

## Player Characteristics

- ▶ The vast majority are still there to enjoy the experience of participating with their friends, learning new skills etc. This can be difficult as you now have subs, and some may not get to play! Ensure that everyone plays in challenges or league rounds!
- ▶ However, winning can become an integral part of some players' psyche.
- ▶ This competitive edge must not be blunted, but only encouraged in an age appropriate manner.
- ▶ Understanding of what players are going through; puberty is happening so a lot going on for the youth.
- ▶ Be aware players can develop at different rates (chronological v biological) i.e. players may be the same age but vary in size.
- ▶ Learns to recognise that current actions can have an effect on the future.
- ▶ Arguing and reasoning skills improve.
- ▶ Communication and interpersonal skills improve.

## 12 - 14 SKILL EMPHASIS (all the previous skills to be constantly practised)

- ▶ Strike from the hand (also on the run):
  - long striking.
  - short striking.
  - striking diagonally.
  - accuracy.
- ▶ First catch, then first touch - in that order.
- ▶ Ground Strike:
  - both sides.
  - sidelines.
- ▶ Movement - both player and sliotar moving.
- ▶ Hand Pass - three variations, stationary and on the run.
- ▶ Tackling - blocking / hooking.
- ▶ Catching - low, chest, high.
- ▶ High Catch - judging the flight of the sliotar. Timing your jump to perfection.
- ▶ Hurl with your head up.
- ▶ Solo and strike from the hurl.
- ▶ Dispossessing player on a solo.
- ▶ How to use the body in the tackle - shouldering / holding a player off / making space to strike / catch.
- ▶ The "Troy" tap up (see Glossary of Terms).
- ▶ All other skills will be practised during the games.
- ▶ Include occasionally:
  - Tippy Taps - both sides of the bas (to help develop good wrist dexterity).
  - All Around the World - four edges of the bas.



## 12 - 14 PHYSICAL FOCUS - ABC'S & RJT'S

**Movement** - all speed work can be developed through fun games / activities / routines and in the games themselves.

- ▶ Speed and agility (multi-directional).
- ▶ Fundamental and dynamic movement.
- ▶ The 'window of accelerated adaptation to aerobic and strength training' occurs during this phase.
- ▶ Special emphasis is also required for flexibility training, due to the sudden growth of bones, tendons, ligaments and muscles.

### Strength

- ▶ Learning correct teaching points of GAA sport specific exercises which will stand the player in good stead throughout his GAA playing days.
- ▶ Stability, balance and mobility to be developed.
- ▶ Body weight exercises with correct techniques and teaching points learned and ingrained in each player.
- ▶ 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.

## 12 - 14 GAME SPECIFIC

**Games** - the game can be the teacher.

- ▶ "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.
- ▶ Two Touch Hurling.
- ▶ Two / three Second Rule.
- ▶ If you require "extra" games for your "team", then do so.

### Games Sense

- ▶ Revision of skills developed under pressure.
- ▶ Ability to break the tackle.
- ▶ Passing - short, long diagonal.
- ▶ Teamwork - players become more aware of need to work with their teammates in terms of creating space / closing down space etc.
- ▶ Players work as a team whether it be in defence or attack and develop required traits to assist them in this.
- ▶ Communication, understanding each other's strengths, areas to improve and their own team's strength.
- ▶ Developing the capability and ability of knowing which skill to use in a particular situation.
- ▶ Develop the "sense" of what to do, where to move to, when a player has and does not have the sliotar.

**SKILLS TARGETS 12 - 14 YEARS**

**TARGET 1 - GROUND STRIKING**

Six hurling balls are placed on the 20 metre line four metres apart. Players must run and strike the balls on the ground from alternate sides. The balls must travel a distance of 20 metres.

Time allowed - 10 seconds.  
 Score: 5 points per ball.  
 2 points will be deducted for every second over the allotted time.  
 Maximum score: 30 points.

**TARGET 2 - FREE TAKING**

Four hurling balls are placed on the 45 metre line as follows:  
 A. 10 metres to right of centre  
 B. 10 metres to left of centre  
 C. 25 metres to right of centre  
 D. 25 metres to left of centre

Balls must be struck over the bar.  
 Score:  
 10 points for A and B.  
 20 points for C and D.  
 Maximum score: 60 points.

**TARGET 3 - JAB LIFT AND STRIKE**

Three hurling balls are placed on the 20 metre line, twelve metres apart. The centre ball is in line with the centre of the goals. Players must jab lift the ball into the hand and strike on the run to pass over the bar, first from the right side and then left or vice versa.

Time allowed 10 seconds.  
 Score: 10 points per ball right and left side.  
 2 points will be deducted for every second over the allotted time.  
 Maximum score: 60 points.

**TARGET 4 - GROUND CUT**

Four hurling balls are placed on 30 metre line as follows:  
 A. 10 metres to right of centre  
 B. 10 metres to left of centre  
 C. 10 metres to right of centre  
 D. 10 metres to left of centre

Balls must be struck over the bar.  
 Score:  
 10 points for A and B.  
 20 points for C and D.  
 Maximum score: 60 points.

**TARGET 5 - BALL CONTROL**

Six grid poles are placed in a line 2 metres apart. Players must begin at a cone, 5 metres from the first pole; jab lift the ball on to the hurl; carry it through the poles; around an end cone which is 5 metres from the final pole and back through the poles to the start. The ball must not be taken in to the hand or dropped at any time.

Time allowed 15 seconds.  
 Score: 50 points.  
 5 points deducted each time the ball is touched by the hand or dropped.  
 2 points deducted for every second over the allotted time.  
 Maximum score: 50 points.

**TARGET 6 - LONG PUCK**

Players must strike two hurling balls from the hand from the end line. Distance is measured from the first bounce. If end line is crossed prior to striking the ball that puck is null and void.

Score:  
 Up to 60 metres - 5 points per ball.  
 60-70 metres - 10 points.  
 > 70 metres - 20 points.  
 Maximum score: 40 points.

Maximum Overall Score: 300 points.

Player with highest score at the end of the competition will be the winner. In the event of players ending with even points, skill 4 will be repeated.