

6 - 8 YEARS OLD

Player Characteristics

- ▶ They will want to play as many games as possible.
- ▶ Positive feedback is vital.
- ▶ Each individual player will want your interest and attention.
- ▶ The beehive effect will still be present, but should not be as prevalent.
- ▶ They will respond to discipline and fairness from the coach.
- ▶ Respect can be ingrained in their sessions.
- ▶ Can pass to their friends rather than to a teammate in the “best” position.
- ▶ The child is full of enthusiasm and “bursting” with excitement to be in the field.
- ▶ They want to play!! Here is why Go Games are vital, they allow ALL players to play the full game.

6 - 8 SKILL EMPHASIS (all the previous skills to be constantly practised)

- ▶ Ground Strike with a “wristy” swing.
 - 5 stages:
 - sliotar stationary.
 - sliotar moving.
 - player stationary.
 - player moving.
 - player moving and sliotar moving.
- ▶ First Touch - constant practice.
- ▶ Ground Clash.
 - 3 stages:
 - on padded hurl.
 - on tyre.
 - against an opponent .
(Stationary then movement)
- ▶ Ball Hops - one side of the bas.
- ▶ Tippy Taps - both sides of the bas.
- ▶ Dribble - two handed.
- ▶ Roll Lift.
- ▶ Jab Lift.
- ▶ Strike from the hand .
(Perform swinging action on both sides)
- ▶ Solo
 - sliotar balanced i.e. ball “stuck” to the hurl.
 - sliotar bouncing.
- ▶ All other skills will be practiced during the games.



6 - 8 YEARS OLD

6 - 8 PHYSICAL FOCUS - ABC'S & RJT'S

Focus on fundamental movements.

- ▶ ABC's, RJT's:
 - Running - forwards, backwards, sideways, stopping, starting, changing direction, swerving, sidestepping, avoiding other players in fun activities.
 - Introduce speed for the first time in the form of relays and mini races.
 - Linear, lateral and multi-directional speed should be developed and the duration of the repetitions should be less than 5 seconds. This is often called the 'agility, quickness, change of direction' window of improvement.

Strength

- Strength training during this phase should include exercises using the child's own body weight in fun activities.
- By crawling on hands etc.
- Bear crawls.

6 - 8 GAME SPECIFIC

“Street / Parish Leagues” “Go Games” - Small sided games (3v3 or 4v4), conditioned with full participation.

- ▶ “Three Goals and In” - all the required aspects of the game are practised in such a game.
- ▶ “Backs and Forwards” - all the required aspects of the game are practised in such a game.
- ▶ “Four Goal Game” - this is an ideal method of reducing the beehive effect.
- ▶ “No Man's Land”.
- ▶ Throwing and Catching - all the skills of the game to be practised during these games.
- ▶ “Goal to Goal” - player's practice left and right to continue to develop bilateral co-ordination (on the ground and out of the hand).
- ▶ Basic positional understanding - players play all positions.
- ▶ Basic communication - small sided games (4v5, 6v5, 7v7).
- ▶ Basic rules - they will not fully understand positioning, so don't fret!
- ▶ “Two only in for tackle” is a good deterrent to the beehive effect. Use of zones can really help players identify positions and where to stand.
- ▶ Players should now be capable of looking up and beginning to show small but progressive signs by understanding the basics of defending and attacking.
- ▶ All players must go back and stand “shoulder to shoulder” with their direct opponent, in their starting positions, after every wide ball, score or sideline. Give them 3 seconds to get there.
- ▶ In games ensure that there are plenty of scoring opportunities, first team into position, best score etc. players of this age level respond to plenty of scores!
- ▶ Children should be introduced to the simple rules and ethics of sports.

6 - 8 YEARS OLD

SKILLS TARGETS 6 - 8 YEARS

A checklist for parents

TARGET 1 - STRIKING Strike sliotar on the ground (right side).	0 - 10m <input type="checkbox"/>	10 - 20m <input type="checkbox"/>	20 - 30m <input type="checkbox"/>
TARGET 2 - STRIKING Strike sliotar on the ground (left side).	0 - 10m <input type="checkbox"/>	10 - 20m <input type="checkbox"/>	20 - 30m <input type="checkbox"/>
TARGET 3 - DRIBBLING Dribble the sliotar 15 metres out and back.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
TARGET 4 - Roll Lift Roll Lift the sliotar into the cupped hand. How many in 60 seconds.	0 - 20 <input type="checkbox"/>	20 - 30 <input type="checkbox"/>	30 - 50 <input type="checkbox"/>
TARGET 5 - STRIKING FROM HAND Strike sliotar out of the hand (right side).	0 - 20m <input type="checkbox"/>	20 - 30m <input type="checkbox"/>	30 - 40m <input type="checkbox"/>
TARGET 6 - STRIKING FROM HAND Strike sliotar out of the hand (left side).	0 - 20m <input type="checkbox"/>	20 - 30m <input type="checkbox"/>	30 - 40m <input type="checkbox"/>
TARGET 7 - CATCHING Coach throws a sliotar for player to catch it from 10 metres (with hand protected).	Attempt 1 <input type="checkbox"/>	Attempt 2 <input type="checkbox"/>	Attempt 3 <input type="checkbox"/>
TARGET 8 - BALANCE THE SLIOTAR ON THE HURL, STATIONARY (without dropping it for 1 minute). Alternatively time a minute and count how many drops a player makes in the minute.	0 - 10 sec <input type="checkbox"/>	10 - 30 sec <input type="checkbox"/>	30 - 60 sec <input type="checkbox"/>
	60 - 30 <input type="checkbox"/>	30 - 10 <input type="checkbox"/>	10 - 0 <input type="checkbox"/>
TARGET 9 - BALL HOPS (without dropping it for 1 minute). Alternatively time a minute and count how many drops a player makes in the minute.	0 - 30 hops <input type="checkbox"/>	30 - 60 hops <input type="checkbox"/>	60 - 120 hops <input type="checkbox"/>
	60 - 30 <input type="checkbox"/>	30 - 10 <input type="checkbox"/>	10 - 0 <input type="checkbox"/>