taking (hands & ground)
- Handling**
Low, Chest & High Catch in pressured situations
- Movement**
Dummy Kick/Solo, feint & Sidestep, Attack ball at full pace. Chip lift.
- Tackling**
Shadowing player in possession both on & off the ball

- Body resistant exercise**
Performed through FUN games incorporating Push, Pull, Squat, Lung movement patterns. E.g. Leap Frog

- Evasion**
Encourage use of side step & feint in possession of the ball
- Running**
Challenge players to stop suddenly to develop deceleration

TACTICAL PROWESS

- Decision Making**
Play conditioned games to create pressure on players decision making
Activities focus on building skills to gain & maintain possession of the ball under pressure
Learning to work in team environment, individual decisions now has more impact on team outcome.
- Team Play**
Encourage and support team mates vocally
Work on teams ability to create space when in possession
Work on teams ability to deny space when not in possession

PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Players aware of how activities are used to improve specific skills. Look for feedback from players to question this.

PARTICIPANT FEEDBACK

Using imagery ask players to mirror recent pieces of play by their hero's

PHYSICAL FITNESS

TEAM PLAY

ENVIRONMENT

- FUN is number one priority
- Coach: Player Ratio = 1:10
- At least 1 ball for every 2 players
- Players development takes priority over results
- Fun & Enjoyment are a major theme of all sessions



THE GAME

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- Size 4 football
- Continue to allow players to explore all positions
- All players experience game time in matches
- Limit plays of the ball in coaching sessions to mirror that of match day rules.

PRINCIPLES

The key principles underpinning coaching on the Leinster GAA Player Pathway are presented using the acronym TURAS.

Testing and Challenging; all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

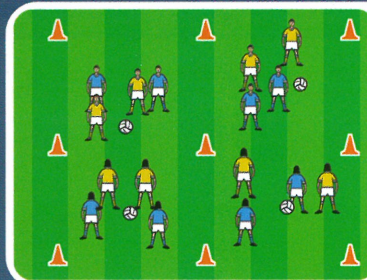
Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should always be an enjoyable, developmentally appropriate & holistic GAA experience

AGE 10-11 FOOTBALL SAMPLE SESSION

WARM UP ACTIVITY



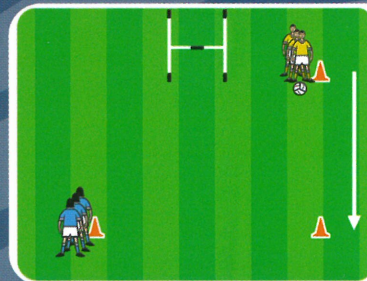
Divide the group into two teams
Divide the area into four quadrants
Using 2 balls per team, keep possession by kicking the ball to one another
Progression 1 - Players must pass to player in a different quadrant
Progression 2 - Players must run to another quadrant after a pass
Progression 3 - Two balls can never be in the same quadrant

ORGANISATION

TURAS PRINCIPLES

Primarily used a pulse raiser
Each player to get a high number of touches on the ball
Encourage support play through communication and off the ball runs
Ask players questions about their decisions as warm up is a relaxed environment

GAMES BASED ACTIVITY



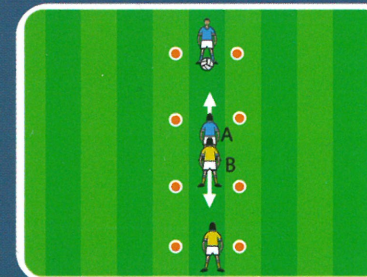
Attackers line up in pairs on endline cone
Defenders line up on outside cone
Attackers round cone directly opposite them & try to score
Defenders must touch either post before coming out to defend

ORGANISATION

TURAS PRINCIPLES

After warm up maintain the fun emphasis through game based activity
Ensure skill is practised on left and right
Design the activity for multiple possessions for each player
Stop the activity every 2mins to re set and maintain organisation

INTERVENTION (FIX THE SKILL)



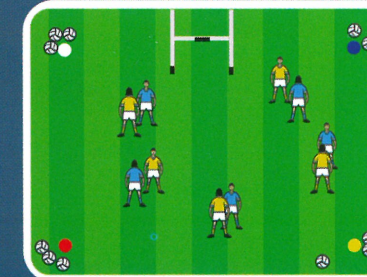
Players work in groups of 4
Play:Rest ratio is 1:1
Player takes the ball at one end of the channel and tries to carry it down to the opposite end.
Tackler tries to halt his progression.
Player in possession continues up and down channel for 45 seconds

ORGANISATION

TURAS PRINCIPLES

After the Games Based Activity select a skill that needs improvement
Set up activity so that players get high volume of ball contacts
Use trigger words to help the players focus on a key aspect of the skill
Use basic scoring systems to set targets for the players e.g. Relay race

GAME



Balls are placed in all of the coloured corners of the playing area
Coach calls a colour & attacking players take a ball from this square unopposed
Defending players try to dispossess and bring ball out of playing area.
Once play goes dead, coach calls a new colour and game resumes.

ORGANISATION

TURAS PRINCIPLES

Complete the main part of session with a Game
Coach to move around the pitch in order to communicate with all players
Use skill points to focus on development of certain skills e.g. Point for high catch
Stop game when needed to re organise and deliver coaching points

PRINCIPLES

The key principles underpinning coaching on the Leinster GAA Player Pathway are presented using the acronym TURAS.

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Understands the player is at the centre of the game and provides individualised development (player centred)

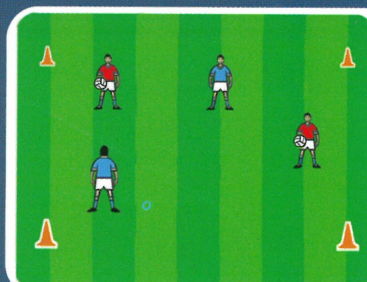
Resembles the game (games based)

All players involved, all the time; lots of touches, lots of decisions

Should always be an enjoyable, developmentally appropriate & holistic GAA experience

AGE 12-13 FOOTBALL SAMPLE SESSION

WARM UP ACTIVITY



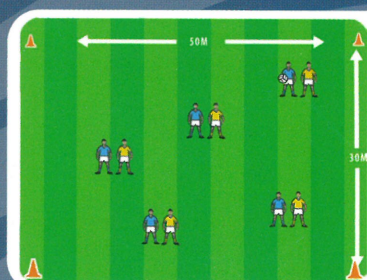
All players are paired off in one square.
Each pair must pass the ball to each other while continuously moving.
Once the coach blows his whistle the player without possession must tag their partner who is in possession within 20 seconds. Encourage players to run at speed.

ORGANISATION

TURAS PRINCIPLES

Primarily used a pulse raiser
Each player to get a high number of touches on the ball
Encourage support play through communication and off the ball runs
Ask players questions about their decisions as warm up is a relaxed environment

GAMES BASED ACTIVITY



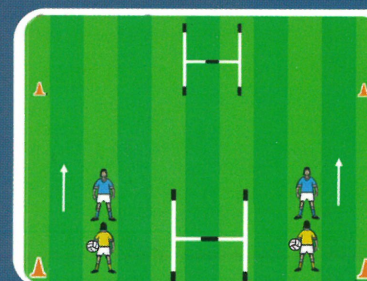
Possession based game with emphasis on Support Play
Divide players into two even teams
A kick pass must followed by a hand pass
Score awarded for successful kick pass
First team to 5 scores wins.
Reset game and start again

ORGANISATION

TURAS PRINCIPLES

After warm up maintain the fun emphasis through game based activity
Ensure skill is practised on left and right
Design the activity for multiple possessions for each player
Stop the activity every 2mins to re set and maintain organisation

INTERVENTION (FIX THE SKILL)



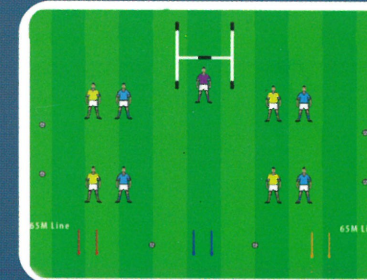
All players' line up in pairs, one on the end line (Player A) and partner (Player B) 5 meters away at cone.
Player A passes to Player B who immediately returns the pass. Play A again passes to B before sprinting 5 meters past him without ball. (3 passes)
Player A turns to face player B. Repeat activity with role reversal. Continue activity until both players reach far line of cones.
Adaptions - Left/Right hand, Change to kick pass, Race to finish.

ORGANISATION

TURAS PRINCIPLES

After the Games Based Activity select a skill that needs improvement
Set up activity so that players get high volume of ball contacts
Use trigger words to help the players focus on a key aspect of the skill
Use basic scoring systems to set targets for the players e.g. Relay race

GAME



2 teams-1 attacks, 1 defends.
Coach places balls as in diagram.
Attacking team members are numbered 1-8.
Coach calls a number and that player retrieves a ball and tries to work a score. If defenders dispossess they must work the ball out through any of the gates. Coach calls another number when ball goes dead. Swap roles..

ORGANISATION

TURAS PRINCIPLES

Complete the main part of session with a Game
Coach to move around the pitch in order to communicate with all players
Use skill points to focus on development of certain skills e.g. Point for high catch
Stop game when needed to re organise and deliver coaching points

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

AGE 14-15

EQUIPMENT

- Coach to player ratio 1:10
- At least 1 sliotar for every 2 players
- Enjoyment and fun for players is still a key consideration when planning sessions.
- Match results are secondary to player development

THE COACH

- Well Organised/Planned Sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning & development
- Set example by showing respect to match officials & opponents at all times
- Use simple language

TECHNICAL SKILLS

- **Striking (L&R)**
Strike from the hand (40M – 50M)
Strike on the run
Ground Strike (32-40M)
Opposed striking
Striking over the Shoulder
- **Handling**
Hand Pass – Both Hands & Off the Hurl (6-9M Moving)
Catching – Low, Chest, High (Pressure of an opponent)
Battling/Doubling – High Ball
Solo and Strike off Hurl
- **Tackle**
Blocking/Hooking (Under pressure of an opponent)
Flick off the hurl

PSYCHOLOGICAL FOCUS OF PLAYERS

Players can fully recognise the improvements made through individual practise

Decision Making

Understand the specific responsibilities of the various position through playing experience and minimal direction from coach.

Small sided games 5v5 7v7 are crucial in players developing decision making

TACTICAL PROWESS

Appreciate the space of a full size GAA pitch i.e. Use of width & depth.

Attacking play

Implement principles of attack – possession & support play

Maintain possession

Moving the ball as a team.

Defending

Implement principles of defend – Delay, Deny, Dispossess, Deliver

TEAM PLAY

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions.
- All players experience game time in matches
- Aim to provide at least 16 games in a season for your team.
- Size 5 sliotar

THE GAME



THE PLAYER

- Popularity influences self esteem
- Tend to be self-critical, rely on the coach for positive reinforcement
- Huge difference in physical development between players.
- Players do not make connection between physical development and loss of form

PHYSICAL FITNESS

Speed
multidirectional, between 5M –25M with complete recovery in between. Built into warm up.

Strength
Improve core strength through own body weight exercise e.g. Plank

PARTICIPANT FEEDBACK

Question players individually on decisions made on and off the ball. Highlight recent examples of good play at senior level and question players on

- Coach to player ratio 1:10
- At least 1 ball for every 2 players
- Have awareness of games schedule for others teams your players may be representing.
- Enjoyment & Fun for players still a key consideration when planning sessions.

EQUIPMENT

- Coach to player ratio 1:10
- At least 1 ball for every 2 players
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AGE 16-17

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

EQUIPMENT

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- Have awareness of games schedule for others teams your players may be representing.
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THE COACH

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THE GAME



THE COACH

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- Set example by showing respect to match officials & opponents at all times
- Use simple language

TECHNICAL SKILLS

- **Handling**
Low/High/Body catch in pressured situations
- **Movement**
Dummy kick/solo, Feint & Sidestep. Attack ball at full pace.
- **Tackle**
Shadowing player in possession and off the ball. Near hand tackle

PSYCHOLOGICAL FOCUS OF PLAYERS

Players can fully recognise the improvements made through individual practise

Decision Making

Using questioning, vary your coaching style to improve players decision making.

Guided Discovery

“show me when its best to solo ball or pass it long”

Trial & Error

“try to decide to support in front of the player or behind the player”

Observation & feedback

“lets watch this and then...”

TACTICAL PROWESS

Use questions to help players problem solve “in game” when playing against opposition with a particular playing style.

Reflect on these scenarios in the trainingsessions that follow using conditioned games.

TEAM PLAY

- Players are challenged to adapt to a number of team playing styles throughout the season.
- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions.
- Aim to provide at least 16 games in a season for your team.
- Size 5 football

THE GAME



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



PRINCIPLES

The key principles underpinning coaching on the Leinster GAA Player Pathway are presented using the acronym TURAS.

Testing and Challenging: all players should be challenged to improve at their level

Understands the player is at the centre of the game and provides individualised development (player centred)

Assembles the game (games based)

All players involved, all the time: lots of touches, lots of decisions

Should always be an enjoyable, developmentally appropriate & holistic GAA experience

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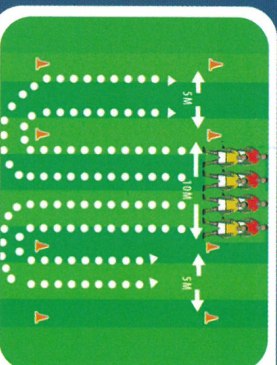
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AGE 14-15 HURLING SAMPLE SESSION

WARM UP ACTIVITY



The GAA 15 can be undertaken as a standardized warm-up before training and games.

Use variety within the warm up so that it does not become repetitive for players.

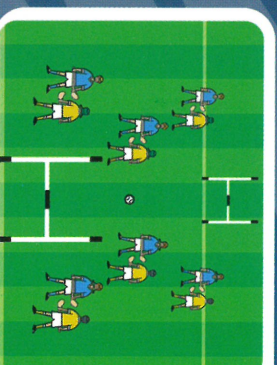
Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at learning.gaa.ie/Gaelic15

ORGANISATION

GAMES BASED ACTIVITY



Purpose: Look up when in possession and scan the area ahead. Scanning in order to make the right decision.

Normal game but and introducing the rule that allows each player a maximum count of 3 on the ball.

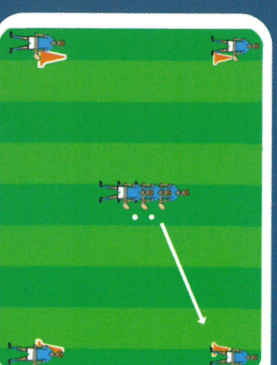
To highlight this, the coach should referee the game and call out loudly "1.....2.....3 when a player receives the ball.

Should any player still be in possession after the count of 3, the ball is turned over to the other team.

Counting to 3 forces more players to look up first and, indeed, leads to more team-mates making runs for passes.

ORGANISATION

INTERUPTION (FIX THE SKILL)



Set up squares 25x25. Have one player on each corner and 2/3 in the centre (6/7 per square).

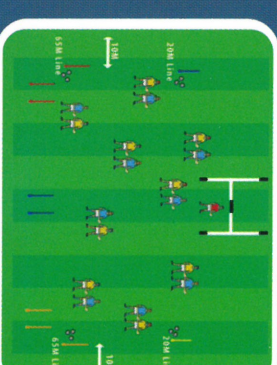
2 Slotters per Square.

Player's in middle strike ball to outside corners. Player's always follow ball. Ball played from corner to centre.

Centre player can play ball to any corner except corner it came from.

ORGANISATION

GAME



2 Teams – 1 attacks and 1 defends.

Set coloured poles up as shown or at different points on the pitch.

Have 2 slotters at each pole/cone.

Coach calls a colour attacking player takes a slotar from that coloured pole/cone.

Attackers try to work a score, if defenders dispossess them they work the ball out through any of the other gates.

Coach calls a different colour after ball goes dead.

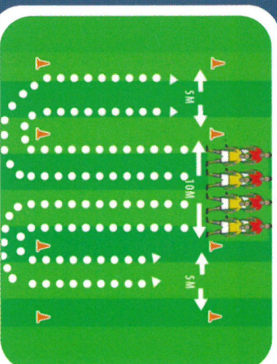
After all 8 slotters are used swap roles.

After game cool down involving static stretching

ORGANISATION

AGE 16-17 FOOTBALL SAMPLE SESSION

WARM UP ACTIVITY



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Use variety within the warm up so that it does not become repetitive for players.

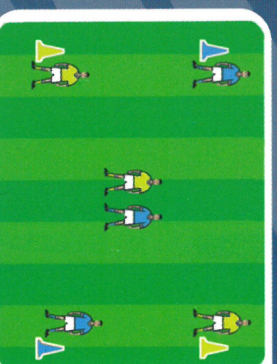
Incorporate fun through games or partner tasks.

Involve the football as much as possible.

More information available at learning.gaa.ie/Gaelic15

ORGANISATION

GAMES BASED ACTIVITY



Set Up – 4 players in Red Blks, 4 players in Blue Blks, 4 cones in a 20m square. 2 players of each colour in the square, 1 from each colour diagonally opposite each other on the corners of the square.

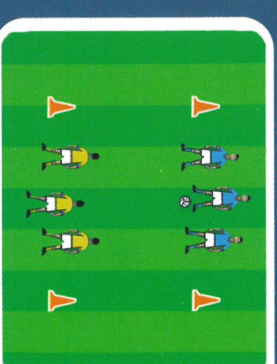
Colour co-ordinate the cones.

The players in the middle take turns receiving a pass from a corner team mate and try to work the ball to the team mate at the opposite corner. The players of the opposite colour tackle and try to prevent them getting the ball to the other side

Players on the inside compete for 45 seconds then rotate with the players on the outside.

ORGANISATION

INTERUPTION (FIX THE SKILL)



Set up square 10m x15m.

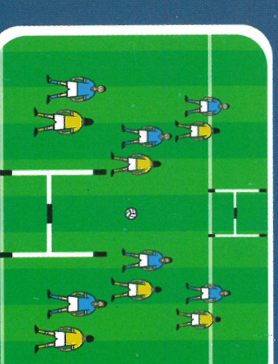
3 players at each end

1 Player at one end kicks to the other side and all players enter square Player at the other end receives the ball, 1 play only (hop or solo), and his team tries to exit square at the far side

Depending on focus on attack or defence, progress to make it 3v2 players who enter the square from either end and increase distance

ORGANISATION

GAME



Game: First to Score 15 (3 points for goal, 1 for point)

Set up two even teams to play game

Condition 1: All players have to take on a player when in possession

Condition 2: Extra score of 3 points for a successful tackle

Game progresses to removing condition 1 but condition 2 remains in place for duration of game

After game cool down involving static stretching

ORGANISATION

Primarily used a pulse raiser

Each player to get a high number of touches on the ball

Encourage support play through communication and off the ball runs

Ask players questions about their decisions as warm up is a relaxed environment

TURAS PRINCIPLES

TURAS PRINCIPLES

After warm up maintain the fun emphasis through game based activity

Ensure skill is practised on left and right

Design the activity for multiple possessions for each player

Stop the activity every 2mins to reset and maintain organisation

TURAS PRINCIPLES

After the Games Based Activity select a skill that needs improvement

Set up activity so that players get high volume of ball contacts

Use trigger words to help the players focus on a key aspect of the skill

Use basic scoring systems to set targets for the players e.g. Relay race

TURAS PRINCIPLES

Complete the main part of session with a Game

Coach to move around the pitch in order to communicate with all players

Use skill points to focus on development of certain skills e.g. Point for high catch

Stop game when needed to re-organise and deliver coaching points



TURAS PRINCIPLES

Used as pulse raiser & as part of a long term injury prevention programme

Use coaching points from GAA 15 programme to address poor technique in exercise

Regularly Add FUN element to warm up

While ensuring GAA15 principals are always in use, add variation to warm up from session to session

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