

Baile Buadáin Naomh Éanna
PLAYER PATHWAY



75% GAME-BASED APPROACH
TO COACHING AND PLAYER DEVELOPMENT
FROM CHILD TO YOUTH TO ADULT LEVEL

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VALUES

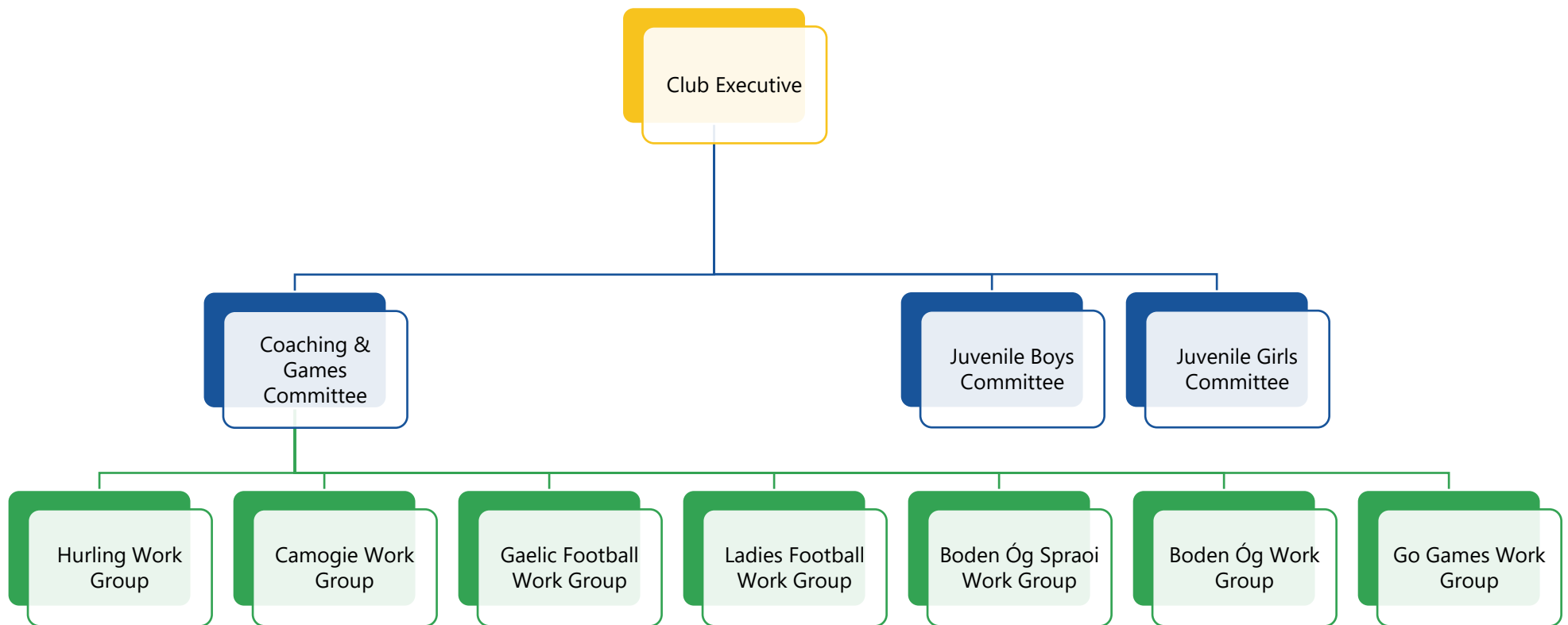
The values of Cumann Lúthchleas Gael are Community, Amateurism, Inclusion, Player Welfare, Teamwork, and Respect, and these are the values we uphold as a club. We have developed our own club theme around these values, as illustrated below, and we encourage our coaches to view them not as remote concepts, but as living principles that can drive our coaching practices on a daily basis. In a club of our size, the challenge of building a sense of community always exists, and we believe these values need to be constantly nurtured within our club. In addition to the content that is coached, we ask our coaches to base their practices on these clearly defined values.



Image 1: Our Club Values as illustrated by David Sweeney

COACHING AND GAMES STRUCTURE

The Ballyboden St Enda's Player Pathway will be monitored and supported by the entire Coaching and Games structure. This includes both Juvenile Committees, the Coiste Oiliúna agus Cluichí (Coaching & Games Committee), and the Work Groups. The Work Groups represent a new approach to coaching and include Boden Óg, Boden Óg Spraoi, Go Games, and each specific code. The role of the Work Groups is to develop initiatives specific to each remit and code, both from a coaching and player development perspective. Over time, the Work Groups for each cohort will ensure best practices throughout our club



CLUB AND COACH - RESPONSIBILITIES AND EXPECTATIONS

The BBSE Coaching and Games team, the various sections of the club, and individual coaches have a responsibility to ensure that best coaching practices are followed.

Responsibilities of the Coaching and Games team and the various sections include:

- Provision of formal and informal coach education opportunities;
- Delivering an enjoyable learning experience for volunteers;
- Facilitating space for idea sharing and networking opportunities through communities of practice;
- Providing feedback and suggestions through observation of training sessions;
- Constantly highlighting the values that underpin our practice.

Expectations of volunteer coaches include:

- Showing the highest level of respect to all they engage with;
- Willingness to engage with the club's Coach Education Pathway and Child Safeguarding policy;
- Working as part of a team with other volunteers;
- Creating a fun learning environment.

Coach Development

The potential of individual players and teams is fully realised when coaches have developed their own coaching skills and competencies. Coaches are expected to fully engage in this process and invest in their own self-development.

Formal Courses	Informal Workshops/Meetings
<ul style="list-style-type: none"> • ICGG (Introduction to Coaching Gaelic Games) • Award 1 youth and adult • Award 2 youth and adult 	<ul style="list-style-type: none"> • Communities of Practice/ Information Meetings • Age Specific Coaching Workshops - Boden Óg, Go Games and Competition ages • Code Specific Workshops

COACHING PRINCIPLES

Game-Based Approach

As outlined in the model sessions included below, a game-based approach to coaching underpins our philosophy, from the very young to the adult level. Drills still have a place, but our sessions need to be at least 75% game-based. Drills teach skills in isolation, while games also promote skill development but do so in a way that facilitates diverse learning. Players of all ages embrace games as they are fun, involve multidirectional movement, and require loads of decision-making.

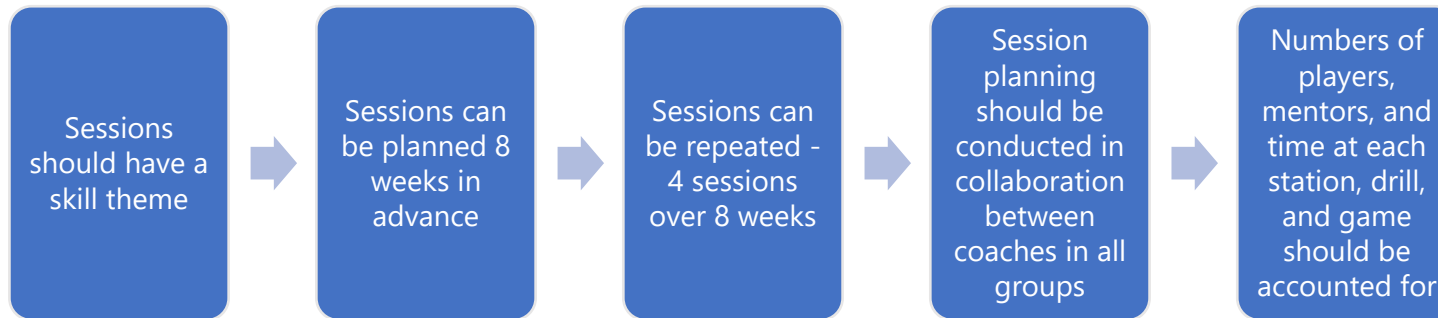
Types of games

- ✓ Chasing Games: Players pursue other players. Help to develop a range of fundamental skills.
- ✓ Target Games: Players aim to hit a target. Allow for skill development in a fun manner.
- ✓ Races: Impactful way of getting children involved and having fun. Can work to develop a range of fundamental skills.
- ✓ Modified Games: Resembles the sport but is modified depending on the demographics of players.
- ✓ Small Sided Games: Quantity of players, and or pitch sizes are decreased to ensure increased touches for players.
- ✓ Conditioned Games: A game, either full sided or small sided where conditions are imposed.
- ✓ Full Invasion Games: - Core objective is to move into an opponent's territory to score.
- ✓ Part Invasion Games: Such games encourage the awareness of time and space.

"TOO MANY DRILLS WILL KILL THE YOUNG PLAYERS' INNATE POTENTIAL!" – HORST WEIN

Session planning

Model sessions for each stage are included below, and we encourage that all sessions be pre-planned, both on an individual and long-term basis. The following are our guidelines:



Recommended Pitch Training Time

U5 - U7: 45 - 60 minutes

U8 - U9: 60 minutes

U10 - U11: 60 minutes

U12 - U13: 60 minutes

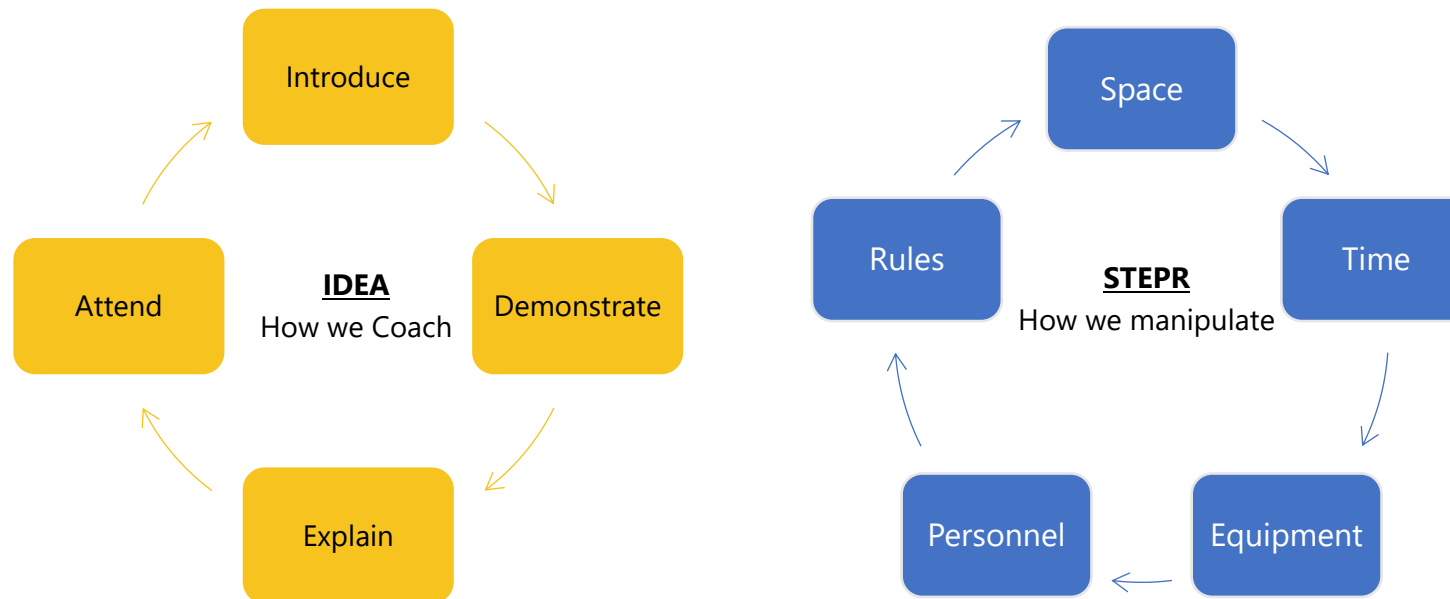
U14 - U15: 60 - 75 minutes

U16 - U18: 60 - 75 minutes

Excellent Coaching Sessions

- ✓ Planned and published in advance
 - ✓ Start and end on time
- ✓ Keep participants busy the whole time
 - ✓ Include a lot of variety
- ✓ Include behaviours required in competition
 - ✓ Involve each player in goal setting
- ✓ Generates as much feedback as possible
 - ✓ Are evaluated as soon after as possible
- ✓ Encourage others to make a positive contribution

Coaching Terms



Spot and Fix: Observe players while they are performing a skill and look to spot any errors that might be present. Then, take the player aside and work to rectify the error.

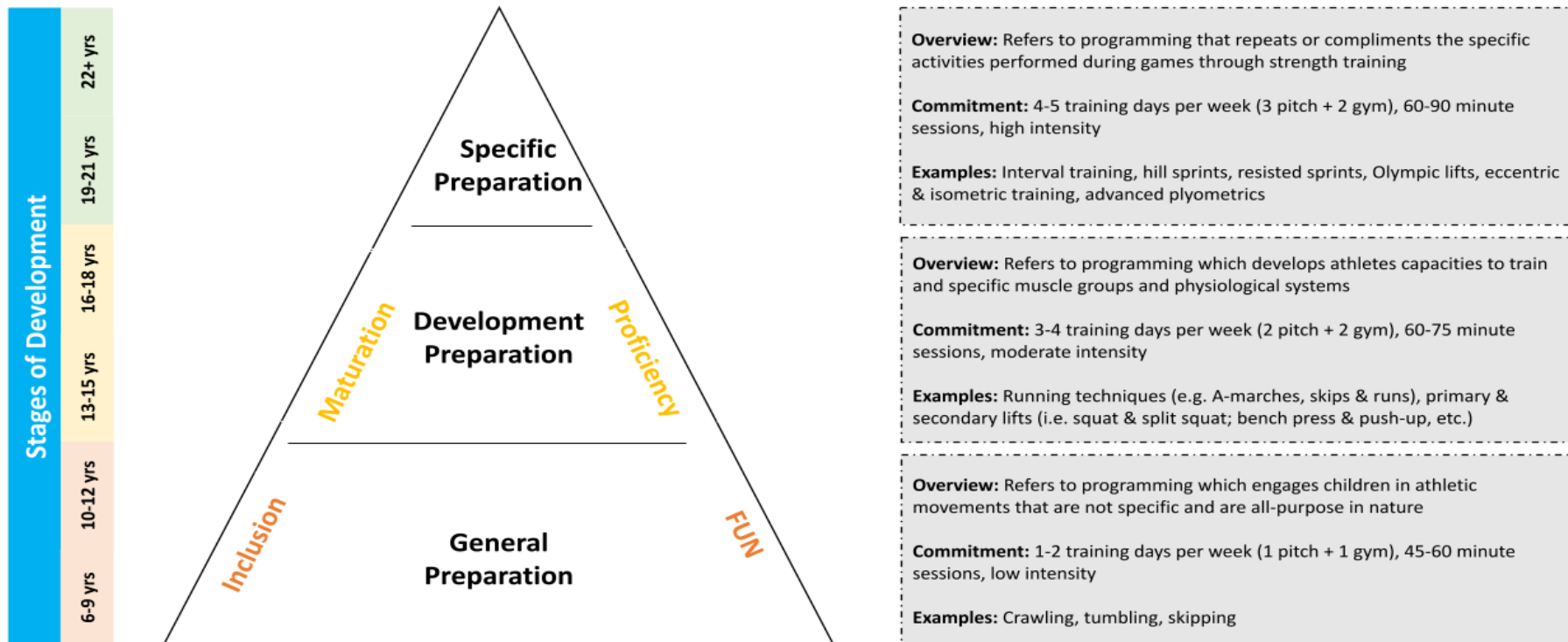
Questioning and Feedback: The use of open-ended questions is an effective way to check for understanding. It gives autonomy to players and allows them to come up with solutions.

Playing Different Positions

If we limit young players to specific positions from an early stage, we lose the opportunity to help them develop into the most well-rounded athletes possible. We recommend that between the ages of 12-15, players be played in different positions, both in training and matches. Over time, some of the main benefits of such an approach include developing the overall skill of players, improving teamwork, and teaching players the importance of flexibility.

Long Term Athletic Development

Athletic Development is a key focus of Coaching and Games in the Club and it is now overseen by the Athletic Development team. Long term athletic development sits alongside the tactical and technical elements of our games and is developed both in the gym and on the pitch. The below graph explains the key focus areas in each stage.





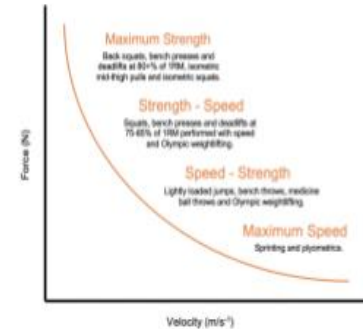
Preparation Stages

General Preparation Phase

Developmental Phase

Specific Preparation Phase

Physical Capabilities



Learn to Train

Train to Train

Train to Compete

Profile: FUN environment for children

Aims: Laying down the foundations of training through frequent exposures to FUN movement activities

Session Themes: Animal and Super Hero Movements, Gymnastics, Large spacious environment

Profile: Pre & post pubescent adolescents interested in pursuing Hurling / Football

Aims: Introduction to gym environment with emphasis on technical proficiency and load through different stages of maturation

Session Themes: Developing athletic robustness and exposure of players to higher training loads

Profile: Robust & mature players with aims to play at Senior A level

Aims: Individualised training programmes that cater for players needs to fulfil athletic potential and win championships

Session Themes: Manipulating the force-velocity curve and utilising more complex training methods/techniques

Players of High Potential Initiative

It has become apparent that over the last number of years, that we as a Club have not been producing the same quantity of inter-county standard players that we once did. The Player of High Potential Initiative is a recognition of this and outlines a pathway for our high-potential players in each code to maximise their ability.

The fundamental principle is that each player is challenged to improve and play the game at a level that is appropriate to them, taking into account their physical, technical, and psychological development. Through this process, we appropriately challenge players at a level suitable for them while giving them the opportunity to push their own individual boundaries. This initiative affords the opportunity for players to play and train on several occasions throughout the season with players from an older age group. It also encourages player movement within given age groups and the idea of fluidity between teams in an age group.

"IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU" – FRED DEVITO

A key role in the process is that of the PPO (Player Potential Officers). This role is designed to ensure our high-potential players are not being overloaded while being a gatekeeper of players between age grades. It removes the coach versus coach aspect, with player welfare, development, and skill acquisition being the main reasons for the role. In conjunction with various coaches, the PPO identifies high-potential players from age grades below to engage in training and match play with teams of higher age grades. This will also offer more match and training exposure in each code for players engaged in this initiative.

It is also important that PPOs, in conjunction with coaches at various levels, recognize the values and standards expected of players at Senior A level and intercounty level. Values such as commitment, attitude, and leadership, and standards such as pitch discipline, training attendance, timekeeping, and coach respect are non-negotiable for any high-potential players playing up.

Broadening Horizons

It is recommended that teams should have the opportunity to play games outside of Dublin over the course of a year. This allows our players and teams to be exposed to different styles and standards of play.

Specialised Code Coaching

This Player Pathway does not seek to address specific coaching areas such as goalkeeping, tackling, or free-taking. Such skill development initiatives are focused on via workshops organised throughout the year in conjunction with the CPDM.

Home Practice

Developing a culture of practising at home is a key component of this pathway. Our games are highly skill-oriented and require practice from a young age. Coaches should encourage this by engaging both children/young people themselves and parents. Parent information evenings should include an element of parent education. Challenges can also be set for children on a weekly basis, which will fuel their motivation to practice.

Adult Player Involvement

Adult players can be valuable assets in the skill development of our young players and can also provide general assistance to coaches. However, adult players are often busy with their own playing commitments. Therefore, we try to utilise them strategically. This is typically done on a phased basis, where a number of players are linked with each team, and their presence at training is rotated. In addition to skill development, adult player involvement serves to enhance the sense of community in the club by linking adult players with younger teams.

Primary Schools




Traditionally primary schools in the four parishes of Ballyboden, Rathfarnham, Knocklyon and Firhouse have served the Club hugely over the years, and the club-school link continues as a critical facet of our pathway. The following are the goals of the Primary School programme:

- General promotion of Ballyboden St Enda's GAA and Gaelic Games within Primary Schools in the locality;
- Increase and consolidate participation in Ballyboden St Endas from within the Primary School population;
- Increase participation within targeted demographics;
- Development of long - term strategic partnerships between Primary Schools and the Club;
- Development of a culture of year round participation and practice of Gaelic Games within Primary Schools;
- Empower and support Teachers in the promotion of Gaelic Games.

Secondary Schools

Coláiste Éanna, St Colmcille's Community School and Loreto High School Beaufort are three of the main Secondary Schools in the area, and similar to Primary Schools, they have played a critical role in the promotion of Gaelic Games. An important part of player transition through the different stages is appropriate participation and coaching at secondary level, and going forward the club will ensure that teachers promoting games at second level will be adequately supported and resourced. It is also incumbent that our own Coaches work in partnership with Secondary Schools for the common good.

BALLYBODEN ST ENDA'S PLAYER PATHWAY

Philosophy	PLAY TO LEARN			LEARN TO COMPETE		COMPETE TO EXCEL	
Stage	<p>CHILD</p> 			<p>YOUTH</p> 		<p>ADULT</p> 	
Age	5 - 6	6 - 8	8 - 13	13 - 15	15 - 17	18 - 21	22+
Structures	Boden Óg Spraoui	Boden Óg	Go Games	Early Youth	Late Youth	Early Adult	Adult

CHILD – PLAY TO LEARN

Stage	Players	Physical Development	Skill Focus
Boden Óg Spraoi	<p>Ages 5 – 6: focus on fun! Activities have regard for:</p> <ul style="list-style-type: none"> • Short attention spans • Learning to share • Plenty of energy but also plenty of breaks • Natural interest is in 'I' rather than 'Team' 	<p>Improving their fundamental movement skills with a focus on:</p> <ul style="list-style-type: none"> • ABC's – agility, balance and coordination • RJTs – running, jumping and throwing 	<p>Getting a feel for handling, sending & receiving footballs, sliotars, soft balls, tennis balls and bean bags.</p>
Boden Óg	<p>Ages 6 – 8: focus is on play! Activities have regard for:</p> <ul style="list-style-type: none"> • Players will want to play as many games as possible • Players won't yet have positional sense – beehive effect is strong • Players learning to pass to teammates • Players getting a go at all positions and learning rules gradually 	<p>Beginning to develop their fundamental movement skills further with a focus on:</p> <ul style="list-style-type: none"> • Introducing speed gradually through relays, mini-races etc. • Using fun games to help with body weight strength e.g bear crawls 	<p>Focus on striking and kicking – building various striking and kicking skills gradually e.g. ground strike before striking from the hand. Working on the child's first touch through fun activities.</p>
Go Games	<p>Ages 8 – 13: focus is on games! Activities have regard for:</p> <ul style="list-style-type: none"> • Growing awareness of principles of attacking/defending • Increased confidence in support play • Differing rates of physical and skill development • Respecting others 	<p>Enhancing their fundamental movement skills and strength:</p> <ul style="list-style-type: none"> • Introduction of basic flexibility exercises during warm-up/cool-down • Increase endurance through games • Resistance activities – pushing and pulling in fun-based activities • Awareness of the importance of rest 	<p>Growing game sense – reading the game, encouraging decision-making and communication. Focus on developing accuracy/distance of actions such as striking, kicking, handpassing. Developing tackling skills e.g blocking, hooking etc.</p>

BODEN ÓG SPRAOI: AGES 5 – 6... FOCUS ON FUN

Hurling/Camogie	Football	Physical Development	Tactical
<p>No differentiation between football and hurling/camogie yet. Focus on training greater movement skills and progress to finer movement skills. Emphasis on Fun, Learning & Belonging in Ballyboden St Enda's.</p> <p>Handling: <i>Handling - Sending</i></p> <ul style="list-style-type: none"> Roll Throw Bounce Identify Hurley hand Identify Catching Hand Introduce Grip and Swing positions <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> Low catch (rolling ball) Bounce & Catch Chest catch <p><i>Kicking - Sending</i></p> <ul style="list-style-type: none"> Ground Kick Balloon Punt Kick Bean Bag Flick <p><i>Travelling</i></p> <ul style="list-style-type: none"> Ball Carry while walking, running, hopping... 4-steps with ball & bounce Knee solo <p><i>Tough skills to attempt Pre Boden Óg</i></p> <ul style="list-style-type: none"> Underarm Throw Ground Strike Dribble 	<p>No differentiation between football and hurling/camogie yet. Focus on training greater movement skills and progress to finer movement skills. Emphasis on Fun, Learning & Belonging in Ballyboden St Enda's.</p> <p>Handling: <i>Handling - Sending</i></p> <ul style="list-style-type: none"> Roll Throw Bounce <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> Low catch (rolling ball) Bounce & Catch Chest catch <p><i>Kicking - Sending</i></p> <ul style="list-style-type: none"> Ground Kick Balloon Punt Kick Bean Bag Flick <p><i>Travelling</i></p> <ul style="list-style-type: none"> Ball Carry while walking, running, hopping... 4-steps with ball & bounce Knee solo <p><i>Tough skills to attempt Pre Boden Óg.</i></p> <ul style="list-style-type: none"> Hand Pass Punt Kick Toe Tap 	<p>Emphasis on ABC & RJTs:</p> <p>Agility: dodging and chasing games</p> <p>Balance: hopping and animal walking</p> <p>Coordination: bean bag throw and skipping</p> <p>Running: develop running technique</p> <p>Jumping: develop jumping, hopping and skipping technique</p> <p>Throwing: develop hand-eye coordination All skills learned through controlled chaos Fundamental Movement Games</p> <p>Characteristics:</p> <ul style="list-style-type: none"> Easily distracted Short attention span Not ready for formal sport Self centred - expect others to adapt to them Don't understand planned training 	<p>Playing to Learn. Introduction & familiarity around rules. Spatial Awareness -</p> <ul style="list-style-type: none"> Observe & evade obstacles/opponents <p>Coach - How can I help their understanding?</p> <ul style="list-style-type: none"> Clear & Concise explanation Visual & Verbal demonstration <p>How can I help develop their coordination?</p> <ul style="list-style-type: none"> Refer to HH(H)F model Head - Eye on the ball/Look at where you want to go Hands - Pump your arms to run faster (tell them and show them) Hurl - Introduce Grip & Swing positions Feet - The ball will go in the direction the toe is pointing/ longer stride to go farther and shorter stride to go quicker (Show them). <p>Me & My Ball.</p> <ul style="list-style-type: none"> "If I have a ball, I can practise lots of skills" <p>Games specific: <i>Target games</i></p> <ul style="list-style-type: none"> Bean Bag through the hoop <p><i>Court games</i></p> <ul style="list-style-type: none"> Smelly Nappies

See APPENDIX I for Boden Óg Spraoi FMS & Football Skill Specific Assessment Tool

See APPENDIX II for Boden Óg Spraoi Hurling/Camogie Skill Specific Assessment Tool

Boden Óg Spraoi Session Structure

Boden Óg Spraoi is a child's first introduction to Ballyboden St Enda's. The environment is centred around "Spraoi", learning and belonging. In every Boden Óg Spraoi session, every child is given the opportunity to express their individuality through play. The development of movement skills and coordination is a by-product of activities which place emphasis on group and individual games.

Template

<i>Activity</i>	<i>Emphasis</i>	<i>Time</i>
Station 1	Locomotor Skills	15mins
Station 2	Manipulative Skills	15mins
Station 4	Jumping/Balance/Stability Skills	15mins



Taking Child-Centred Approach

Connection - Build rapport & trust to create a safe environment
Active Listening - Listening carefully, repeating back, questioning
Reinforcement - Praise, encouragement, thumbs up, smiles
Engagement - Level down, grab attention, pace, intonation

***Effective communication is about understanding
& being understood***



Sample Sessions



Session 1

Warm Up

Stuck in the Mud



How to Play:

- Players run around the area trying to avoid the tagger(s)
- If they get tagged, they are freed by another player crawling through their legs. The tagged players must stand still, feet wide apart, and shout "HELP!"
- Taggers cannot tag whilst being freed

Station 1A

Body Parts



How to Play:

- Players run around the area randomly
- On the coaches call, players pair off and touch the called body parts together e.g. back to back, elbow to elbow, foot to foot, knee to knee, shoulder to shoulder etc

Adaptations/Progressions

Change the means of locomotion e.g. skip, gallop, run backwards, run sideways, frog jump, hop etc

Station 1B

Bean Bag Transfer



How to Play:

- Players race each other in teams
- Every second player transfers a bean bag to a hoop before tagging the next player who transfers the bean bag back

Adaptations/Progressions

Change the means of locomotion e.g. skip, gallop, run backwards, run sideways, frog jump, hop etc

Station 2A

Bounce & Catch



How to Play:

- Each player has a ball
- From a stationary position, bounce and catch the ball with 2 hands.
- KEY POINTS: Using the fingers, push down through the ball to bounce it
- Extend the arms towards the ball to catch it

Adaptations/Progressions

Bounce continuously from a stationary position.
Walk/jog 4 steps, bounce and catch

Station 2B

Target Bounce



How to Play:

- Each player has a ball
- Place a number of coloured hoops around the area
- Players attempt to perform a 2-handed bounce and catch in each hoop

Adaptations/Progressions

Players race each other in teams. Coach calls out a colour and players race to complete a bounce in each coloured hoop
Count the number of bounces in a set time



Session 1

Cool Down
YoGAA



How to Play:

- Place the yoga pose cards on the ground.
- Each player picks up a yoga card and walks around to find a player with a matching card
- Both players then practice their poses together

Station 3A

Crocodile River Bank Jump



How to Play:

- Create a line on the floor with a skipping rope or use an existing floor marking.
- One side of the line is the "river" and the other is the "bank".
- Players ask the coach together "Crocodile, crocodile, who can cross the river?" Coach calls out a player's name and they jump across.
- Repeat until all players are across

Adaptations/Progressions

Progress to run & jump, 1-footed jumping
Widen the 'river'

Station 3B

Bean Bag Balance Challenge



How to Play:

- Set up area marked out with cones.
- Give each child a bean bag.
- Children walk around area balancing their bean bag on their head, shoulder, elbow, hand, toes, back, etc.

Adaptations/Progressions

Progress to a fast walk/jog
Jump with bean bag between knees/ankles

Station 4A

Rolling Practice



How to Play:

- Players pair off and sit astride with a ball between two, rolling the ball to each other
- Use two touches, one to roll the ball to partner and a second to stop it on the way back
- KEY POINTS: Use a two-handed underarm technique to roll the ball

Adaptations/Progressions

Move to a kneeling and then standing position
Roll the ball continuously

Station 4B

Knock the Cap



How to Play:

- Set up a tall cone or a marker as a target
- The players roll the ball to hit and knock the target
- KEY POINTS: Use a two-handed technique to begin with

Adaptations/Progressions

Increase the distance from the target
Use a one-handed technique or a smaller ball

BODEN ÓG AND EARLY GO GAMES: AGES 7 - 9... FOCUS ON PLAY

Hurling/Camogie	Football	Physical Development	Tactical
<p>Introduction to football specific finer movement skills.</p> <p>Handling:</p> <ul style="list-style-type: none"> • Correct hurl size • Identify catching hand • Grip and Swing <p><i>Handling - Sending</i></p> <ul style="list-style-type: none"> • Ground striking a moving ball • Ground striking while moving • Striking from the hand • Introduced at Go Games entry <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> • Catching high, mid and low • First touch • Roll and Jab lift <p><i>Travelling</i></p> <ul style="list-style-type: none"> • Dribbling on both sides • Bean bag balancing on hurl <p><i>Tackling</i></p> <ul style="list-style-type: none"> • Ground block • Hook movement • Frontal block 	<p>Introduction to football specific finer movement skills.</p> <p>Handling:</p> <p><i>Handling - Sending</i></p> <ul style="list-style-type: none"> • Hand pass left and right <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> • Low, body & high catch • Crouch lift <p><i>Kicking</i></p> <ul style="list-style-type: none"> • Punt kick • Hook kick <p><i>Travelling</i></p> <ul style="list-style-type: none"> • Bounce on the move • Solo (stationary to moving) <p><i>Tackling</i></p> <ul style="list-style-type: none"> • Near hand tackle • Block down • Shadowing 	<p>Emphasis on ABC & RJTs:</p> <p>Agility: zig-zag relay</p> <p>Balance: one leg hopping</p> <p>Coordination: catching</p> <p>Running: develop a good technique</p> <p>Jumping: leapfrog, donkey kicks</p> <p>Throwing: dodgeball</p> <p>Strength:</p> <ul style="list-style-type: none"> • Use bodyweight • Partner resistance activities <p>Flexibility:</p> <ul style="list-style-type: none"> • Mobilise body parts - arms and hips • Warm-up and Cool down concept <p>Characteristics:</p> <ul style="list-style-type: none"> • Easily distracted • Short attention span • Not ready for formal sport • Self-centred - expect others to adapt to them • Don't understand planned training 	<p>Learning the rules.</p> <p>Can they pass and move to a good space?</p> <p>Do they know what good space is?</p> <ul style="list-style-type: none"> • Visually show the players the difference between following the crowd to the ball and finding your own space to receive the ball. <p>Do they know what a score is?</p> <ul style="list-style-type: none"> • In a conditioned game, players can score in various ways (set number of passes/carry through zone/score a goal or point). • Which scoring method is easiest? • Which is most relevant to the skill you wish to emphasise? <p>Game Specific</p> <p>Target Games: Through the gate</p> <p>Court Games: No man's land</p> <p>Field Games: Rounders</p> <p>Part-invasion: 4x4 zoned with no goalkeeper</p> <p>Full-invasion: 4x4 two touches only</p>

See APPENDIX III for Boden Óg and Early Go Games FMS & Football Skill Specific Assessment Tool

See APPENDIX IV for Boden Óg and Early Go Games Hurling/Camogie Skill Specific Assessment Tool

Boden Óg Session Structure

Having been the traditional introduction to Ballyboden St Enda's for nursery aged children, Boden Óg is now an environment where children are introduced to GAA specific skills and group games involving teamwork. Boden Óg is also a learning environment for coaches as this is the beginning of formal coach upskilling. All Boden Óg coaches are required to complete the Introduction to Coaching Gaelic Games Course.

Template

<i>Activity</i>	<i>Emphasis</i>	<i>Time</i>
Warmup	Agility based pulse raisers	10mins
Station 1	Fundamental activity & Football Skill 1	10mins
Station 2	Fundamental Activity & Football Skill 2	10mins
Station 3	Fundamental Activity & Hurling/Camogie Skill 1	10mins
Station 4	Fundamental Activity & Hurling/Camogie Skill 2	10mins

Sample Sessions



Station 1A: FMS Activity *Rob the nest (Bean Bags)*

Theme - Coordination, agility & decision making.

- Divide group into 4 teams
- 1 person from each team can run at a time
- Aim of the game is to retrieve the most bean bags and pile them at the team's nest
- A player can take 1 Bean Bag at a time from the center nest
- Once the center nest is empty everybody can run at the same time
- Players can steal from other team nests once the center nest has been emptied
- The team with the most Bean Bags is the winner
- Players cannot defend the nest, they must allow other teams to steal from them but they can steal from other teams



How To Play:

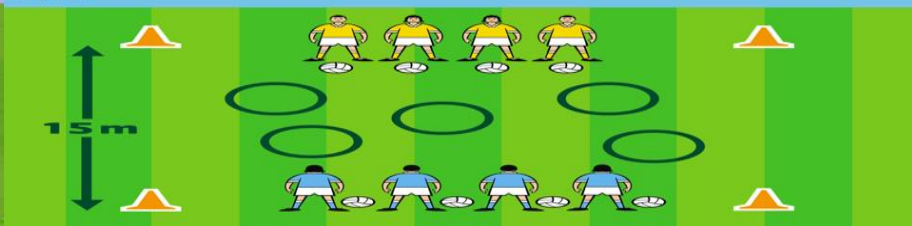
1. Assign 4 Chasers with Pool Noodles
2. If runners are tagged they must perform 5 Jumping Jacks
3. Continue for 60 seconds
4. Change chasers
5. Change exercise for runners when tagged



Station 1B: Football Activity *Over The River*

Theme - Coordination (Punt Kick and catching technique)

- Mark out a grid or 'court' using cones
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the body catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court



BODEN OG



Station 2A: FMS Activity

Obstacle Course

Theme - Develop running and coordination skills

1. Through the ladder
2. Over the hurdles
3. Hop in and out of the tyre
4. Pick up Bean Bag and throw into the hula hoop
5. High 5 next person in line



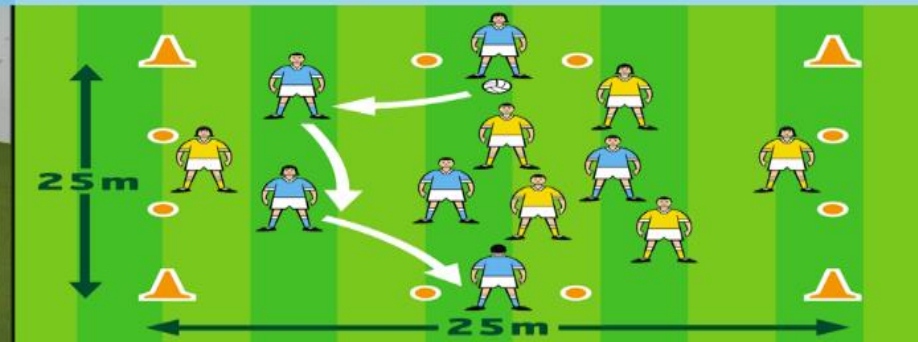
Station 2B: Football Activity

Captain Ball

Theme - Game play (Decision making & Hand pass technique)

Organisation

- Mark out a playing area approximately 25m by 25m, with a goal in the center of each line
- Divide the players into even teams; two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by handpassing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game



BODEN OG

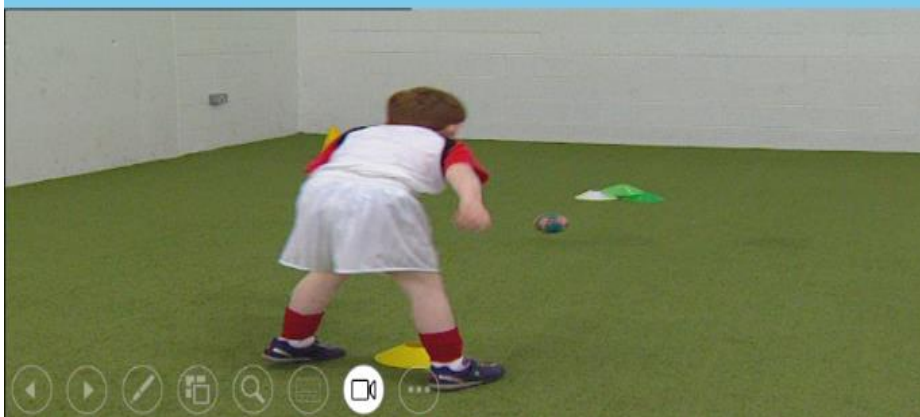


Station 3A:

Underarm Throw Target Practice

Theme - Coordination

- Set up a cone or a cap as a target
- The players roll the ball to hit and knock the target
- Tall Cones as targets
- Award points for hitting cone
- Allow partners to work together to compete against other groups score



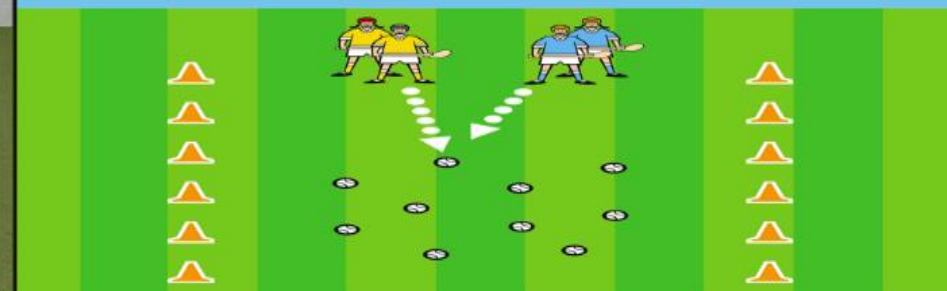
Station 3B:

Shoulder-to-Shoulder Clash

Theme - 1v1 Game situation, Strike and compete against opposition, Grip & Swing Technique

Organisation

- Mark out a grid 20m x 20m
- Place a number of sliotars randomly throughout the grid
- Divide the players into pairs
- Each pair in turn must race through the grid, clashing on each sliotar
- The player who strikes the most sliotars out of the grid is the winner
- Replace the balls and continue the activity with the next pair



BODEN OG



Station 4A:

Snatch Game

Theme - Fast Reactions

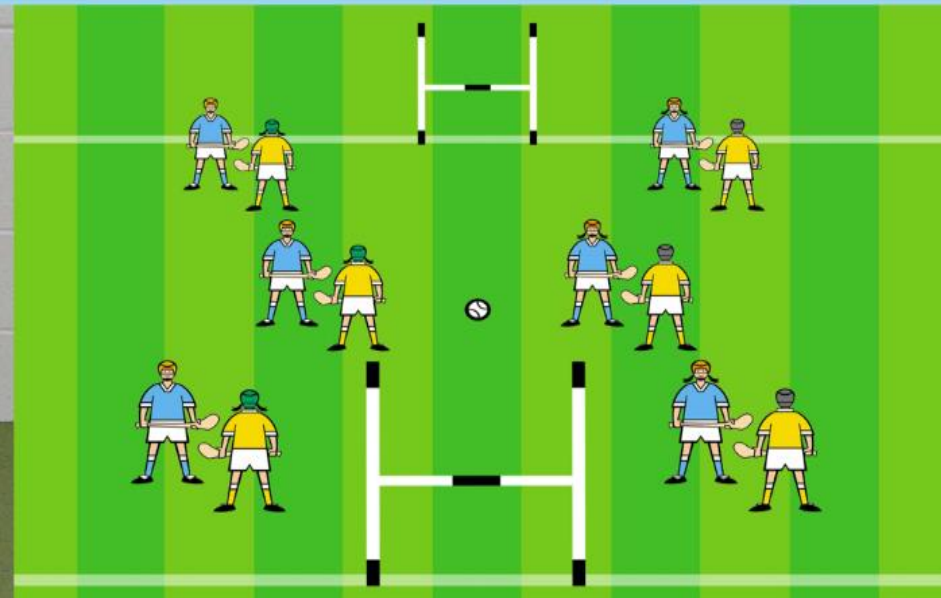
- Partners compete to react first to get the ball
- Coach calls Head, Hands, Feet, Back, Ankles...
- When coach calls ball the players compete for the sliotar

Station 4B:

Short Sided Game Conditioned Game.

Theme - Game Play, Focus on Dribble and Ground Strike Technique

- Emphasis on a chosen skill
- Award points for performing the highlighted skill



GO GAMES: AGES 10 – 12... FOCUS IS ON GAMES

Hurling/Camogie	Football	Physical Development	Tactical
<p>Handling:</p> <ul style="list-style-type: none"> • Swing • Overhead catch • Hand pass <p><i>Handling - Sending</i></p> <ul style="list-style-type: none"> • Striking a moving ball on the ground • Striking off hurl • Striking from the hand (stationary to moving) • Side line cuts <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> • Catching: low, mid, high • First touch • Roll and jab lift • Batting high ball <p><i>Travelling</i></p> <ul style="list-style-type: none"> • Dribble (both sides) • Solo (bean bag or ball) <p><i>Tackling</i></p> <ul style="list-style-type: none"> • Ground Block • Hooking • Shouldering • Ground Flick • Air Block 	<p>Handling:</p> <p><i>Handing - Sending</i></p> <ul style="list-style-type: none"> • Hand Pass <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> • Low catch • Chest catch • High catch <p>Kicking:</p> <p><i>Kicking - Sending</i></p> <ul style="list-style-type: none"> • Hook kick • Punt kick <p><i>Kicking - Receiving</i></p> <ul style="list-style-type: none"> • Crouch lift <p><i>Kicking - Travelling</i></p> <ul style="list-style-type: none"> • Solo (stationary to moving) • Bounce on the run • Dummy solo <p>Tackling:</p> <ul style="list-style-type: none"> • Near hand tackle • Block • Shouldering • Shadowing • Frontal tackle 	<p>Strength:</p> <ul style="list-style-type: none"> • Use bodyweight • Own body strength exercises e.g Pull ups press ups • Introduce plyometric training e.g bounding and hopping <p>Movement and Speed:</p> <ul style="list-style-type: none"> • Coach running technique • Correct arm movement • Quickness and change of direction and reaction sprints • Further development of speed in warm ups <p>Flexibility:</p> <ul style="list-style-type: none"> • Utilise body parts: arms and hips etc • Introduce warm-up and cool down concept <p>Characteristics:</p> <ul style="list-style-type: none"> • Begin to form small close friendships. • Group opinion important for evaluation. • Start to compare to each other. • Better able to work with others. • Easier to develop teamwork 	<p>Spatial Awareness:</p> <p>Do they understand what good space is?</p> <p>Passing and Moving:</p> <p>Can they pass & move to a good space?</p> <p>Can they support a player off the ball?</p> <ul style="list-style-type: none"> • Visually demonstrate the difference between receiving the ball behind the teammate while static and receiving while running off the shoulder. • Question the players why the added movement can help them score/get to a good space. <p>Principles of Attack and Defence:</p> <p>Do they understand what a score is?</p> <p>Do they understand what defending and attacking is?</p> <p>Game Specific</p> <p>Court games: Over the river</p> <p>Fields games: Crazy kicks</p> <p>Part-Invasion: 4v1 pass and attack</p> <p>Full-Invasion: 4v4</p>

Sample Session

Session Focus: Athletic Development, Skill Development, Game based	
Warm Up	<p>Part 1: 15 minutes</p> <ul style="list-style-type: none"> • Athletic Development - movement and resistance, speed development • Movement without ball / Movement with ball • Fun Game with competition/challenge
Small Sided / Conditioned Games	<p>Part 2: 15 mins</p> <ul style="list-style-type: none"> • 4 x 4, 5 x 4 • Short intense bouts, 1 - 2 minute games • Opportunity to Manipulate the constraints, such as the rules, number of players, playing areas, and equipment
Skill Development	<p>Part 3: 15 mins</p> <ul style="list-style-type: none"> • Isolated skill practice • All core skills • Level of challenge depending on team grade - Movement for higher level teams
Modified Games/ Back and Forwards / Wider Game	<p>Part 4: 15 mins</p> <ul style="list-style-type: none"> • Wider games but also conditions included • 7 V 7, 9 V 9 • Facilitate players getting used to structure and positions within a team system
Learning and Reflection	<ul style="list-style-type: none"> • Did you enjoy the session? • What did you learn from tonight's session? • What skills are we going to practise for next week?

YOUTH – LEARN TO COMPETE

EARLY YOUTH: AGES 13 – 15... LEARNING ABOUT POSITIONS

Hurling/Camogie	Football	Physical Development	Tactical
<p>Handling: <i>Handling - Sending</i></p> <ul style="list-style-type: none"> Striking on the run Shooting for scores Lift and strike Side-line cuts Striking off the hurl <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> Roll and jab lift at pace First touch High catch: include opponent in front, beside, and behind <p><i>Travelling</i></p> <ul style="list-style-type: none"> Solo: multi-directional Tap and move <p><i>Tackling</i></p> <ul style="list-style-type: none"> Side Flick Hooking (while moving) Blocking from front & side (2 and 1 handed) Ground clash 	<p>Handling: <i>Handling - Sending</i></p> <ul style="list-style-type: none"> Hand Pass Dummy pass <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> High Catch Progression- with opponent in front, side and behind Low and high catch at speed <p><i>Kicking - Sending</i></p> <ul style="list-style-type: none"> Punt and hook kick to moving target Long kick Penalty kick Scoring from angles <p><i>Kicking - Receiving</i></p> <ul style="list-style-type: none"> Crouch lift Chip lift <p><i>Travelling</i></p> <ul style="list-style-type: none"> Solo Crossover bounce while moving Change of pace while carrying the ball <p><i>Tackling</i></p> <ul style="list-style-type: none"> Near hand tackle Shadowing Frontal tackle Block 	<p>Strength:</p> <ul style="list-style-type: none"> Bodyweight Circuit training Upper body, legs, and back Develop Core strength - plank Medicine balls <p>*N.B Only qualified coaches to undertake this training</p> <p>Movement & Speed:</p> <ul style="list-style-type: none"> Acceleration and deceleration Correct arm movement Multi directional running Use game related reaction exercises Build endurance into activities <p>Flexibility:</p> <ul style="list-style-type: none"> Utilise body parts: arms and hips etc. Introduce warm-up and cool down concept Flexibility tasks <p>Stamina:</p> <ul style="list-style-type: none"> 3v1 games Drills incorporating the ball 	<p>Principles of Play:</p> <ul style="list-style-type: none"> Ball retention Avoiding traffic Use of Set Pieces Movement of the ball and players off the ball <p>Game Specific</p> <p>Part-Invasion:</p> <ul style="list-style-type: none"> Zone games Wide man <p>Full-Invasion:</p> <ul style="list-style-type: none"> Backs v Forwards 15v15 Possession game One rule game (give and go) <p>Characteristics</p> <ul style="list-style-type: none"> Begin to form small close friendships Group opinion important for evaluation Start to compare to each other Better able to work with others Easier to develop teamwork

Sample Session

Session Focus: Athletic Development, Skill Development, Game based	
Warm Up	<p>Part 1: 15 minutes</p> <ul style="list-style-type: none"> • GAA 15 • Athletic Development - resistance exercises and speed development • Movement with/without with ball
Small Sided / Conditioned Games	<p>Part 2: 15 mins</p> <ul style="list-style-type: none"> • 2 x 7 minutes • Long enough for players to get into it • Offer feedback
Skill Development	<p>Part 3: 15 mins</p> <ul style="list-style-type: none"> • Isolated skill practice and refinement • All core skills • Level of challenge depending on team grade - Movement and diversity for higher level teams • Skill rectification to allow game to be played at a higher level
SSGs, Conditioned Games / Game plays	<p>Part 4: 15 mins</p> <ul style="list-style-type: none"> • 4 x 4, 5 x 4/7v7, 9v9 • Short intense bouts, 2 - 3 minute games • Opportunity to manipulate the constraints, such as the rules, number of players, playing areas, and equipment
Learning and Reflection	<ul style="list-style-type: none"> • Did you enjoy the session? • What did you learn from tonight's session? • What skills are we going to practise for next week?

LATE YOUTH: AGE 16 – 18... LEARNING TO PERFORM

Hurling/Camogie	Football	Physical Development	Tactical
<p>Handling: <i>Winning the ball</i></p> <ul style="list-style-type: none"> • Dribbling while keeping possession • Catching high-low & half volley (protect from front & behind) <p><i>Handling - Sending</i></p> <ul style="list-style-type: none"> • Feint strike • Striking from the hand • Lift and strike • Side-line cuts • Striking off the hurl • Striking over the shoulder moving away from the target • Hand Pass <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> • Roll and jab lift at speed • First touch at speed • Overhead block & flick • High catch: include opponent in front, beside, and behind <p><i>Travelling</i></p> <ul style="list-style-type: none"> • Solo: multi-directional • Making space with and without ball <p><i>Tackling</i></p> <ul style="list-style-type: none"> • Protecting the body with hurl • Side Flick • Hooking (while moving) • Blocking from front and side (2 and 1 handed) • Shouldering and recovering 	<p>Handling: <i>Handling - Sending</i></p> <ul style="list-style-type: none"> • Hand Pass <p><i>Handling - Receiving</i></p> <ul style="list-style-type: none"> • High Catch Progression- with opponent in front, side & behind • Low and high catch (stationary to moving) <p><i>Kicking - Sending</i></p> <ul style="list-style-type: none"> • Punt and hook kick • Set pieces from ground • Kicking for possession /diagonal ball • Cutting in to a score <p><i>Kicking - Receiving</i></p> <ul style="list-style-type: none"> • Crouch lift • Chip lift at pace <p><i>Travelling</i></p> <ul style="list-style-type: none"> • Solo and dummy solo • Crossover bounce while moving • Supporting the ball player • Change direction of play • Moving the ball to space <p><i>Tackling</i></p> <ul style="list-style-type: none"> • Near hand tackle • Frontal tackle • Block • Group tackle 	<p>Strength:</p> <ul style="list-style-type: none"> • Core programme for those still not ready for weights • Individual programme for those with core strength and good technique • Functional movements <p>*N.B Only qualified coaches to undertake this training</p> <p>Movement & Speed:</p> <ul style="list-style-type: none"> • Speed Development (6- 10 seconds with adequate 2 min rest) • Build endurance into activities • Multi directional • Planting the foot (3 step movement) • Running mechanics and technique <p>Flexibility:</p> <ul style="list-style-type: none"> • Mobilise body parts • Introduce effective warm ups • Encourage mobility and stretching at home <p>Stamina:</p> <ul style="list-style-type: none"> • Small-sided games • Drills incorporating the ball 	<p>Principles of Play:</p> <ul style="list-style-type: none"> • Ball retention • Avoiding traffic • Use of Set Pieces • Movement of the ball and players off the ball <p>Game Specific:</p> <p>Intense small-sided games:</p> <ul style="list-style-type: none"> • Across the line • Total football • 4-goal option <p>15v15:</p> <ul style="list-style-type: none"> • Backs V Forwards • Deploying a sweeper • Using the big man <p>Characteristics</p> <ul style="list-style-type: none"> • Ready for concentrated and specific training programmes. • Ready for individual programmes to work on weaknesses. • Will respond well to praise and challenge – mental fitness

Sample Session

Session Focus: Athletic Development, Skill Development, Game based	
Warm Up	Part 1: 15 minutes <ul style="list-style-type: none"> • GAA 15 • Athletic Development - speed development • Movement with/without ball
Play the game / Match scenarios	Part 2: 15 mins <ul style="list-style-type: none"> • 2 x 7 minutes • Long enough for players to get into it • Depending on the playing numbers and facilities available - game can be full or small-sided, or may have specific conditions attached • Backs and Forwards, Puck Outs • Offer feedback
Skill Development	Part 3: 15 mins <ul style="list-style-type: none"> • Skill practice at game speed • All core skills - Kicking and striking / both sides and feet • Level of challenge depending on team grade - movement and diversity for higher level teams • Skill rectification to allow game to be played at a higher level
SSGs, Conditioned Games / Game plays	Part 4: 15 mins <ul style="list-style-type: none"> • 4 x 4, 5 x 4 / 7 V 7, 9 V 9 • Games to reflect match scenario learning • Short intense bouts, 2 - 3 minute games
Match and Learning / Reflection	Part 4: 15 mins <ul style="list-style-type: none"> • Option of finishing with a wider game - bringing it all together • What did you learn from tonight's session? • As a group, what did we do well/what could we do better?

PRIORITY DEVELOPMENTAL AREAS

Alongside the key focus areas outlined at each developmental stage, the Coaching Workgroups in collaboration with Coaches across all codes decided on priority areas. This entails technical, tactical and values based attributes that are to be afforded additional importance. Priority areas include:

LGFA	<p>Technical Focus areas - Tackling, Kicking - non dominant foot, Hand Pass - both hands, first touch</p> <p>Tactical Focus areas - Counter attack, different defensive structures, countering opposition sweeper, general decision making, playing without the ball - communication and concentration, general decision making</p>
Gaelic Football	<p>Technical Focus areas - Tackling, Kicking - non dominant foot, Hand Pass: both hands, High Catch</p> <p>Tactical Focus areas - Principles of play -</p> <p>General principles - Our Kick outs, Attacking Transition, Attacking Structure, Opposition Kick outs, Defensive Transition, Defensive Structure</p>
Hurling	<p>Technical Focus areas - Tackling, striking on the run, rucks and turnovers, breaking the tackle, catching,</p> <p>Tactical Focus areas - Support play, winning a breaking ball, puck outs, recycling the ball, getting ball to the delivery zone, retaining possession as an inside forward, transitioning between the lines</p>
Camogie	<p>Technical Focus areas - Rucking and tackling - footwork and positioning, catching, striking on the run</p> <p>Tactical Focus areas - Use of ball - decision making, puck outs - for and against, maintaining possession under pressure, transitioning between the lines, support play</p>
Characteristics	Responsibility, Passion, Resilience, Respect, Group ownership

APPENDIX I: FMS & Football Skill Specific Assessment Tool

Skill Assessed		
Ability to underarm throw (two hands and 1 handed)	Yes:	No:
Ability to Hand Pass (Football)	Yes:	No:
Ability to Kick on the Ground	Yes:	No:
Ability to Kick from the Hand	Yes:	No:
Ability to Bounce & Catch	Yes:	No:
Ability to Chest Catch	Yes:	No:
Ability to Jump/Hop and land with Soft Knees	Yes:	No:
Ability to Change Direction while Running	Yes:	No:
Ability to Balance on 1 Leg	Yes:	No:
Ability to Run and Stop within 5m	Yes:	No:

APPENDIX II: Hurling/Camogie Skill Specific Assessment Tool

Skill Assessed		
Correct Hurl	Size appropriate? Hip Height.	Weight appropriate? Ability to hold and swing.
Writing Hand Established	Yes:	No:
Understanding of Grip	Ready What does Ready position look like? When to use? Why?	Lock What does Lock position look like? When to use? Why?
Understanding of Thumb placement when soloing balloons/bean bags	Yes:	No:
Ability to Solo Bean Bag/Balloon 5m and back	Yes:	No:
Dribble using both sides of the Bas	Yes:	No:
Ability to Dribble 10m	Yes:	No:
Ability to Ground Strike	Yes:	No:

APPENDIX III: FMS & Football Skill Specific Assessment Tool

Skill Assessed		
Ability to Hand Pass (Football)	Yes:	No:
Ability to Kick on the Ground	Yes:	No:
Ability to Punt Kick from the Hand	Yes:	No:
<i>Ability to Hook Kick</i>	Yes:	No:
Ability to Bounce & Catch	Yes:	No:
Ability to Solo	Yes:	No:
<i>Ability to solo while moving</i>	Yes:	No:
Ability to Chest Catch	Yes:	No:
Ability to Jump/Hop and land with Soft Knees	Yes:	No:
Ability to Change Direction while Running with the ball	Yes:	No:
Ability to Balance on 1 Leg	Yes:	No:
Ability to Run and Stop within 5m	Yes:	No:
<i>Ability to Tackle the ball with 1 Open Hand</i>	Yes:	No:

Ability to Crouch and Lift the Ball	Yes:	No:
<i>Ability to Catch Overhead</i>	Yes:	No:
<i>Ability to perform the Blockdown</i>	Yes:	No:
<i>Ability to Kick over the Bar</i>	Yes:	No:

APPENDIX IV: Hurling/Camogie Skill Specific Assessment Tool

Skill Assessed		
Correct Hurl	Size appropriate? Hip Height.	Weight appropriate? Ability to hold and swing.
Writing Hand Established	Yes:	No:
Catching Hand Established	Yes:	No:
Ability to perform Claw Catch	Yes:	No:
Ability to Underarm Throw to teammate	Yes:	No:
Ability to Hand Pass to teammate	Yes:	No:
Understanding of Grip	Ready What does Ready position look like? When to use? Why?	Lock What does Lock position look like? When to use? Why?
Ability to perform Roll Lift	Yes:	No:
Ability to perform Jab Lift	Yes:	No:
Understanding of Thumb placement when soloing balloons/bean bags	Yes:	No:
Ability to Solo Bean Bag/Balloon 15m and back	Yes:	No:

Dribble using both sides of the Bas	Yes:	No:
Ability to Dribble 20m	Yes:	No:
Ability to Ground Strike by striking the ball with both sides of the Bas	Yes:	No:
<i>Ability to Solo sliotar 10m</i>	Yes:	No:
<i>Ability to Strike from the hand</i>	Yes:	No:
<i>Ability to perform the Frontal Ground Block</i>	Yes:	No:
<i>Ability to Perform the Ground Flick</i>	Yes:	No:
<i>Ability to Bat a Ball Overhead</i>	Yes:	No:
<i>Ability to Raise the Hurl Overhead behind the Catching Hand</i>	Yes:	No:
<i>Ability to Claw Catch Overhead</i>	Yes:	No: