

16 - 18 YEARS OLD

Player Characteristics

- ▶ Winning is becoming an integral part of their psyche. This competitive edge must not be blunted, but only encouraged in an age appropriate manner. However, the coach must be aware that some players are still there to enjoy the experience of participating with their friends, learning new skills etc.
- ▶ Player can be under exam pressure.
- ▶ Understanding of what players are going through; puberty is happening so a lot is going on for the youth. Be aware players can develop at varying rates, (chronological v biological) i.e. players may be the same age but vary in size.
- ▶ Player can crave acceptance from parents, coaches and peers. However, during youth the player seeks more acceptance from their peers than their parents. e.g. they will refuse to listen to what parents say but accept what peers say.
- ▶ Player can have high expectations.
- ▶ Likes playing in a competitive team which share the same objectives.
- ▶ May be quarrelsome and reluctant to communicate.

16 - 18 SKILL EMPHASIS (all the previous skills to be constantly practised)

- ▶ Catching – win your own ball. To do that players must first decide to go for the sliotar:
 - judging the flight of the sliotar.
 - timing your jump to perfection.
- ▶ Strike from the hand:
 - make room to strike.
 - shorten grip on the run.
- ▶ First Touch – constant practice to perfect.
- ▶ Competing for the high ball – flick in the air.
- ▶ Tackling.
- ▶ Blocking – frontal and ground.
- ▶ Hooking – from behind / from the side.
- ▶ Flicking the ball away.
- ▶ Hurl with your head up.
- ▶ Lift and strike.
- ▶ Hand Pass – three variations.
- ▶ Drop Shot.
- ▶ Dummy Handpass.
- ▶ Diving Hook.
- ▶ The “Delaney” Hop.
- ▶ How to use the body in the tackle.
 - shouldering / holding a player off / making space to strike / catch etc.



16 - 18 SKILL EMPHASIS continued

- ▶ Include occasionally:
 - sidelines.
 - free taking.
 - “All Around the World” – four edges of the bas.
- ▶ “Keep Me Uppies” (individual and team).
- Striking and doubling on the ball as it comes down.

16 - 18 PHYSICAL FOCUS - ABC'S & RJT'S

Movement

- ▶ Speed and endurance can be built up during the games themselves. Also can be developed with specific routines implemented during your sessions.
- ▶ Strength can help with speed improvement.
- ▶ 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.
- ▶ Speed – all areas to be covered to include: agility, quickness, multi directional speed, external reaction skills, co-ordination, acceleration, deceleration and speed repeatability.

Strength

- ▶ Learning correct teaching points of GAA sport specific exercises, under the supervision of a suitably qualified person, which will stand the player in good stead throughout his GAA playing days.
- ▶ Stability, balance and mobility work.
- ▶ Circuit training routines integrated on / off the “field”. (Incorporating dumbbell, medicine balls etc).
- ▶ The player should start completing pre-training routines, using foam rollers and bands - to help prepare the body for subsequent training.
- ▶ Attendance for Development Squad Players at pre-arranged Strength and Conditioning sessions, will educate the player. They can also pass on any knowledge to their club peers.
- ▶ To develop muscular whole body, multi joint strength, muscular endurance, explosive power, and recovery.
- ▶ Factors that should be improved and can lead to power development, which will be important as the player faces his next physical development stage: plyometrics, dynamic movement, speed, agility, strength.
- ▶ Proper warm up and cool down activities to take place at every session.

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16 - 18 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 Mans Land” - striking and catching.
- ▶ “Short Puck out Game” - If you require “extra” games for your “team”, then do so.

Games Sense

- ▶ Players to become aware of varying “styles of play” / tactics or whatever becomes the latest “fad”, and how to deal with such eventualities. (Handy here to remember what can be termed as the “corner stone” of the game, from the introduction).
- ▶ Team Play - as instilled from the previous years of development.
- ▶ Competitive spirit / edge - call it what you like - it becomes increasingly prominent and an integral part of a team’s modus operandi. All previous elements combined to ensure each player is well versed in all the required areas with the players having the ability / freedom to improvise as required, on the field of play, to deal with all eventualities that the opposition can throw at them, in the fastest field game in the world.
- ▶ Enabling the player to make the correct decision at the right time for the benefit of the team. (Physical, tactical, decision making, etc in a pressure game, all combine).
- ▶ Feedback is essential to increase competence.
- ▶ Shared “goals” help develop team identity and increase feelings of relatedness.
- ▶ Learning whether to stay or go in a particular moment in time in the game.
- ▶ Reading the game:
 - make space / create space / make a decoy run to draw players away from your teammate in possession.
 - to know when to move into a teammate’s position to cover for him if he has moved out of position.
- ▶ Developing the capability and ability of knowing which skill to use in a particular situation:
 - hook or block, catch or bat
- ▶ Develop the ability to time your tackle to perfection.
- ▶ Communication - “One up for the dropping ball”. Cover for each other.
- ▶ Learn how to work when “on” and “off” the ball.

SKILLS TARGETS 16 - 18 YEARS

TARGET 1 - GROUND STRIKE - (moving player and sliotar)
Player 1 (with sliotar) on the 45 metre line, Player 2 (being tested) on the 21 metre line in the centre of the goals. Player 1 feeds sliotar into Player 2, who must double on the sliotar into the goals behind him, whichever side it comes to him.

Score: 10 points per score.
5 points per ball doubled on.
Maximum score: 50 points.
Coaches “eye” important here as the “feeder” must give a nicely struck sliotar to give the player being tested a decent chance of connection. Patience required!

TARGET 2 - FREE TAKING

Two hurling balls are placed on the 21 metre line as follows:
A. 5 metres from the right sideline
B. 5 metres from the left sideline
Two hurling balls are placed on the 45 metre line as follows:
C. 5 metres from the right sideline
D. 5 metres from the left sideline
Two hurling balls are placed on the 65 metre line as follows:
C. 25 metres from the left of centre
D. 5 metres from the right of centre

Balls must be struck over the bar.
Score:
10 points per score.
Maximum score: 60 points.

TARGET 3 - JAB LIFT, DELANEY HOP AND STRIKE

Player starts on a 50 metre mark. Sliotar placed out on the 45 metre line. He runs, jab lifts on to the hurl without catching sliotar, solos to a 30 metre mark, while moving, performs a “Delaney Hop”, he must be soloing with sliotar under control, by the time he reaches a 21 metre mark, then strikes sliotar from the hurl over the bar. Players to do this at full pace. Balls must be struck from the following positions:
A. Centre of the goals
B. 10 metres to right of centre
C. 10 metres to left of centre

Balls must be struck over the bar.
Scores can be deducted, at the coaches’ discretion, based on less than 100 per cent effort.
Score: 20 points per ball.
Maximum score: 60 points.

TARGET 4 - GROUND CUT

Four hurling balls are placed on 30 metre line as follows:
A. 25 metres to right of centre
B. 25 metres to left of centre
C. Sideline to the right of the goals
D. Sideline to the left of the goals

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 UNDER PRESSURE.

Player 1 attack a low ball struck from 50m away. Player 2 standing 5 metres behind Player 1. Player 1 must gather possession cleanly through a catch or maximum of “one touch” while under pressure from chasing Player 2. 5 balls in total are attacked.

Scores can be deducted, at the coaches’ discretion, based on less than 100 per cent effort.
5 points deducted if “two touches” taken.
No points if more than “two touches”.
Maximum score: 50 points.

SKILLS TARGETS 16 - 18 YEARS continued

TARGET 6 - LONG STRIKE AND SCORE

Players must strike a total of six hurling balls from the hand over the bar. One strike from each side at each distance. Balls must go over the bar.

Score:
65 metres - 5 points per ball
80 metres - 10 points
90 metres - 20 points
Maximum score: 70 points.

TARGET 7 - CATCHING UNDER PRESSURE

Player 1 must catch a high ball within a designated 15m x 15m zone struck from 50 metres away. Player 2 places pressure on Player 1 as he attempts to catch the ball. Player 1 must start outside the zone and judge the flight of the ball as it enters and must be airborne when catching the ball. If the ball does not enter the zone in a correct manner the ball is considered void.

Score: 10 points per ball caught.
Maximum score: 40 points.

TARGET 8 - HOOKING

Player 1 (on the 20 metre line with sliotar) - Player 2 (being tested) standing 2-3 metres behind Player 1. On coaches' call: Player 1 sprints off, with Player 2 in hot pursuit. Player 1 can strike the sliotar and shoot for goal at any stage before he reaches the 14 metre line, Player 2 must "hook". Player 1 must try not to avoid the "hook".

Score: 10 points per "hook"
Maximum score: 30 points.

TARGET 9 - BLOCKING

Player 1 (on the 45 metre line with sliotar) - Player 2 (being tested) standing 5-10 metres in front of Player 1. On coaches' call: Player 1 sprints off, with Player 2 facing him. Player 1 must strike the sliotar, to score a point while moving at any stage, before he meets Player 2. Player 2 must "block" by judging the flight of the sliotar only.

Score: 10 points per "block"
Maximum score: 30 points.

Maximum Overall Score: 450 points.

WE ARE CONCERNED WITH
THE LONG TERM DEVELOPMENT OF
EACH AND EVERY PLAYER TO REACH
THEIR OWN MAXIMUM POTENTIAL