

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

AGE 4-6 HURLING

TECHNICAL SKILLS

- Handling**
Correct Hurley size.
Correct Grip.
- Open Ready Position**
Hurl in writing hand.
- One Hand Catch**
Bean Bag, Tennis ball, Sliotar.
Rolling, Bowling, Throwing.
- Striking**
360 Swing – Static ball on ground
Strike on the move.
- Ball Control**
Stopping, Flick to space, Bean Bag solo,
Bean Bag flick

TACTICAL PROCESS

- 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.

PSYCHOLOGICAL FOCUS CONCERNABILITY OF PLAYERS

Develop listening skills –
Simon Says Game

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

Zones

Used in games for early develop-
ment of positional sense.
Stops bunching
Small sided games only. 2v2, 4v4
Max.

PHYSICAL FITNESS

- 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

Foot hand

TEAM PLAY

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

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



THE GAME

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

PARTICIPANT FEEDBACK

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

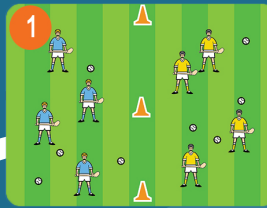
WARM UP ACTIVITY

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.

NURSERY HURLING STATIONS MODEL



1 SKILL: EMPTY THE YARD

Set up as diagram

Sliotar split between both teams

On whistle players strikes sliotar continuously into other team's yard

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

Reset sliotars 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/striking 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 players 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.

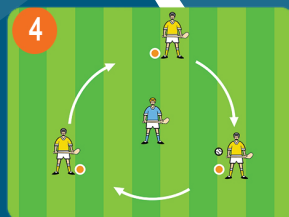
Continue until all bibs are gone from the middle

Ask players to change leg each time.

Regression: Hop on both legs or skip Key Principals

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



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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

- Basic Communication**
Call for the ball

TEAM PLAY

PSYCHOLOGICAL FOCUS
COACHABILITY OF PLAYERS
Ask players imagine themselves as role models to improve skills

Use trigger words to develop concentration

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.

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)

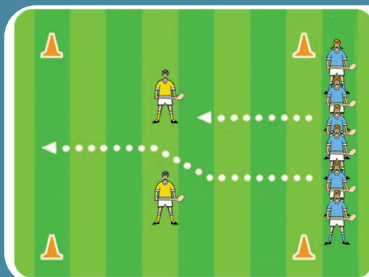
Resembles the game (games based)

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

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

AGE 7-9 HURLING SAMPLE SESSION

WARM UP ACTIVITY



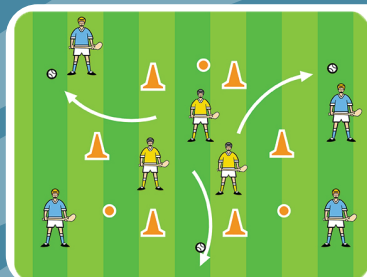
2 Players are chosen as chasers
All other players line up side by side with a ball. Make a tail for each player using a bib or tag.
On whistle players with ball try to run from one side to the other with chasers trying to grab their tails
When caught, players become chasers. Game continues until all players are caught.

ORGANISATION

TURAS PRINCIPLES

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

GAMES BASED ACTIVITY



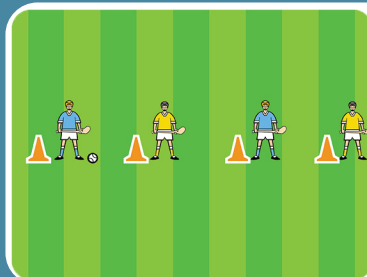
Mark out a circle and divide players into three teams
One team in side circle, two teams outside circle working together.
Players inside the circle try to keep the circle clear of sliotars by striking balls out.
Outside players must return the sliotars to circle
Rotate the teams to ensure all teams have 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 struck 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 sliotar before playing it away
The player who is fouled takes the free
When a player fouls the ball the opponent nearest takes the free.

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

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

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

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

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.

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.

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.

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.

TURAS

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

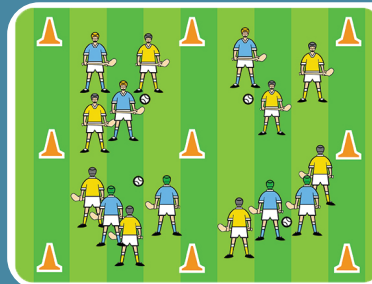
Understands the player is at the centre of the game and provides individualised development (player centred)

Resembles the game (games based)

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

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WARM UP ACTIVITY



Divide the group into two teams
Divide the area into four quadrants
Using 2 balls per team, keep possession by striking 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 handpass
Progression 3 - Two balls can never be in the same quadrant

ORGANISATION

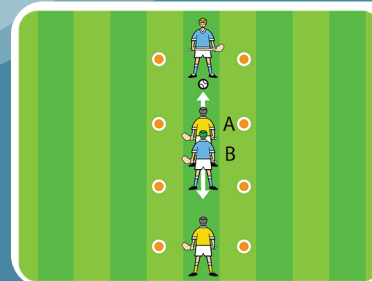
GAMES BASED ACTIVITY



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

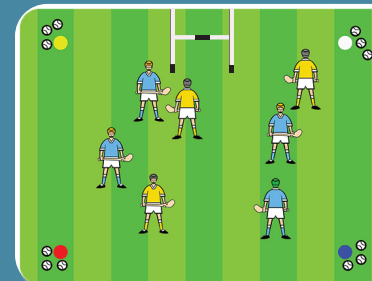
INTERVENTION (FIX THE SKILL)



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

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

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

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

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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

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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

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 passion of the ball

Running

Challenge players to stop suddenly to develop deceleration

PHYSICAL FITNESS

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

TACTICAL PROGRESS

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 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

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.

PRINCIPLES

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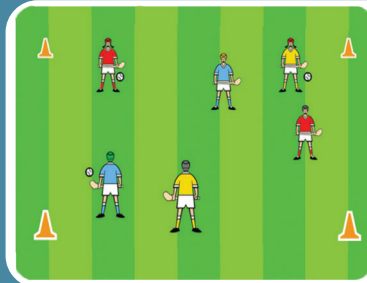
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AGE 12-13 HURLING SAMPLE SESSION

WARM UP ACTIVITY



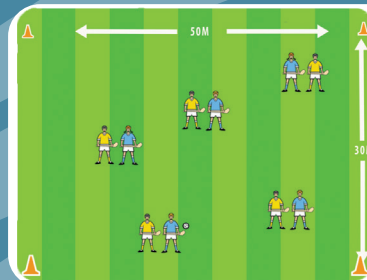
All players are paired off in one square.
Each pair must pass the ball to each other while continuously moving.
Once the coach blows his whistle the player without possession must tag their partner who is in possession within 20 seconds.

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



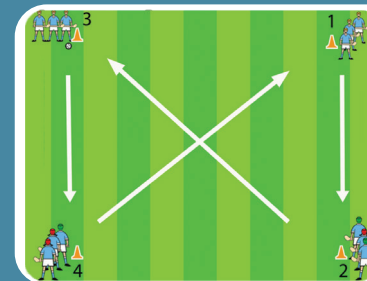
Coach sets up grid as Coach is looking for "Clean strike" during possession game.
Team with most clean strikes as decided by coach in four minutes win.
Variation : As a progression, any player who gets a Frontal Block and also gains possession wipes out opposition score, and also gains ten points for their team.

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)



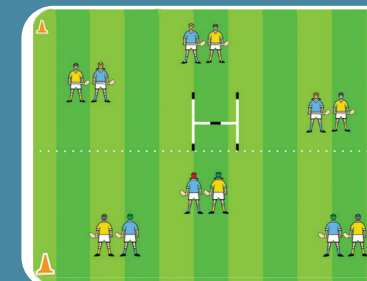
4 Groups with 1 group at each corner.
On the run 1 strikes to 2 who strikes to 3 who strikes to 4 who strikes to 1.
Players sprint to end of group they have struck the sliotar to.
Add in more sliotars or change direction.

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



Set up pitch as in diagram. 6 v 6 game.
Teams try to score by striking through the goals.
Game continues on far side of goal following a score.
Players can pass to team mates in opposite box to create scoring options.

ORGANISATION

TURAS PRINCIPLES

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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

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

AGE 14-15

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 (6-8M Moving)
Catching – Low, Chest, High (Pressure of an opponent)
Batting/Doubling – High Ball
Solo and Strike off Hurl

Tackle

Blocking/Hooking (Under pressure of an opponent)
Flick off the hurl

Flexibility

through static stretching and dynamic mobility activities

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

PHYSICAL FITNESS

TACTICAL PROWESS

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

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

PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Players can fully recognise the improvements made through individual practise

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

ENVIRONMENT

- 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 GAME

- 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

PRINCIPLES

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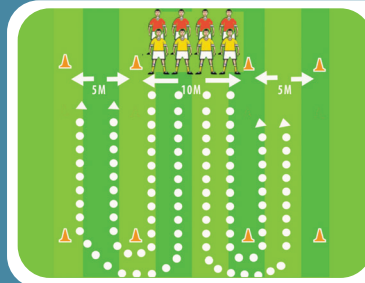
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AGE 14-15 HURLING SAMPLE SESSION

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

TURAS PRINCIPLES

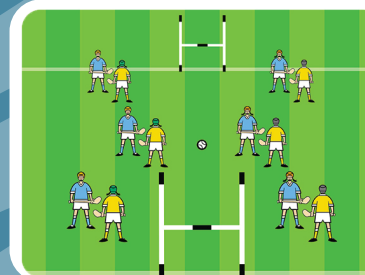
Primarily used a pulse raiser

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



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

Normal game but 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

TURAS PRINCIPLES

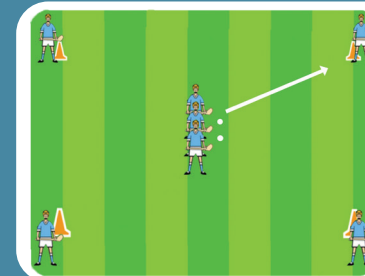
After warm up maintain the fun emphasis through game based activity

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

INTERVENTION (FIX THE SKILL)



Set up squares 25X25. Have one player on each corner and 2/3 in the centre (6/7 per square).

2 Sliotars 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.

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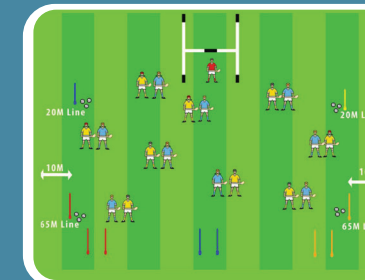
After the Games Based Activity select a skill that needs improvement

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 and 1 defends.

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

Have 2 sliotars at each pole/cone.

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

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

Coach calls a different colour after ball goes dead.

After all 8 sliotars are used swap roles.

After game cool down involving static stretching

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

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

- 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

THE PLAYER

- Strong connection with admired adult (role models)
- Ability to mix socially with all teammates & adults
- Commitment to individual practice away from coaching session/matches.
- Personally responsible for Hydration/Nutrition
- Manage rest and recovery e.g. Foam Rolling
- Manage time effectively between school & sport

AGE 16-17

TECHNICAL SKILLS

- Striking (L&R)**
Strike from the hand (40M – 50M)
Strike on the run
Ground Strike (32-40M)
Striking over the Shoulder
- Tackle**
Blocking/Hooking
Flick off the hurl
- Handling**
Hand Pass – Both Hands & Off the Hurl (6-8M)
Catching – Low, Chest, High (Under pressure of an opponent)
Batting/Doubling – High Ball
Solo and Strike off Hurl

- Flexibility**
through static stretching and dynamic mobility activities

- 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

PHYSICAL FITNESS

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

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

“let’s watch this and then...”

Players are challenged to adapt to a number of team playing styles throughout the season.

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

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

TACTICAL PROWESS

TEAM PLAY

ENVIRONMENT

- Coach to player ratio 1:10
- At least 1 sliotar 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.



THE GAME

- 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 sliotar

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)

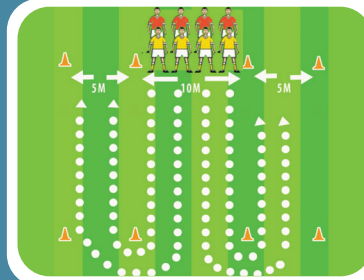
Resembles the game (games based)

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

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

AGE 16-17 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 sliotar as much as possible.

More information available at learning.gaa.ie/Gaelic15

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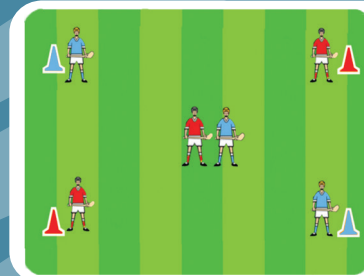
Used as pulse raiser & as part of a long term injury prevention programme

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

GAMES BASED ACTIVITY



Set Up – 4 players in Red Bibs, 4 players in Blue Bibs. 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 sliotar 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

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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)



Set up square 10m x15m.

3 players at each end

1 Player at one end strikes to the other side and follows the sliotar

Player at the other end receives the sliotar, 1 touch only, and tries to get around the player to exit square at the far side

Progression would be to make it 2v2 players who enter the square from either end and increase distance

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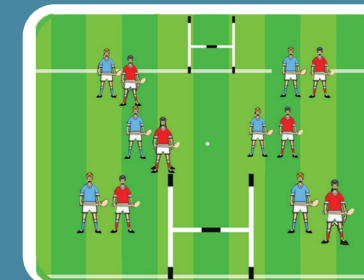
After the Games Based Activity select a skill that needs improvement

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

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

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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

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