

### Player Characteristics

- ▶ They will want to play as many games as possible.
- ▶ They continue to develop their social skills, learning about teamwork, sharing, waiting their turn, and generally “getting on” with their peers.
- ▶ Vital that coaches continue to show an interest in all players - have a word for every child.
- ▶ Like to be shown an interest in outside of their GAA lives.
- ▶ Defending and attacking principles can be further developed, although some players will learn these at a faster rate than others.
- ▶ Support play and general team play can be expected of the child.
- ▶ 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.

### 8 – 10 SKILL EMPHASIS (all the previous skills to be constantly practised)

- ▶ Grip, Ready, Lock and Swing.
- ▶ Ground Strike (L and R) with a “wristy” swing - 5 stages:
  - sliotar stationary.
  - sliotar moving.
  - player stationary.
  - player moving.
  - player and sliotar moving.
- ▶ First Touch - constant practice.
- ▶ Ground Clash - 3 stages:
  - on padded hurl.
  - on tyre.
  - against an opponent (stationary then movement).
- ▶ Dribble.
- ▶ Frontal Block Ground Clash.
- ▶ Chest Catch (body protected).
- ▶ Intro to Shoulder Clash (e.g. hurling rope).
- ▶ Roll/Jab Lift (toe of the hurl points out away from the body).
- ▶ Strike from the hand (on both sides) stationary / on the run.
- ▶ Sidelines.
- ▶ Free taking.
- ▶ Flick the sliotar away.
- ▶ Include occasionally:
  - Ball Hops - one side of the bas.
  - Tippy Taps - both sides of the bas.
  - All Around the World - four edges of the bas.
- ▶ All other skills will be practised during the games.



### 8 – 10 PHYSICAL FOCUS - ABC'S & RJT'S

**Movement** - 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.

- ▶ ABC's, RJT's, CPS running - forwards, backwards, sideways, stopping, starting, changing direction, swerving, sidestepping, avoiding other players in fun activities.

**Strength** - use own bodyweight, walking on arms, crawling, fun pushing, pulling activities.

### 8 – 10 GAME SPECIFIC

**“Street / Parish Leagues” “Go Games”** - small sided games (5v5, 6v6), 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 coordination (on the ground and out of the hand).

#### Games Sense

- ▶ Organisation of games - 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.
- ▶ “Two only in for tackle” is a good deterrent to the beehive effect.
- ▶ Positional understanding:
  - when to pass.
  - where to solo with sliotar / when / where to strike to.
- ▶ Hurl with your head up.
- ▶ Move with sliotar take 4 steps - who to pass to / mark.
- ▶ Where to move to - support your teammates in attack / defence.
- ▶ Small sided games (4v4, 6v6, 10v10).
- ▶ Learning to look up when striking / passing the sliotar should be encouraged.
- ▶ Communication with teammates.
- ▶ Learning to call for a pass when in a better position, letting their teammates know that they are free to strike / pass etc.
- ▶ Learning to understand from coaches guidance.



## 8 - 10 YEARS OLD

### SKILLS TARGETS 8 - 10 YEARS

A checklist for parents

<b>TARGET 1 - STRIKING</b> Strike sliotar on the ground (right side).	0 - 10m <input type="checkbox"/>	10 - 25m <input type="checkbox"/>	25 - 40m <input type="checkbox"/>
<b>TARGET 2 - STRIKING</b> Strike sliotar on the ground (left side).	0 - 10m <input type="checkbox"/>	10 - 25m <input type="checkbox"/>	25 - 40m <input type="checkbox"/>
<b>TARGET 3 - Roll Lift</b> Roll Lift the sliotar into the cupped hand. How many in 60 seconds.	0 - 20 <input type="checkbox"/>	20 - 40 <input type="checkbox"/>	40 - 60 <input type="checkbox"/>
<b>TARGET 4 - STRIKING FROM HAND</b> Strike sliotar out of the hand (right side).	0 - 20m <input type="checkbox"/>	20 - 45m <input type="checkbox"/>	45 - 60m <input type="checkbox"/>
<b>TARGET 5 - STRIKING FROM HAND</b> Strike sliotar out of the hand (left side).	0 - 20m <input type="checkbox"/>	20 - 45m <input type="checkbox"/>	45 - 60m <input type="checkbox"/>
<b>TARGET 6 - CATCHING</b> Coach strikes a sliotar for player to catch it from 20 metres (with hand protected).	Attempt 1 <input type="checkbox"/>	Attempt 2 <input type="checkbox"/>	Attempt 3 <input type="checkbox"/>
<b>TARGET 7 - BALANCE THE SLIOTAR ON THE HURL, STATIONARY</b> (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"/>
<b>TARGET 8 - BALL HOPS</b> (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"/>
<b>TARGET 9 - TIPPY TAPS</b> (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 - 90 hops <input type="checkbox"/>