

TURAS HURLING



CHILD COACH RESOURCE



CHILD COACH RESOURCE (HURLING) CONTENTS

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TURAS

AGE

18+



STAGE

ADULT

AGE

16-17

14-15

12-13



STAGE

LATE TEENAGE

MID TEENAGE

EARLY TEENAGE

AGE

10-11

7-9

4-6



STAGE

LATE GO GAMES

EARLY GO GAMES

NURSERY

**PLAYER
PATHWAY**
PLAY TO STAY WITH THE GAA

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



DELIVER PLAYER
PATHWAY
WORKSHOP



OUTCOMES

These workshops will help coaches to further understand the TURAS coaching principles and embed them in their weekly coaching sessions.

These workshops delivered by Leinster GAA staff will discuss what age appropriate coaching involves as well as demonstrating a variety of practical coaching activities.

This coaching resource offers further coaching materials to those coaches working with players aged 7-13.



CLUB VISIT 1

PART-TAKE SESSION WITH EXAMPLES OF
GOOD PRACTICE REVIEW SESSION USING

TURAS
PRINCIPLES



CLUB VISIT 2

OBSERVE SAME COACHES &
REVIEW USING

TURAS
PRINCIPLES



GAA
Learning

TURAS COACHING PRINCIPLES

TESTING AND CHALLENGING; ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL

- Are players recognised for effort more than outcome – encourage to try things
- Are the players engaged in the task or are they distracted?
- Do you set targets for players during activities



UNDERSTANDS THE PLAYER IS AT THE CENTRE OF THE GAME AND PROVIDES INDIVIDUALISED DEVELOPMENT (PLAYER CENTRED)

- Did you use different conditions for different players within activities?
- How did you decide on your pairings/groupings
- Did you try to engage one to one with as many players as possible?



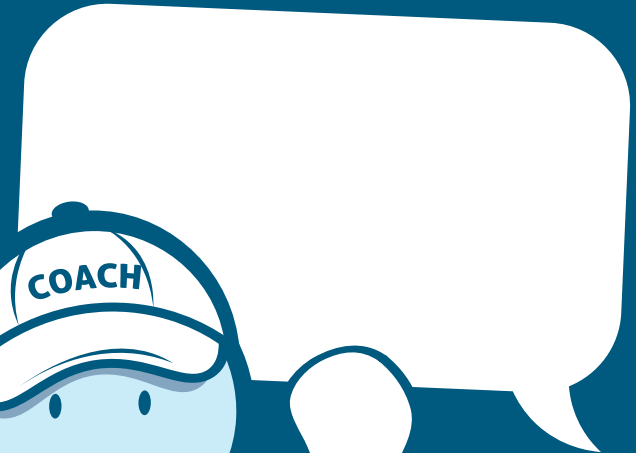
RESEMBLES THE GAME (GAMES BASED)

- What part of the game did your activities seek to develop
- Were the players motivated to complete the activity
- Did you communicate to the players why they were doing the activity



ALL PLAYERS INVOLVED, ALL THE TIME; LOTS OF TOUCHES, LOTS OF DECISIONS

- What percentage of your session included games
- Did your group/team sizes allow players maximum touches
- Did you use questions to facilitate thinking players



SHOULD ALWAYS BE AN ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE

- Were the players showing signs of enjoying the session? i.e. positive body language
- Were the activities age appropriate?
- Did you develop the person as well as the player?



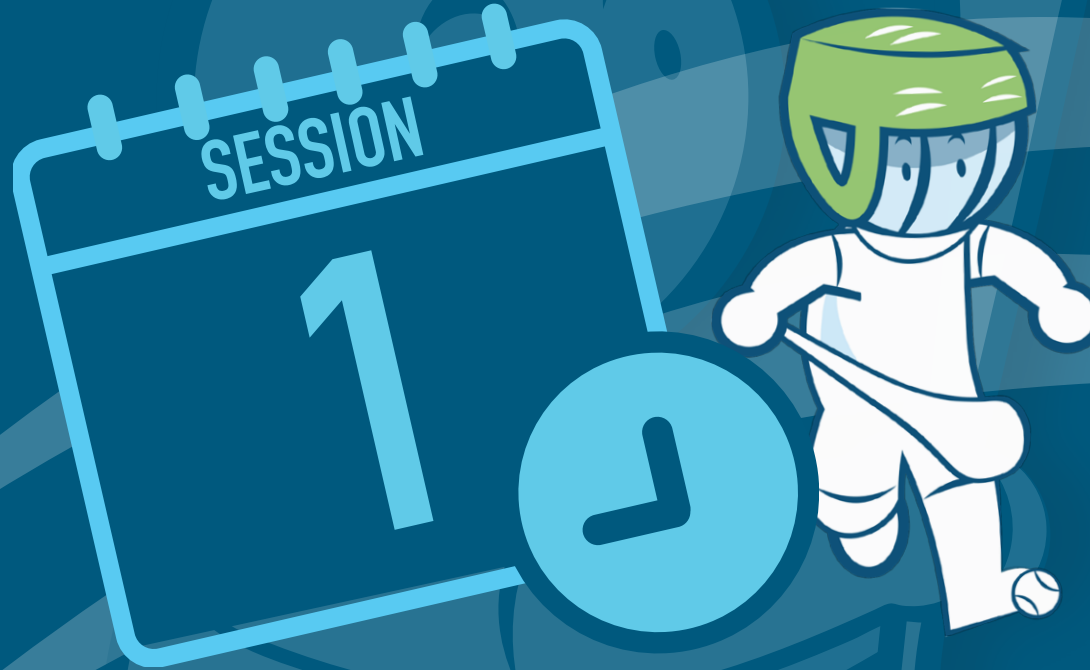
PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

7-9



GAA Learning



6



TURAS



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 80 GAMES
10-11 YRS
- EARLY 80 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
- 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

- Handling**
Grip, Ready, Lock & Swing Catch-Low/Chest/High
Claw Catch for Chest/High Catch
Cupped Catch for low catch (Below Knee)
- Striking**
Ground Strike (8-10M) Left & Right
- Ball Control**
Dribble/Flick to space
Bean bag Solo
- Tackle**
Frontal Block Ground Intro to Shoulder
Clash e.g. use hurling rope

- 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

PHYSICAL FITNESS

TACTICAL PROWESS

- Decision Making**
Players encouraged to move into space
Devise games that require players to look up
- Zones**
Use zones for basic positional understanding
Players play all positions to experience attack & defence
Small sided games crucial for individual learning
- Basic Communication**
Call for the ball

TEAM PLAY

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



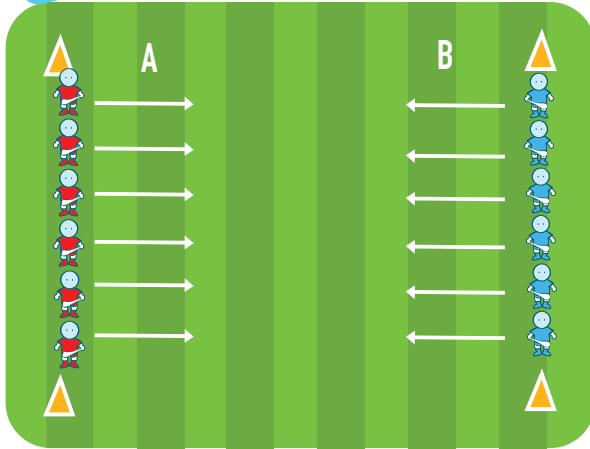
THE GAME

- 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.



WARM UP: THE WHISTLE GAME

1



Set out 4 cones in a square

Divide the group into 2 teams (A & B)

Each group lines up, side by side on opposite side of the square

On coaches' command, both groups run to opposite side of the square.

If whistle goes once, each player must find their partner, stand back to back, while balancing on one leg

If whistle goes twice, each player must find their partner, one player gets into a plank position, player 2 jumps over and back.

If whistle goes 3 times, each player must find their partner, one player in a press-up position forms a bridge, player 2 crawls underneath.

KEY COACHING POINTS

Always start fundamental movement warm-ups slowly before increasing the pace.

How can we introduce the sliotar to this warm-up?

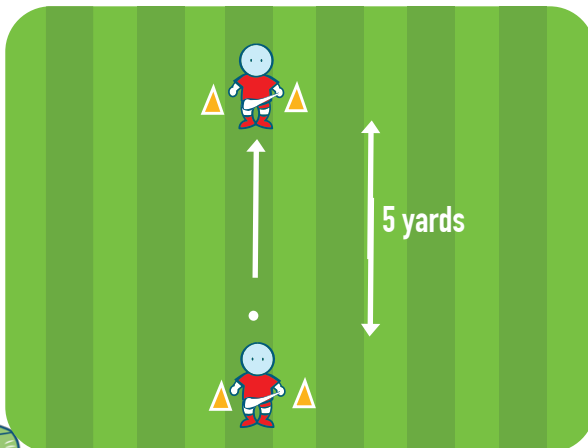
Have players dribble with the sliotar on the ground from one side of the square to the other.

How could we progress this?

Have players use a bean bag and solo run from one side to the other.

1 V 1 STRIKING PENALTY SHOOT OUT

2



v 1: mini goals c.10 yard apart

1 sliotar between 2.

Players must take penalty shots on each other from their goal line trying to score a goal on each other without leaving their goal line.

Encourage use of both sides throughout.

For 2/3 minutes only allow less dominant side be used. (Goals can be brought in closer if needs be)

Award 2 goals if a player scores with their less dominant side.

Add in speed shooting at the end. Call 60 second challenge and ask players to speed up their movements/striking etc. See who can score the most amount of goals

Play a 1 v 1 match for last 2/3 minutes in these goals.

Note: *Can add in air hurling if players advance throughout the year.

KEY COACHING POINTS

Correct grip & swing technique. Make the 'C', Get elbow up high on both sides.

Use of both dominant & less dominant sides.

Coach demonstration to show correct technique first. Highlight where errors can take place.

Ask children to show you their swing before going into their goals without the sliotars.

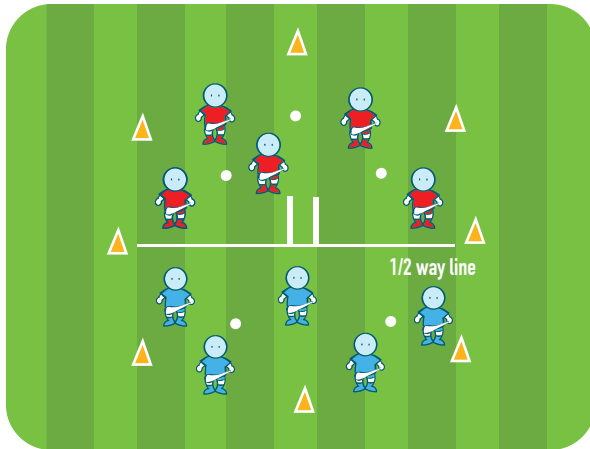
Pick players of equal ability to play one another

Advance length of pitch when players develop their striking further.



CIRCULAR NO MANS LAND

3



10 Players: 5 Red, 5 Blue

-Set Up circle of cones c. 25 yards in diameter.

-Place a small goal in middle of circle with 2 poles

-Place a half way line along the middle of the circle alongside where the goal is set up.

Part A): 5 Blues vs 5 Reds No Mans Land

5 Blues on one half the circle, 5 Reds on the other end. 5 balls.

Each team must strike the balls out of their half and into the opposition half.

Players are not allowed cross the half way line.

Team with fewest balls at end wins.

Ball never goes out of play.

Part B): ACCURACY: 5 Blues vs 5 Reds

5 Blues on one half the circle, 5 Reds on the other end. 5 sliotars.

Each team must strike the sliotars out of their half and this time through the small goal (poles) in the middle of the circle.

Players are not allowed cross the half way line.

Team who scores the most goals through the poles wins.

Play 2/3 rounds of this.

PART C) ADD Distance:

Teams are now only allowed score from outside the circle

They can go in and get a ball but must dribble it out or pass to a teammate and then shoot from behind the line of cones.

Team who scores the most goals wins. 2 goals from a goal with their less dominant side.

KEY COACHING POINTS

Correct grip & swing technique. Make the 'C'. Get elbow up high on both sides.

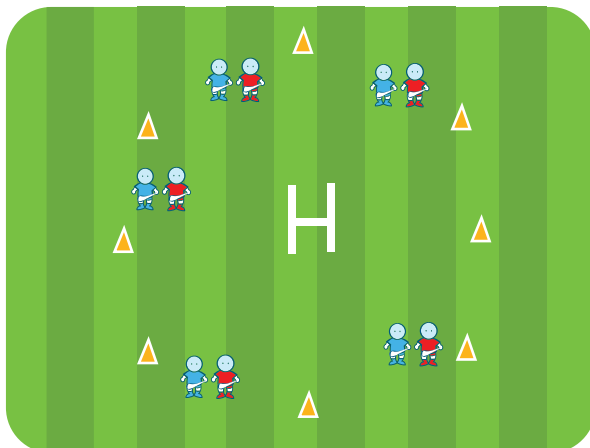
Use of both dominant & less dominant sides.

Explain rules of game clearly.

Coach demonstration to show correct technique first. Highlight where errors can take place when striking.

SUS

4



Pitch as above.

5 Reds vs 5 Blues from above must now mark one another.

1 sliotar

Players can now go anywhere in the circle/pitch.

Coach throws in ball and players must tackle each other to try and score a goal BUT goals can only be scored outside the circle.

2 goals if a goal is scored with less dominant side.

Team who scores the most goals wins.

Note: *Can add in air hurling if players advance throughout the year.

KEY COACHING POINTS

Small numbers for maximum touches.

Correct grip & swing technique. Make the 'C'. Get elbow up high on both sides.

Use of both dominant & less dominant sides.

Explain rules of game clearly.

Coach demonstration to show correct technique first. Highlight where errors can take place when striking.

Change diameter of circle depending on striking ability of players.

7-9
WEEK 1



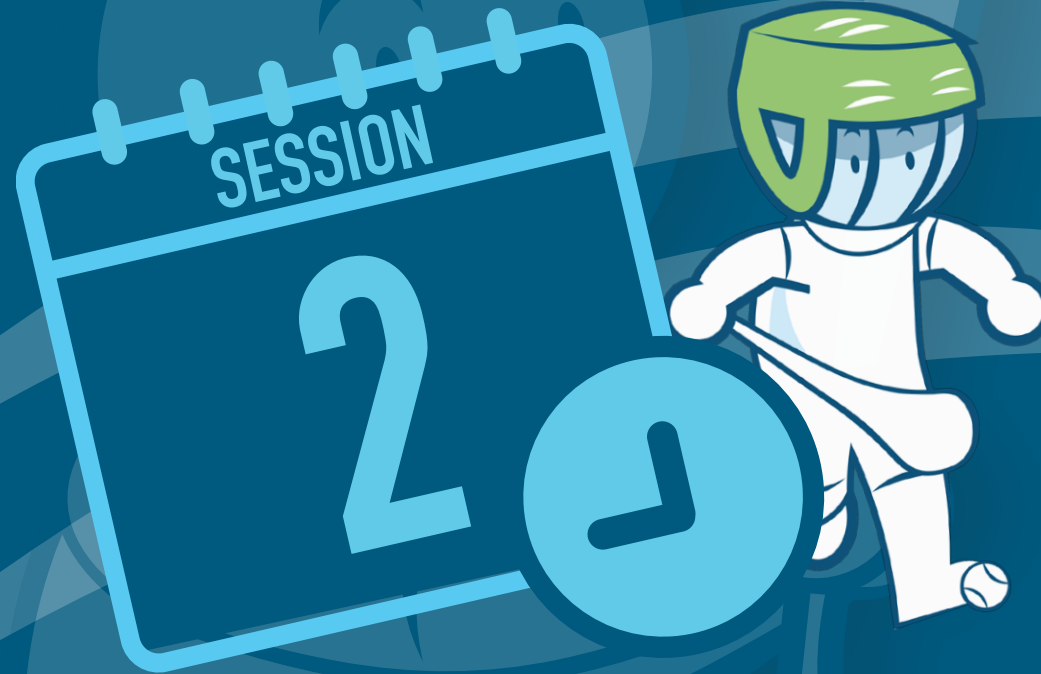
PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

7-9



GAA Learning



10



TURAS

TURAS

PRINCIPLES IN ACTION

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 be an enjoyable, developmentally appropriate & holistic GAA experience

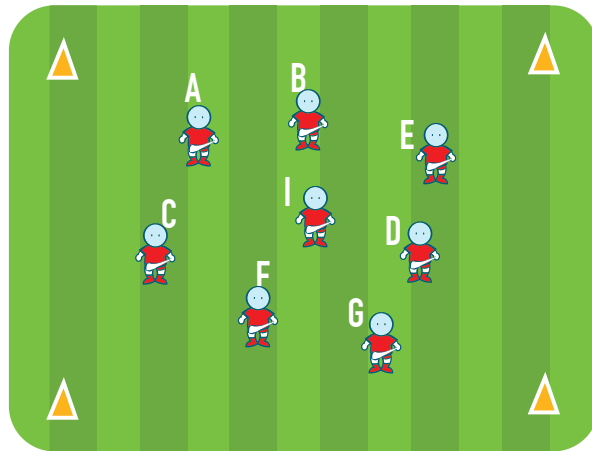
Today I will set up activities to involves my players making lots of decisions when in possession of the sliotar.



WARM UP: SIMON SAYS

1

KEY COACHING POINTS



Set out 4 cones in a square

All players jog around inside the square with hurleys and wearing helmets, when coach calls 'Simon says', followed by an action', the players must complete that action. Place a few balls inside square.

Simon says – hop on one leg

Hop on 2 legs

Hop backwards on one leg / 2 legs

Roll lift the ball and drop

Jab lift the ball and drop

Form a bridge (press-up)

Form an upside-down bridge.

If coach calls an action without using "Simon says", and players complete this action, they must complete a forfeit of 5 x star jumps

Start this game by having players inside the square without their hurleys and get them to concentrate on the movements first. Introduce the hurleys and sliotar when players become more comfortable with the movements.

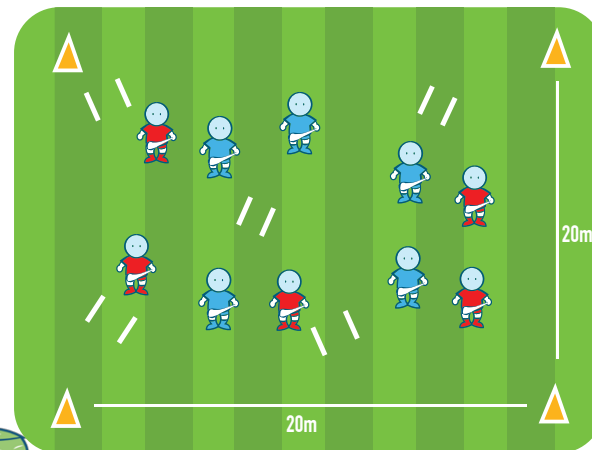
What other forfeits could players do?

Have players complete roll lifts x 5 of the sliotar or complete 10 x tippy taps.

ROLL LIFT & JAB LIFT

2

KEY COACHING POINTS



PART 1:
Each player gets a ball. Practice the roll lift and then the jab lift static for 2/3 minutes.

30 second challenge – How man RLs can you do in 30 seconds?

30 second challenge – How man JLs can you do in 30 seconds?

Movement: Get players to run around the square picking up a ball, dropping it & then picking up any other ball.

Coach Involvement: After 1 or 2 rounds of this, a coach will take 2 balls away during the game. When coach blows whistle players have to scramble to get a ball each!

(Mix up RL & JL exercises. Please encourage the JL when children are moving. Players should use JL far more and not stop to do a RL, this slows them down & isn't natural to a game.

PART 2:
Add in 5 small goals all around the square.

Players must RL/JL a ball and then carry through a goal and release ball. Then they must find another ball, RL/JL & carry it through another goal.

This teaches players to move and take their steps with the ball from a young age.

PART 3:
5 Reds vs 5 Blues, 5 Sliotars:

Players must now mark a partner in the square.

1 ball between 2. On the coaches whistle players must fight for the ball & RL/JL it. Player who picks it up first wins.

Develop this further. After a player picks it up, he must carry it through one the mini goals. Drop it straight away and 2 players must start tackling again for the next RL/JL.

Ensure correct grip/handling on the hurl for RL/JL.

Ensure thumbs are pointing down the hurl.

Ensure players are low to the ground, squatting down with hurl nearly parallel to the ground.

Encourage players to catch the ball no higher than their hip. We don't want the ball going up around their heads or even higher.

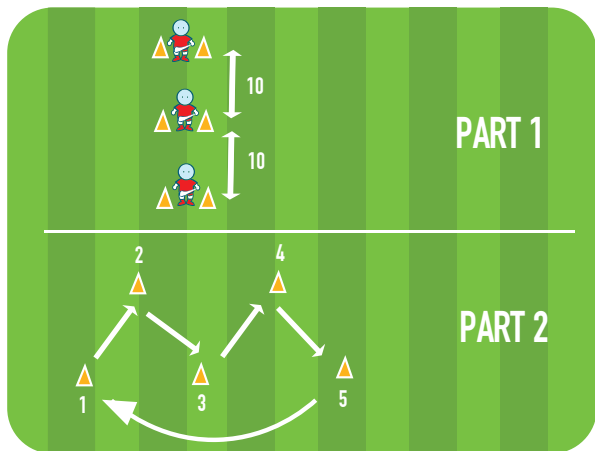
Coach demonstration first. Model it completely incorrectly first and allow players fix the problems. Then model it perfectly demonstrating all the correct techniques.



BALL CONTROL

3

KEY COACHING POINTS



PART 1: Groups of 3:
3 small goals in a straight line, 10 yards apart evenly, 1 player in each goal.

1 v 1 v 1 between each goal.

Players strike ball to each other stopping the ball between their legs each time. Encourage players to move feet behind the ball and do not just stick out the hurl. Ball should be 'trapped' and pulled on back to the next player. He traps it and moves it onto third player.

Change then player in the middle every 90 seconds.

Progression: Add in 2 balls and work the player in the middle from each end goal for the next 60 seconds.

PART 2: ZIG ZAG:
5 cones set up as a "W" with 3 players on each cone. 5 slottars, one at each cone.

Players must strike ball to the next cone and move to it.

Player waiting controls the ball, flicks it out to himself and strikes to the next cone, moving on each time.

1 goes to 2 goes 3 goes to 4 goes to 5. At Cone 5 the player must RL/JL a ball and solo/run it back to Cone 1 rolling it at the players feet to continue on again.

Focus on feet position, get their bodies behind the ball, do not just stick our hurl.

Use the words TRAP & CONTROL to focus the player on what they are learning/working on.

Get the players to slightly angle their hurl towards them and not leave the hurl straight/flat as ball with just bounce off too far in front of them.

This will also be the first stage of learning the first touch into the hand.

Coach demonstration at start.

MATCH: 6 PLAYERS NEEDED IN EACH MATCH.

4

KEY COACHING POINTS



(A) - 1 v 2
(B) - 3 v 3

Game A: 1 v 2:

Red bibs play in their goal only as do blue bibs in their goal only (1 goalie & 2 outfield players facing their own goal)

1 player goes into the small goal and the other 2 must tackle, play against each other while trying to score on the goalkeeper.

Swap 1 player in and 1 player out of the goal every 90 seconds. 3 sets altogether

Develop naturally into Game B: 3 v 3

On the pitches you have already set up, the 3 Reds now play the 3 Blues in a normal game of 3 v 3 hurling, small goal to small goal.

Note: *Can add in air hurling if players advance throughout the year.

Small numbers for maximum touches.

Reinforce learnings from Ball control – trap, control, body position etc.

Have bibs and goals ready. 3 Red & 3 Blue. Goals are 30/40 yards apart.

Encourage proper tackling techniques.

7-9
WEEK 2



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

7-9



TURAS

PRINCIPLES IN ACTION

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)

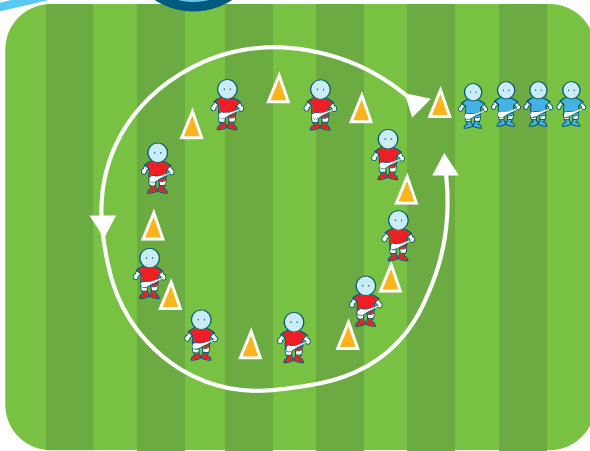
All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Today I will challenge each player on their striking They will strike for accuracy & length. Players ability will range from player to player but all will be challenged to improve.



WARM UP: BEAT THE CIRCLE



Divide players into 2 teams (A & B)

Team A forms a large circle, with at 5mts between each player.

Team B lines up behind a cone 10mts away from the circle

In turns, team B players, run around the outside of the circle, while team A handpass (or throw) the ball to each player in the circle in the opposite direction to the runners.

Count the successful passes for team A before all team B players complete their run.

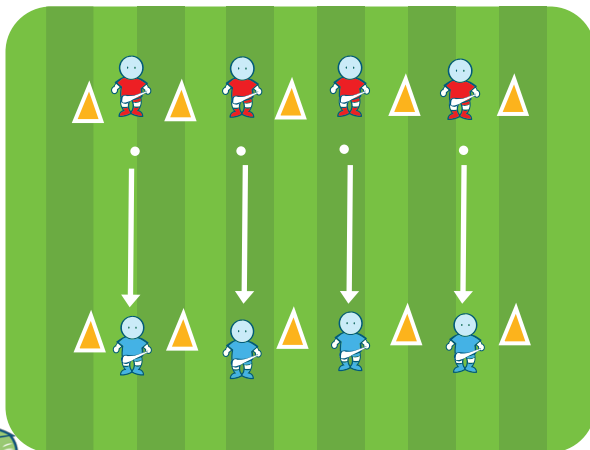
Reverse the roles and the team with the most passes wins.

KEY COACHING POINTS

How could you make this game easier?

Use a football to start getting players use to the actions. Then progress to a sliotar and have players either throw or handpass depending on level

CATCHING & PASSING



Set Up

Divide group into 2 teams (A & B)

Set out 2 rows of cones, 5mts apart and 5mts between each cone

First player from team A stands opposite a player from team B.

Make sure every player has a partner

Drill

Player A either throws or handpasses (depending on the level and age of player) the ball to player B

Player B catches ball and returns ball.

KEY COACHING POINTS

Start by getting the players to throw the ball and focus on the catching.

Chest/head high catch with relaxed soft hands.

Always aim for the crest on the players jersey.

Progress to handpassing the ball.

Make sure of the 'hand-to-ball' action, no throwing.

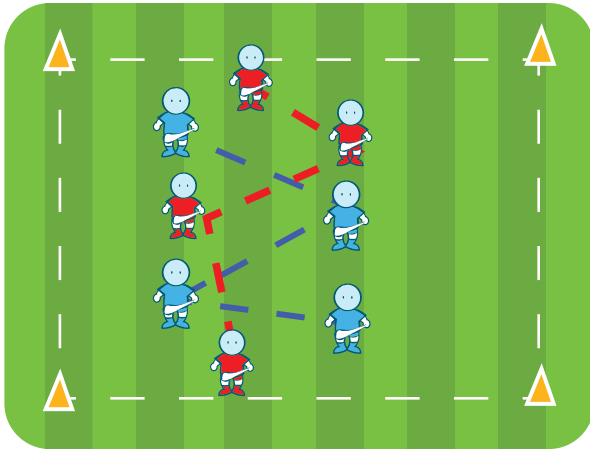
Use the underarm movement to pass the ball.

A soft/tennis ball might be good to start off with.



CATCHING & PASSING

3



Set Up

Set up squares (depending on numbers) using 4 cones 15mts x 15mts

divide group into teams of 4

each square has a game of 4 v 4

Drill

Possession game

Start with each team having a ball in each square.

Game 1 to move the ball through each player on your team A for 30secs without any opposition. Team B are also doing the same drill in each square.

Progress the game into a possession game, depending on the level of players.

First team to get 3 successful passes scores a point.

KEY COACHING POINTS

Start game with players like statues, get them use to passing the ball to each other without any movement or opposition.

Progress to players walking and passing

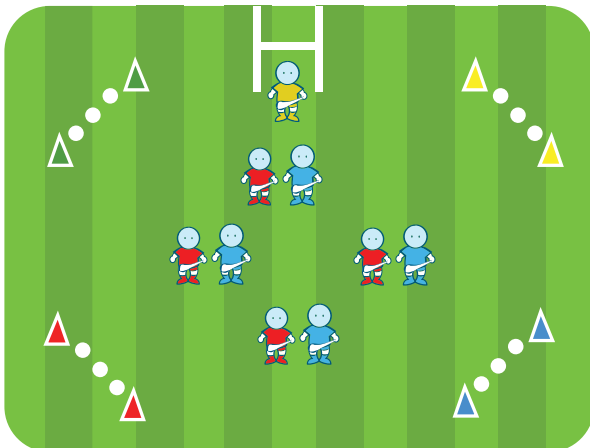
Then introduce players moving quicker depending on level of players.

Always complete the above before progressing to any form of tackling.

Coaches might consider this drill without hurleys and start by having players throwing the ball just to focus on the passing and catching

COLOUR CONES GAME

4



5 Blue Bibs v 5 Red Bibs with a goalkeeper c.11 players needed

4 different coloured stations with 2 or 3 balls in each station. EX: Red, Blue, Green, Yellow.

Square is about 30 – 40 yards wide.

5 Blues mark 5 Reds in the square.

Coach calls a coloured station. The first player to arrive gets one ball and brings it into the square where they must try & score a goal with their teammates on the goalkeeper.

The minute that ball goes dead, the coach calls another coloured station until all 8/12 sliotars are used.

KEY COACHING POINTS

Ensure all players are marking some one of equal ability

Change up colours you call each time to try & ensure all players get lots of touches.

Small sided numbers to ensure all players get enough involvement in the game.

7-9
WEEK 3



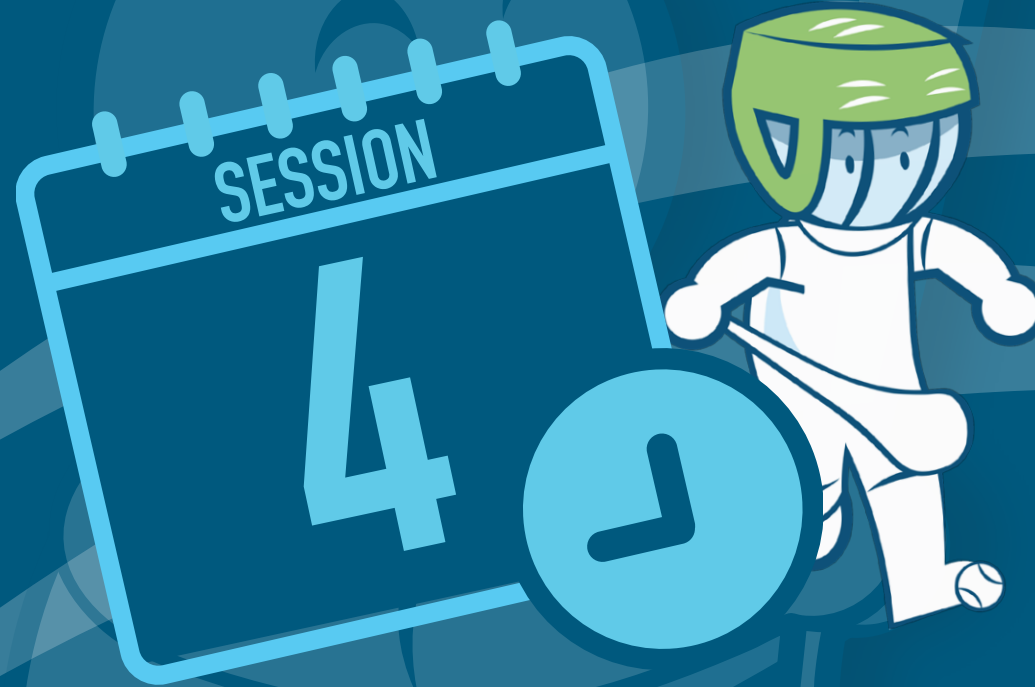
PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

7-9



GAA Learning



TURAS

PRINCIPLES IN ACTION

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

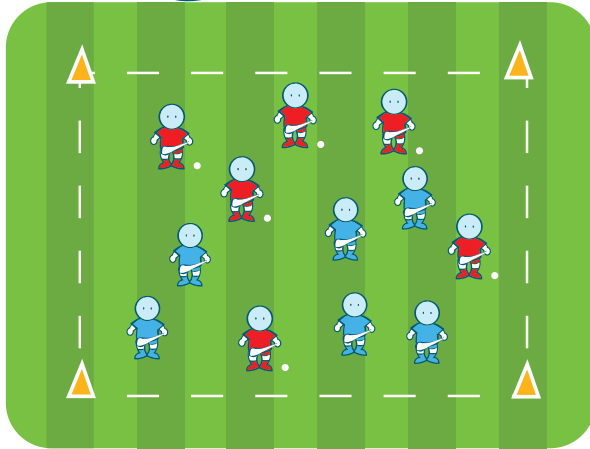
Should be an enjoyable, developmentally appropriate & holistic GAA experience

Today I will allow lots of opportunities for players to tackle, setting up activities similar to how we should tackle in games.



SLIOTAR RUN

1



Set out 4 cones in a square.

Divide players into 2 groups (A + B). One group (A) of players have a sliotar.

All players jog around inside the square, when the coach calls a signal (1, 2, or 3) players will 1=drop the sliotar for Player B to roll lift, 2=chest pass to a free player B and 3=throw sliotar in teh air for player B to catch. Change the sliotar to group B after a few trials.

KEY COACHING POINTS

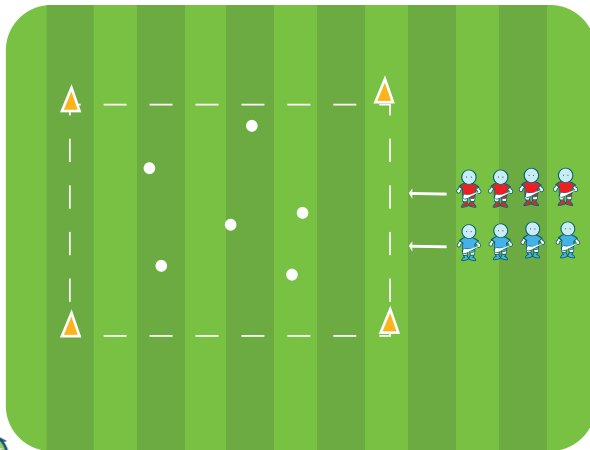
Always start at a slow pace to allow players get use to the game before increasing the pace and complexity of movement/skill.

How could you progress this warm-up game?

Have the players moving in different direction, forward and backwards, hopping or jumping. You could add a competition to see which team gets the most skills completed.

TACKLING & CLASHING

2



Set up 4 cones in a square 20mts x 20mts

Place 6 balls anywhere inside the square

Divide players into 2 groups (A & B)

Players A&B stand shoulder to shoulder outside the square

On coaches' signal, players A&B walk into square and clash on each ball

The player who strikes the most balls cleanly wins

Replace the balls and next 2 players start on signal

KEY COACHING POINTS

Make sure each player is shoulder to shoulder

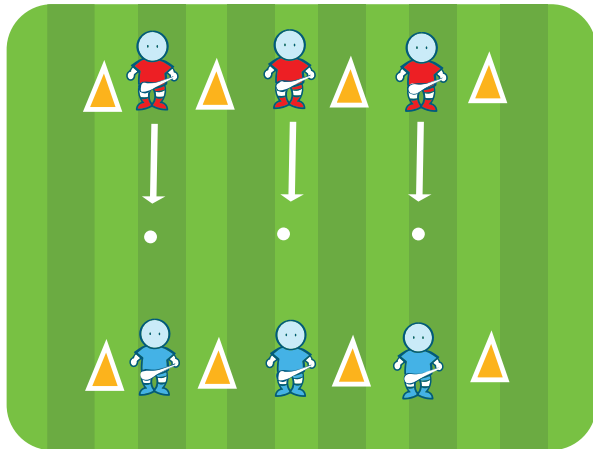
Always start at a slow pace to emphasise the physical contact and clash

Speed of drill can be increased depending on level of players



FRONTAL BLOCK

3



Set up 2 lines of cones 5mts apart and 5mts between each cone

Divide players into 2 groups (A & B)

Player A stands between 2 cones on one side, player B stands opposite

On coaches' signal, player A strikes a ground shot towards player B

Player B performs a frontal ground block

Player B starts round 2

KEY COACHING POINTS

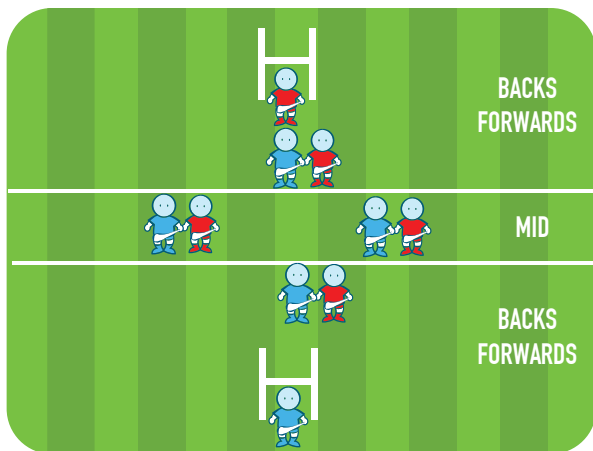
Coaches can start drill by having players use an imaginary ball

Start by using first touch ball for ease of blocking

Distance between players can be increased depending on level

ZONES

4



Set up one pitch 45 yards in length

Divide the pitch into 3 sections with cones

4/5 Blues vs 4/5 Reds

1 slotar

Part 1:

Set up 3 lines on pitch with cones – backs section, midfielders section & forwards section. Players when positioned by coach are not allowed leave their section. This is aimed at teaching the children to understand the different positions on the field & the roles of each position.

Part 2:

Same game as before but change all players positions.

This is to allow all players experience all different positions on the field and the demands in each.

Part 3:

Full match, no restrictions on where players can go.

Part 4:

Coach has bag of slotars with him. When any ball goes dead, coach will throw in a new slotar and get game going straight away.

KEY COACHING POINTS

Coaching Instructions:

Evenly balance teams

Quick movement of the ball, one touch and strike.

Explain duties/roles of each position



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

10-11





PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

- ADULT
18+ YRS
- LATE TEENAGE
16-17 YRS
- MID TEENAGE
14-15 YRS
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12-13 YRS
- LATE G0 GAMES
10-11 YRS
- EARLY G0 GAMES
7-9 YRS
- NURSERY
4-6 YRS



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

Tackling

Hook, Frontal Block – in air
Shoulder Clash

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 passion of the ball

Continue to develop principles of Running & Jumping

Handling

Hand pass – left & right
Overhead catch – hand protected
Jab/Roll lift – moving

Striking

Ground strike 15 – 20M
Strike from the hand 20 – 30M
Rise & Strike (Without catching) 8 – 10M
Ball Control
Solo
Stopping – High Ball, Batting

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.

Coach to place conditions on training games to challenge decision making e.g. No solo left and right side striking

Support Play

Support Play – Support your team mates in attack & defence. Coach to praise off the ball support runs.

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

TACTICAL PROWESS

TEAM PLAY

PSYCHOLOGICAL CORRELABILITY 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.

ENVIRONMENT

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

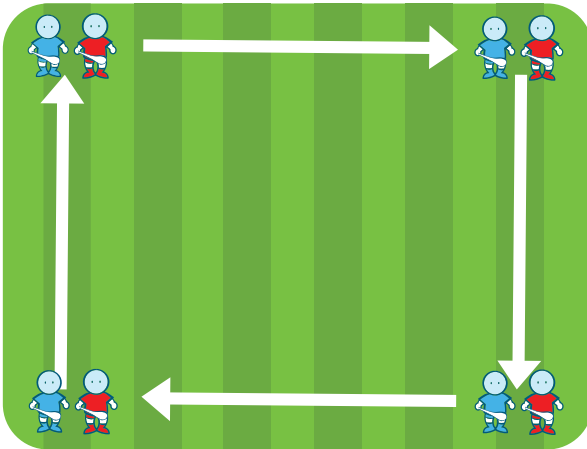


THE GAME

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- size 4 sliotar
- Continue to allow players to explore all positions
- Limit plays of the sliotar in coaching sessions to mirror that of match day rules.

AROUND THE SQUARE

1



Mark out a square or circle using cones

Divide the players into two teams; one ball per team

Position one player from each team at each cone

One team passes the sliotar in a clockwise direction, while the second team passes the sliotar in an anti-clockwise direction

The first team to have the sliotar back to the starting player wins

If the sliotar hits the ground, it must be returned to the starting player to begin again

KEY COACHING POINTS

Where should you focus on passing the ball?

You should pass the ball chest of the receiver

How can I create space to receive the ball?

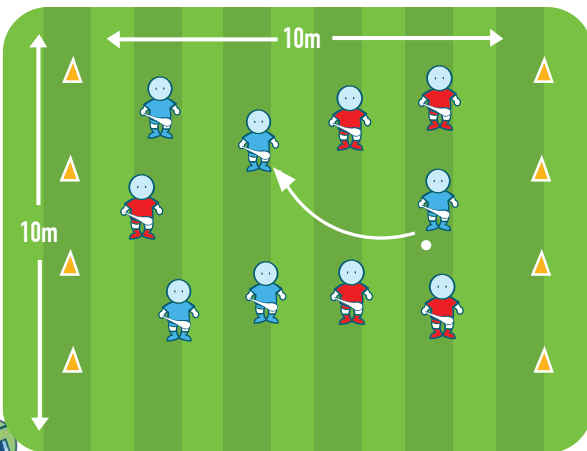
You can make space by moving off the cone and making an angle to receive the ball

How do I know when to pass the ball?

When you get your head up and check where the receiver is

POSSESSION HAND PASS

2



Divide the players into two teams of three to five players each

Mark out a grid 10m by 10m using cones

Team A must retain possession of the ball by hand passing it to each other

Team B gain possession by intercepting the ball, or when the ball hits the ground or leaves the grid

The player in possession may not be tackled

Each successful catch gains a score; alternatively, the team who makes the highest number of passes in succession wins

KEY COACHING POINTS

Why do you need to scan the grid?

Scan for team mates and to avoid passing the ball to opposition

How do I create space?

**By giving a dummy or a fake run
Making sure you are constantly scanning the area for space to move into and receive the ball**

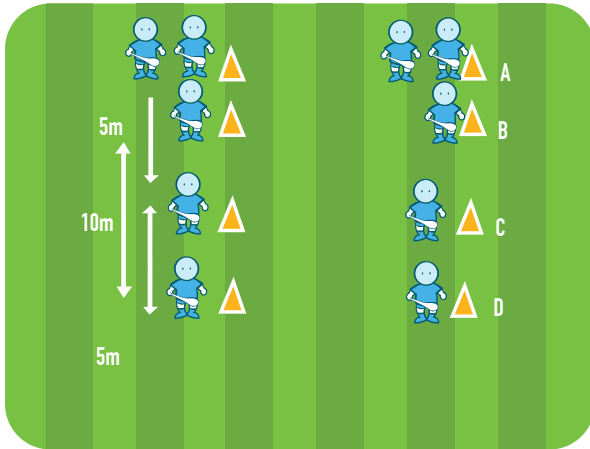
How do I help my team mate with the ball?

Moving into space and making sure they can hear you calling for the ball



OFF THE SHOULDER

3



Divide the players into groups of 5

Mark out cones 10m apart. Place a second cone 5m behind each cone

Two players begin with the ball. One player stands at each of the other 3 cones marked out

Player A starts with the ball. He gives the sliotar to player C and tags player D

Player D must receive the sliotar off player C and hand pass the sliotar to player B

The player who is looking for the ball must call loudly as the player on the cone can't see him

Rotate players on the cone during the drill

KEY COACHING POINTS

When is a good time to pass the ball?

When I hear my team mate calling for the ball or moving off the shoulder

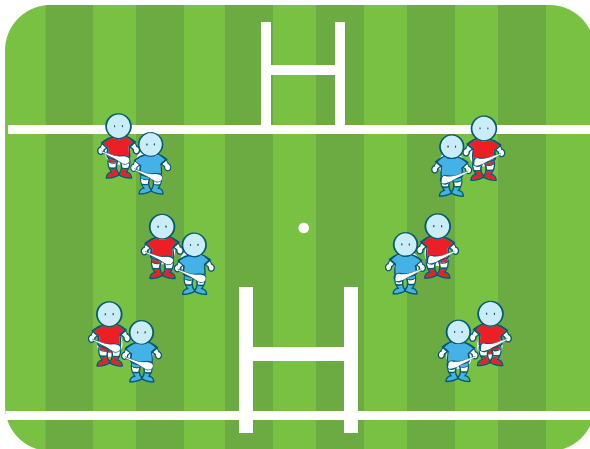
What is the best way to receive the ball?

Making sure you are on the run towards the target

Make sure you move quickly once receiving the ball

3 SECOND GAME

4



Using cones, mark out a playing area of appropriate size for the number and ability of the Players

Divide the Players into equal teams. Both team can score goals only

The Players can only hold the ball for 3 seconds

The coach stands in the middle and counts to 3 every time a player gets possession

Each team must get 3 completed hand passes before they can score a goal

KEY COACHING POINTS

How do I help the player in possession get rid of the ball in 3 seconds?

Make a run into space and make sure they can hear you calling for the ball

Make a support run off their shoulder to receive the ball from them

What do you need to do to get the ball away in 3 seconds?

Get your head up and scan the area for free players or a chance to score

How do I stop the player from passing the ball in 3 seconds?

Mark them closely and make sure they don't get a free shot
Using your hurl to bat the ball away, hook or block them

10-11
WEEK 1



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

10-11



GAA
Learning



26



TURAS

TURAS

PRINCIPLES IN ACTION

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

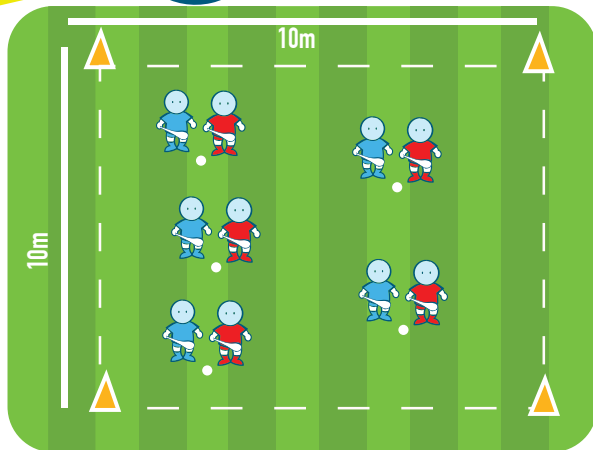
Should be an enjoyable, developmentally appropriate & holistic GAA experience

During the course of today's session I will strive to give 8 of my players individual feedback on an element of their game.



OPPOSITION TUSSLE

1



Mark out a grid using cones

Divide the players into pairs, one sliotar per pair

One player attempts to keep possession by dribbling and using their body to shield the ball

The second layers tries to flick the ball away

After a set time reverse the roles

KEY COACHING POINTS

What is the best way to shield the ball?

Protect the ball with your body. Make sure to keep the ball close to you and move it with both sides of the hurl

What is the best way to remove the ball from the player in possession?

Perform a side-step or dummy to make space and try move the ball away from your opponent with the hurl

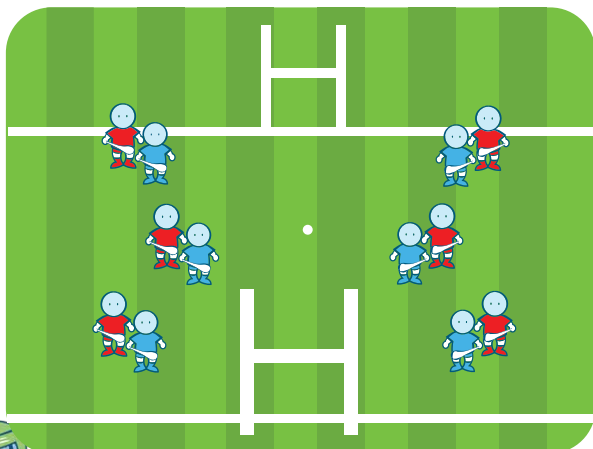
How can I slow down the player on the ball?

Use your body to block the player

Move your feet quickly and be ready to change direction before your opponent

HOOK SKILL POINT GAME

2



Using cones, mark out a playing area of appropriate size for the number and ability of the Players

Divide the Players into equal teams

The Players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand

Award 3 points for a goal and 2 points for performing the Hook successfully

KEY COACHING POINTS

How do I avoid getting hooked by the opposition?

Shorten the grip on the hurl and make sure to move the ball as quickly as possible towards the target

How do I get a hook on the opposition?

Get close to the player you are marking and execute the skill

How do I create space to strike the ball?

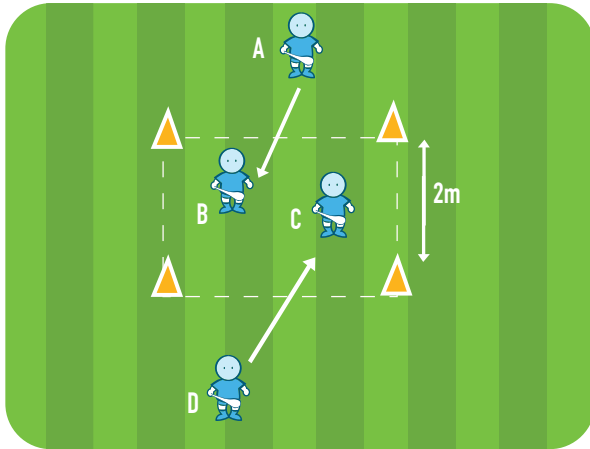
Use your hurl to move the ball ahead of you

Use dummy runs to create space away from your opponent



FRONTAL BLOCK - HIT THE TARGET

3



Organisation

Mark out a grid 2m x 2m using cones

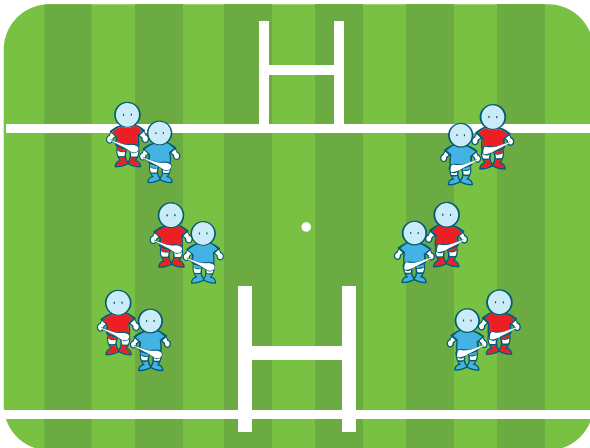
On a signal Player A, positioned 10m to one side of the grid, strikes the ball to Player B, positioned inside the grid

Player C, beginning on the other side of the grid, attempts to block Player B from striking the ball to the player D at the far cone

Player D continues the drill by striking to Player C as Player B attempts to block and so on

HOOK POINTS GAME

4



Using cones, mark out a playing area of appropriate size for the number and ability of the Players

Divide the Players into equal teams

The players must not solo with the ball. They can take 4 steps, strike or hand pass the ball

Award 3 points for a goal, 1 for a point, 2 points for performing the hook successfully and 2 points for performing the frontal block successfully

KEY COACHING POINTS

How do I block the ball?

Get close to the player striking the ball, keep your eyes on the ball and block firmly on the ball as the player is about to strike

How do I create space?

Dummy strike the ball to get your opponent to commit to the block

Take 3 steps with the ball to move away from the opponent
Make sure to use both sides when striking the ball

KEY COACHING POINTS

When do I block my opponent?

Wait until your opponent throws up the ball to strike or pass

How do I avoid getting blocked?

It is important to move your feet when you get the ball. Standing still gives the opposition a chance to block the ball
Move the ball fast. Get your head up when on the ball and scan the area for the best decision

Use both left and right hand when striking the ball. This keeps your opponent guessing which side to block

How do I create space for me and my teammates?

Make a run into space, and away from the goal, when you don't have the ball. This will give your teammate more space to move into

Always be on the move even when the ball is at the other end of the area

10-11
WEEK 2



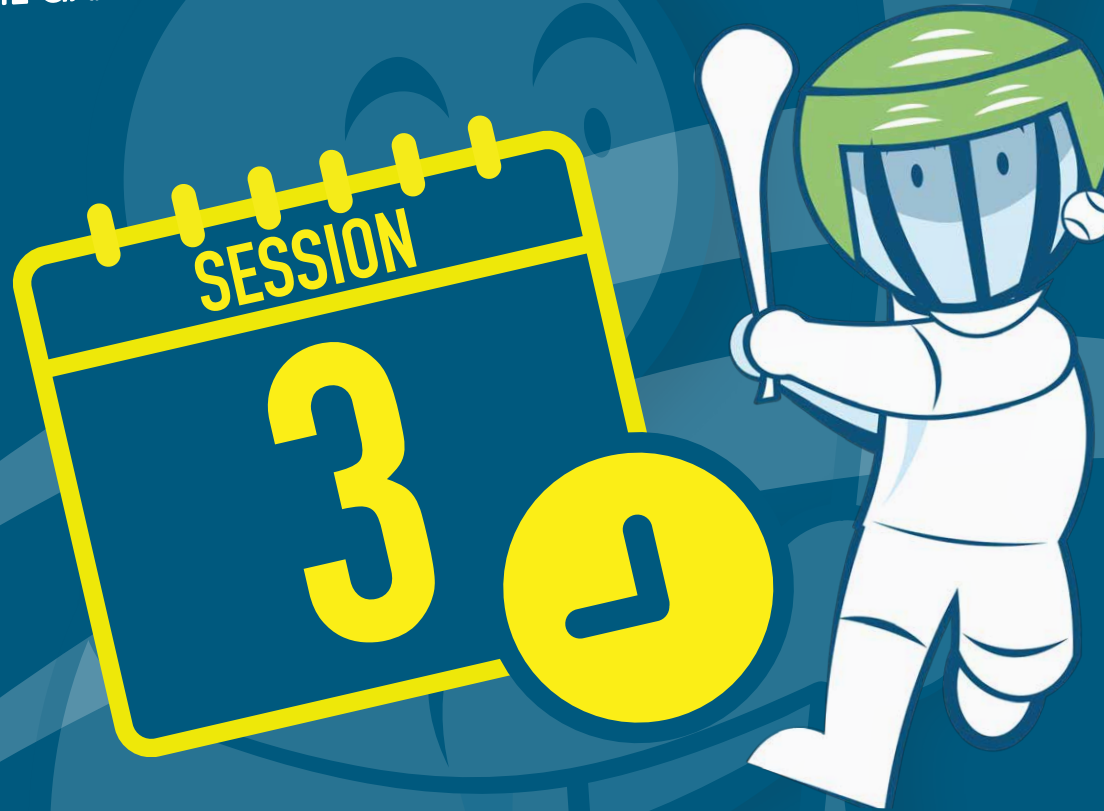
PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

10-11



GAA Learning



30



TURAS

TURAS

PRINCIPLES IN ACTION

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)

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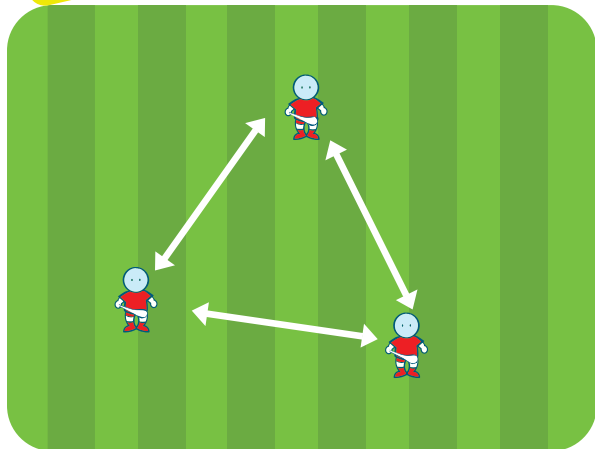
Should be an enjoyable, developmentally appropriate & holistic GAA experience ✓

I have set up today's session to be one that players will really enjoy. I will encourage laughing and fun throughout the session.



STRIKING FROM HAND IN 3'S

1



Divide players into group of three

One ball per group 20 meter's apart from each other spread around the pitch

Players start to strike ball on the move to partners hand

Once you strike you must move to different position

After 2 minutes change to striking to ground

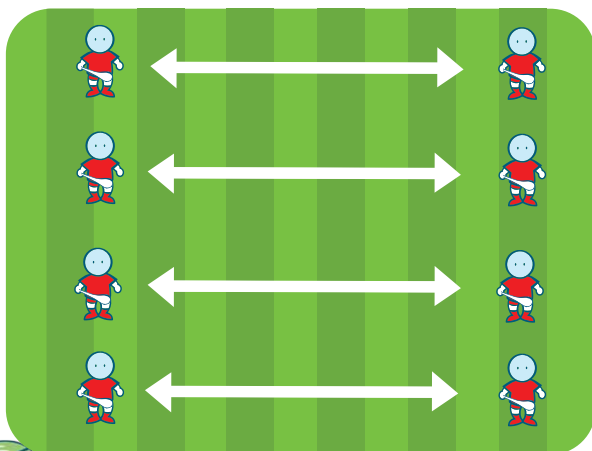
Players must move into the ball working on first touch + striking on the move

KEY COACHING POINTS

- Encourage players to keep eye on ball when striking
- Players to strike off both sides
- Dominant hand at top of hurley
- Encourage stepping forward when striking

STRIKING FROM HAND IN 2'S

2



Striking in pairs

Players 15 meter's apart

1 minute as many as players can get must keep in their toes striking both sides

Rest for 15 second and go again repeat three times

Do the same with striking ball to the ground working on first touch

And finally bounce the ball half way between partners to catch.

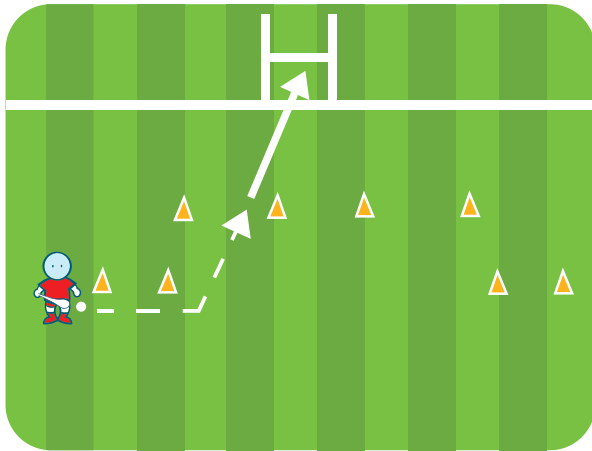
KEY COACHING POINTS

- Encourage players to strike through the sliotar
 - Short distance strike should mean only using half the hurley
- Common Error
- Tossing Sliotar too high or too far in front



STRIKING ON RUN TO SCORE

3



Place two cones on the 20m line, one 20m to each side of goal

Place two more cones 1m apart, between the outer cones and the goal

The players line up behind one of the outer cones; one ball per player

Each player solos through the inner cones and strikes for a point on the 13m line

The players should run directly for goal once they pass through the inner cones

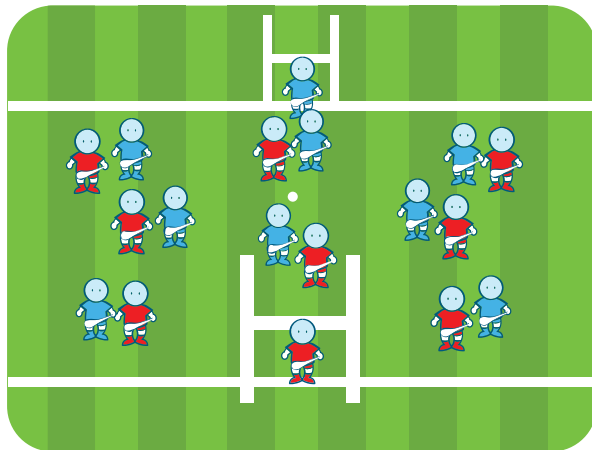
Repeat the drill from either side recording how many times players score

KEY COACHING POINTS

- When performing strike encourage player to transfer body-weight to front leg as swing is complete
- Start drill off slowly and gradually build the speed up to match speed
- Keep eye on the ball when striking not on the goal

CONDITION GAME

4



• Using cones, mark out a playing area of appropriate size for the number and ability of the Players

• Divide the Players into 5 a side

• The Players may strike the ball from the hand, and from the ground, and use the hand pass

• Award 3 points for striking a point from the hand and points for a goal, also award 1 point for ball struck to hand on the run

KEY COACHING POINTS

- This modified game to develop striking from the Hand awards points to Players who perform the technique correctly during the game
- During the match let the play go and encourage player to try what we have done in drills
- Ensure plenty of striking solo is not permitted
- Change rules of match as it continues to progress

10-11
WEEK 3



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

10-11



GAA Learning



34



TURAS

TURAS

PRINCIPLES IN ACTION

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 ✓

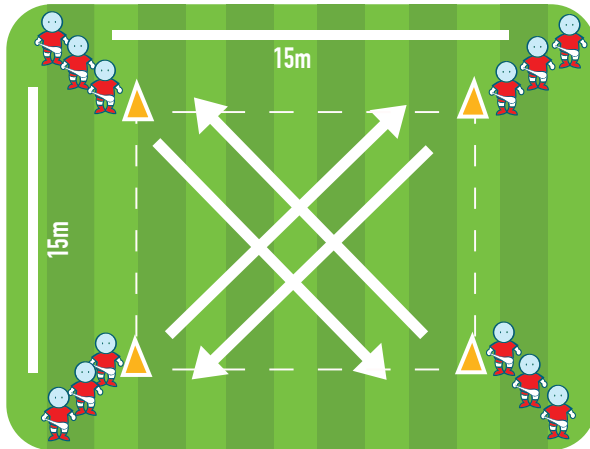
Should be an enjoyable, developmentally appropriate & holistic GAA experience

Today I have set up my activities to ensure my players make a huge number of individual & team decisions. I will ask 3 players to explain a decision they made during the course of the session.



SOLO DRILL

1



Mark out a grid 15m square, using cones

Three players line up at each corner of the grid

Starting from two corners the players must solo across the grid and hand pass to the next player from 2 to 3 m away

The players may catch the ball as they pass through the centre of the grid

If we have player unable to perform with Sliotar use bean bags for activity.

KEY COACHING POINTS

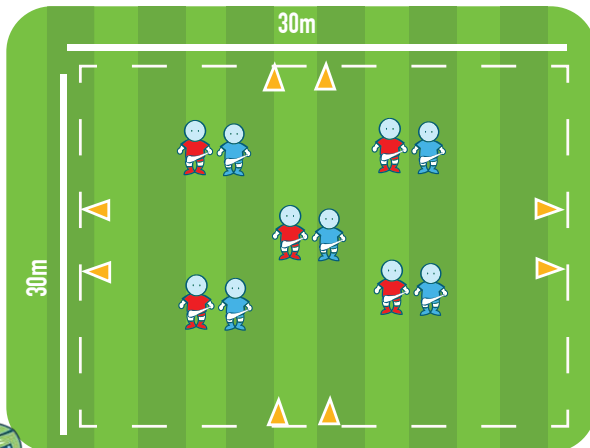
- Make sure bas of hurley is flat and the toe is pointing away from body on dominate side
- Encourage using shortened grip of hurley to control
- Keeping your eye on the ball.

Common Errors

- Holding the hurley wit toe facing inwards
- Holding the hurley the full length

SOLO CONDITION GAME

2



Make out pitches 30 meter by 30 meters

Split players into 5v5

Mark out 4 goals in each pitch

Aim of the game is to get player solo through the goals

Once you score into one goal you must try score into another goal

Players may tackle

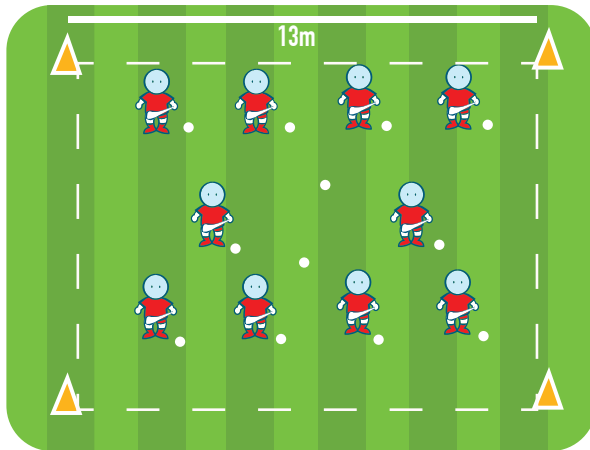
KEY COACHING POINTS

- Encourage players to take the four steps with sliotar before putting it on the hurley
- Keeping eye on the toe of the hurley and what way its facing
- Encourage players to keep their eye on the ball but also not playing with head down always



ROLL LIFT / JAB LIFT

3



Mark out a grid 13m by 13m

Ten players and 10 balls are positioned randomly throughout the grid

The players jog slowly around the grid

On the whistle, the players move to the nearest ball to roll lift it into their hand

One ball is taken away and the game continues

On the next whistle, the player who fails to roll lift a ball leaves the game

Continue until only one player remains

Players may compete for the ball

When player is knocked out they stand on the side and practice their roll lifting for the duration of game taking break when whistle goes each time.

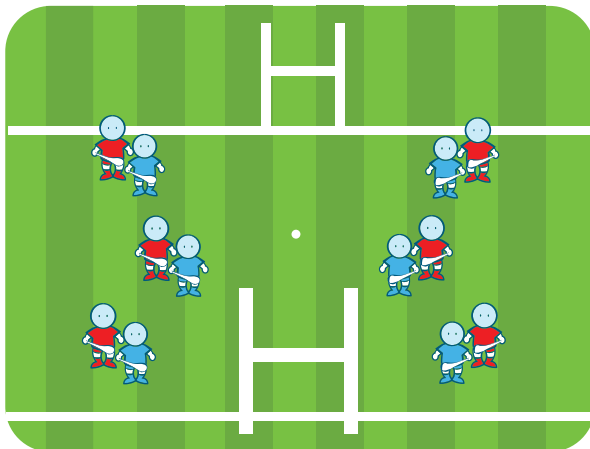
Players must try collect the ball below the knee

KEY COACHING POINTS

- Non Dominant foot beside the ball bend knees get low to the ball
- Toe of hurley pointed away, thumbs pointed towards the bas
- Roll the Sliotar towards body slide toe of hurley underneath to lift
- Release non-dominant hand from hurley
- Catch ball below the knee

CONDITION GAMES

4



Start game off where we perform a roll / jab lift below the knee you get a point

Bring in the solo running into game

Make conditions harder if players are excelling at task above.

Make sure you have small sided games to let players get as many touches as possible

KEY COACHING POINTS

- Encourage players to control sliotar below knee
- Players to take four steps with Sliotar before putting on the hurley
- Points awarded for correct execution of skills performed

10-11
WEEK 4



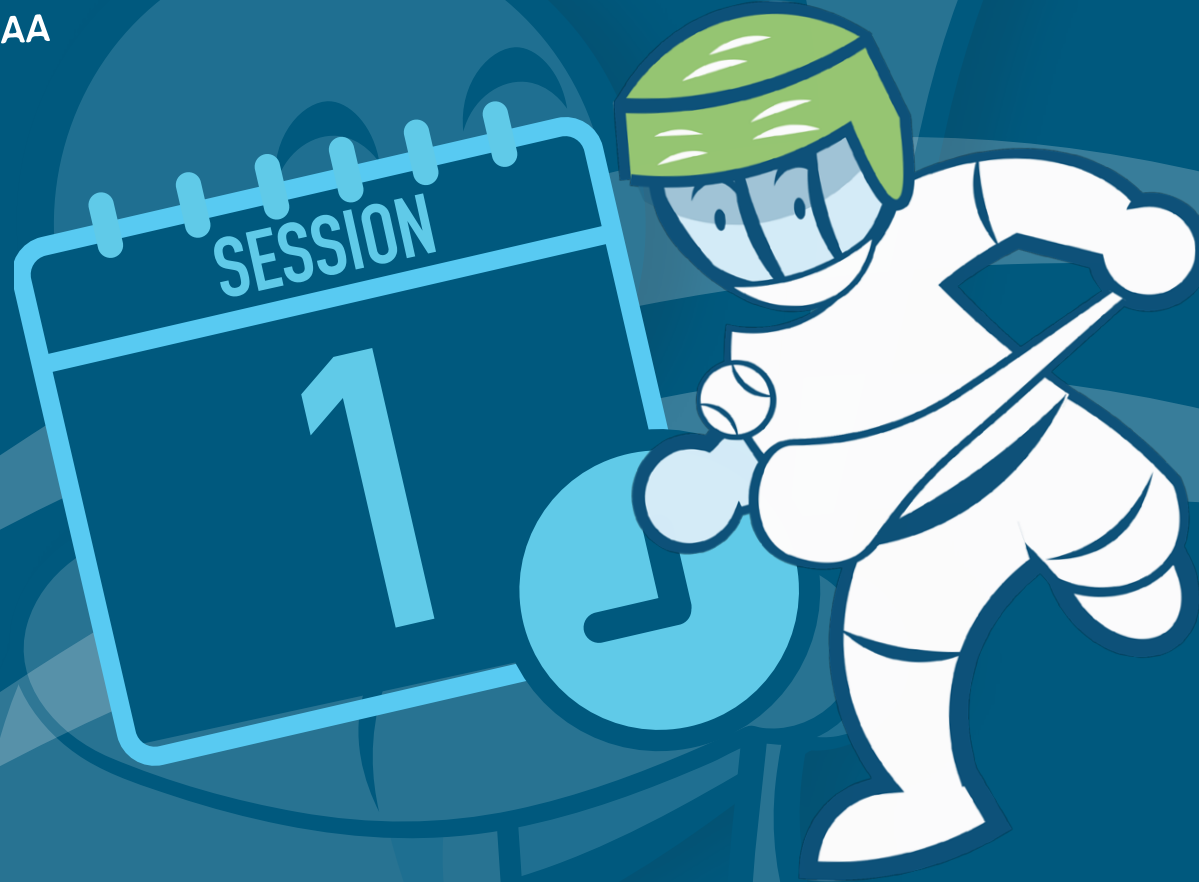
PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

12-13



GAA Learning





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

- Get to know your players individually
- Well organised and planned sessions
- Games Based Coaching
Set Individual skill
- 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

Striking

Strike from the hand 30-35M
Ground Strike 20+M
Both sides (Left & Right)

Handling

Hand pass – left & right off the hurl
Catch Low/chest/high with hand protected

Ball Control

Solo
Ground flick to space

Tackle

Hook & Block
Frontal Block and recover possession

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

PHYSICAL FITNESS

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

TEAM PLAY

PSYCHOLOGICAL FOCUS 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

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

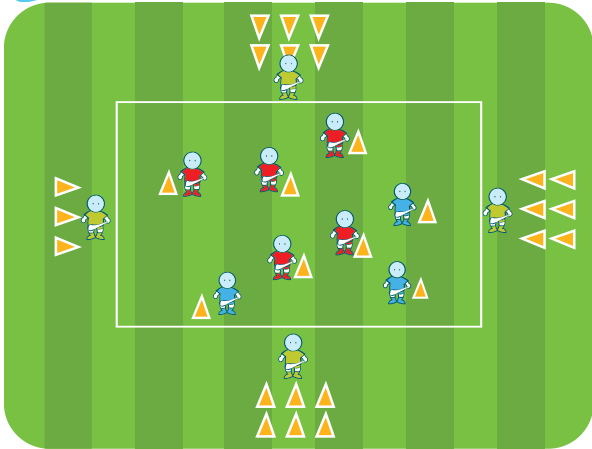


THE GAME

- Small sided games
5v5, 7v7, 9v9, 11v11 MAX
- Size 4 sliotar
- 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.

CONE COLLECTOR

1



Each Coach has bunch of cones – Each player starts with a cone each.

4 chasers are selected. Chasers must tag a player and when does so, collects that players cone. The caught player then takes a cone from the nearest coach and continues.

After 2 minutes the game is then stopped, and the chaser's cones are counted.

Dynamic stretches are done, and new chasers are then selected.

Repeat game and stretches twice more and see which team of chasers collected the most number of cones.

KEY COACHING POINTS

Participant Feedback

What could you do to avoid being caught?

Side step, stop and change direction, twist body when chaser is reaching to tap you.

What could the chasers do to catch players?

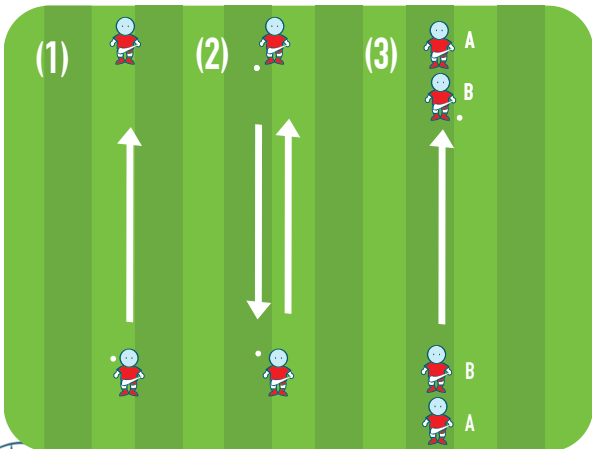
Communicate to each other throughout, work in pairs to double up, divide the playing area between the chasers to work more efficiently.

What might you do to decide the best way of avoiding being caught?

Scan the grid to see where the chasers are positioned and move into the free space.

HIGH BALL 10 CHALLENGE

2



(1) Players strike ball width of pitch and catch incoming ball at its highest point.

Each group attempt to complete 10 high catches before other groups complete 10 high catches.

(2) Each pair now have 2 balls and strike at the same time. Each team attempts to get 10 catches completed before other groups.

(3) In 4's. 2 players on each side of pitch. Player A stands 10 yards behind Player B. When player A catches high ball, he runs to player B and hand passes ball. Player B strikes to opposite group.

KEY COACHING POINTS

Participant Feedback

Where should you catch the incoming ball?

At the highest point.

When ball is in possession what should you do before striking?

Move forward and strike on the move

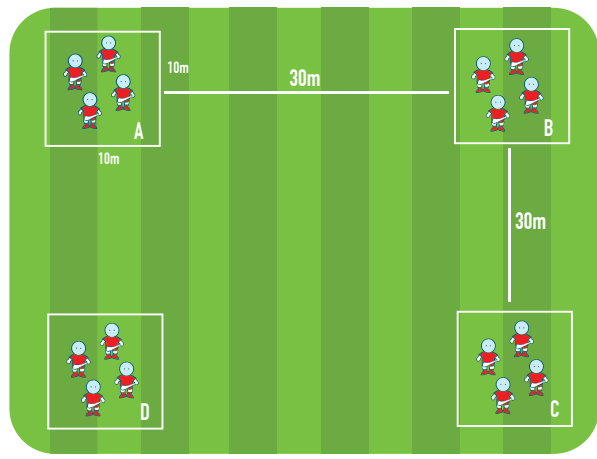
What can player A do to show where he wants the ball passed to him?

By showing his hand or pointing to where he wants the ball to be passed.



3

BOX CATCH



(A)
Group A strikes to B and B strikes to A / Group C strikes to D and D strikes to C.

Objective is to catch the balls before they hit the ground. Every time a ball hits the ground in a group, the strikers team gains a point.

(B)
Groups now hit ball in clockwise direction A to B to C to D. This is to challenge players to be aware of where balls are coming from, and going to, in multiple directions.

(C)
Each box now becomes a 2 vs 2. 1 Ball per group.
Group A strikes to B and B strikes to A & Group C strikes to D and D strikes to C. 2 players (on opposing sides) take position in the centre of the box. They both attempt to catch incoming ball. If ball is caught cleanly then player returns ball unopposed. If ball breaks, then the other 2 players enters the box and attempts to gain possession with their partners. When ball is won it is then struck unopposed to opposite group.

Alternate 2 players in centre of box after every play.

KEY COACHING POINTS

Participant Feedback

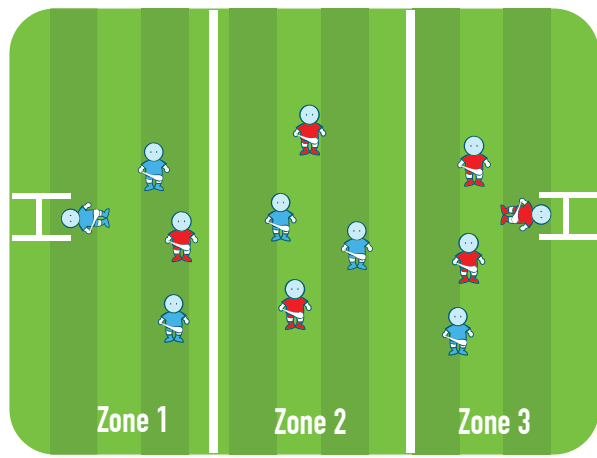
What can you do to avoid a ball landing in your square?
Communicate to teammates and make sure only one player goes for the ball.

How do you decide where the best place to strike your ball to is?
By looking up and scanning the area to see where there is the most space or where players are busy striking/ catching other balls.

How do you best avoid being hooked or blocked?
By moving with the ball and striking or by passing to teammate in better position.

4

MATCH



Set Up — Divide pitch into 3 zones. 10 vs 10

If players strike from zone 1 to zone 3 and ball is caught, then the team is awarded 5 points. Likewise, if ball is struck from Zone 3 to zone 1 and caught, 5 points are awarded.

If Ball from goalkeeper is caught in zone 2 or 3 then 3 points are awarded.

KEY COACHING POINTS

Participant Feedback

How do you make it easier for the player with the ball to give you a pass?
By moving away from the marker and keeping spread out from teammates.

If a teammate is being tackled what could you do?
Make a run beside him and call for ball.

To avoid being hooked by an opponent behind what could you do?
Shorten the grip on the hurl and strike on the move.



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

12-13



GAA Learning



42



TURAS

TURAS

PRINCIPLES IN ACTION

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Resembles the game (games based) ✓

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

Should be an enjoyable, developmentally appropriate & holistic GAA experience

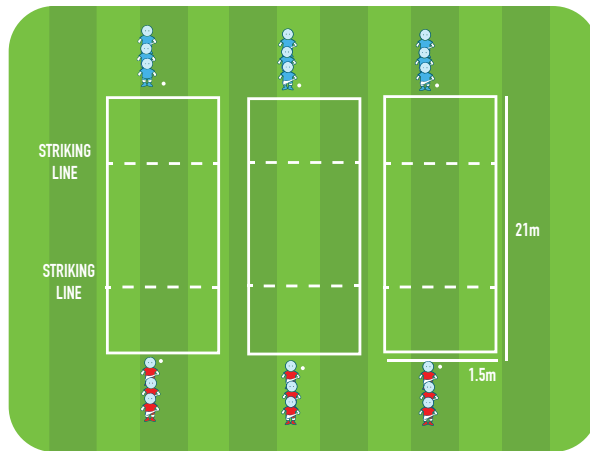
Today all my activities are game based to bring all the skills of the game into play.



CHANNEL STRIKE

1

KEY COACHING POINTS



3 Vs 3 in each channel

Each Team Starts with 10 points

Player enters channel and strikes at opposite player, by hitting ball within the channel, and not crossing the striking line. The player then re-joins his own group.

The receiving player must control the ball within the width of the channel. If ball goes outside or behind, then team loses point.

After 3 minutes game stopped and the team with most points left are winners.

Dynamic stretches are done then as players swap sides after each game.

Participant Feedback

What's the best way to gain possession if possible?

By catching ball without using the hurl.

How might you avoid striking ball outside of the channel?

By striking fast and keeping the strike close to the body.

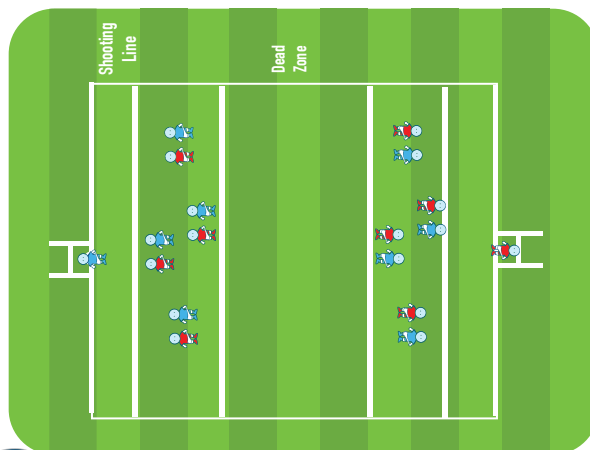
What are the different type of strikes you can use in the channel?

Low, chest high, bounce the ball off the ground in front of the opponent.

STRIKING GAME

2

KEY COACHING POINTS



8 Players

4 vs 4 in both Zones A & B

Defenders after completing 2 passes must strike ball over "Dead Zone" to their forwards on opposite side.

Forwards win ball and go for goal. Forwards must shoot before crossing shooting line.

Goalkeepers can puck ball to defenders or if able strike ball over "Dead Zone" to forwards.

Swap roles of defenders and forwards.

Participant Feedback

Before striking ball across the dead zone what could you do?

Look to see where teammates are and pass to them.

When striking for a goal where is best to place the ball?

Low and to the corner.

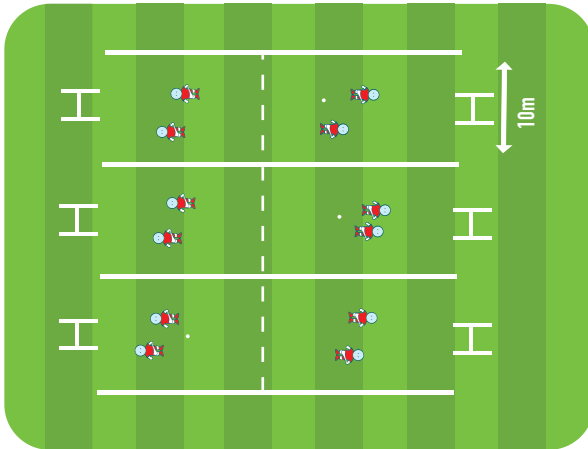
When defending the attacker where do you want to move the attacker to?

To the side of the goals to make the shot more difficult.



ROAD TO CROKE PARK

3



2 vs 2 Mini Games on multiple pitches.

Each Pitch is given a name e.g. St Conleth Park, Parnell Park with Croke Park being the last pitch.

Each game is 3 mins.

Players attempt to score goal by striking ball from their half of the pitch into the other team's goal.

After each game the winning team moves "up" a pitch and the losing team moves "down" a pitch. If game ends in a draw the result is decided by rock paper scissors.

The aim for the players is to get to Croke Park.

Games can be Modified to suit players abilities. Game 1 – Ground Strike only – Game 2 – Ground strike on non-dominant side – Game 3 – Air Strike Game 4 – Air strike on non-dominant side – Game 5 – 2 vs 2 match with no soloing.

KEY COACHING POINTS

Participant Feedback

Where is the best place to take your shot from?

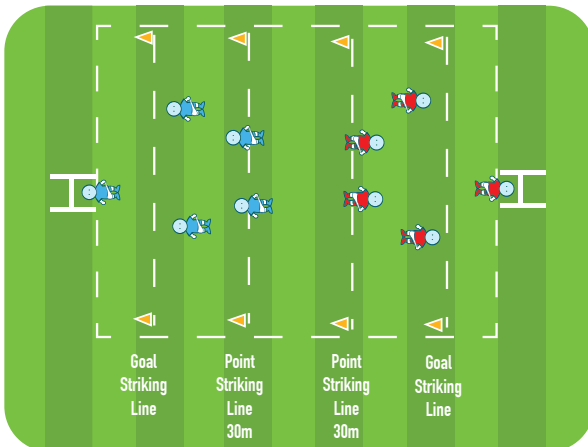
As close to the centre line as possible so take 4 steps.

Where should your body be placed when blocking ball?

Behind the ball and not reaching sideways to stop it.

MATCH

4



5 v 5

Striking only Game –

All strikes must be over 20 yards

Forwards can only score points from outside 30 metre Zone, can only score goals from outside 14metre zone

KEY COACHING POINTS

Participant Feedback

How might you create space in this game?

By constantly being on the move.

How might you prevent the play from being stuck in the middle?

By moving the ball to the side of the pitch.

How can the goalkeeper help teammates?

By offering support as an option for a pass if needed.

12-13
WEEK 2



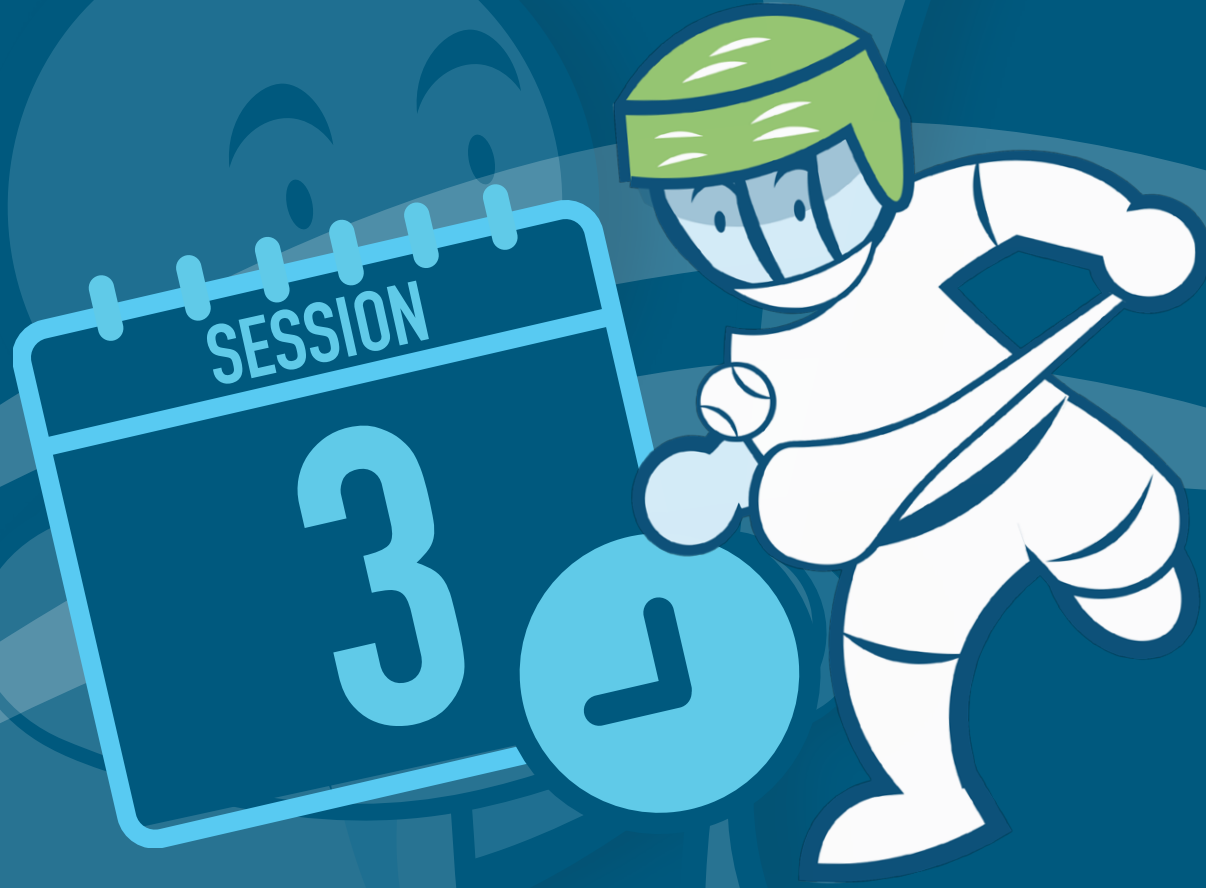
PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

12-13



GAA Learning



TURAS

PRINCIPLES IN ACTION

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)

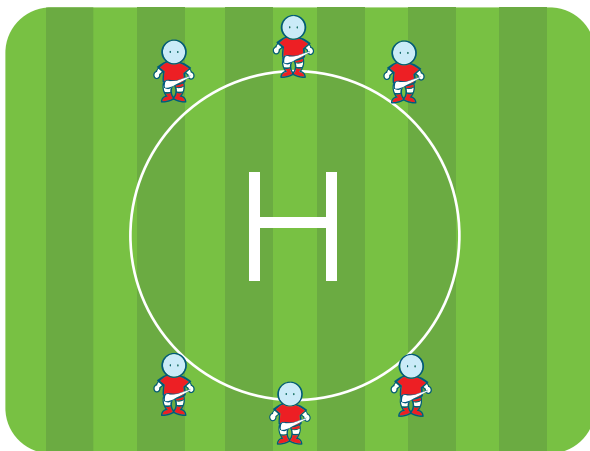
All players involved, all the time; lots of touches, lots of decisions

Should be an enjoyable, developmentally appropriate & holistic GAA experience

In today's session I will ask players to mark a player they feel will really test them to play their best.



WARM UP



- Set up goals in the middle of pitch
- Make a circle around the goals using cones (approx 20m radius)
- Each player has a sliotar
- On whistle players strike their sliotar over the bar from outside the circle all from various positions /angles
- Players then gather a different ball and repeat

KEY COACHING POINTS

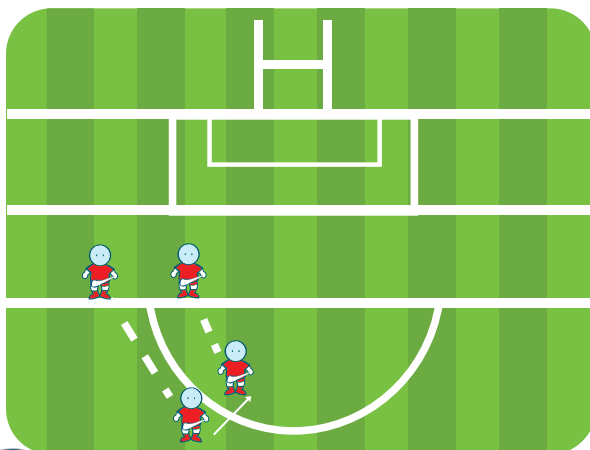
What should you do when receiving ball?

A Catch the ball at its highest point or move towards the ball if its coming lower.

Before striking for a shot, what should you do?

A Take 4 steps and strike on the move.

EXERCISE 1



- Attacking player starts on the outside of the semi circle while the defender is on the inside
- On the whistle, the attacking player sprints around outside of the circle while soloing the sliotar while the defender shadows the player on the inside of the line
- On the next whistle, the attacking player must get inside the semi circle and try score. The defending player is now allowed to tackle

When player A catches high ball, he runs to player B and hand passes ball. Player B strikes to opposite group.

KEY COACHING POINTS

How can you tackle the forward in this game?

A By blocking the ball, hooking the hurl or using your body to stand up the forward.

How can you get past the defender?

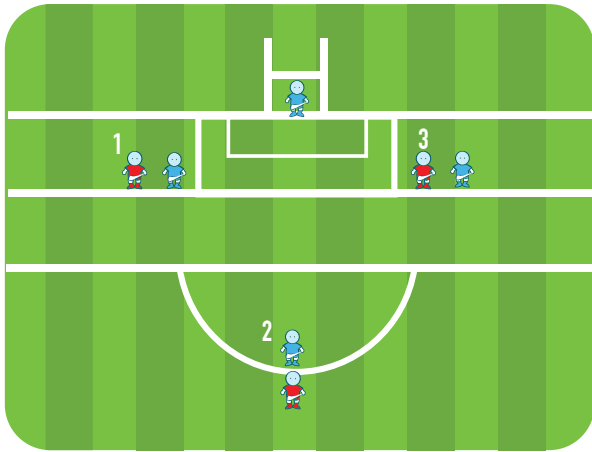
A Side step the defender and strike on the run.

What type of strike might you use to avoid being hooked/ blocked?

A Shortened grip on hurl.



EXERCISE 2



- 3 attackers and 3 defenders
- Attacking player 2 has sliotar to start and gets a 2m head start
- On the whistle, the 3 attacking players try to work a goal

3

KEY COACHING POINTS

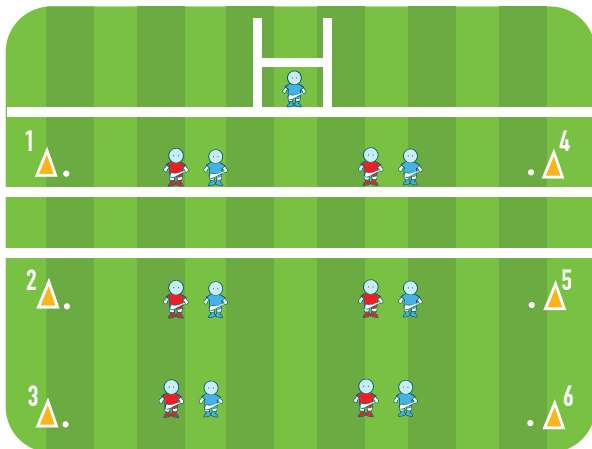
How can the 2 forwards help the incoming forward who has the ball?

Create space by moving out to the sides and drawing defenders away from goal.

Where do defenders want to try and make the forwards shoot from?

Either side of the goal.

GAME



- 6v6 maximum (if more than 12 players make 2 games) either end of pitch
- 6 cones are laid out as shown and each given a different number or colour
- The coach calls a number, this ball is now in play
- Whichever team gains possession first is the attacking team and must try work a score
- If opposition team dispossess attacking team they clear sliotar and wait for next play

4

KEY COACHING POINTS

How can goalkeepers help the defending team?

By communicating to them and giving simple instructions on where they should be.

If forwards get bottled up in front of goal what can they do?

Play the ball back the pitch to a free team mate.

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

12-13



GAA Learning



TURAS

PRINCIPLES IN ACTION

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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 be an enjoyable, developmentally appropriate & holistic GAA experience

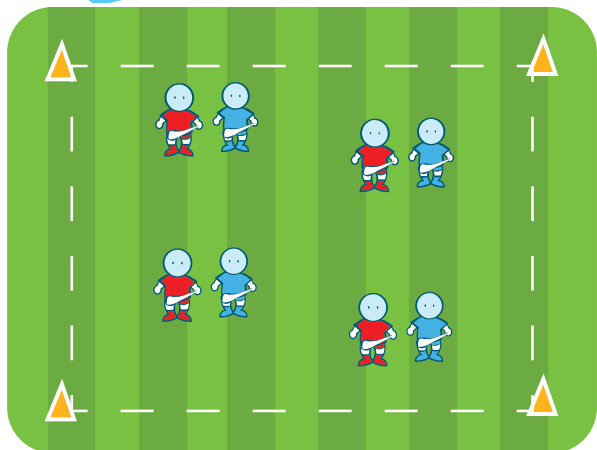
During the course of today's session I will strive to give 4 of my players individual feedback from our most recent match and see can they act on it during today's session.





WARM UP

1



- Players paired off -red/yellow
- Red start with sliotar
- They solo around square being shadowed by yellow
- On whistle, yellows to flick sliotar off opposition players hurl
- Once sliotar is flicked off hurl, roles are reversed

KEY COACHING POINTS

How can player in possession protect the ball?

A By keeping his body between the ball and opponent.

What is the best technique for flicking the ball off the hurl?

A Flick the ball using the wrists and elbow. Avoid using big swing resulting in fouls.

EXERCISE 1

2



- Players 1 and 3 are defenders. Player 2 is an attacker
- Player 1 hand passes the sliotar to player 2 to start the drill
- Player 2 takes on player 1 to try make it to the far side
- Player 3 must get "goal side" of both players so that if attacking player gets by the first defender they then become the main defender. The roles then reverse

KEY COACHING POINTS

How do you slow down the attacker?

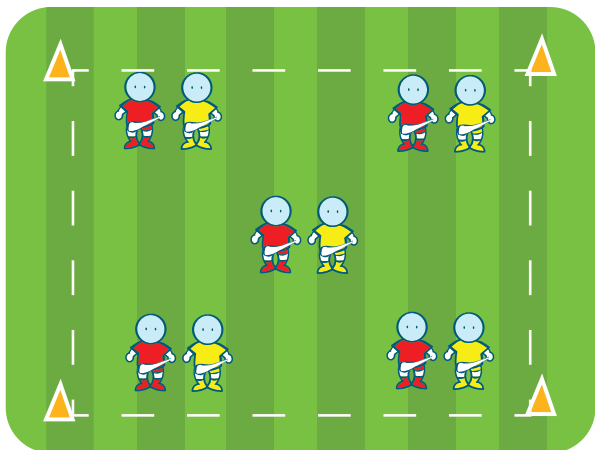
A By using your body and always moving your feet to match the direction of the attacker.

When does the attacker take the ball in hand?

A As close to the defender as possible so as to be able to go around the player using the 4 steps.



EXERCISE 2



- Players are paired up (red/yellow)
- All reds have a sliotar
- On the whistle, reds move around the square while yellow player tries to dispossess
- Once yellow player dispossesses red player then the red player stands outside square
- That yellow player then helps the other yellow players until all red players are out

3

KEY COACHING POINTS

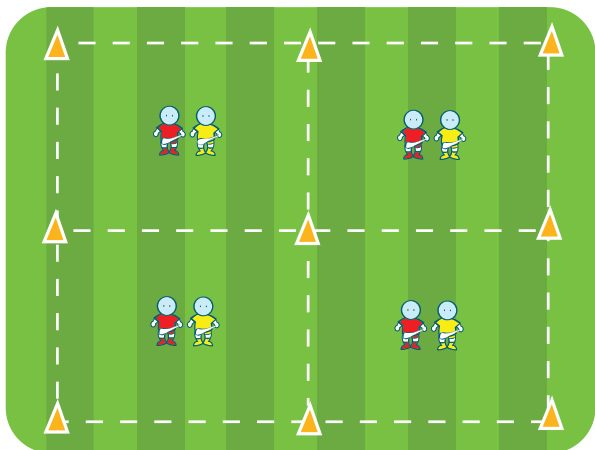
How can yellows help each other?

A Communicate with each other, especially when tackling an opponent together.

When is the best time to tackle an opponent when he has the ball in hand?

A After his 3rd/4th step to try and make him over carry the ball.

GAME



- 2 teams- red v yellow
- Sliotar starts with any player
- They must pass (clockwise) to their teammate in the next square and so on to the next square
- If dispossessed the opposition must do the same only anti clockwise

4

KEY COACHING POINTS

Where do you aim hurl when hooking an opponent?

Between elbow and shoulder height.

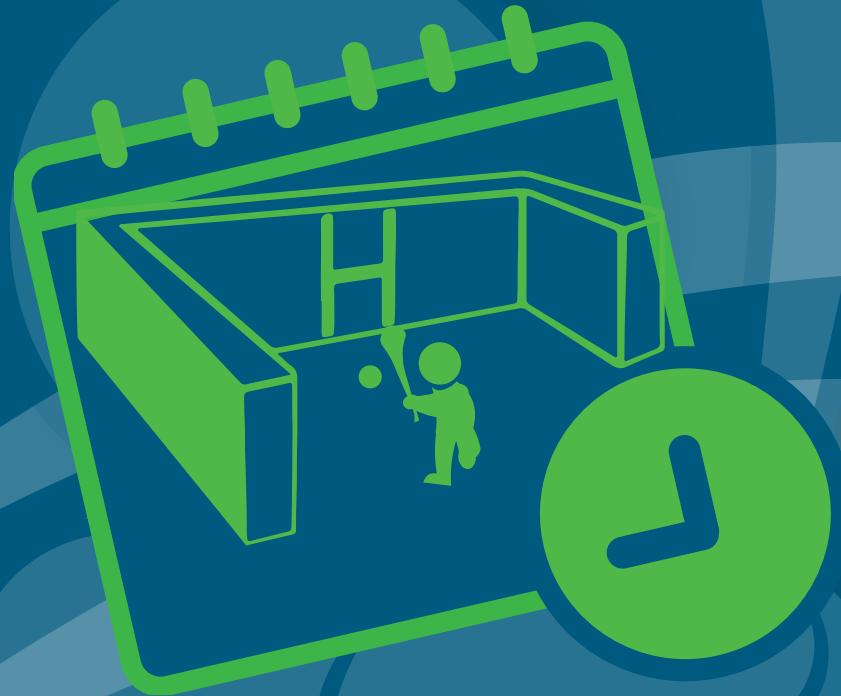
What is important after making a successful block?

Gain possession of the ball.



PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



WALL BALL SESSION



TURAS

PRINCIPLES IN ACTION

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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 be an enjoyable, developmentally appropriate & holistic GAA experience

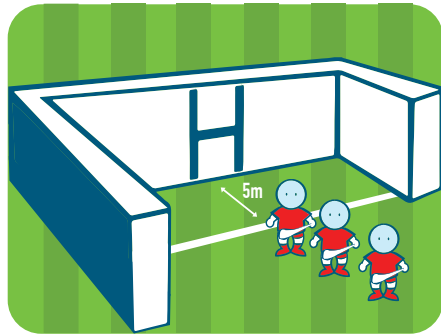
A wall ball session allows players to get a huge amount of touches of the sliotar and are crucial for their development.





HAND PASSING

1



1. Give every player a ball each and get them hand passing the ball off the wall. Focus on correct technique.

Depending on their age group get them 'hand passing' direct from a) their ball hand & b) directly off the hurl.
2. Put them in groups of 3, roughly 5-10m away from the wall. Player 1 runs to the wall, hand passes and catches off the wall and then turns quickly to hand pass to player 2 etc.

Bring in a time challenge – EX: Which team can do the most correct hand passes in 60 seconds?
3. Challenge them further by only allowing them to hand pass directly off their hurl while soloing.
4. Small sided game: Piggy in the middle. 3 players. 1 player goes in the middle and the other two players must hand pass the ball without the 'piggy in the middle' intercepting it.

Turas Principle

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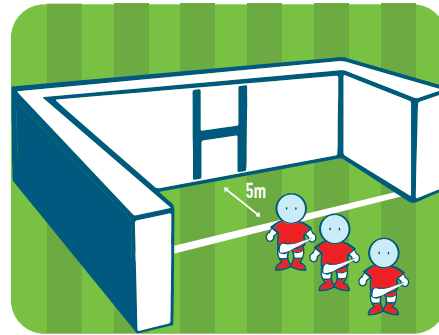
Resembles the game (games based)

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HIGH CATCHING

2



1. Give every player a ball, place them 2m away from the wall. Get them throwing the ball up high off the wall and catching it over their head. Progress this by bringing the players 10m from the wall and striking the ball high off the wall, running onto it and catching over their head.
2. Put them in groups of 3, roughly 15m away from the wall. Player 1 must run out and strike the ball high off the wall. Player 2 runs after that ball and catches it high off the wall. Player 2 then strikes for player 3 to catch. Keep rotating.
3. Player 1 strikes off the wall but now Player 2 & Player 3 must compete & contest each other for the high ball. Focus on catching the ball and not using their hurl to bring it down. Player 2 then strikes and Player 1 & 3 contest for the high ball. Player 3 strikes next with Player 1 & Player 2 contesting. Keep rotating for an appropriate amount of time.
4. Lastly, bring in 3 extra players and the goalkeeper. Put the GK in the goal. Strike the ball up between the 6 players (3v3) and they must contest the high catch or read the break. Whichever team wins the ball must try score a goal on the GK. The winning player then becomes the striker and the activity restarts.

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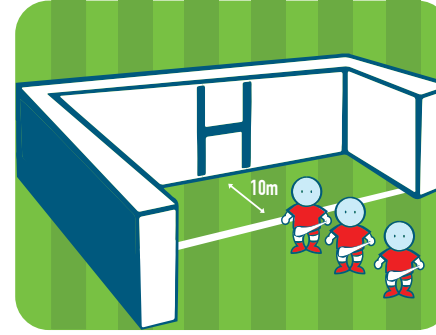
Resembles the game (games based)

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HAND PASSING

3



Equipment

Wall Ball, Hurl, Helmet, Balls

Skills

Strike, Catch, First Touch, Hand pass

Using the Wall

1. Each player with a ball. Player 1 moves off the cone, strikes the ball low against the wall, controls it, hand passes the ball against the wall and catches it.

Player 1 returns to the back of the group and Player 2 goes.
2. Player 1 strike the ball low off the wall, moves to the ball and controls it on the run.

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As Player 1 is controlling the ball, Player 2 moves from the cone and makes a run off player 1 shoulder.

Player 1 then gives a hand pass to player 2 as he moves past him.

Player 2 then strikes the ball low off the wall, controls it and gives to hand pass to player 3 who is moving past him.

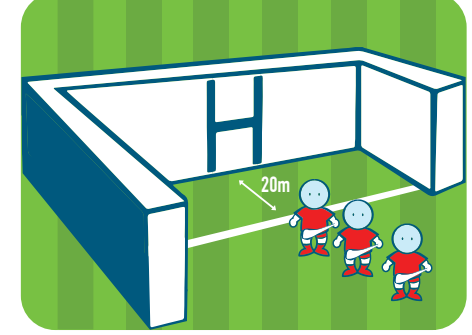
Repeat this drill for 2 minutes before resting.

Using the Area

1. 3v3 possession game. Players can only hand pass the ball. Team with possession at the end of the game is the winner
2. 3v3 game. Same as above, this time with a 2m goal at each end. Players must get 3 hand pass before they can score a goal on the opposition.

LONG STRIKE AND GAINING POSSESSION

4



Equipment

Wall Ball, Hurl, Helmet, Balls

Skills

Strike, Catch, First Touch, Hand pass

Using the Wall

1. Player 1 strikes the ball low against the wall. Player 2 runs in and controls the ball.

Player 2 then hits the ball for player 3 to control the ball. Repeat this for the group.
2. Player 1 strikes the ball low against the wall, he controls the ball on the move and solos the ball into the wall.

Player 1 turns at the wall and strikes the ball for player 2. Player 2 repeats the same exercise. Repeat this for the group

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Using the Area

1. Piggy in the middle. 2 v 1. Players working together must be at least 15m apart. The 2 players must keep the ball away from opposition player who is placed in the middle.

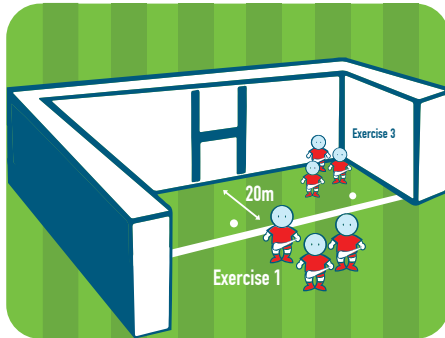
Players are instructed to move around the area. Player in the middle must try get possession of the ball. The player who gives away possession then goes into the middle.

2. 3 v 3: To score players must hand-pass the ball 3 times and strike it off the wall without the opposition blocking the ball. The player who strikes the ball off the wall must be at least 10m away from it.

The game keeps going after a team scores a point.

JAB LIFT

5



1. Split the lads into group of 3 as seen in diagram, players are to stand 15m back from the wall, ball is placed out 5m in front of player. Player 1 runs jab lifts the ball strikes off the wall and controls leaves ball back at starting position Player 2 goes and repeat over for 2 minutes
2. When players are going to pick the ball up encourage they are moving into the ball, strike on the run.

Using the Area

1. Split players into pairs, place a number of balls around the area, and give each player a number 1 or 2.
2. On the coaches call player 1 must move around performing a jab lift while player 2 is trying to stop them continue this for 1 minute, after that players swap rolls and again for one minute.

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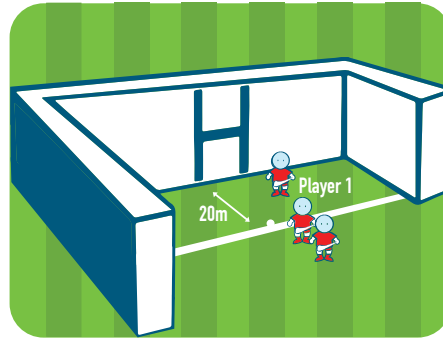
Resembles the game (games based)

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FEINT AND SIDE STEP

6



1. Split players up into 3's.
2. Player 1 starts with the ball in hand 20m back from wall, Player 2 stands 10m from wall facing Player 1
3. On coaches call Player runs towards Player 2 and side steps him strikes off the wall and turns and passes ball to Player 3.
4. Players 1 the replaces Player 2, while Player 3 starts the game again.

Coach to encourage players to take ball into hand at last second.

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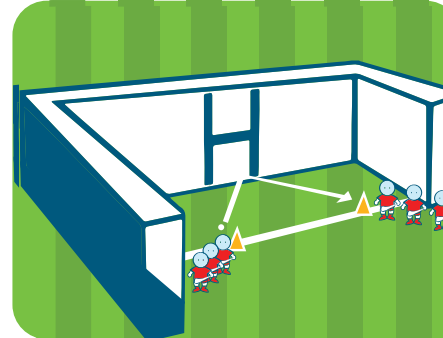
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DIAGONAL BALL

7



3 behind a cone. Player with ball strikes ball at wall trying to get the ball to bounce back to the other group thus receiving a diagonal ball.

After striking ball the player then runs to back of the other group.

Balls to vary between
High
Chest
Low

The aim of the players receiving the balls is to react to the diagonal ball coming off the wall and take ball on the move.

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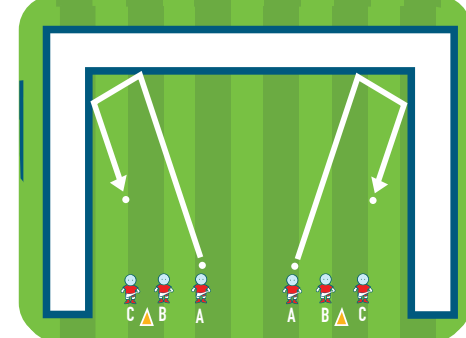
Resembles the game (games based)

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RICOCHET

8



In 3's.

Player A strikes the ball to the corner of the wall. After ball ricochets off the back and side walls players B and C attempt to win possession. The winning player then becomes the striker and the activity restarts.

Balls to vary between:
High
Chest
Low

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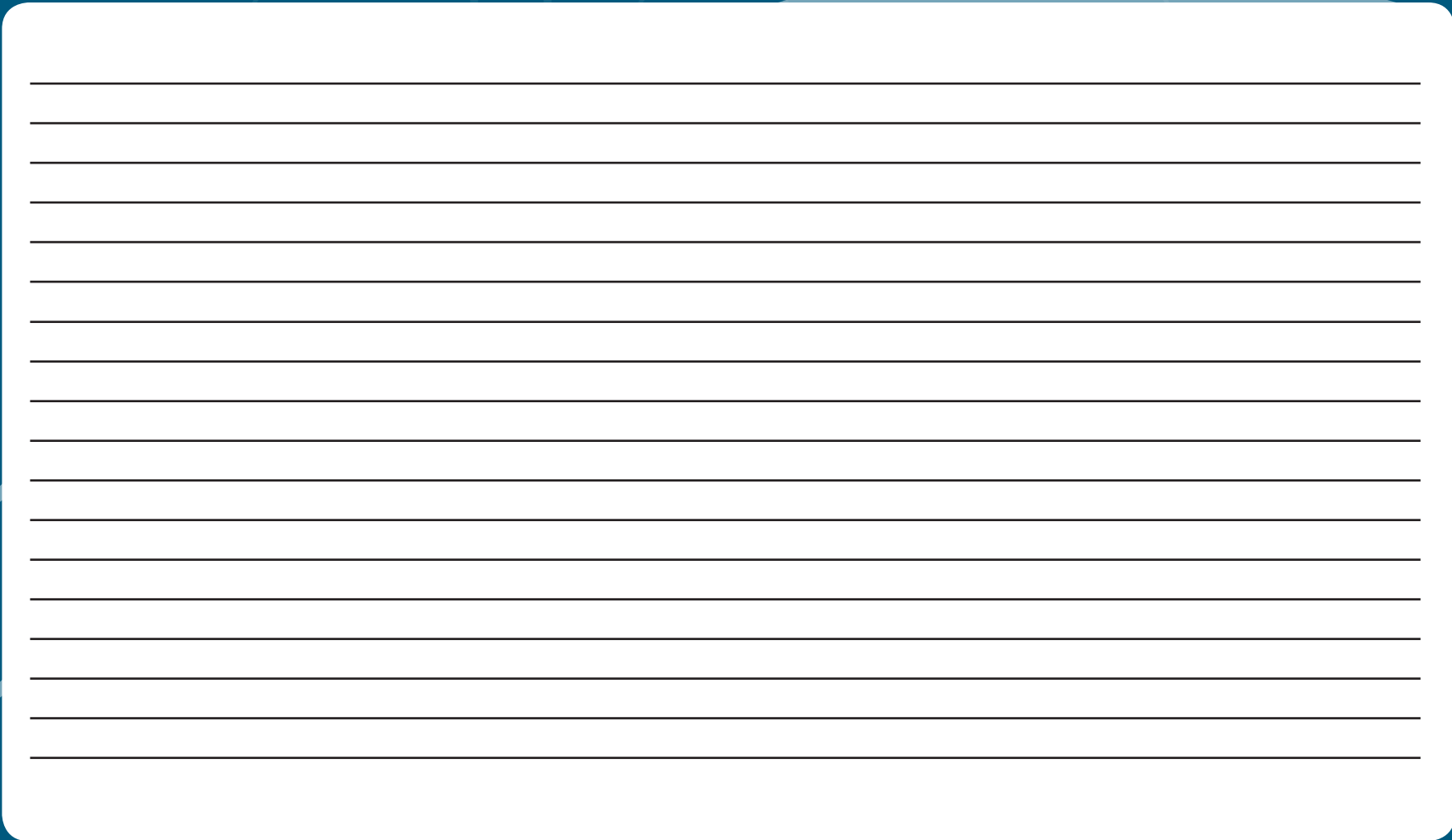
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TURAS NOTES



A large white rounded rectangle containing horizontal lines for writing notes, set against a dark blue background with a white border and decorative elements like curved arrows and abstract shapes.

TURAS CHILD COACH RESOURCE

Coaching Sessions developed by
the following
Leinster GAA staff:

John Doran – Kildare GAA



Ollie Walsh – Offaly GAA



Peter Durnin – Meath GAA



Sean Kelly – Kilkenny GAA



Tommy Gallagher – Westmeath GAA



Willie Cleary – Wexford GAA



Ian O'Shea – Graphics/Design



TURAS

CHILD COACH RESOURCE



LEINSTER