

Player Characteristics

- ▶ They will want games, games and more games.
- ▶ Characteristics here to be developed, e.g. – being humble in winning and gracious in defeat.
- ▶ The vast majority are still there to enjoy the experience of participating with their friends, learning new skills etc.
- ▶ The player should have a greater “game” and “team sense” derived from the previous years’ experiences.
- ▶ The players like to be acknowledged. The coach should aim to have a word for every child at each session.
- ▶ Involvement in sport can help them feel good about themselves and form safe relationships outside the family.
- ▶ May see the first signs of a child becoming a little independent.

10 - 12 SKILL EMPHASIS (all the previous skills to be constantly practised)

- ▶ Ground Strike (off both sides).
- ▶ First Touch – constant practice.
- ▶ Strike from the hand (off both sides) “nice and tidy” – look for C-shaped swing. Stationary / on the run.
- ▶ Hand Pass.
- ▶ Frontal Block.
- ▶ High Catch – judging the flight of the sliotar. Timing your jump to perfection.
- ▶ Shoulder Clash – quick, wristy swing.
- ▶ Ground flick sliotar away to beat the “big swing”.
- ▶ Tackling.
- ▶ Hooking – from behind / from the side.
- ▶ Blocking / flicking sliotar away.
- ▶ Stopping – high ball/batting.
- ▶ Sidelines.
- ▶ Free taking.
- ▶ How to use the body in the tackle – shouldering / holding a player off / making space to strike / catch.
- ▶ Include occasionally:
 - Ball Hops – one side of the bas.
 - Tippy Taps – both sides of the bas (to help develop good wrist dexterity).
 - All Around the World – four edges of the bas (to help develop good coordination and wrist dexterity).
- ▶ All other skills will be practised during the games.

10 - 12 PHYSICAL FOCUS – ABC’S & RJT’S

Movement – this is the ‘window of accelerated adaptation to motor coordination’. All fundamental movement skills should be further developed and general overall sports skills should be learnt during this phase.

- ▶ Endurance should be developed further by games and relays. Basic flexibility exercises should be introduced during this phase, while speed can be developed further with specific activities during the warm-up, such as agility, quickness and change of direction.
- ▶ ABC’s, RJT’s – running – forwards, backwards, sideways, stopping, starting, changing direction, swerving, sidestepping, avoiding other players in fun activities.

Strength

- ▶ Partner resistance activities, pushing, pulling, in fun-based activities.
- ▶ Introduce players to body weight exercises, core strength and also running and jumping techniques throughout the session.
- ▶ Strength should be developed by own bodyweight exercises, as well as hopping-bounding exercises (or routines).
- ▶ Proper warm up and cool down activities to take place at every session.
- ▶ Rest is an important component of physical development to allow the body recover and adapt to training.

10 - 12 GAME SPECIFIC

Games

- ▶ “Go Games” – all players play!!
- ▶ “Parish / Street Leagues” – small sided and conditioned with full participation.
- ▶ “Three Goals and In” – all the required aspects of the game are practised in such a game.
- ▶ “Backs and Forwards”.
- ▶ Four Goal Game – this is an ideal method for players to learn to hurl with the head up / using space and spreading the play.
- ▶ “No Man’s Land” – striking and catching.

Games Sense

- ▶ Reading the game:
 - anticipation of teammates / opposition movements.
- ▶ Decisions to be made:
 - when to pass / travel with sliotar / move.
 - who to pass to and who to mark.
 - where to move to.
- ▶ Support your teammates in attack / defence.
- ▶ Small sided games (depending on numbers available – 4v4, 6v6, 10v10).
- ▶ Hurl with your head up – when in possession, scan the field to look for options for passing or shooting.
- ▶ Communication with teammates.
- ▶ Learning to call for a pass when in a better position, letting their teammates know that they are free to strike etc.

10 - 12 YEARS OLD

SKILLS TARGETS 10 - 12 YEARS

A checklist for parents

TARGET 1 - STRIKING Strike sliotar out of the hand on the 21, to hit the net in the goal without bouncing (right side).	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points
TARGET 2 - STRIKING Strike sliotar out of the hand on the 21, to hit the net in the goal without bouncing (left side).	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points
TARGET 3 - HANDPASS (Catching hand) Player to handpass sliotar in front of chest of teammate 5 metres away.	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points
TARGET 4 - HANDPASS (Opposite hand) Player to handpass sliotar in front of chest of teammate 5 metres away.	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points
TARGET 5 - HANDPASS (From the bas of the hurl) Player to handpass sliotar in front of chest of teammate 5 metres away.	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points
TARGET 6 - CATCHING Coach strikes a sliotar from 30 metres for player to catch it.	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points
TARGET 7 - HOOKING Coach strikes sliotar from his hand; player standing behind coach has to attempt to hook.	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points
TARGET 8 - FRONTAL BLOCK Coach strikes sliotar from his hand; player standing in front of coach has to attempt to block.	Attempt 1 <input type="checkbox"/> 10 points	Attempt 2 <input type="checkbox"/> 10 points	Attempt 3 <input type="checkbox"/> 10 points