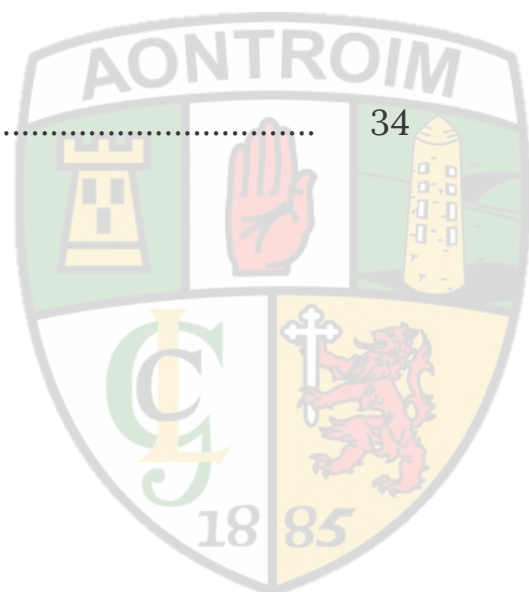




# ANTRIM GAA PLAYER PATHWAY

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# INTRODUCTION



## WHAT IS GAELFAST?

Gaelfast is the Coaching & Games department for Antrim GAA. Our aim is to develop Gaelic Games in Belfast & Antrim through a number of key focus areas:

- Games Opportunities for Children
- Games Opportunities for Youth
- Schools Initiatives & Coaching
- Antrim GAA Talent Academies
- Coach Development

## THE ANTRIM GAA PLAYER PATHWAY

The purpose of this Player Pathway is to offer support & guidance to our clubs & coaches on player development. The pathway is segregated into age grades, however this is just a guide, as players develop at different speeds.

The completion of this pathway is just the first stage of the process. Stage Two involves you, the coach, utilising the information within & giving our players the best experience.

We offer our support to clubs & coaches, just like you, through Coaches Workshops, Parents Workshops & Player Development Workshops. See the information on Page 32 for your assigned staff members who you can contact for support.



# MISSION STATEMENT, VISION & VALUES

## MISSION STATEMENT

Antrim GAA is a community based, volunteer led, sporting organisation which is dedicated to enriching lives through the family of Gaelic Games. We are committed to enabling all our members to achieve their full potential both on and off the field of play.

## VISION

To promote Irish identity and culture through the family of Gaelic Games, in a manner in which we encourage lifelong participation and individual well-being for all.

## VALUES





# INTRODUCTION

## THE GAELIC GAMES PLAYER PATHWAY (FTEM)

On Tuesday 10th December 2019, the GAA released a Talent Academy and Player Development Review Committee Report. This report was the result of an extensive consultation process which included workshops with staff and volunteers, inclusive of club coaches, teachers, parents & players. Over 1000 stakeholders were surveyed and over 7000 statements were gathered and divided into key issues, key recommendations and commended practices.

One key aspect in this report is a new Player Pathway Framework (FTEM) which repositions the club at the centre of the player pathway. Education, player development & competitions will begin to fit around the pathway. These programmes are underpinned by values & principles that allow the player and club to occupy the central spaces in the development process.



# GAELIC GAMES PLAYER PATHWAY (FTEM)

## GAELIC GAMES PLAYER PATHWAY



# GAELIC GAMES DEVELOPMENT FRAMEWORK- EXPLAINED

## FOUNDATION

### F1- LEARNING & ACQUIRING BASIC MOVEMENT

- Club Nursery
- Have a Ball
- Club Primary Section

### F2- EXTENSION & REFINEMENT OF MOVEMENT

- Go Games
- Primary School Competitions
- Primary School Informal GAA Activity

### F3- COMMITMENT TO GAELIC GAMES AND/OR ACTIVE LIFESTYLE

- Underage Club Competitions up to and including u17
- Adult Club Competitions



# Gaelic Games Development Framework- Explained

## Talent

### T1- DEMONSTRATION OF POTENTIAL

- u13/14 Schools of Excellence
- u15 Development Squad

### T2- VERIFICATION OF POTENTIAL

- U16 Development Squad
- 2nd Level Junior Competition

### T3- PRACTICING AND ACHIEVING

- u17 Minor and Intercounty Squad
- 2nd Level Senior Competition
- 3rd Level Freshers Competition
- u19 Intercounty Squad

### T4- BREAKTHROUGH

- 3rd Level Senior Competition

## ELITE

### E1- SENIOR INTERCOUNTY SQUAD



## AGE 4-6: F1 LEARNING & ACQUIRING BASIC MOVEMENT

### "MY BALL"

- Children at this age are new to sharing
- Incorporate activities with a ball each & between two to introduce teamwork

### "OOOHHH LOOK AT THAT!"

- These children have a short attention span & are distracted easily
- Speak briefly to the group & use imagery during activities (let them be an animal or their favourite super hero)

### "ME! I KNOW! I KNOW!"

- These children love knowing the answers to questions
- Ask questions throughout the session. Ask them to help you because you have "forgotten how to catch the ball." They will quickly reiterate the main coaching points to you

### ALSO...

- Speak & meet with parents about the child
  - Find out likes & dislikes
  - Encourage some games at home
  - Get down to a child's level when you speak with them- height, language, games etc



# AGE 4-6:

# F1 LEARNING & ACQUIRING

# BASIC MOVEMENT

## Skill Emphasis

### HURLING/ CAMOGIE

#### Handling:

- Correct Hurl Size
- Identify "Hurley Hand"
- Identify "Catching Hand"
- Grip (Ready, Lock)
- Swing

#### Sending: \*Left & Right\*

- Ground Strike
- Underarm Throw

#### Receiving:

- Ground Stop
- Catch (beanbag/ball)

#### Travelling:

- Dribble (both sides)

#### Tackling:

- Ground Block

#### Advanced:

- Strike from hand
  - One handed swing half-way down hurl
- Jab/Roll lift
  - Easier on knees with one hand halfway

### FOOTBALL

#### Handling: (Sending)

- Roll
- Bounce
- Tummy Throw
- Chest Pass

#### Handling: (Receiving)

- Roll
- Bounce
- Chest Catch

#### Kicking: \*Left & Right\* (Sending)

- Ground Kick
- Cone Kick (replicating punt kick)

#### Travelling:

- Picking up & Setting down football
- Bouncing the ball
- Dribbling (explore all parts of the feet)
- Knee-tap solo

#### Advanced:

- Handpass (Left/right)
- Punt Kick (Left/Right)

### PHYSICAL DEVELOPMENT

#### Strength

- Use bodyweight
- Balance on body parts
- e.g plank, bear crawls, animal races

#### Movement/Speed

- Coach running technique
- Lip to Hip arms
- Running on balls of feet
- Use races, tag games etc

#### Flexibility

- Mobilise body parts
- eg arms, hips etc

### GAMES

- Target Games
- Court Games

### TACTICAL

#### Spatial Awareness

- Do they know what a good space is?

#### Passing & Moving

- Can they pass & move to a good space?

#### Principles of Attack & Defence

- Do they know what a score is?
- Would they know where to score?
- Do they know what defending means?



# AGE 4-6: F1 SKILLS CHECKER (HURLING)

Player Name:

Hurl Appropriate:

Weight:

Size:

Correct Grip:

Grip:

Ready:

Lock:

Hurl Hand  
Established:

Yes

No

Catching Hand  
Established:

Yes

No

Can they dribble  
the ball 10m?

Yes

No

Can they solo a bean  
bag 5m & back?

Yes

No

Can they ground  
strike off both sides?

Yes

No



# AGE 4-6: F1 SKILLS CHECKER (FOOTBALL)

Player Name:

SKILL	DESCRIPTION	STATIONARY	MOVING
Chest Catch	Can they catch the ball comfortably when thrown by the coach?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce & Catch	Can they bounce the ball & catch again?	<input type="checkbox"/>	<input type="checkbox"/>
Ground Kick	Can they kick the ball accurately from 5m along the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up	Can they pick the ball up with two hands without stopping?	<input type="checkbox"/>	<input type="checkbox"/>
Knee Solo	Can they solo bounce the ball off their knee & catch?	<input type="checkbox"/>	<input type="checkbox"/>
Throwing	Can they throw the ball underhand accurately to the coach?	<input type="checkbox"/>	<input type="checkbox"/>

## U7-U9: F2 EXTENSION & REFINEMENT OF MOVEMENT

### "IS COACH STILL TALKING??"

- Children at this age just want to get out & play
- Keep interactions short & sweet, using questions to check for understanding

### "CAN WE PLAY A GAME NOW?"

- Children at this age love playing matches & games
- Modify games using the STEP principle to ensure desired outcomes are met
- Target, Field & Court games are encouraged. If you play matches, keep them small-sided games (3v3, 4v4, 5v5, 6v6)

### "I'M NO GOOD AT THIS!"

- This is an important time in a child's development
- How many successes (scores, points) they achieve have an impact on their perception of the session & the sport
- Plan different versions of games & tasks to allow for all children to achieve success

### ALSO...

- Make notes about each child's development
- Remember that they are not mini adults
- Use story-telling, imagery and FUN to ensure children keep coming back
- Avoid negative language such as "don't" or "weak-side"



# U7-U9: F2 EXTENSION & REFINEMENT OF MOVEMENT

## Skill Emphasis

### HURLING/ CAMOGIE

#### Handling:

- Correct Hurl Size
- Identify "Hurley Hand"
- Identify "Catching Hand"
- Grip (Ready, Lock)
- Swing

#### Sending: \*Left & Right\*

- Ground Strike moving ball
- Ground Strike while moving
- Striking from hand (stationary to moving)

#### Receiving:

- Catching (High, Mid, Low)
- First Touch
- Roll & Jab Lift (practice 1 & 2 hands)

#### Travelling:

- Dribble (both sides)
- Solo (bean bag or ball)

#### Tackling:

- Ground Block
- Hooking
- Clash
- Ground Flick
- Airborne Block

### FOOTBALL

#### Handling: (Sending)

##### \*Left & Right\*

- Hand Pass
- Fist Pass

#### Handling: (Receiving)

- Body Catch
- Low Catch
- High Catch

#### Kicking: \*Left & Right\* (Sending)

- Punt Kick
- Hook Kick

#### (Receiving)

- Crouch Lift

#### Travelling:

- Toe Tap (Stationary to moving)
- Bounce on the move

#### Tackling:

- Near Hand Tackle
- Frontal/Fencing Tackle
- Block

### PHYSICAL DEVELOPMENT

#### Strength

- Use bodyweight
- Balance on body parts
- e.g plank, bear crawls, animal races
- Partner resistance Activities

#### Movement/Speed

- Coach running technique
- Lip to Hip arms
- Running on balls of feet
- Use races, tag games etc

#### Flexibility

- Mobilise body parts
- eg arms, hips etc
- Introduce Warm-up & Cool Down concept.
- Give flexibility tasks

### GAMES

- Target Games
- Court Games
- Non Invasion
- Part Invasion
- Full Invasion

### TACTICAL

#### Spatial Awareness

- Do they know what a good space is?

#### Passing & Moving

- Can they pass & move to a good space?
- Can they pass to a moving receiver?
- Can they support a player off the ball?

#### Principles of Attack & Defence

- Do they know what a score is?
- Would they know where to score?
- Do they know what defending means?

# AGE U7-U9: F2 SKILLS CHECKER (U7 HURLING)

Player Name:

Ground Strike (Right Side)	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Ground Strike (Left Side)	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Roll Lift & Jab Lift	How many in 60 secs?	Roll Lift <input type="checkbox"/>	Jab Lift <input type="checkbox"/>
Solo Bean Bag/Ball (out 10m & Back)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Ball/Beanbag
Overhead Catch (Coach throws from 10m)	How many catches from 5 attempts? <input type="checkbox"/>		
Can they solo a bean bag 5m & back?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Can they ground strike off both sides?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

# AGE U7-U9: F2 SKILLS CHECKER (U7 FOOTBALL)

Player Name:

SKILL	DESCRIPTION	STATIONARY	MOVING
Overhead Catch	Can they catch the ball over their head comfortably?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce & Catch	Can they bounce the ball & regain possession without dropping?	<input type="checkbox"/>	<input type="checkbox"/>
Punt Kick (Both Feet)	Can they kick the ball from the hands before it hits the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up	Can they pick the ball up without stopping?	<input type="checkbox"/>	<input type="checkbox"/>
Foot Solo	Can they solo the ball without dropping?	<input type="checkbox"/>	<input type="checkbox"/>
Hand Pass	Can they pass the ball with their hand?	<input type="checkbox"/>	<input type="checkbox"/>

# AGE U7-U9:

## F2 SKILLS CHECKER (U9 HURLING)

Player Name:

### Ground Strike

- Four balls in a line
- Player strikes 2 from left & 2 from right

LEFT

0-10m

10-15m

15m+

RIGHT

0-10m

10-15m

15m+

### Roll Lift

- Two squares 5m apart
- Roll lift 5x balls from 1 square into other.
- Coach times this.

Time:

### Jab Lift

- Two cones 5m apart
- Run around each cone, jab lift & drop.
- How many in 30 secs?

How many in 30 secs?

### First Touch

- Coach rolls the balls toward player
- Player takes first touch to hand

How many out of 5?

### Strike from Hand

- Static strike
- 3 strikes on left & 3 strikes on right

0-20m= 5 pts; 20-40m= 10 pts; 40m+= 15pts

Right

Left

### Hand Pass

- 5m apart
- Hand pass each hand x5 times

How many out of 5 attempts?

Right

Left

### Catch

- Coach strikes ball to player 5m away
- Player catches

How many out of 5 attempts?

Right

Left



# AGE U7-U9:

## F2 SKILLS CHECKER (U9 FOOTBALL)

Player Name:

### Catching

- Coach stands 10m away
- Coach throws 8 balls
- 2x high, low, body & moving catch

Score:  
(2 points/catch)

### Hand Pass

- Two players 5m away
- 5 with each hand
- 2 points per successful pass

Score:  
(2 points/pass)

### Crouch Lift

- Two cones 5m apart
- Run around each cone, lift & drop.
- How many in 30 secs?

Score:

### Punt Kick

- Player stands 10m from target
- Target- 2 cones, 3m apart
- 5 attempts per foot

How many out of 5 attempts?

Right

Left

### Solo (Moving)

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones

2 points per successful solo.

Right

Left

### Hook Kick

- 14m from goal
- Hook kick over the bar
- 5 with each foot

Score: (2 points/score)

Right

Left

Can they...

Perform the Frontal block?

Yes

No

Can they...

Perform the Near hand tackle?

Yes

No



## U11-U13: F3 COMMITMENT TO GAELIC GAMES & ACTIVE LIFESTYLE

### "THE iPad GIVES ME A GAME"

- This is a crucial stage, it's when competition really begins
- Children want game-time. If YOU don't give them it, they might not return. The iPad doesn't discriminate...

### "BUT THEY WONT PASS THE BALL"

- Children need your advice on how to be in a better position off the ball
- Show them how to support teammates off the ball by being in a good space
- Bigger players dominate games here. Modify games to ensure passes are needed before a score can take place

### "I DONT UNDERSTAND"

- Players will never understand the game if you keep telling them how it should be done
- Set up small groups & tasks. Ask players to solve the problems, and assist them through the process

### ALSO...

- Make notes about each child's development
- Help players understand the need to attack the ball
- Peers now have a bigger influence on choices



# U11-13: F3 COMMITMENT TO GAELIC GAMES AND ACTIVE LIFESTYLE

## Skill Emphasis

### HURLING/ CAMOGIE

#### Sending: \*Left & Right\*

- Hand Pass
- Strike from hand (stationary to moving)

Q. Can they strike with a long & short grip?

Q. Can they strike moving forward, backwards & over shoulder?

- Striking off hurl
- Lift & Strike
- Side-line cuts

#### Receiving:

- High Catch
  - Progression- try it with opponent in front, side & behind
- Roll & Jab Lift (1 & 2 hands)
- First Touch (Stationary to moving)

#### Travelling:

- Solo (straight lines & multi-directional)

#### Tackling:

- Side Flick (Snig)
- Hooking (while moving)
- Blocking from front & side (2 & 1 handed)

### FOOTBALL

#### Handling: (Sending)

##### \*Left & Right\*

- Hand Pass
- Fist Pass

#### Handling: (Receiving)

- High Catch
  - Progression- with opponent in front, side & behind
- Low Catch
- Reach Catch (stationary to moving)

#### Kicking: \*Left & Right\* (Sending)

- Punt Kick (laces & outside of foot)
- Hook Kick

#### (Receiving)

- Crouch Lift
- Chip Lift (ball moving toward player)

#### Travelling:

- Toe Tap (Left & Right)
- Crossover bounce while moving
- Dummy Solo

Q. Can they Solo/bounce & change direction quickly?

#### Tackling:

- Near Hand Tackle
- Frontal/Fencing Tackle
- Block

### PHYSICAL DEVELOPMENT

#### Strength

- Use bodyweight
- Introduce core strength
- Light medicine ball work
- Partner resistance Activities

#### Movement/Speed

- Coach running technique
- Lip to Hip arms
- Running on balls of feet
- Use races, tag games etc
- Build endurance into activities

#### Flexibility

- Mobilise body parts
- eg arms, hips etc
- Introduce Warm-up & Cool Down concept.
- Give flexibility tasks

### GAMES

- Target Games
- Court Games
- Non Invasion
- Part Invasion
- Full Invasion

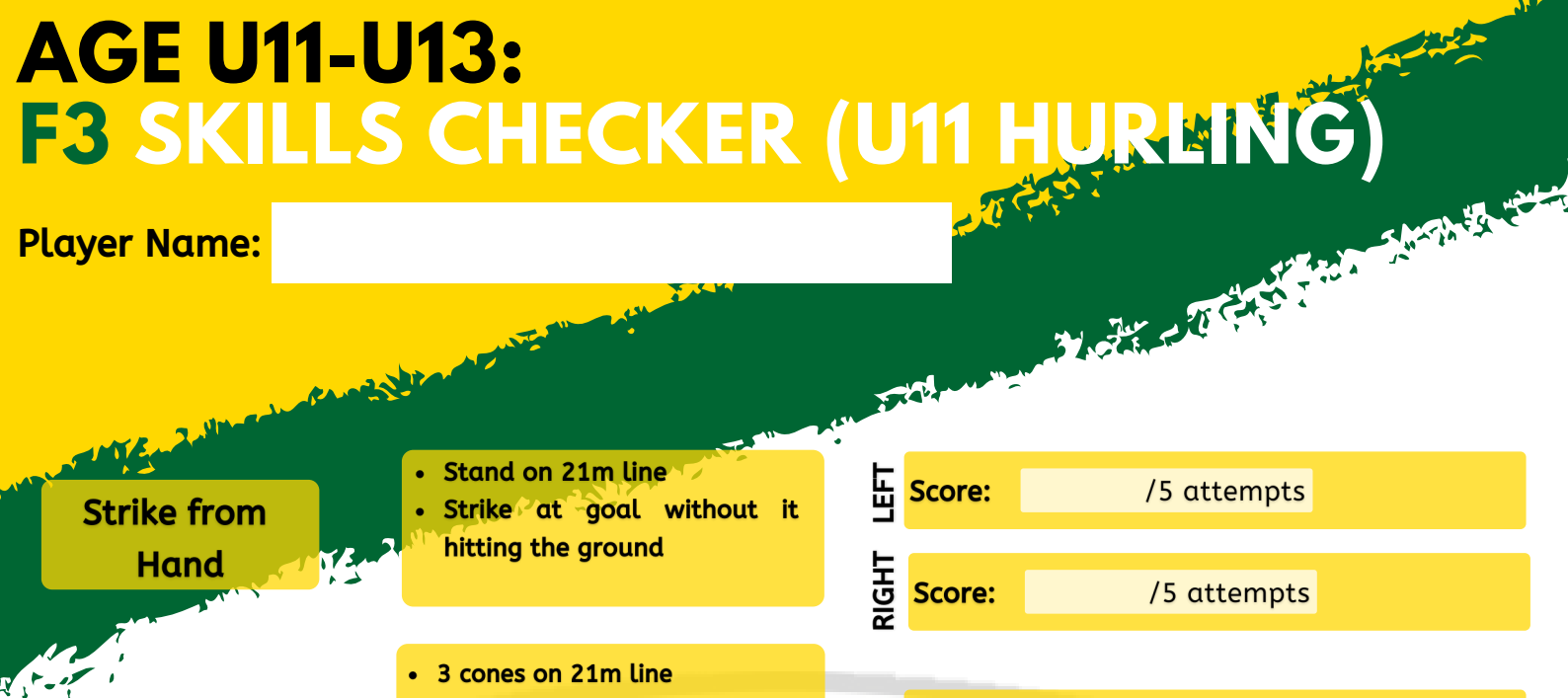
### TACTICAL

#### Principles of Play

- Ball retention
- Avoiding traffic
- Use of Set Pieces
- Movement of the ball and players off the ball

#### Principles of Attack & Defence

- Do they know to show an attacker away from goal?
- Can the attacker find the right space to receive the ball?



# AGE U11-U13:

## F3 SKILLS CHECKER (U11 HURLING)

Player Name:

Strike from  
Hand

- Stand on 21m line
- Strike at goal without it hitting the ground

LEFT Score:  /5 attempts

RIGHT Score:  /5 attempts

Strike from  
Hand (Moving)

- 3 cones on 21m line
- 1 cone in center and 1 20m either side
- Player runs at ball, jab lifts and strikes over bar, while continuing to the next ball

LEFT Score:  /3 attempts

RIGHT Score:  /3 attempts

Roll Lift &  
Move

- Two squares 5m apart
- Roll lift balls from 1 square into other.
- How many in 60secs

Score:

Jab Lift &  
Move

- Three cones 5m apart
- 6 balls at middle cone
- Start at one end, jab lift and drop at other end. Turn & repeat.

Time taken to complete:

First Touch

- Coach strikes ball 20m away
- Player takes first touch to hand

How many out of 5?

Hand Pass

- 4 balls in a line
- Pick up ball , 4 steps and handpass to coach 5m to the right using left hand
- Turn & repeat using right hand

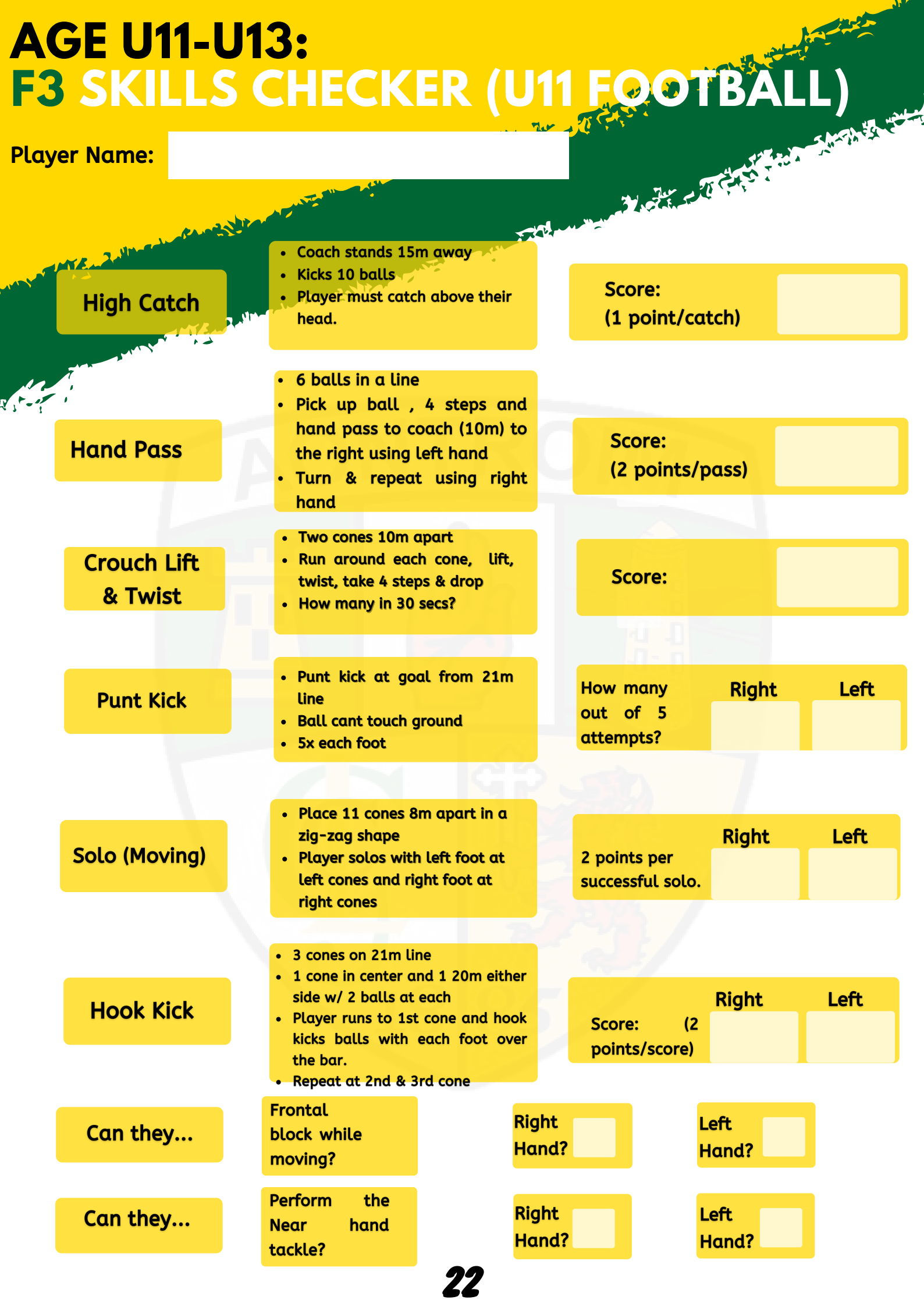
2 points per successful pass Score:

Can they...

Perform the Frontal block?

Protect the hand?

Clean Catch?



# AGE U11-U13:

## F3 SKILLS CHECKER (U11 FOOTBALL)

Player Name:

High Catch

- Coach stands 15m away
- Kicks 10 balls
- Player must catch above their head.

Score:   
(1 point/catch)

Hand Pass

- 6 balls in a line
- Pick up ball , 4 steps and hand pass to coach (10m) to the right using left hand
- Turn & repeat using right hand

Score:   
(2 points/pass)

Crouch Lift & Twist

- Two cones 10m apart
- Run around each cone, lift, twist, take 4 steps & drop
- How many in 30 secs?

Score:

Punt Kick

- Punt kick at goal from 21m line
- Ball cant touch ground
- 5x each foot

How many out of 5 attempts?	Right <input type="text"/>	Left <input type="text"/>
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Solo (Moving)

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones

2 points per successful solo.	Right <input type="text"/>	Left <input type="text"/>
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Hook Kick

- 3 cones on 21m line
- 1 cone in center and 1 20m either side w/ 2 balls at each
- Player runs to 1st cone and hook kicks balls with each foot over the bar.
- Repeat at 2nd & 3rd cone

Score: (2 points/score)	Right <input type="text"/>	Left <input type="text"/>
-------------------------	----------------------------	---------------------------

Can they...

Frontal block while moving?

Right Hand?

Left Hand?

Can they...

Perform the Near hand tackle?

Right Hand?

Left Hand?

# AGE U11-U13:

## F3 SKILLS CHECKER (U13 HURLING)

Player Name:

### Catching

- Coach/player 30m away
- High ball played to player
- Player must catch & protect hand

Score:  
(2 pts/catch)

### Strike from Hand (Moving)

- 6 balls on 45m line
- Pick up 1st ball, take steps & strike on the move
- Repeat, 3 strikes each side

25-35m

5 points

35-45m

10 points

45m+

15 points

RIGHT

25-35m

5 points

35-45m

10 points

45m+

15 points

### Roll Lift & Roll Off

- Two cones 10m apart
- Roll lift balls from 1 cone, Rolls away, takes steps & drops ball at other cone. Repeat.
- How many in 60secs

Score:

### Jab Lift & Move

- Three cones 5m apart
- 6 balls at middle cone
- Start at one end, jab lift and drop at other end. Turn & repeat.

Time taken to  
complete:

### First Touch

- Coach strikes ball 30m away
- Player takes first touch to hand while moving at the ball.

How many  
out of 5?

### Hand Pass off Hurl

- 4 balls in a line
- Pick up ball , solo and handpass to coach 5m to the right using left hand
- Turn & repeat using right hand

2 points per  
successful pass

Score:

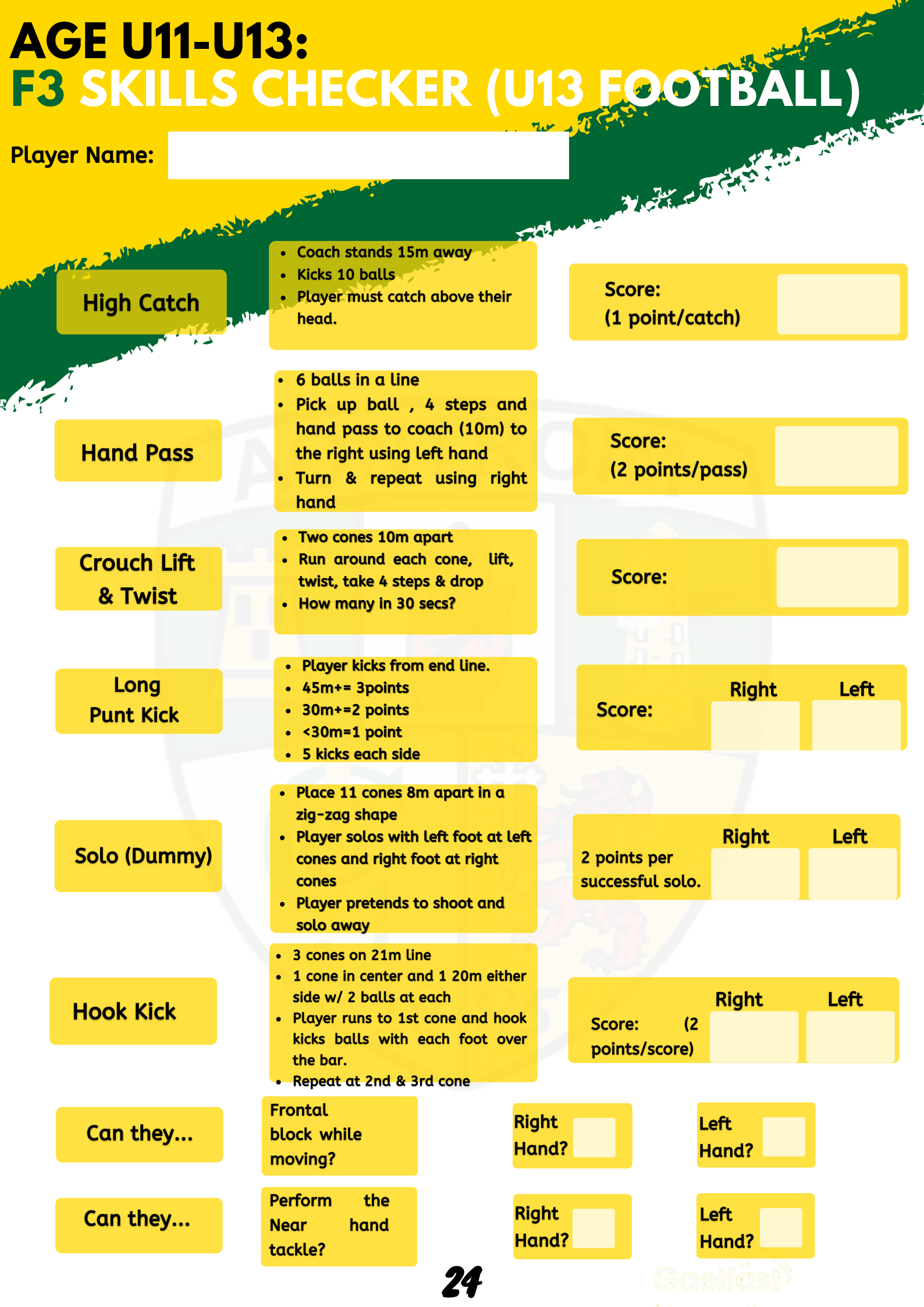
### Batting Overhead

- Coach stands 10m away
- Coach throws ball high over players head.
- Player bats the ball back toward the coach
- 5 attempts

2 points per  
successful bat

Score:





# AGE U11-U13:

## F3 SKILLS CHECKER (U13 FOOTBALL)

Player Name:

### High Catch

- Coach stands 15m away
- Kicks 10 balls
- Player must catch above their head.

Score:   
(1 point/catch)

### Hand Pass

- 6 balls in a line
- Pick up ball , 4 steps and hand pass to coach (10m) to the right using left hand
- Turn & repeat using right hand

Score:   
(2 points/pass)

### Crouch Lift & Twist

- Two cones 10m apart
- Run around each cone, lift, twist, take 4 steps & drop
- How many in 30 secs?

Score:

### Long Punt Kick

- Player kicks from end line.
- 45m+= 3points
- 30m+=2 points
- <30m=1 point
- 5 kicks each side

Score:	Right	Left
	<input type="text"/>	<input type="text"/>

### Solo (Dummy)

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones
- Player pretends to shoot and solo away

2 points per successful solo.	Right	Left
	<input type="text"/>	<input type="text"/>

### Hook Kick

- 3 cones on 21m line
- 1 cone in center and 1 20m either side w/ 2 balls at each
- Player runs to 1st cone and hook kicks balls with each foot over the bar.
- Repeat at 2nd & 3rd cone

Score: (2 points/score)	Right	Left
	<input type="text"/>	<input type="text"/>

### Can they...

Frontal block while moving?

Right Hand?

Left Hand?

### Can they...

Perform the Near hand tackle?

Right Hand?

Left Hand?

## U15-17: F3 COMMITMENT TO GAELIC GAMES & ACTIVE LIFESTYLE

### "I DONT GET THIS HASSLE WHEN IM WITH MY FRIENDS!"

- Children are becoming young-adults
- When they sense a lack of empathy & understanding, they can tend to drift away
- "Players dont care what you know, until they know that you care"

### LIFE PRESSURES

- Young people at this age are subject to many different pressures via exams, peer pressure, part-time work & sometimes difficulty at home
- Make your sessions FUN!
- Educate players on healthy eating, water consumption & make them aware of the dangers of alcohol & drugs

### DROPOUT

- This is a key age group susceptible to dropout
- These young people may not go on to be senior players, but they could become life-long members & your next coach, referee or administrator
- Make it an enjoyable experience & reap the rewards in the future

### ALSO...

- There should be a bigger emphasis on team-play
- Set tasks for players and have them solve it as a team
- e.g "We are two points down, with one minute to go; forwards, go make a plan for our next sideline ball, we need a goal!"



# U15-17: F3 COMMITMENT TO GAELIC GAMES AND ACTIVE LIFESTYLE

## Skill Emphasis

### HURLING/ CAMOGIE

#### Sending: \*Left & Right\*

- Hand Pass
- Strike from hand (stationary to moving)

Q. Can they strike with a long & short grip?

Q. Can they strike moving forward, backwards & over shoulder?

- Striking off hurl
- Lift & Strike
- Side-line cuts

#### Receiving:

- High Catch while contested, opponent in front, side or behind
- Roll & Jab Lift at speed (1 & 2 hands)

Q. Can they roll lift & roll away?

Q. Can they jab lift into space or jab & move to the side?

- First Touch at pace

#### Travelling:

- Solo (straight lines & multi-directional)

#### Tackling:

- Side Flick (Snig)
- Hooking (while moving)
- Blocking from front & side (2 & 1 handed)

### FOOTBALL

#### Handling: (Sending)

##### \*Left & Right\*

- Hand Pass
- Fist Pass

#### Handling: (Receiving)

- High Catch while being contested
- Low Catch
- Reach Catch (moving at pace; 1 & 2 hands)

#### Kicking: \*Left & Right\*

##### (Sending)

- Punt Kick (laces & outside of foot)
- Hook Kick
- Set Pieces from ground

##### (Receiving)

- Crouch Lift moving at pace
- Chip Lift moving at pace

#### Travelling:

- Toe Tap (Left & Right)
- Dummy Solo

Q. Can they Solo/bounce & change direction quickly?

#### Tackling:

- Near Hand Tackle
- Frontal/Fencing Tackle
- Block

### PHYSICAL DEVELOPMENT

#### Strength

- Bodyweight circuits
- Learn lifting technique (using brush shaft)
- Core stability & functional movements: squat, hinge etc

#### Movement/Speed

- Speed Development (6-10 seconds with adequate 2 min rest)
- Build endurance into activities

#### Flexibility

- Mobilise body parts eg arms, hips etc
- Introduce dynamic warm ups
- Encourage mobility at home

### GAMES

- Target Games
- Court Games
- Non Invasion
- Part Invasion
- Full Invasion

### TACTICAL

#### Principles of Play

- Ball retention
- Avoiding traffic
- Use of Set Pieces
- Movement of the ball and players off the ball

#### Principles of Attack & Defence

- Do they know to show an attacker away from goal?
- Can the attacker find the right space to receive the ball?

#### Controlling the Game

- Do they know how to create width & depth?
- Can they penetrate a defence utilising supporting players?
- Is there an agreed transition from defence to attack?

# AGE U15-U17:

## F3 SKILLS CHECKER (U15 HURLING)

Player Name:

### Free taking

- 5 balls on 45m line spread across the pitch
- 10 points per score

Score:

### Strike from Hand (Moving)

- 6 balls 30m from goal
- Pick up 1st ball, take steps & shoot on the move
- Repeat, 3 strikes each side

Score:

### Sideline Cut

- 5 balls on 21m line spread across the pitch
- Ball to be cut over the bar
- 10 points per score

Score:

### Jab Lift & Move

- 1 cone (with 6 balls) placed on 14m line, 3 cones (10m apart) placed on 21m line
- Player starts 5m behind 14m line
- Jab lift and solo to a cone without taking the ball to hand
- Jab & solo 2 balls to each of the 3 cones

Score:  
(2 pts for each successful run)

### First Touch

- 3 players. One in middle and two either side (15m apart)
- Player from side A strikes the ball low and the testing player takes first touch to hand & plays it back.
- Turns & repeats with opposite side. 5 balls per side.

Score:  
(2pts per successful touch)

### "Block from a distance"

- Coach on 14m line, player on 6 yard box
- On que, coach strikes for a point
- Player must get hurley in line with the shot to block
- 5 pts per block
- 5 attempts

2 points per successful block

Score:

# AGE U15-U17:

## F3 SKILLS CHECKER

### (U15 FEILE PEIL NA NÓG SKILLS)

Player Name:

#### Area 1: Start

Place 2 poles (2m apart), as start gates, on the 21m line, 15m in from the sideline. To begin, players pass through the starting gates toward area 2.

Coach starts timer when the player passes through gates

#### Area 2: Punt Kick

Place 2 poles (1.5m apart), on the 45m line, 20m in from the sideline. Measure 10m toward the nearest goal & place 2 markers (1.5m apart). Players kick from behind the markers through the poles without bouncing. One kick each foot.

Score:  
10pts/successful kick

#### Area 3: Pick Up & Solo

Mark out a square (10m x 10m) with cones. Player sprint around first cone, pick up ball & solo around the centre pole & solos back to cone 2. Player returns to centre pole & sprints to cone 3 where they pick up the ball with other foot, go around centre pole & get to cone 4.

Successful completion = 30pts  
Minus 5 points for each ball dropped or cone missed

Score:

#### Area 4: Hand/Fist Pass

Place 2 poles (1.5m apart) on 45m line, 20m from sideline as goals. Measure 5m toward the nearest goal and place 2 markers (1.5m apart). Player will hand/fist pass from behind these cones. Player has 2 passes through the cones, one with each hand.

Score:  
10pts/successful pass

#### Area 5: Gates

Place 2 poles (1.5m apart) at the edge of the "D."

Player must pass through the gates when moving from Area 4 to Area 6.

5 points deduction for missing gates

5 pts deduction if applicable

#### Area 6: Kick for a score

Mark out a 5m x 5m square with cones, on the left corner of the "D" and 21m line. Player must use right foot only.

No score for being outside square, or using wrong foot.

Score:  
10pts available if successful

#### Area 7: Kick for a score

Mark out a 5m x 5m square with cones, on the right corner of the "D" and 21m line. Player must use right foot only.

No score for being outside square, or using wrong foot.

Score:  
10pts available if successful

# AGE U15-U17: F3 SKILLS CHECKER (U15 FEILE PEIL NA NÓG SKILLS)

Player Name:

**Area 8:**  
**Hand/Fist Pass for a score**

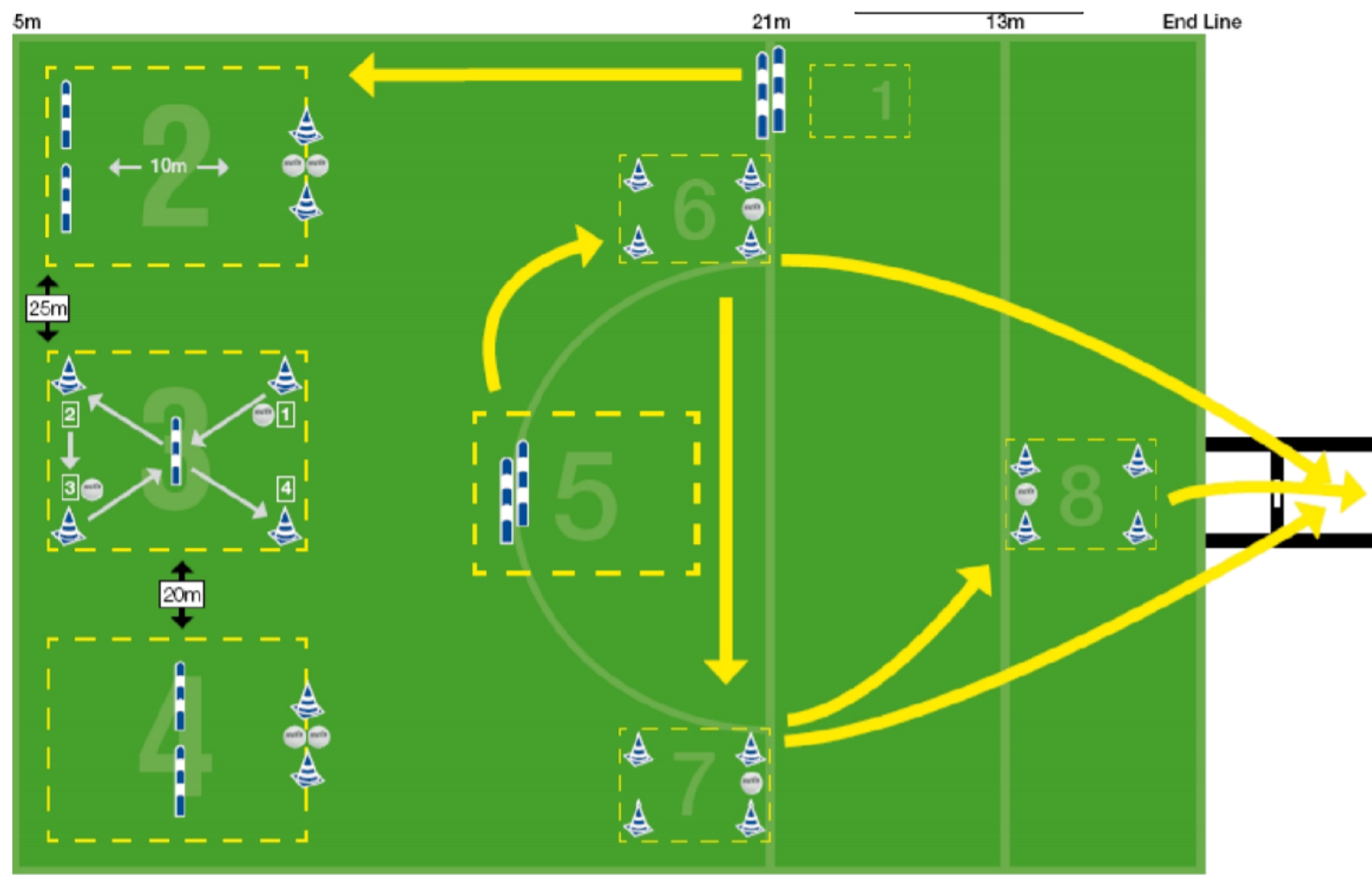
Mark out a 5m x 5m square using cones in front of 13m line. Player can use either hand for this score.

10pts for successful score

**Area 9:**  
**Timing**

Coach stops the clock when the fist/hand pass is completed.  
13, 9 & 5 points are awarded to the fastest 3 players.

Additional pts if fastest:



# AGE U15-U17:

## F3 SKILLS CHECKER (U17 HURLING)

Player Name:

### Catch & Strike

- Player stands 30m from goal
- Coach strikes x 6 balls to player
- Player catches & strikes into the goal without it touching the ground

#### Scoring:

Moving to ball= 1pt  
Clean first touch/catch= 1pt  
Moving feet to strike= 1pt  
Hitting Net= 1pt

### High Catch/ Score

- Player stands in a 25m zone thats 30-40m from goal
- Coach plays x6 high ball. Player catches the ball, change direction & shoots

#### Scoring:

Moving under ball= 1pt  
High catch= 1pt  
Hurl protecting hand= 1pt  
Feet off ground for a catch= 1pt  
Change direction= 1pt  
Score a point= 1pt

### First Touch & Hand Pass

- Coach/player is 40m away, ball is hit low & hard.
- Player must run at the ball, control & give a good handpass back.
- 6 attempts

#### Scoring:

Moving to ball= 1pt  
Control in front= 1pt  
One touch to hand= 1pt  
Catch below hip= 1pt  
Take steps= 1pt  
successful handpass= 1pt

### Ball Delivery

- 2 poles (10m apart), 60m away from player at an angle.
- Player stands 5m away from coach, handpasses to coach, receives it back & delivers between the poles.

#### Scoring:

Good Handpass= 1pt  
Timing run for return pass= 1pt  
Clean catch= 1pt  
Striking from front foot= 1pt  
Fast delivery= 1pt  
Good trajectory= 1pt  
Accuracy= 1pt

### Shoot Under Pressure

- 10m x 10m square, 30m from goal.
- 5 balls in square
- on whistle player must jab lift & score
- 40 seconds to shoot all balls
- 3 attempts

#### Score:

3 pts per score

### Work Rate

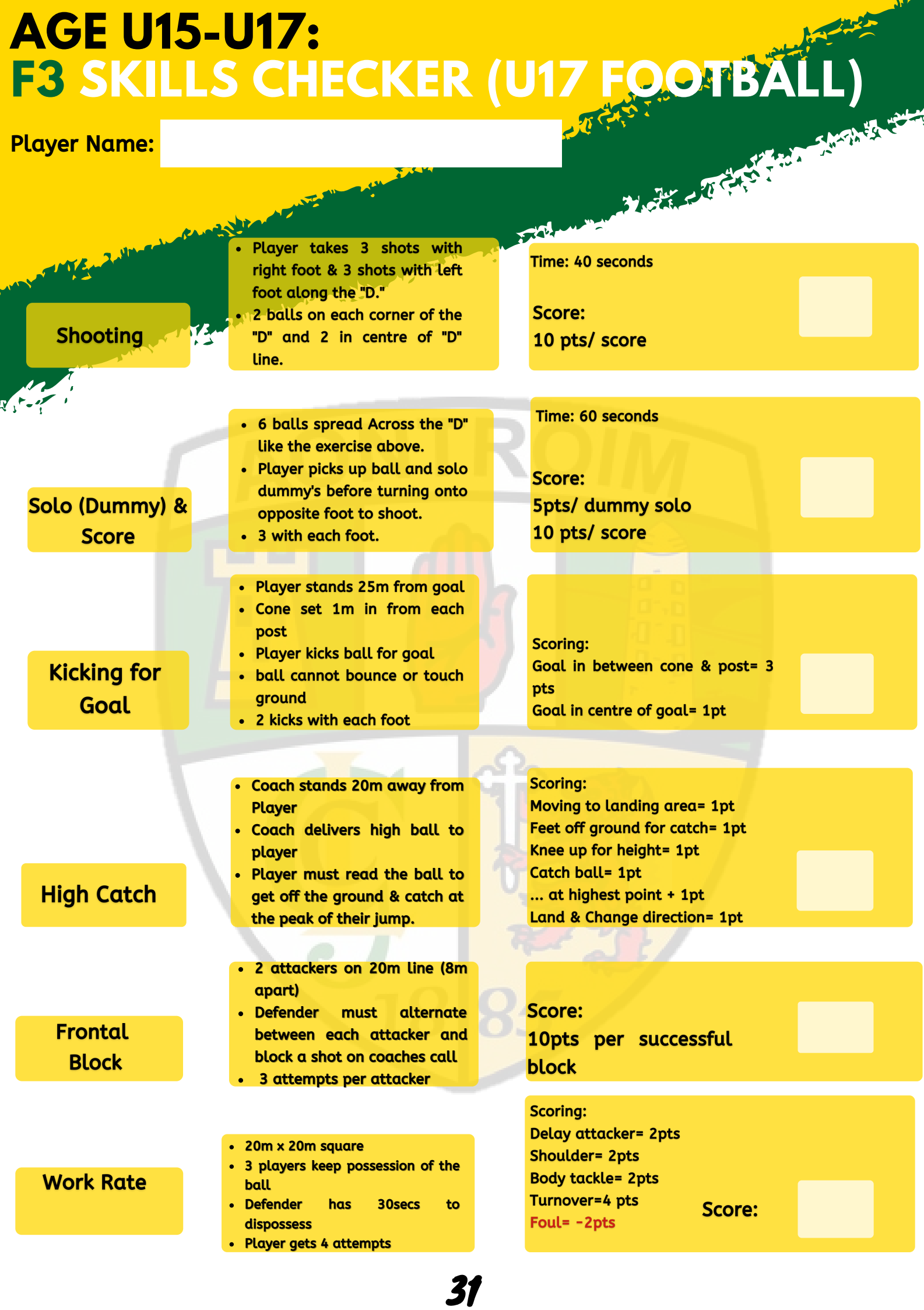
- 20m x 20m square
- 3 players keep possession of the ball
- Defender has 30secs to hook, block, dispossess etc
- Player gets 4 attempts

#### Scoring:

Hook= 2pts  
Block= 2pts  
Shoulder= 2pts  
Body tackle= 2pts  
Turnover= 4 pts  
Foul= -2pts

Score:





# AGE U15-U17:

## F3 SKILLS CHECKER (U17 FOOTBALL)

Player Name:

### Shooting

- Player takes 3 shots with right foot & 3 shots with left foot along the "D."
- 2 balls on each corner of the "D" and 2 in centre of "D" line.

Time: 40 seconds

Score:

10 pts/ score

### Solo (Dummy) & Score

- 6 balls spread Across the "D" like the exercise above.
- Player picks up ball and solo dummy's before turning onto opposite foot to shoot.
- 3 with each foot.

Time: 60 seconds

Score:

5pts/ dummy solo

10 pts/ score

### Kicking for Goal

- Player stands 25m from goal
- Cone set 1m in from each post
- Player kicks ball for goal
- ball cannot bounce or touch ground
- 2 kicks with each foot

Scoring:

Goal in between cone & post= 3 pts

Goal in centre of goal= 1pt

### High Catch

- Coach stands 20m away from Player
- Coach delivers high ball to player
- Player must read the ball to get off the ground & catch at the peak of their jump.

Scoring:

Moving to landing area= 1pt

Feet off ground for catch= 1pt

Knee up for height= 1pt

Catch ball= 1pt

... at highest point + 1pt

Land & Change direction= 1pt

### Frontal Block

- 2 attackers on 20m line (8m apart)
- Defender must alternate between each attacker and block a shot on coaches call
- 3 attempts per attacker

Score:

10pts per successful block

### Work Rate

- 20m x 20m square
- 3 players keep possession of the ball
- Defender has 30secs to dispossess
- Player gets 4 attempts

Scoring:

Delay attacker= 2pts

Shoulder= 2pts

Body tackle= 2pts

Turnover=4 pts

Foul= -2pts

Score:

# THE GAELFAST TEAM



## Games Promotion Officers



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Shane O'Neills Glenarm, St Brigids  
Cloughmills



# INTRODUCTION

## GAELFAST STAFF (CONTINUED)

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# RESOURCES

Click on the different text and images below  
to see more resources



## Football Skill Cards

- Block Down
- Bounce
- Crouch Lift
- High Catch
- Chest Catch
- Feint & Side Step
- Solo
- Fist Pass
- Hand Pass
- Punt Kick
- Hook Kick
- Near Hand Tackle



## Hurling Skill Cards

- High Catch
- Roll Lift
- Jab Lift
- Solo
- Strike from the Hand
- Batting
- Dribble
- Frontal Block
- Hook
- Grip & Swing
- Ground Strike
- Hand Pass