



# *The Wexford Way*

**PLAYER DEVELOPMENT  
PATHWAY**



**ZURICH**

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# Foreword

It is my great pleasure to launch the Wexford Way Skill Development Pathway for our coaches and young players. Wexford GAA is proud to be the lead sporting organisation in promoting core community values as well as the physical, mental and social wellbeing of our county. This player pathway is a guide to mentors, players and parents as to what they should be doing as our players progress through each age group in their GAA playing career. Its purpose is to aid and assist all concerned to maximise enjoyment and participation, with player welfare at the core of the plan. We hope this will provide assistance in ensuring the development of all players to reach their full potential, from their first introduction to Gaelic games at nursery level, up to the adult teams and beyond.

The development of this pathway is the cornerstone of our recently launched strategic plan. We have made great strides in recent years and we have an opportunity to further enhance our programmes. Now, more than ever, our children need to be given the opportunity to develop skills and confidence through good coaching and teaching. The Wexford Way document is filled with valuable information of the game that can be coached from the basic fundamental movement skills to the technical skills of our games. This pathway recognises our unique dual code approach and gives practical tips on how to develop both codes.

The Wexford GAA Coaching and Games team is one to be proud of and I thank them most sincerely for their efforts in developing this resource. Our team will be active in the coming months and years in working with our coaches to implement the ideas and help develop an understanding of what is required at each grade.

Our games are hugely important to the well-being of young and old, and our youth will need significant support as we recover from the Covid-19 pandemic. We are all conscious that we can play a role in brightening the days ahead and we are committed to doing so. I would like to express my thanks to all our coaches and teachers, who instil a love of our games among the young players of Wexford

Ar aghaidh linn le chéile.

*Micheál O Mairtín*  
*Cathaoirleach CLG Loch Garman*

# Introduction

“Player Pathways” are universally recognised nowadays, but when you sit back and look at them, they are basically what every GAA club has been, or should be. Player Pathways are essentially, what clubs are all about. Starting at an early age, and helping players through the various age levels, providing learning, enriching experiences for our players, so that they are still playing GAA at the end of their underage careers, they are also prepared, and ready for the challenges they face as they progress to the adult ranks in their club/county.

This Player Pathway is a systematic approach adopted by Wexford GAA Club to maximise player potential and increase the enjoyment of all our players. The purpose of this Player Pathway is to help guide coaches, managers, mentors and parents who play an active role in the development of our young Gaelic footballers & hurlers. It provides a framework for the development of skills, fundamental movement, physical focus and game specific capacities that coaches can follow stage by stage. The intention is to provide coaches with guidelines and recommendations in the form of a repeatable, staged framework, in order to give our young players, the best opportunity to reach their full potential at whatever level they might play.

This document also provides examples of best practice for all age groups as well as giving examples of age appropriate games and activities. We have dedicated a section at the end of each age group for Skills testing/checklists to give a frame-work for coaches to work from as we believe having a way of tracking a player’s improvements is vital and will provide coaches with information that can assist them in implementing their training plans. As players grow, develop and learn at different rates throughout their lives, it must be noted, this pathway document is only a general guide to bear in mind when working with your players.

*Wexford Coaching & Games Team*

# Stages of Development

There are 5 key stages in the player pathway which have detailed player characteristics and describe the practical elements that must be coached during these ages. The 5 stages are:

STAGE	AGE	EMPHASIS
Learning to Master the Ball	Nursery & U7	Should be about fun and participation with a key emphasis on physical literacy and fundamental movement skills with the ball
Learning to Use the Ball Well	U9	Major skills learning phase where all the basic skills in football and hurling are learned. Emphasis on the fundamental movements.
Learning to Play Together	U11	Emphasis on understanding how to play and work together as a team.
Learning about Positions	U13	The principles of play and applying good game sense increase.
Learning to Perform	U15 & U17	Combining all aspects of performance including decision making, higher physical demands of the game and coping with competition.

# Types of Games

## Chasing Games

Aim to keep all players involved. Players must pursue other players in order to catch/capture. Chasing games will be here forever, develop a range of Fundamentals and are great fun for every age group.

## Target Games

Quite simply players have to hit a target set out by the Coach from a certain distance away to score. Target games are also a great way of developing skills but are best used for fun and increasing participation. Therefore we must keep in mind that children should not have to wait too long for a turn.

## Court Games

Court games are non-contact and can be confidence building. It can be two players/teams playing against each other in two facing zones or two players/teams playing against a wall and competing with each other. E.g Handball. Court Games also develop a range of skills and fundamental movement.

## Races

Are a great way of getting children motivated and involved. In Coaching we define races as players completing a task quicker than an opponent or in a set time frame. E.g. Bounce the ball 10 times in 30 seconds is a great race for a six year old.

## Field Games

Are games that resembles GAA and contain some of the skill sets such as striking and catching. E.g. Rounders

## Modified Games

Are games that resemble the sport but are adapted to suit the players, age, size, suitability and skill. Rules of the game, pitch size, goal size, etc can be changed and different equipment can be added to develop specific skills for the players.

## Small-Sided Games

Numbers of players and pitch sizes are decreased to enable more touches for players. E.g. 2v2, 3v3, 5v5. Increase/decrease pitch size depending on what you want to achieve. Small-sided games are a great tool to start a session.

## Part-Invasion Games

These games encourage awareness of time and space but also develop characteristics of team play (support & communication). They require players to complete a task with limited or direct opposition. Part invasion games allow players to develop positional sense and decision making with limited pressure from opposition. E.g., Getting through the traffic, 4V4 (2 zones), no goalie, Up 4v1 (Good) Pass & Attack

## Full-Invasion Games

The core objective here is to move into an opponent's territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'. The key element with invasion games is the number of players involved. The less space a player has, the less time they have, the more skill is required. E.g., Possession Games, One rule games(Give and Go), 4 seconds 2 touch, Backs v Forwards, 15 v 15

## Conditioned Games

A game either - full sided, small sided, or backs and forwards - where conditions are imposed (on individuals or teams) E.g., ground hurling only, 1 bounce 1 solo football, two touch hurling,

Goals only - A conditioned game, perhaps for a 2/3 minute period, at any one time to ensure goals are worked by forwards and defended against by the backs. OR Two/Three second rule - During this game players are only allowed two/three seconds on the sliotar at any one time, kick only football etc.

# Glossary of Terms

## I.D.E.A.

- Introduce: the Skill Verbally introduce the skill, providing a brief description. Outline the Key Teaching Points.
- Demonstrate the skill: perform it in full a number of times. Then break the skill down, making a point of noting the position of the Head, Hands, (Hurley) and Feet for each distinct component. Repeat the skill in full again.
- Explain: Verbally and Visually explain how you want the skill practiced, i.e. the organisation of the drill or activity.
- Attend: Observe the players performing the skill a number of times. Provide feedback on how to correct any errors.

## S.T.E.P.R

- Space: Increasing or Decreasing the amount of space available may reduce or increase the difficulty.
- Time/Task: Change the task that the players are required to perform, e.g., choosing a more difficult technique to perform. Use time to challenge players e.g., how many passes in 30 seconds.
- Equipment: Change the equipment used, e.g., from using a big ball to a smaller ball, or from using a wall to a partner.
- Players: Introduce opposition, firstly in token form, before progressing gradually to full opposition. Change the number of players to give an advantage to the attacking or defending players.
- Rules: vary the playing rules e.g., 1-2 touches, number of passes required, goals/points only.



# Glossary of Terms

## **Spot & Fix**

When players are performing a skill watch their technique and 'SPOT' any mistakes, take the player aside and 'FIX' their technique. This helps prevent poor technique becoming ingrained.

## **Freeze, Rewind, Replay**

During an activity/game stop the players by calling FREEZE, ask the player to pretend to REWIND what they have just done and ask them to REPLAY it to see would they do anything differently.

## **Questioning & Feedback**

Coaches by asking questions and by encouraging feedback can check if their players are understanding what points they are trying to get across. It also involves the players and gives them the opportunity to come up with solutions themselves. Ask open ended questions, E.g., if the ball is in a certain area of the pitch what might your options be?

## **Imitation of Star Players**

Give the players 'free play' time in each session and ask them to try some skills/tricks that they have seen their favourite player doing. Maybe show them a video of a county player doing a skill and challenge them to try replicate it.

# GAA Framework



The GAA, in association with the Camogie Association and LGFA, have launched a new National Player Pathway that is aimed at continued participation and inclusion across all levels of the Association. In the pathway, there are three levels from grassroots level to Senior intercounty: Foundation (F), Talent (T) and Elite/High Performance (E).

Below is what is provided by Wexford GAA to provide enjoyment and participation in our sports:

F1 = Nursery/Shed Blitzes/Early Stage Go Games/  
Camán Everybody.

F2 = Go Games/Primary School Activity/Rackard League/  
Mini 7's/Hurling 365/Peil4All.

F3 Stage 1 = Youth Games Programme/Rising Stars//Féile/  
Martin Storey Tournament/Mattie Forde Tournament.

F3 Stage 2 = Adult Leagues/Adult Championships (Grade  
Junior to Senior).

# Nursery

I like Target, Chasing,  
Court & Fun Games  
and Races.

I can only run flat out and want my own ball. I've a short attention span and won't really play team activities.

Introduce me to skills practice and play with a partner for short periods.

## The Player

### Hurling

Correct Hurl Size  
Correct Grip  
Ready Position  
Hurl Hand  
One Hand Catch  
With Catching Hand  
Rolling  
Bowling  
Throwing  
Striking (Circular  
Swing)  
Stopping A Moving  
Ball  
Dribbling  
Bean Bag Solo  
Bean Bag Flick

### Physical Literacy

Running  
Jumping  
Throwing  
Agility  
Coordination  
Balance

### Football

Ground Dribble  
Ground Kick  
Kicking Off Cone  
Bounce Kick  
Kick From Two  
Hands  
Bouncing, Two  
Hands, One hand.  
Chest Catch,  
Body Catch  
Knee Tap Solo  
Rolling  
Bowling  
Throwing

# Coaching Nursery

## WHY?

### Why do we develop Fundamental Movements?

Developing Fundamental Movements helps develop confidence in their body and this will make it easier to develop skills along the pathway.

### Why do we use stations?

Using stations offers exposure to different activities, control group size and player/coach ratio to ensure better quality of coaching. Constant change keeps them interested throughout the sessions.

### When do we start introducing skills?

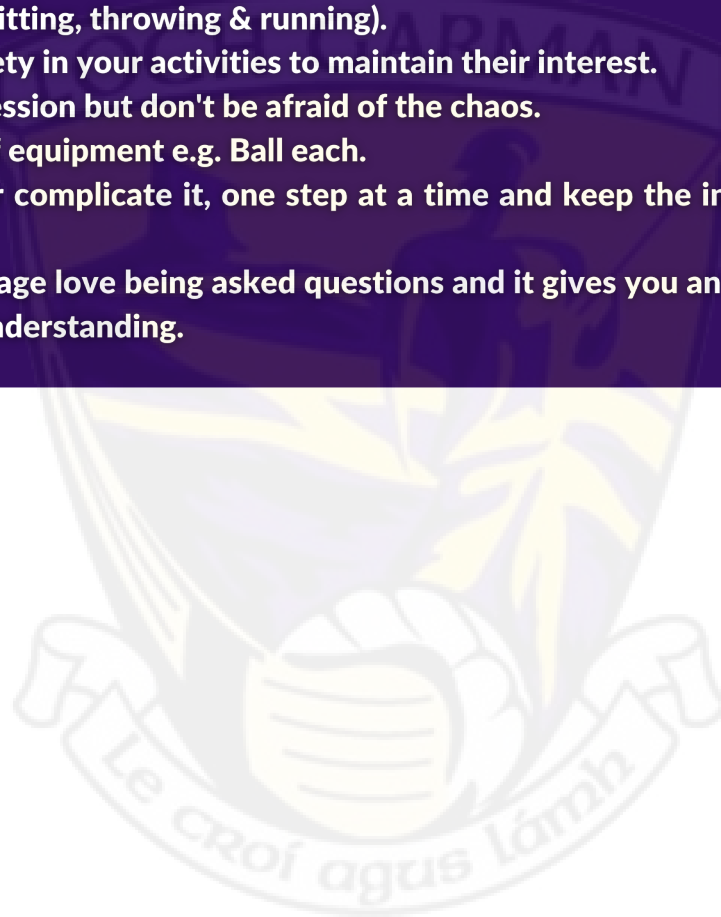
We introduce skills such as throwing, catching, kicking, striking from early on through fun games and activities e.g., kicking Balloons, throwing, and catching bean bags etc.

# Coaching Nursery

## HOW?

### How do we coach Nursery children?

- Keep it Fun and match their energy with your enthusiasm.
- Loads of fun Games to keep them active. They respond best to target games and races (hitting, throwing & running).
- Lots of variety in your activities to maintain their interest.
- Plan your session but don't be afraid of the chaos.
- Have lots of equipment e.g. Ball each.
- Do not over complicate it, one step at a time and keep the instructions to a minimum.
- Kids at this age love being asked questions and it gives you an opportunity to check for understanding.



# Sample Nursery Games

## Hook A Duck

### How to Play

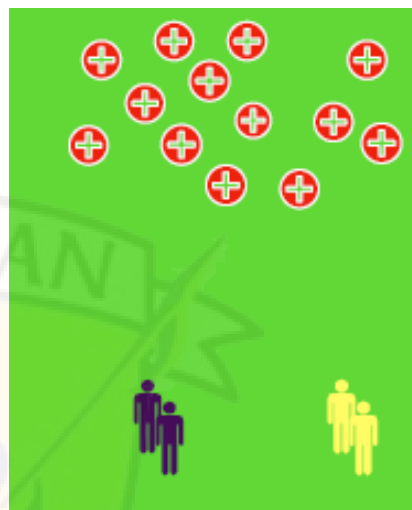
- Players line up in teams with no more than 2/3 per team.
- Coach scatters the cones 10m away.
- Player must run & hook up a cone with the butt of hurl.
- For best results, use the mini-hurls.

### Progression

- Players must hop on one leg when moving to cones.

### What it Develops

- Fundamentals of the pick up.



## Pick, Stick & Steal

### How to Play

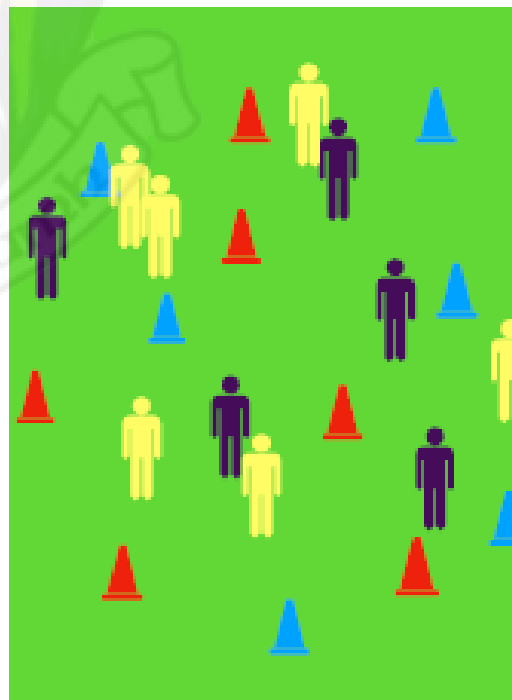
- 2 different colours of cones are thrown out randomly e.g. Red, blue.
- Team one picks and sticks to Red, Team two to blue.
- Players can steal from the opposition colour cone.
- Most balls on cones wins.

### Progression

- Must perform an action with the ball before sticking. E.g. knee tap, bounce, throw and catch.

### What it Develops

- Coordination (players carry a hurl, develop the catching hand).
- Movement & handling.



# Sample Nursery Games

## Rob the Nest

### How to Play

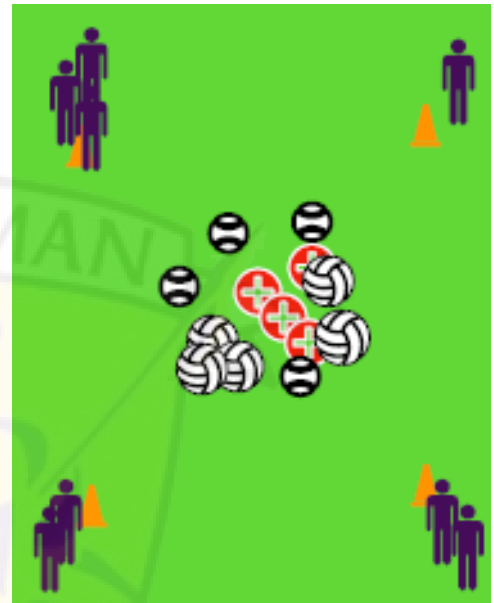
- Place balls & objects into the centre of the square.
- Divide players into teams with 2/3 players per team max.
- Run to the centre of the square, pick up an object & bring it back to your team. 1 object per run.

### Progression

- All players involved steal from opposing teams.
- Dribble ball back (hurling) bounce ball (football).
- Different scores per object.

### What it Develops

- Ball handling & team play.



## Hit The Cone

### How to Play

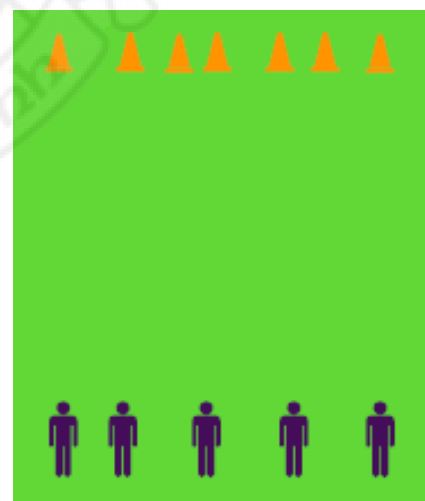
- Players must stand a certain distance back from cone.
- Aim for the cone.
- Award extra points if cone moved or flipped.

### Progression

- Weak side only. Further away. Blockers in front of cones.

### What it Develops

- Accurate kicking or striking.



# Sample Nursery Games

## Balloon Keepy Uppys

### How to Play

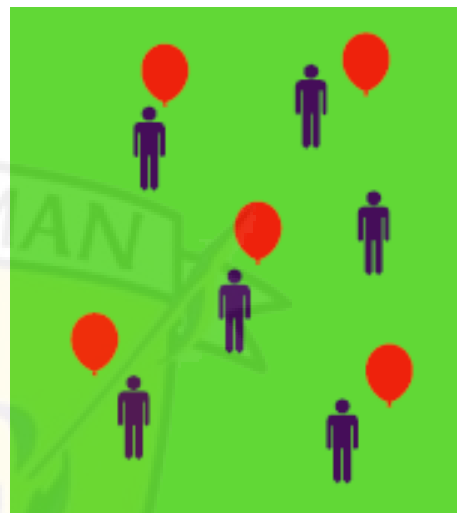
- Each player has a balloon.
- They must keep the balloon in the air using a variety of activities.
- Can also race while keeping ball in air.

### Progression

- Use hurl and feet to keep balloon up for sport specific activities.

### What it Develops

- Coordination, fun, first touch, hurling/camogie grip.



## Monkey Tails

### How to Play

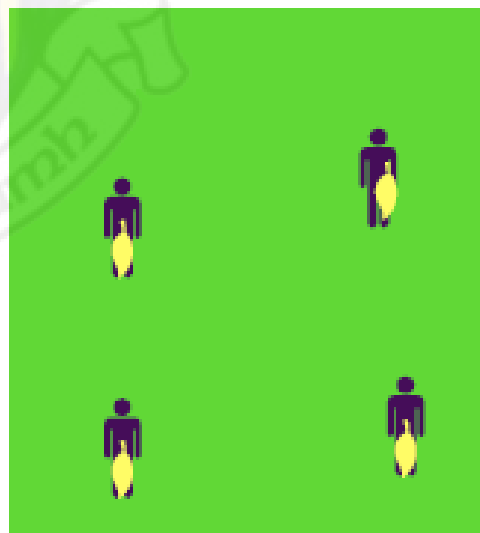
- Players are in a square.
- Player has bib hanging from back of pants.
- Players must run & try steal other players bibs.

### Progression

- Carry hurl or football in dominant to work on non-dominant hand.

### What it Develops

- Chasing, running, fun, coordination





# Sample Nursery Session

## Warm Up: Running, Jumping

**Station 1: Hurling**  
e.g. Hook a Duck

**Station 2: Fundamental Movements**  
e.g. Jumping, Balancing

**Station 3: Fun Games**  
e.g. Monkey Tails

**Station 4: Football**  
e.g. Hit the Cone

### Coach Tip!

Play games like Simon says so children develop listening skills

### Emphasis for Child!

Learning to master the Ball!  
Lots of Touches!!!

# Skills Checklist Nursery

## Nursery: Hurling

### Coach/Parent Checklist

PLEASE TICK ✓

Hurl Appropriate:	Weight <input type="checkbox"/>	Size <input type="checkbox"/>	
Correct Grip:	Grip <input type="checkbox"/>	Ready <input type="checkbox"/>	Lock <input type="checkbox"/>
Hurl Hand Established:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Catching Hand Established:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Can they dribble the ball 10m?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Can they solo a bean bag (out 5m & back)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

# Skills Checklist Nursery

## Nursery: Football

### Coach/Parent Checklist

PLEASE TICK ✓

SKILL	DESCRIPTION	STATIONARY	ON THE MOVE
Chest Catch	Can they catch the ball comfortably when thrown by the coach?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce & Catch	Can they bounce the ball and catch it before it hits the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Ground Kick	Can they kick the ball accurately from 5m along the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up	Can they pick the ball up with 2 hands without stopping?	<input type="checkbox"/>	<input type="checkbox"/>
Knee Solo	Can they control the ball on their knee and catch without dropping?	<input type="checkbox"/>	<input type="checkbox"/>
Throwing	Can they throw the ball underhand accurately to the coach?	<input type="checkbox"/>	<input type="checkbox"/>

# Under 7 (U7)

I like Target, Court, Field, Part-Invasion, Full-Invasion & Small-Sided Games (2v2, etc...).

I thrive on positive feedback and I don't really like long talks from coaches, I just want to play.

I can only run flat out and I like showing off.

I want my own ball, but I will play with others too. I want my coach to be energetic & have lots of games. I like learning new skills and want to get better at them.

## The Player

### Hurling

#### Handling

- Claw Catch
- Cupped Catch

#### Send & Recieve

- Ground Strike (Moving Ball)
- Left & Right
- Ground Doubling (Same & Opposite Direction)
- Roll/Jab Lift (Stationary Ball)

#### Travelling

- Bean Bag Balance
- Ball Balance

#### Tackle

- Ground Flick
- Ground Clash
- Front & Ground Block (Hurl To Hurl)

### Physical Literacy

Agility: Follow The Leader, Hopscotch

Balance: Bunny Hops, One Legged Balance & Hop

Coordination: Skipping, Crawling

Running: Chasing, Run With The Hurl/Football, Change Direction

Jumping: Jump & Land, Jumping Jacks

Throwing: Target Roll, Skittles, Bowling, Dodgeball

### Football

#### Handling

- Body Catch
- Low Catch
- High Catch
- Fist Pass
- Hand Pass
- Crouch Lift (Stationary Ball)

#### Kicking

- Punt Kick (Front Foot) Left & Right
- Hook Kick (One Hand)
- Pick Up Foot

#### Travelling

- High Bounce
- Toe Tap (Stationary)

## WHY?

### Why do we develop Fundamental Movements?

Developing Fundamental Movements helps develop confidence in their body and this will make it easier to develop skills along the pathway.

### Why do we use stations?

Using stations offers exposure to different activities, control group size and player/coach ratio to ensure better quality of coaching. Constant change keeps them interested throughout the sessions. It also allows a coach to focus on a particular Skill/Game for the entire session and allows more time to 'Spot' any incorrect technique and 'Fix' it.

### What do we focus on in U7's?

After really focusing on their Fundamental Movements and introducing Skills through the Nursery, you are now ready to focus more on the skills of hurling and football whilst continuing the emphasis on Fundamental Movements.

## HOW?

### How do we coach U7's?

- Keep it Fun and match their energy with your enthusiasm.
- Lots of variety in your activities to maintain their interest.
- Plan your session but don't be afraid of a bit of chaos, free play is important.
- Players will beg for a game at every opportunity, yet their technique is best improved through individual, paired, and small group work. This is an ideal time to use the 'Whole-Part-Whole' approach to some sessions where the coach starts with a game, stops it after ten minutes, works on one technique for a short period and then restarts the game.
- 1 v 1, 2 v 2, 3 v 3. Keeps teams small.
- Do not over complicate it, one step at a time and keep the instructions to a minimum.
- Children at this age love being asked questions and it gives you an opportunity to check for understanding.



# Sample U7 Games

## Rock, Paper, Scissors, Score

### How to Play

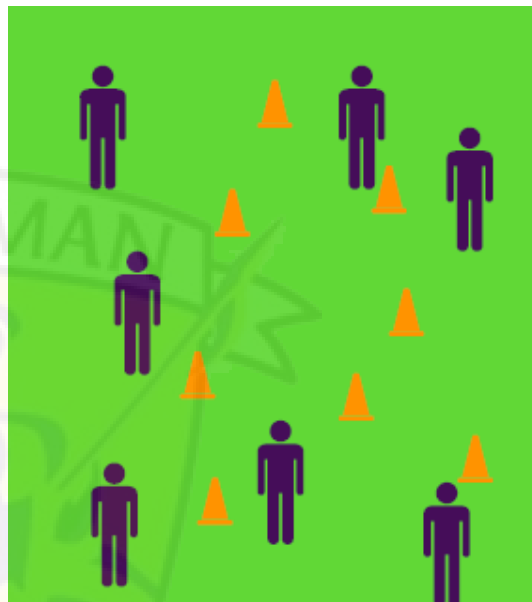
- Scatter out cones and balls, everybody against everybody.
- Find another player & play Rock Paper Scissors.
- Loser of Rock Paper Scissors steps between any two cones becoming a goalie.
- Winner of Rock Paper Scissors takes a shot & finds someone new to play.

### Progression

- Goalie can come off line.

### What it Develops

- Striking or kicking. Shooting and Defending



## Ship, Sea, Shore

### How to Play

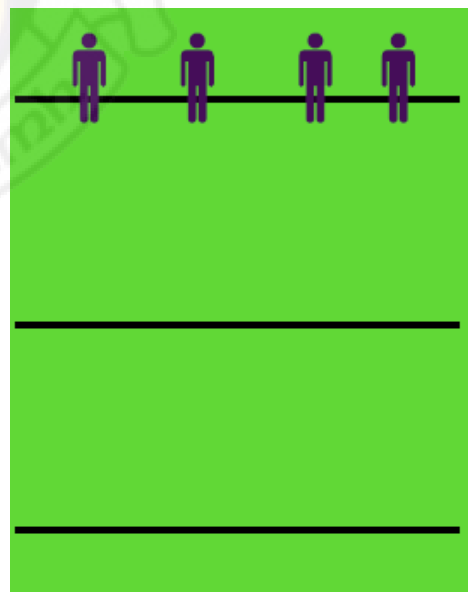
- Mark out 3 lines Ship, Sea, Shore.
- Coach calls and player must run to that line.
- First player to be first 3 in a row times wins.
- Coach tries to trick players.

### Progression

- Add sport specific movements.  
e.g. players must dribble/bounce/carry ball to next line.

### What it Develops

- Listening, concentration, fitness, speed, dribbling, ball control.



# Sample U7 Games

## Clean The Yard

### How to Play

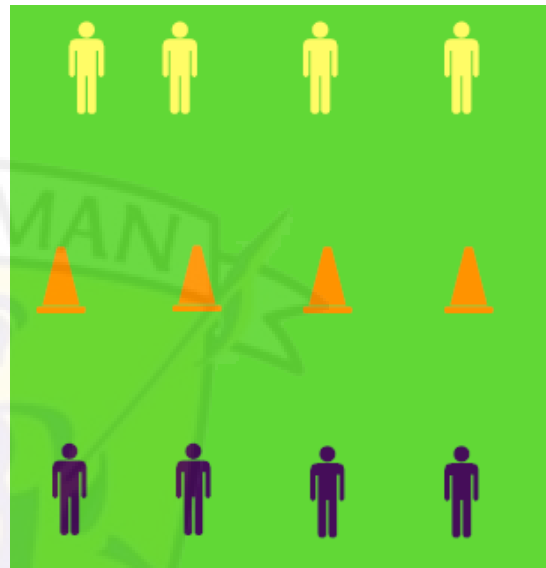
- 2 Teams either side of the cones.
- Loads of balls on either side.
- Players strike ball to opposite side.
- Cleanest side wins.

### Progression

- Make only 1 pass.
- Only use opposite side.

### What it Develops

- Striking or kicking
- Awareness.



## Pooper Scooper

### How to Play

- Each Team lines up behind a cone.
- Scatter a bunch of balls on the ground 10 metres away.
- Each player at the front of each team has a cone.
- Player runs to scoop up the ball with cone - no hands.
- Team with most balls at end wins.

### Progression

- Introduce hurling and football pick up.

### What it Develops

- Fundamentals of the pick up.





# Sample U7 Games

## First Home Wins

### How to Play

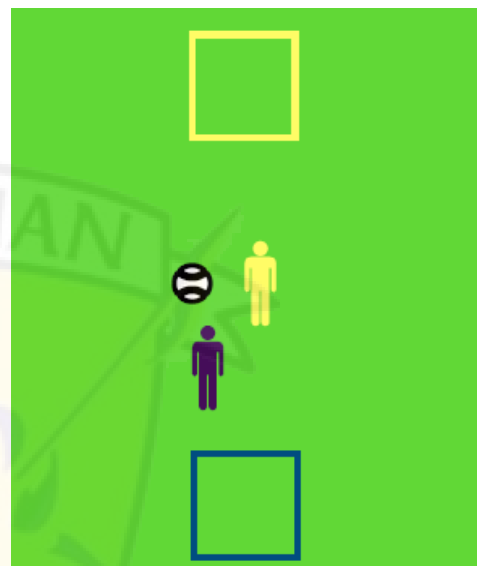
- Set up two squares 10m apart .
- Two players in the middle with the ball on the ground.
- On coaches call/whistle, player must dribble the ball to their own home square.

### Progression

- Add in extra players.  
E.g 2v2, 3v3. Solo, Tackle instead of dribble

### What it Develops

- Competition, ground block, four steps & bounce the football.



## King of the Ring

### How to Play

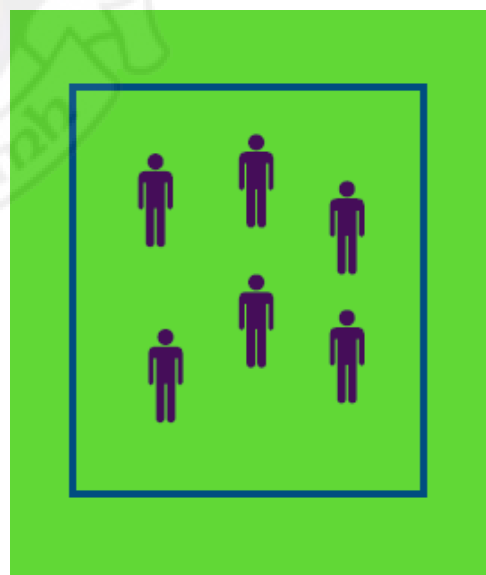
- Coach marks out a square.
- Each player starts with a ball.
- Player dribbles or carries the ball around the square.
- Players must try flick other players' balls outside square.

### Progression

- Two teams. Ball for each team, first team to remove other teams' ball from the square wins.

### What it Develops

- Travelling, protecting ball, ground flick hurling, ground dribble football.



# Sample U7 Session

## Warm Up: Fun Game

E.g. Chasing game, must match player's energy.

## Station 1: Fundamental Movements

E.g. Coordination: crawling.

## Station 2: Skills Station

Players have own ball or partner to practice skill. E.g Striking/Kicking.  
Lots of demonstration and encouragement from coach.

## Station 3: Games Station

Game to practice specific skill focus.  
E.g. Skill is Striking, Game is Clean the yard.

## Station 4: Small-Sided Game

Mark out small pitch. Allow players to play a short match showing their skills. Aim for no more than 4v4 in training to maximise touches.

### Coach Tip!

Players will beg for a game at every opportunity, yet their technique is best improved through individual, paired and small group work.

### Emphasis for Child!

They are developing their skills so have lots of games and activities to start challenging them

# Skills Checklist U7

## U7 Hurling

### Coach/Parent Checklist

PLEASE TICK ✓

Ground Strike (right side) Fluid 'C' Swing	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Ground Strike (left side) Fluid 'C' Swing	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Roll Lift	How many in 60 seconds? <input type="checkbox"/>		
Ball Hops (Hop Ball on Hurl)	How many in 60 seconds? <input type="checkbox"/>		
Solo Bean Bag/Ball (out 10m turn & back)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Overhead Catch Coach throws ball from 10m, player catches overhead	How many catches from 5 attempts? <input type="checkbox"/>		

# Skills Checklist U7

## U7 Football

### Coach/Parent Checklist

PLEASE TICK ✓

### Focus on Technique

SKILL	DESCRIPTION	STATIONARY	ON THE MOVE
Overhead Catch	Can they catch the ball over their heads comfortably?	<input type="checkbox"/>	<input type="checkbox"/>
Foot Solo	Can they solo the ball without dropping & using correct technique?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce (2 Hands & Dominant)	Can they bounce the ball & regain possession without dropping the ball?	<input type="checkbox"/>	<input type="checkbox"/>
Punt Kick (Left & Right Foot)	Can they kick the ball from the hands before it hits the ground using proper technique?	<input type="checkbox"/>	<input type="checkbox"/>
Hand Pass (Left & Right Hand)	Can they pass the ball with their hand without 'slapping' the ball?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up (Left & Right Foot)	Can they gather possession using both feet?	<input type="checkbox"/>	<input type="checkbox"/>

# Under 9 (U9)

I like Target, Court, Chasing, Modified & Small-Sided Games  
3v3, 4v4, 5v5...

I need approval from my coach and parents.

I run flat out and like to show off.  
I need small group activities and partner work to improve.

I need an enthusiastic coach with lots of activities. I can play any position. I love my sessions to start with a game.

## The Player

### Hurling

Grip, Ready, Lock, Swing

Cup/Claw Catch (Low, Chest, High)

Ground Strike (Left & Right, 8-10m)

Dribble & Flick To Space

Bean Bag Solo

Frontal & Ground Block

Clash

Ball Scoop Using Cone

Introduce Roll & Jab Lift (Variety Of Balls)

Bounce Strike

Introduce Strike From Hand

### Physical Literacy

Running & Developing Speed

Jumping for Distance

Throwing

Agility

Coordination

Balance

#### Body Resistance

Pulling (e.g. Tug-of-War)

Pushing (e.g. Laying An Egg)

### Football

Body Catch

High Catch/Low Catch

Fist/Hand Pass

Crouch Lift

Punt Kick (Left & Right)

Hook Kick

Toe Tap (Solo)

One-Handed Bounce

Four Steps

Near Hand Tackle

Frontal Tackle

Block Down

## WHY?

### Why do we play children in various positions?

By playing in all positions, we develop a more rounded player. Allow players the opportunity to experience all positions, this will develop their all-around game.

### Why do we start developing speed at this age?

Research suggests that it is at this age that it is the optimal time to start developing speed in children.

### Why do we continue with Fundamentals at U9?

Use it or lose it, as with all other aspects of sport ignore one aspect then you will deteriorate in that area. We are still building a base, the children are still young and are still developing. Good Fundamentals make it easier to develop skills and partake fully in all activities.

# Coaching U9

## HOW?

### How do we coach U9's?

- Keep it Fun and be energetic and organised and the kids will respond to you favourably.
- Leave some time in the session for free play. Allows players to experiment with the skills of the game.
- Small-sided games ensure everyone is involved and get lots of touches of the ball.
- Coaches need to focus on positive feedback. This is the age where drop-outs occur if children think they are no good.
- Know the component parts of each skill and know how to coach the skill. This will allow you to spot any mistakes in technique and fix them, especially during Games-Based training.
- They will also begin to understand the need to change the direction of a run or a pass to be more effective. They will begin to grasp the idea that a player may need support from behind and to the side as well as in front.
- At this age players will now try to win the game not only by scoring, but also by attempting to deny the opposition the opportunity to score.

# Sample U9 Games

## Seize the Castle

### How to Play

- Divide the players into two teams.
- Each team nominates two players to start inside the castle. Rest start outside with balls (moate in between).
- If player outside passes to somebody inside the castle & they make a clear catch, passer enters the castle.
- First team to have all of their players in the castle wins.

### Progression

- Weak side only.
- Make the moate wider.
- Less balls so there is more tackling.
- Start with throwing if kicking or striking is too difficult.

### What it Develops

- Accurate kicking or striking, catching, team play.



## 3 and In

### How to Play

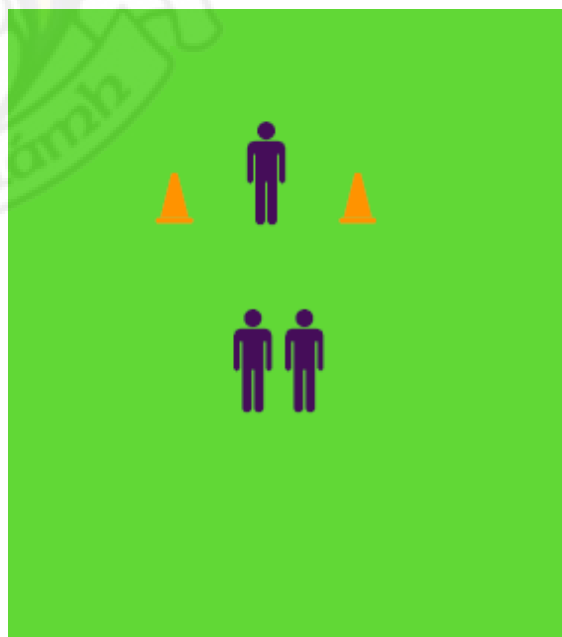
- Players set up small goal with two cones.
- Goalie plays the ball out with other players competing to score a goal.
- First player to 3 goals wins.
- Winner becomes goalie for next game.

### Progression

- Add in an extra player.  
i.e. 3 players all competing against each other.

### What it Develops

- Attacking and defending.
- Contesting Possession.
- Game awareness.





# Sample U9 Games

## Landfill

### How to Play

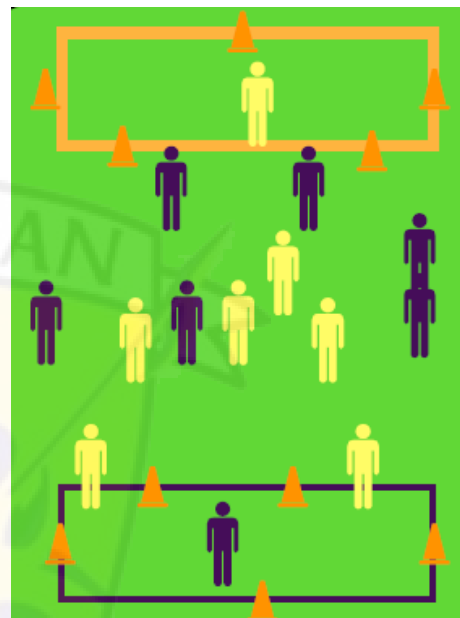
- Two teams have a landfill square marked out.
- Balls start in the middle.
- One ball at a time, players must dribble/solo & leave balls in their own landfill.
- Players can steal from the opposition landfill.
- Fullest landfill wins.

### Progression

- Add in a pick up & solo.
- Try cone scoop & tip out.
- Players make pass before placing in their own landfill.

### What it Develops

- Carrying Possession. Gaining Possession if pick up used.
- Heads up Play.



## Prison Break

### How to Play

- Nominate four catchers.
- If another player is tagged, they must step into hula hoop.
- To get free, the player outside must throw ball to a player in hoop (jail).
- Player in jail must make a clear catch to get free.

### Progression

- Each team has a ball with the first team to remove the other teams ball from the square wins.

### What it Develops

- Agility, catching, team play, passing.



# Sample U9 Games

## Clean Your Room

### How to Play

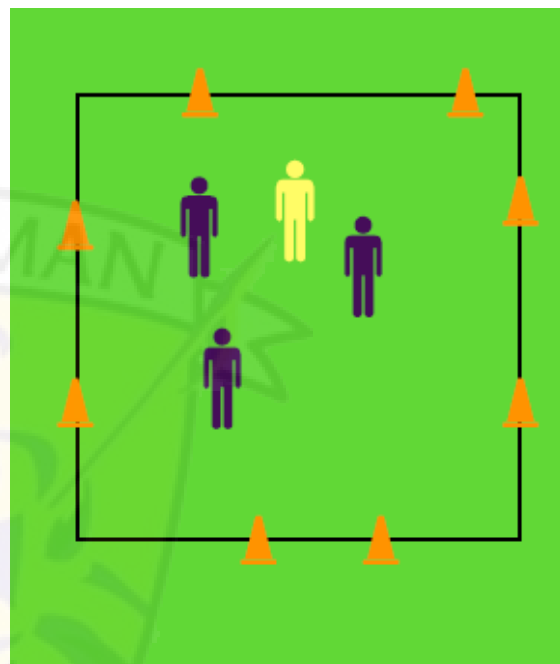
- Three players start with a ball in the square.
- Fourth player must tackle them while their travelling (dribbling) with ball & strike/kick outside the square.
- Purple player can retrieve ball & bring it back in.
- Game is complete if all of the balls are hit outside the square, i.e Room is clean.
- Have multiple rooms for large numbers.

### Progression

- Striking clear out of hands.
- Soloing.

### What it Develops

- Maintaining Possession, Tackling, Gaining Possession, Clearing your lines.



## Goals Goals Goals

### How to Play

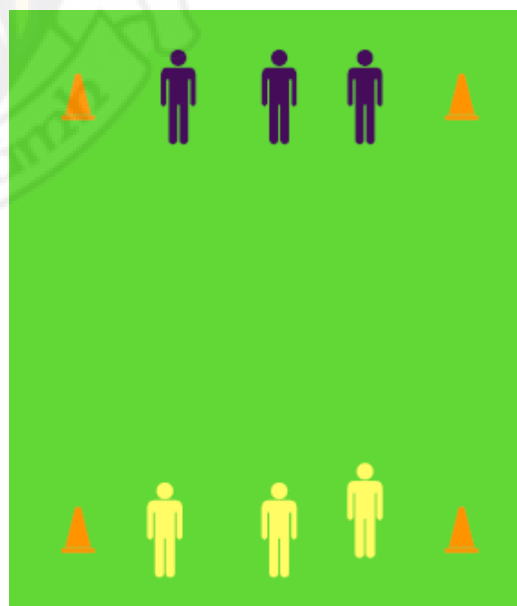
- Place two wider than normal goals 8-10 metres apart for a 3 v 3 game.
- All players are on the goal line with each side starting with two balls.
- Players must try score goals & save goals with multiple balls flying around.

### Progression

- Striking from hand. Score doubled for first touch catch from opposition shot before score.

### What it Develops

- Striking, kicking, communication, ball control, shooting.



# Sample U9 Session

## Warm Up: Fun Game

Part 1: Game: 3 and In

Part 2: Fundamental Movements e.g. speed

## Core Part of Session

Part 1: Small-sided Game: 3v3 or 4v4

Part 2: Skill Development: Ball each or in pairs.

Part 3: Modified Game e.g. Clean Your Room

## Finish with Fun

Part 1: Skills Challenge: Hurling/Football/ Fundamental Movement/Resistance

Part 2: Game: 6v6, 7v7

### Coach Tip!

Use trigger words. Every child needs a ball at home.

### Emphasis for Child!

Learning to use the ball well.  
Lots of activities/ Challenges

# Skills Testing U9

## U9 Hurling

Check List: The Swing

PLEASE TICK ✓

Salute

C-Shape

Follow  
Through

Right

Left

### Skills Tests

SKILL	DESCRIPTION	SCORING SYSTEM
Ground Strike	4 ball in a line, strike 2 balls from the left & 2 ball from the right, player must strike both balls using both sides.	0-10m Left <input type="checkbox"/> Right <input type="checkbox"/> 10-15m Left <input type="checkbox"/> Right <input type="checkbox"/> 15m+ Left <input type="checkbox"/> Right <input type="checkbox"/>
Roll Lift	2 squares 5m apart, 6 balls in one 1 square. Player roll lifts ball, carries & drops in empty square & repeats for all. Time how long it takes.	Time taken to complete: <input type="text"/>
Jab Lift	Player moves between 2 cones 5m apart, must run around each cone. i.e jab lift, drop ball, around cone. How many in 30secs?	How many in 30 seconds? <input type="text"/>
Ball Control	Coach rolls the ball towards the player & player must control with hurl & catch.	How many out of 6 attempts? <input type="text"/>
Strike from Hand	Static strike for distance. 3 strikes on the right & 3 strikes on the left.	0-20m = 5 pts; 20-40m = 10 pts, 40m+ = 15 pts Right <input type="text"/> Left <input type="text"/>
Hand Pass	Hand pass to a player 5m away.	How many out of 5 attempts? Right <input type="text"/> Left <input type="text"/>
Catch	Coach strikes/throws ball from 5-10m away. Player attempts to catch.	How many in 5 attempts? Right <input type="text"/> Left <input type="text"/>
Bounce Strike	Coach throws the ball from 5-10m away bouncing before it reaches the player. Player must strike the ball as it bounces.	0-10m Left <input type="checkbox"/> Right <input type="checkbox"/> 10-15m Left <input type="checkbox"/> Right <input type="checkbox"/> 15m+ Left <input type="checkbox"/> Right <input type="checkbox"/>

# Skills Testing U9

## U9 Football

SKILL	DESCRIPTION	SCORING SYSTEM
Catching	10 throws by the coach from 10m away. Player to catch high, low, body or moving towards the ball.	Total Score = 10 points <input type="text"/>
Hand Pass	Player hand passes the ball to a coach that's 5m away 5 times with their right hand & 5 times with their left hand.	Total Score = 10 points <input type="text"/>
Crouch Lift	2 cones 5m apart. Pick up ball at the 1st cone with right foot, take 4 steps & release, go around 2nd cone & pick up with left foot on return.	How many in 30 seconds? <input type="text"/>
Punt Kick	Punt kick 10 kicks through 2 cones that are 3 metres apart & that are 10m away: 5 with the right foot, 5 with the left	Total Score = 10 points <input type="text"/>
Solo on the Move	Take 4 steps then 1 right hand bounce, take another 4 steps & right foot solo. Do this three times. Repeat with the left foot three times.	Total Score = 12 points (6 points each side) Right <input type="text"/> Left <input type="text"/>
Hook Kick	Hook kick 10 kicks over the bar from the 14m line: 5 kicks with the right foot & 5 kicks with the left foot.	Total Score = 10 points (5 points each side) Right <input type="text"/> Left <input type="text"/>

Are they able to:

Frontal Block	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Near hand Tackle	Yes <input type="checkbox"/>	No <input type="checkbox"/>

# Under 11 (U11)

I like Court, Field, Modified, Conditioned & Small-Sided Games (7v7, 9v9...).

The games I play in training test my game sense.

I'm starting to really enjoy team games and love competing. I want to improve my decision making in games but I can be self conscious learning new skills.

I need to learn to attack the ball.

## The Player

### Hurling

Hand Pass Both Sides

Overhead Catch, Hand Protected

Jab/Roll Lift Moving Ball

Ground Strike 15-20m

Strike From Hand 20-30m

Lift & Strike 8-10m

Encourage Striking On The Move & Shorten The Grip

Ball Control & Attack The Ball

Batting

Shoulder Clash

Hooking & Blocking

### Physical Literacy

Speed Looking For Reactions  
e.g. Second Efforts Change Direction

Running & Jumping

Agility

Feint & Sidestep

Stamina/Endurance  
e.g. Ball Drills Little Bit Longer, Relay Races

#### Body Resistance

Pulling: With A Partner

Pushing, e.g. Frog Jump, Bounding, Hopping

### Football

Body Catch

High Catch/Low Catch

Fist/Hand Pass

Crouch Lift

Punt Kick (Left & Right)

Hook Kick

Toe Tap (Solo)

One-Handed Bounce

Four Steps

Near Hand Tackle

Frontal Tackle

Block Down

# Coaching U11

## WHY?

### Why is there a focus on games?

Best Learning comes from game situations (Games based coaching). We can set conditions to concentrate on specific skills e.g., extra points in a game for a good hook/ block. Helps introduce principles of defence, attack and team play.

### What should we start to focus on with U11's?

- Reactions. Sport in its nature is based on reactions. We react to the breaking ball, our players actions as well as our opponents. It is important to train the way we play.
- They will begin to understand the need to change the direction of a run or a pass to be more effective and they will begin to grasp the idea that a player may need support from behind and to the side as well as in front.
- Many players at this age fail to recognise the need to attack the ball and prefer to wait for the ball. If this is allowed to persist, that player will find it increasingly difficult to change their instincts.
- Games and drills to force decision making. Coaches should continue to run small-sided games and condition the players to solve problems in a game based environment.

# Coaching U11

## HOW?

### How do we coach U11's?

- Fun is still really important in every session, if it's fun and the coach is engaging, they are more likely to keep coming.
- During training, these players must always feel part of the session. Coaches must be ready to pay as much attention to them as to other established players and always work to improve their skills (e.g., 1 to 1 coaching may be needed and is often very beneficial if it is done in quiet way and not picking out a player in front of everyone).
- Use questioning to check for understanding and encourage feedback from the players e.g., Use 'Freeze' 'Replay', 'If you had that ball again, what would you do?'
- Use drills and games to encourage attacking the ball and movement on and off the ball.
- Challenge players with overloaded situations, e.g., 5 v 3, 3 v 2 etc. and see how they react.
- Coaches must be quick to address the problem of 1 or 2 players dominating play and preventing others from developing their skills during games. Modifying the rules can help here.
- Try to give equal Game Time for all, try to plan not to have any subs in matches.



# Sample U11 Games

## Flicker Pickers vs. Rucker Pluckers

### How to Play

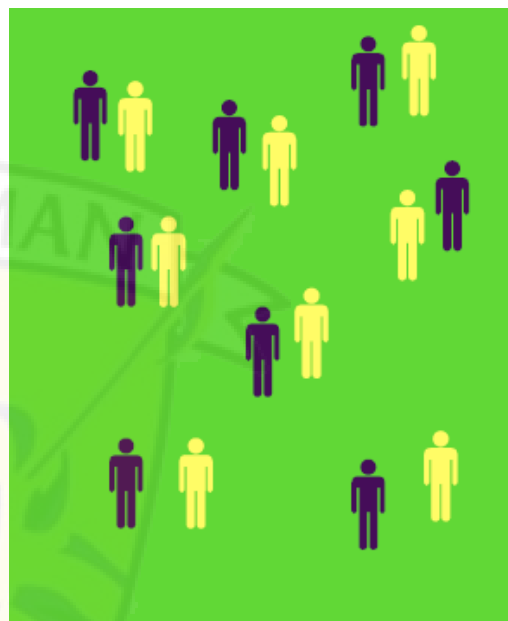
- Half of the players start with balls.
- Purple must roll lift standing over ball, yellow team must flick the ball into the space & jab lift.
- Players must accelerate 4 steps before dropping a ball & getting a different ball.
- Once every player on each team gets to 10, their team wins.
- Swap the pick up method.

### Progression

- Less balls to let the players decide different methods of gaining possession.

### What it Develops

- Accurate kicking or striking, catching, team play.



## Over the Bar

### How to Play

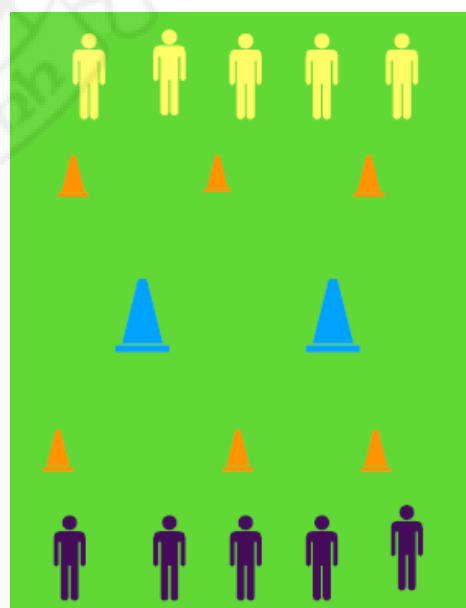
- Place two teams either side of the goal .
- Line cones out 10 metres away from the goal in the middle where players must strike the ball over bar from behind the cones.
- Most points win.

### Progression

- Players must make a pass before scoring. Mix players up equal numbers each side so more like a game.
- Less balls.

### What it Develops

- Develops the jab/roll lift & flicking the ball under pressure.



# Sample U11 Games

## React

### How to Play

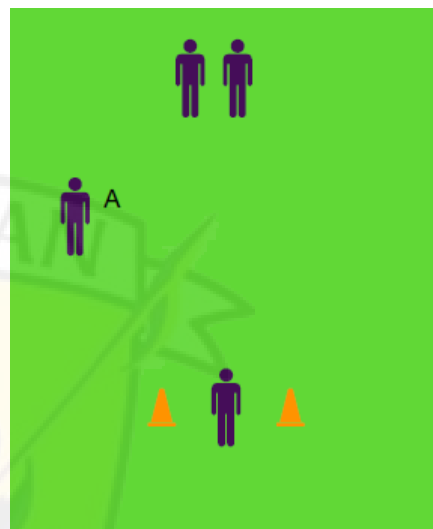
- Player A has a ball in hand.
- On the whistle, player A must drop the ball.
- Two competing players must react (attack the ball) & try score a goal.
- After 4 attempts, rotate the goalie & Player A to compete.

### Progression

- 2 v 2 reacting to player A's dropped ball.

### What it Develops

- Attacking the ball, reacting to breaks, tackling, scoring



## Hoop Dreams

### How to Play

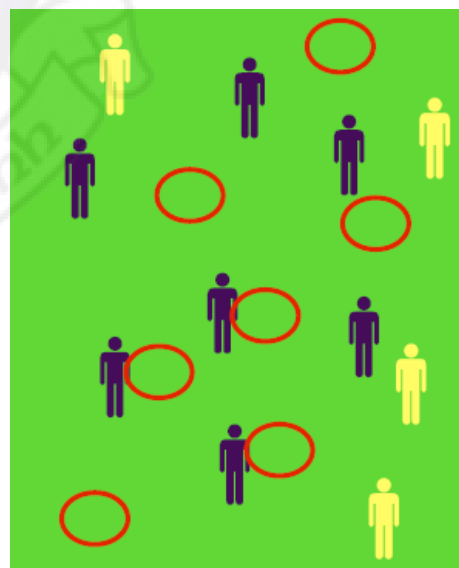
- Nominate four catchers.
- If tagged, players must stand still & hold a hula hoop by their side.
- To get free team mates must handpass/kick/strike a ball through the hoop.

### Progression

- Players caught must throw hoop up and down.
- Hit a moving target.

### What it Develops

- Agility, evasion, accuracy, striking/kicking on the move.



# Sample U11 Games

## Keep it Moving

### How to Play

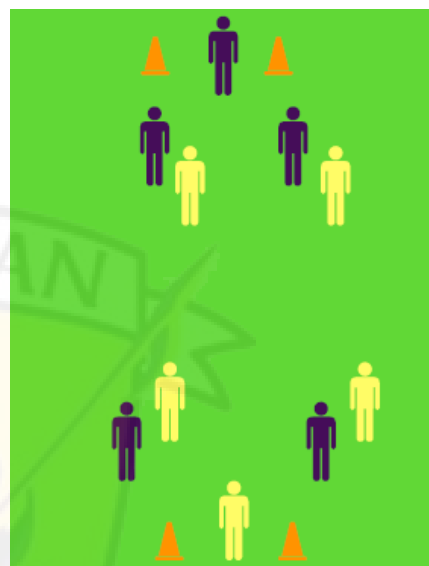
- *Conditioned Game:* 5 v 5 - Players can only strike from hand if caught clean in air.
- No lifting all ground hurling if the ball is on the deck.
- Puck outs, line balls & frees taken from hand.
- A score after catch is worth double.

### Progression

- Introduce a jab lift once everybody is comfortable attacking the ball.

### What it Develops

- Agility, evasion, accuracy, moving to the ball.



## Add a Player Blitz

### How to Play

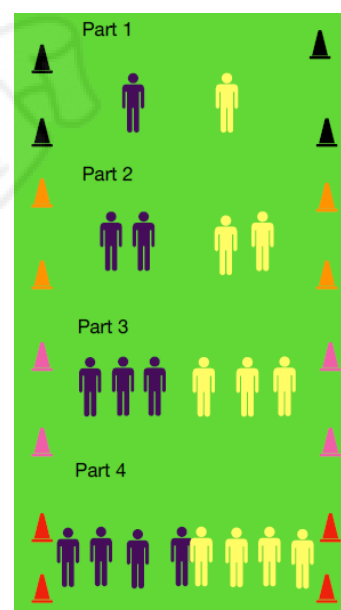
- Great game to kick off training as players arrive.
- Players pair off & play each other. Players set up a small pitch. Every 1/2 minutes, add a player to each team & make pitch bigger. E.g. 16 at Training. 1v1, 2v2, 3v3, 4v4, 5v5, 6v6, 7v7, 8v8.

### Progression

- No progression just let them off. Have plenty of balls & cones. Instead of adding 1 player, teams could double in size. E.g 2v2 goes to 4v4.

### What it Develops

- All skills, changes in space and decision making.



# Sample U11 Session

## Warm Up: Fun Game

Part 1: Game: Add a Player Blitz

Part 2: Physical Fitness: Movement & Resistance Exercises

## Core Part of Session

Part 1: Conditioned Game: e.g. must make a pass before scoring

Part 2: Skill Development: Ball each, in pairs or in a drill

Part 3: Modified Game e.g. React

## Finish with Fun

Part 1: Skills Challenge: Hurling/Football/ Fundamental  
Movement/Resistance

Part 2: Game: 7v7, 9v9

### Coach Tip!

Send Fun Activities home  
with the child to Practice

### Emphasis for Child!

Learning to play together.  
Team games and decisions.

# Skills Testing U11

## U11 Hurling

Check List: Overhead Catch

PLEASE TICK ✓

Hand Reaching Above Head

Hurl Protecting Hand

Claw Shape Hand

Clean Catch

SKILL	DESCRIPTION	SCORING SYSTEM
Strike from Hand Left & Right	Strike from 21m line & hit the net in the goal without the ball bouncing.	How many out of 5 attempts? <input type="text"/>
Strike on the Move	3 cones on 21m line (1 centre, 1 20m either side) with 2 balls at each. player starts 5m back from 1st cone, runs, jab lifts the ball & strikes over the bar. Repeat with next 2 balls, turn at 3rd cone & repeat on left side. <u>40 secs to do all 6 balls.</u>	How many points out of 6 attempts? <input type="text"/>
Hand Pass	4 balls set up in a line, pick up 1st ball, take 4 steps & hand pass to coach 5m to the right using left hand. Pick up 2nd ball, take 4 steps & handpass to coach 5m to the left using right hand. Repeat 4 times on each hand.	Total Score = 8 points (2 points per accurate pass) <input type="text"/>
Ball Control	Coach strikes ball towards player from 20m away & player must control with hurl & catch.	How many points out of 6 attempts? <input type="text"/>
Jab Lift & Move	3 cones 5m apart in a line. 6 balls at middle cone, player starts at end cone, runs out, jab lifts the ball & carries it to the 3rd cone. Go around cone & repeat for all balls. <u>2sec penalty for each missed pick up.</u>	Time taken to complete: <input type="text"/>
Roll Lift & Carry	2 cones 5m apart, 2 balls at each. Roll lift ball at 1st cone, carry to 2nd cone & drop. Repeat with all balls. How many roll lifts in 60secs?	How many in 60 seconds? <input type="text"/>

# Skills Testing U11

## U11 Football

SKILL	DESCRIPTION	SCORING SYSTEM
Punt Kick	5 right punt kicks from the 21m line into the goal without hitting the ground. 5 left punt kicks from the 21m line into the goal without hitting the ground.	Total Score = 10 points (5 points each side) <input type="text"/>
Hook Kick	3 cones on 21m line (1 centre, 1 20m either side) with 2 balls at each. Player starts 5m back from 1st cone, runs, picks up the ball & kicks over the bar with right foot. Repeat with next 2 balls, turn at 3rd cone & repeat on left foot. <u>40 secs to do all 6 balls.</u>	How many points out of 6 attempts? <input type="text"/>
High Catch	Coach throws or kicks 10 balls from 15m away. Player to catch the ball over their head with their feet off the ground.	Total Score = 10 points (1 point per catch) <input type="text"/>
Crouch Lift & Swivel	2 cones 10m apart, pick up with the right foot & swivel on right foot, take 4 steps, drop the ball, go around the 2nd cone & repeat with the left foot.	How many in 30 seconds? <input type="text"/>
Hand Pass	2 cones 10m apart, 3 balls at each cone. Player picks up a ball, takes 4 steps & hand passes to a coach 5m away on the left with their right hand, go around the 2nd cone & pick up the next ball, take 4 steps & pass to the right with their left hand. Repeat for all 6 balls.	2 points for each successful attempt <input type="text"/>

Are they able to:

Frontal Block on the move	Right Hand <input type="checkbox"/>	Left Hand <input type="checkbox"/>
Near Hand Tackle on the move	Right Hand <input type="checkbox"/>	Left Hand <input type="checkbox"/>

# Under 13 (U13)

I like Part Invasion, Game Scenario's, Modified, Conditioned & Small-Sided Games (7v7, 9v9, 11v11).

I need to get plenty of Game Time on Match Day.

I'm learning that if I practice my performance improves but also I can be really self conscious in front of the group. Teamwork becomes more important.

My training activity during the week needs to be moderately increased.

## The Player

### Hurling

Striking:

- Left & Right Side From Hand 30-35m
- Ground Strike Over 20m

Hand Pass Left & Right Off Hurl

Catch Hand Protected Low/High

Jab Lift/Roll Lift Moving Balls

Encourage Striking On The Move & Shorten The Grip

Ball Control:

- Soloing & Flick To Space

Tackling:

- Hooking & Blocking To Recover Possession

### Physical Literacy

Multi-Directional Speed  
e.g. 20 secs Effort Change Direction

Acceleration & Deceleration

Game-Related Exercises  
e.g. Competitive Ball Drills

Stamina: 3 v 1 Drills

Feint & Sidestep With Ball

#### Body Resistance

Bodyweight Exercises Through Fun Activities

Multi-Directional Jumps

Dynamic Warm-Ups

### Football

Kicking for Accuracy & Distance. e.g. Long Kick Pass

Kicking On The Move

Free-Taking (Hands & Off The Ground)

Hand Pass Both Sides Of The Body (Increase Distance)

Low & High Catch Under Pressure

Dummy Solo & Side Step

Attacking The Defender At Full Pace

Chip Lift

Tap Down In The Air

Shadowing The Opposition Player Both On & Off The Ball

# Coaching U13

## WHY?

### Why does every player need game time?

By not providing match opportunities to players, you are preventing them the opportunity to develop. Proper use of tournaments, challenge games, and rising stars is of huge benefit at this age.

No Player ever got better sitting on the bench!!!

Game time is also about little achievements on the pitch. Look at a players skillset, for example a player is strong in the air but struggles with mobility and other skills. Put them in a position where lots of ball breaks or lands around them e.g., Midfield. They are more likely to catch a ball or get extra touches and improve their overall motivation and performance.

### Why do we start a 'proper warm up' at U13?

Improve performance, aid recovery, prevent injury, teach good habits and athletic development. It is essential as demands on the player's body are increasing. Variation and a planned warm up is extremely important.

The warm up can set the tone for your training session and a good warm up routine has players racing to get to training.

### Why do we still factor in fun at U13 level?

Fun is important at every age group. Children flourish when they enjoy it. Children will choose sports/activities that they enjoy the most. By coaching in a fun way, children can put in greater effort without even realising. Ask what they want to do in training. Ask them how school is going. Allow them to have a giggle and a joke with teammates. Tell them thank you for coming to training.



# Coaching U13

## HOW?

### How do we coach U13's?

- Between all games, challenge games, Rising Stars and tournaments ensure all players get adequate game time/opportunities.
- Have a good intensity to your sessions and allow for mistakes. This can be achieved with well-planned sessions with progressions of games included. Do not waste time between games.
- Include at least one Fun activity in each session.
- Allow time for chats, around the water bottles etc... during the sessions.
- Include team building activities throughout the year outside of the pitch/sport. For example, take a trip to the beach. Encourage good manners.
- Build more Athletic Development tasks/exercises into your training sessions.
- Skills test players and give them praise, tips and work-ons.



# Sample U13 Games

## Snipers

### How to Play

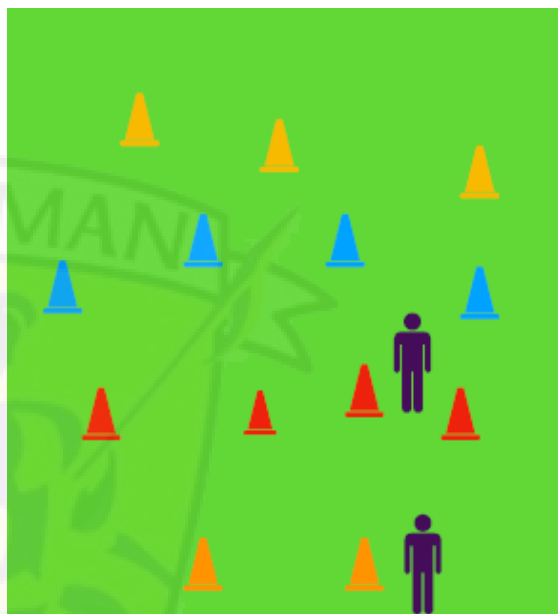
- Players are in pairs with one behind goal & one on the pitch.
- Different colour cones are a different level of difficulty.
- Player A behind the goal strikes/kicks out the ball & player B attacks the ball. They must go around the cone on the run & score on the move.

### Progression

- Player must score 3-in-a-row at a level before progressing to next level.
- Have a race.

### What it Develops

- Shooting, striking, kicking, shooting on move, accuracy, fun.



## Attack the Ball

### How to Play

- The ball is kicked or struck to player 2. Player 1 strikes or kicks the ball low.
- Player 2 then marks himself out of 3.
- Attacking the ball at pace is 1 point, optimal control is 2 points & delivering the ball back to the players hand is 3 points .

### Progression

- Add a player as competition.

### What it Develops

- Attacking the ball at top speed.
- Adds intensity to a frequently used drill.



# Sample U13 Games

## Defend the Goals

### How to Play

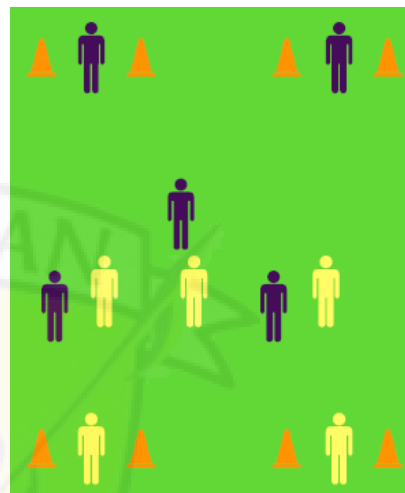
- Each team has two goals to defend.
- Aim is to score as many goals as possible.

### Progression

- Players must work balls through the two goals as shown and then can shoot into big goal.

### What it Develops

- Expansive play, heads up play, team play, off the ball shadowing.



## Back & Forth

### How to Play

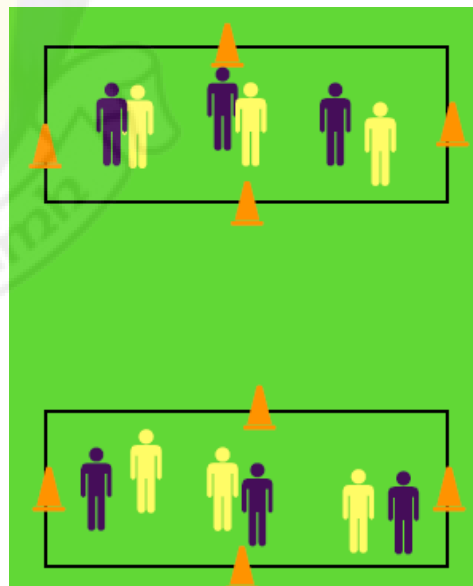
- Set up squares as in diagram.
- Aim for accurate passing from square to square.
- Give extra points for a clean catch. If ball goes out of bounds the other team restarts with possession.
- Players can play ball as often as they like within the square before delivering.

### Progression

- Double points for a 1,2.
- Limit amount of passes in own squares.

### What it Develops

- Team play, accuracy heads up, handling.



# Sample U13 Games

## Win It In The Air

### How to Play

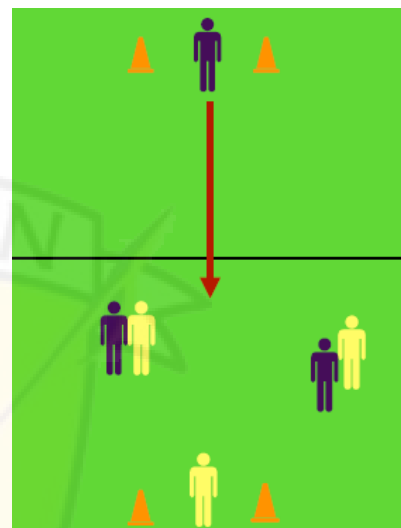
- *Conditioned Game:* Set up a small sided game.
- Mark out the half-way line of the small pitch clearly.
- Before each kick out/puck out, everybody must be in the opposite half. i.e ball must go long.

### Progression

- Longer pitch. Extra Players.

### What it Develops

- Winning aerial ball, decision making, tracking back, working the ball out, working scores in tight spaces.



## Coach Call

### How to Play

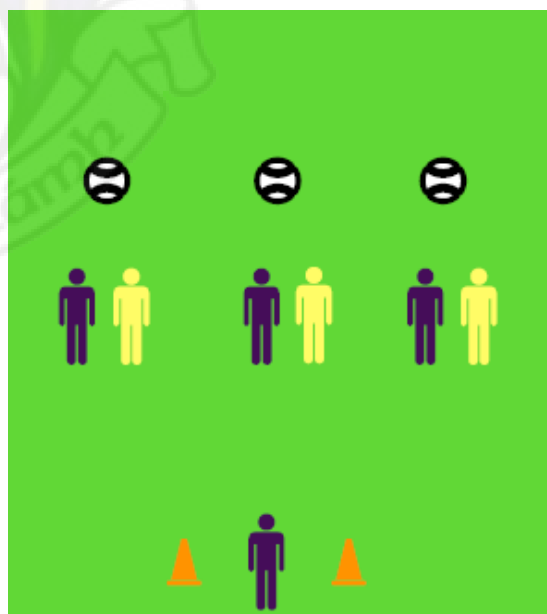
- Coach calls the forward & the back.
- Forward runs to ball & tries to score while the back tries to prevent the score.
- Can be a 1 v 1 as shown or 3 v 3, 6 v 6 etc...

### Progression

- Have somebody feeding ball to forward. Have gates that the defenders have to get through with the ball.
- Have somewhere for defender to clear the ball.

### What it Develops

- Competing for the ball. Reactions. Tackling. Accuracy. Shooting.



# Sample U13 Session

## Warm Up

**Part 1:** Introduce Wexford Way Warm-Up.

**Part 2:** Try some fun bodyweight exercises. e.g. Leap Frog.

## Core Part of Session

**Part 1:** Conditioned Game: e.g. Win It In The Air or Small-Sided Game.

**Part 2:** Skill Development: Drill or Skill Refinement/Practice.

**Part 3:** Modified Game e.g. Back & Forth or Higher Intensity Skill Drill.

## Finish with Fun

**Part 1:** Game: 7v7, 9v9, 11v11.

**Part 2:** Fun Game: e.g. Snipers.

### Coach Tip!

Send home Skills challenges for child to do at home

### Emphasis for Child!

Child wants to see personal development.

Feedback!

# Skills Testing U13

## U13 Hurling

SKILL	DESCRIPTION	SCORING SYSTEM
Strike from Hand on the Move	4 balls along 45m line 10m apart. Pick up 1st ball, take 4 steps & strike on the right. Pick up the next ball, take 4 steps & strike on the left.	<b>Scoring Distance:</b> 25-35m = <input type="text"/> 5 points 35-45m = <input type="text"/> 10 points 45m+ = <input type="text"/> 15 points
Catching	Check is hand being protected by hurl. Judge where the ball is dropping & movement of feet to get in position to catch overhead. Ball is struck by coach/other player from 30m away.	<b>Total Score = 10 points (2 points per successful catch)</b> <input type="text"/>
Hand Pass off the Hurl	4 balls set up in a line, pick 1st ball onto the hurl & solo 4 steps (don't take it into the hand), handpass to person on the left 5m away with the right hand off the hurl. Pick up the 2nd ball onto the hurl & solo 4 steps (don't take it into the hand), handpass to person on the right 5m away with the left hand off the hurl.	<b>Total Score = 8 points (2 points per accurate pass)</b> <input type="text"/>
Ball Control	Coach strikes ball towards player from 30m away & player must control with hurl & catch.	<b>How many points out of 6 attempts?</b> <input type="text"/>
Batting Overhead	Coach stands 10m away from the player & throws the ball over the player's head which the player bats the ball back towards the coach. <b>Total Score = 8 points (2 points per successful bat)</b>	<b>How many points out of 4 attempts?</b> <input type="text"/>
Jab Lift on the Move	2 cones 10m apart with ball in the middle. Player starts at cone, runs out & jab lifts the ball, takes 4 steps, drops the ball, goes around the 2nd cone & back, jab lifts the ball, takes 4 steps & drops the ball. Repeat for 60 secs.	<b>How many successful lifts in 60 seconds?</b> <input type="text"/>
Roll Lift on the Move with Spin/Roll Off	2 cones 10m apart with ball in the middle. Player starts at cone, runs out & roll lifts the ball, takes 4 steps, drops the ball, goes around the 2nd cone & back, roll lifts the ball, takes 4 steps & drops the ball. Repeat for 60 secs.	<b>How many successful lifts in 60 seconds?</b> <input type="text"/>

# Skills Testing U13

## U13 Football

SKILL	DESCRIPTION	SCORING SYSTEM
Long Punt Kick	5 right footed punt kicks & 5 left footed punt kicks from the end line. Over 45m = 2 points, over 30m = 1 point, less than 30m = no score.	Total Score = 20 points <input type="text"/>
Hook Kick for Accuracy	3 right footed hook kicks & 3 left footed hook kicks along the 21m line. Player is kicking for points. First ball 15m in from either side line.	Total Score = 6 points <input type="text"/>
Dummy Kick Solo	5 dummy kick solos on the right & 5 dummy kick solos on the left (place 2 lines of 5 cones each in a zig-zag formation with the cones 5m apart in each line & with the lines 2m apart). Players run in a zig-zag & performs the skill at each point of the zig-zag.	Maximum Score = 10 points <input type="text"/>
Chip Lift	5 with the right foot & 5 with the left foot. Player runs at a stationary ball and tries to chip the ball into their hand while on the run, take 4 steps, leave the ball on the ground, go around the cone & repeat 5 times.	How many in 30 seconds? <input type="text"/>
Hand Pass	Take 4 steps & hand pass 10m to the left with your right hand, receive the same ball on the run, take 4 steps & hand pass to the right with your left hand, go around cone & repeat twice more.	2 points for each successful attempt <input type="text"/>

Are they able to:

Break down the high ball to a team mate?

Yes

No

Shadowing their Opponent?

Yes

No

# Under 15 (U15)

I like Part Invasion, Game Scenario's, Modified, Conditioned, Small-Sided, Full & Possession Games.

I need at about 16 games per year to properly develop.

I'm physically developing at different rates to my peers. I need Reinforcement from my coach and like to feel popular.

I am developing Positional Sense but still need the challenge of playing different positions.

## The Player

### Hurling

Striking:

- Left & Right Side From The Hand 40-50m
- On The Run To A Moving Target Under Pressure.
- Over The Shoulder.
- Solo & Strike

Shooting For Scores

Hand Pass Left & Right Off The Hurl On The Move (6-8m Pass)

Jab Lift At Pace

Batting & Doubling In The Air

Catching While Being Contested Against By An Opponent

Tackling:

- Hooking, Blocking, Flick Dispossession

### Physical Literacy

Multi-Directional Speed  
5-25m

Acceleration & Deceleration

Wexford Way Warm-Up

Fitness With The Ball

Stamina: 3 v 1 Drills

Change of Pace With The Ball

#### Body Resistance

Bodyweight Exercises

Core Exercises (e.g. Plank)

Dynamic Warm-Ups

Flexibility & Mobility Through Static Stretching

### Football

Punt & Hook Kick To A Moving Target

Increased Emphasis On Accuracy, Movement, Distance

Scoring From Angles

Hand Pass Off Both Sides of the Body (Increase Distance)

Catching Contested Possession

Dummy Solo/Side-Step, Attacking An Opponent At Pace

Chip Lift

Shadowing, Frontal Tackle, Near-Hand Tackle, Diving Block



# Coaching U15

## WHY?

### Why do we focus on Game Scenarios & Modified Games?

We want the players to experience challenges which they are going to face in a game. Game scenarios allow players to practice their skills in the game setting and under pressure. Modified games force players into decision-making and problem solving. On match day, coaches should observe areas of the game which are common occurrences or scenarios where players are uncomfortable. The following week have players practice such scenarios in training through game scenarios and modified games. This will help the players to improve their performance in games.

### Why do we do body resistance exercises?

We introduce body resistance exercises so players can learn the correct movement patterns of exercises such as the squat, the lunge, and the push up. We also use body resistance exercises such as this to enhance coordination, strength and movement technique. Bodyweight resistance is important in the long-term development of a player. It is important to start body resistance at this age so the player is at a reduced risk of injury later on when they begin loading the exercises with additional weight.

### Why do we ask children questions?

Like practicing game scenarios in advance of games, we always want our players to problem solve. We ask players questions for several reasons. We want them to come up with solutions, but we can also check for a players' understanding. We cannot perform for the player on the pitch so by asking questions we can get the player to think about the game and learn. We also cannot see through a player's eyes on the pitch and asking questions avoids us as coach and as coaches jumping to conclusions. Ask open ended questions for example, 'If you had the ball in that area of the pitch again, what might you do differently?'

# Coaching U15

## HOW?

### How do we coach U15's?

- Players need to always feel part of the team. Remember every player, not just regular starters, need to play close to 16 matches per year.
- Include everyone in training, organise challenge games, and seize the opportunity to take part in tournaments.
- Have a sense of fun in training, give players compliments and make them feel important.
- Show players examples of good play. Video a game and show players examples of where they made good decisions. Also, freeze a game in training and highlight where the player did well.
- Build players awareness through training scenarios: how to break down a defence, how to cut out short or long ball or how to stretch an opposition etc.
- Include a team bonding or a team building activity in every training session.
- Give players tips on how to lead a positive lifestyle.
- Give players skills challenges and tests. Encourage players to master skills under pressure.



# Sample U15 Games

## 1,2 Score

### How to Play

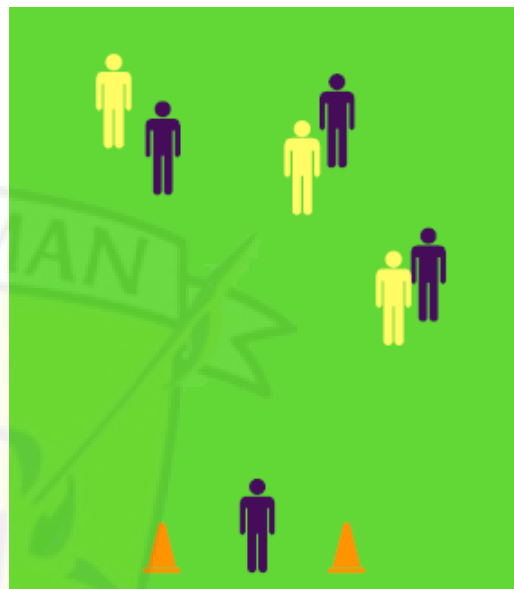
- Split into two teams. Throw the ball in & once a team is in possession of the ball, they must get a 1,2 pass before scoring.
- Team who scores starts with possession of the ball in the next round. They try to work a 1,2 pass & score.
- Team can keep possession until a 1,2 pass is available.

### Progression

- 1,2 pass must occur through kicking or striking the ball. No handpass.

### What it Develops

- Team play, off the ball runs, accuracy, defending, runners off shoulder, decision making.



## Backs & Forwards

### How to Play

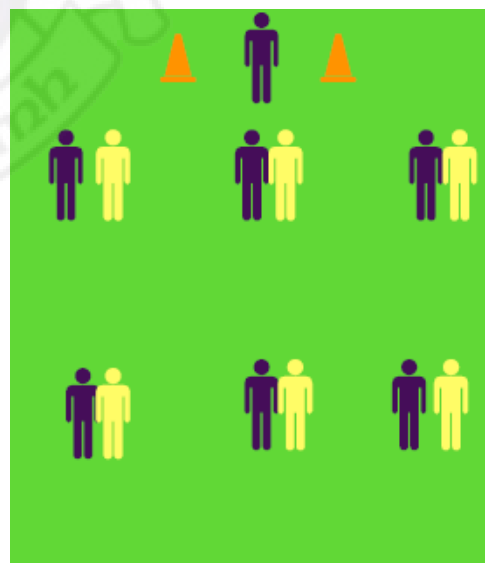
- Line players out in their positions as shown.
- Coach delivers the ball in with the forwards trying to work a score with the backs defending.

### Progression

- Give defenders & opportunity to work ball out somewhere to play ball too.
- Allow the goalie to practice short puck outs.
- Forwards must defend.

### What it Develops

- Game Sense, positional sense, attacking defending.



# Sample U15 Games

## Head for Goal

### How to Play

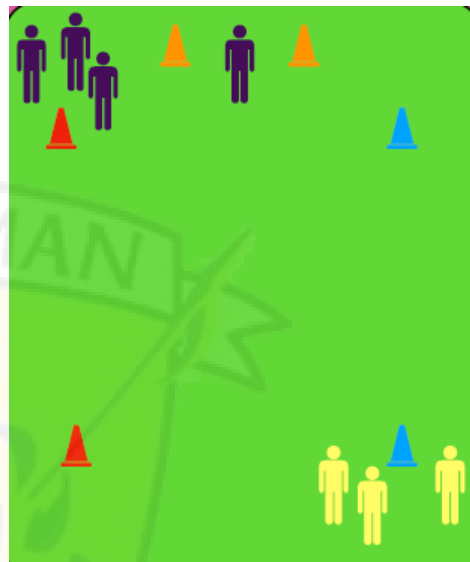
- Forwards start behind the red cone with a ball.
- They run out around the second red cone & try work a goal.
- Defenders run around blue cone & try to prevent a goal.

### Progression

- Allow points & add in conditions, i.e must make a pass.
- Give defenders a method of working the ball out.

### What it Develops

- Communication, attacking, defending, breaking the tackle, tackling, shooting.



## Clean Catch, Score!

### How to Play

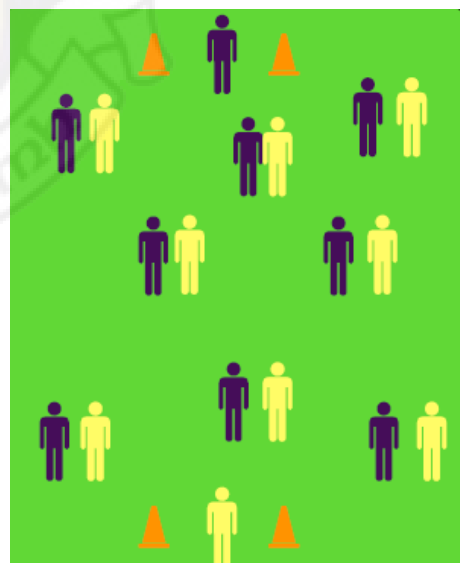
- Set up two teams as normal & start small-sided to allow more touches.
- Players can only score after catching a clean ball from a pass.
- If the ball hits the ground, the player can't score.

### Progression

- Only allow kicking/striking. Promotes accurate long passing.

### What it Develops

- Team play, scanning, accurate passing, movement.



# Sample U15 Games

## Start the Attack

### How to Play

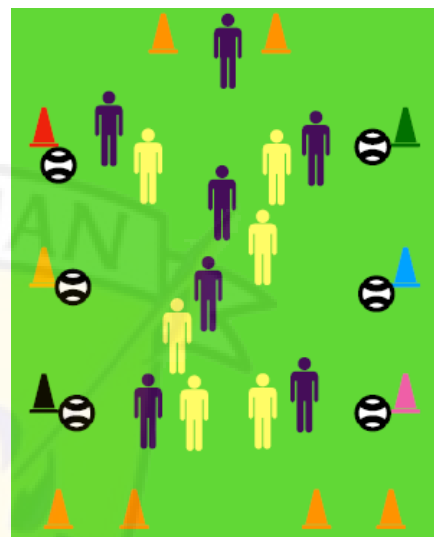
- Coach calls a colour cone. Nearest forward reacts & gets a ball from that cone & starts an attack.
- Defenders work the ball out through the gates.

### Progression

- Defenders pick ball up & try work it out on coaches call. Make pitch bigger. Add more players.

### What it Develops

- Positional sense, working scores, team play, movement, working ball out.



## Momentum

### How to Play

- Set up four gates as shown similar to 12,3,6,9 on a clock face.
- Two players mark each other at each gate.
- Player must carry the ball through the gates before passing to their next teammate.
- Purple must play ball clockwise, yellow anti-clockwise.
- First team to go around the clock wins.

### Progression

- Make the clock bigger for longer passing, more players at each gate.

### What it Develops

- Competition, passing, soloing, breaking the tackle.



# Sample U15 Session

## Warm Up

Wexford Way Warm-Up

## Core Part of Session

**Part 1:** *Play a Match & Give Feedback.*

**Part 2:** *Skill Development: Drill or Skill Refinement/Practice.*

**Part 3:** *Conditioned Game e.g. Clean Catch, Score!*

## Finish with Fun

**Part 1:** *Modified Game e.g. Head for goal. Core Work or Speed Work or Higher Intensity Skills Drill.*

**Part 2:** *Match or Backs & Forwards.*

## Coach Tip!

Ensure regular games for all players. Organise Challenge Games.

## Emphasis for Child!

Ask Child questions and highlight examples of good play.

# Skills Testing U15

## U15 Hurling

SKILL	DESCRIPTION	SCORING SYSTEM MAXIMUM SCORE = 300 POINTS
Ground Striking	<p>6 balls are placed on the 20m line 4m apart. Players must run &amp; strike the balls on the ground from alternate sides. The balls must travel a distance of 20m.  <u>Time allowed = 10 secs.</u>                      2 point deduction for every second over the allowed time</p>	<p>Maximum Score = 30 points (5 points per ball)</p> <input data-bbox="1002 607 1251 645" type="text"/>
Free Taking	<p>4 balls are placed on the 45m line as follows: (a) 10m to the right of centre, (b) 10m to the left of centre, (c) 25m to the right of centre, (d) 25m to the left of centre. Balls must be struck over the bar. 10 points awarded for (a) &amp; (b), with 20 points awarded for (c) &amp; (d).</p>	<p>Maximum Score = 60 points</p> <input data-bbox="1002 786 1251 824" type="text"/>
Jab Lift & Strike	<p>6 balls are placed 30m from the end line, 12m apart (2 balls at each point; 1 for left, 1 for right). Centre ball is in line with the centre of the goal. Players must jab the ball into their hand &amp; strike on the run to pass over the bar, first from the right &amp; then the left &amp; vice versa.  <u>Time Allowed = 30 secs.</u>                      2 point deduction for every second over the allowed time</p>	<p>Maximum Score = 60 points (10 points per ball)</p> <input data-bbox="1002 1005 1251 1043" type="text"/>
Sideline Cut	<p>4 balls are placed on the 30m line as follows: (a) 10m to the right of centre, (b) 10m to the left of centre, (c) 25m to the right of centre, (d) 25m to the left of centre. Balls must be struck over the bar. 10 points awarded for (a) &amp; (b), with 20 points awarded for (c) &amp; (d).</p>	<p>Maximum Score = 60 points</p> <input data-bbox="1002 1218 1251 1256" type="text"/>
Ball Control	<p>6 grid poles are placed in a line 2m apart. Players must begin at the cone, 5m from the 1st pole, jab lift the ball &amp; carry it on the hurl through the poles, around the end cone, 5 metres from the final cone &amp; back through the poles to the start. all must not be dropped or taken into the hand at any stage.  <u>Time allowed = 15 secs.</u>                      2 point deduction for every second over the allowed time,                      5 point deduction if ball drops or goes into the hand</p>	<p>Maximum Score = 50 points</p> <input data-bbox="1002 1453 1251 1491" type="text"/>
Long Puck	<p>Players must strike the 2 balls from the hand from the end line. Distance is measured from the first bounce. If the end line is crossed prior to striking the ball, that puck is null &amp; void.  <u>Score: up to 60m = 5 points per ball, 60m-70m = 10 points, 70m+ = 20 points</u></p>	<p>Maximum Score = 40 points</p> <input data-bbox="1002 1711 1251 1749" type="text"/>

### Additional Test:

Hand Pass of the Hurl	<p>4 balls set up in a line, pick 1st ball onto the hurl &amp; solo 4 steps (don't take it into the hand), handpass to person on the left 5m away with the right hand off the hurl. Pick up the 2nd ball onto the hurl &amp; solo 4 steps (don't take it into the hand), handpass to person on the right 5m away with the left hand off the hurl.                      5 points per successful hand pass.</p>	<p>Maximum Score = 20 points</p> <input data-bbox="1002 2024 1251 2063" type="text"/>
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# Skills Testing U15

## U15 Football

SKILL	DESCRIPTION	SCORING SYSTEM MAXIMUM SCORE = 113 POINTS
<b>Area 1: Start</b>	Place 2 grid poles 2m apart on the 21m line, 15m in from the sideline as the starting gates. To begin players must pass through the starting gates towards Area 2. Timer starts the clock when player passes through the gate. <i>Players move onto Area 2</i>	<b>Maximum Score = 10 points</b> <input type="text"/>
<b>Area 2: Punt Kick Accuracy</b>	2 grid poles are 1.5m apart on the 45m line, 20m from the sideline as goals. Measure 10m towards the nearest goal & place 2 markers 1.5m apart (players must kick from behind these cones). Each player has 2 kicks (1 left, 1 right) to pass through the grid without bouncing. <i>Players move onto Area 3</i>	<b>Maximum Score = 20 points (10 points per kick)</b> <input type="text"/>
<b>Area 3: Pick Up &amp; Solo</b>	Mark out a square 10m x 10m with cones. Player sprint around the 1st cone, pick up the ball & solo around the centre pole. Player returns to cone 2, soloing all the way back. Player returns to the centre pole & sprints back to cone 3. At cone 3, player picks up the ball with his left foot & repeats the same steps around the centre pole & back to cone 4. <u>5 point deduction for every cone missed or ball dropped. Ball must remain in the square at cones 2 &amp; 4.</u> <i>Players move onto Area 4</i>	<b>Maximum Score = 30 points</b> <input type="text"/>
<b>Area 4: Hand/Fist Pass Accuracy</b>	Place 2 grid poles 1.5m apart on the 45m line, 20m from the sideline as goals. Measure 5m towards the nearest goal & place 2 markers down 1.5m apart (player must hand/fist pass from behind these cones). Each player has 2 hand/fist passes (1 right, 1 left) to pass through the grid poles without hitting the ground. <i>Players move onto Area 5</i>	<b>Maximum Score = 20 points (10 points per pass)</b> <input type="text"/>
<b>Area 5: Gates</b>	Place 2 grid poles 1.5m apart at the top of the D. Player must pass through the gates when moving from Area 4 to Area 6. <u>5 point deduction if the player does not pass through the gate in between areas.</u> <i>Players move onto Area 6</i>	<b>Deduction If Required = 5 points</b> <input type="text"/>



# Skills Testing U15

## U15 Football

SKILL	DESCRIPTION	SCORING SYSTEM MAXIMUM SCORE = 113 POINTS
<b>Area 6: Kick for a Score</b>	Mark out a 5m x 5m square using cones immediately to the left of the corner of the D & the 21m line. At Area 6, players must use their right foot only. <u>No score is awarded if the kick is taken from outside of the square or with the incorrect foot.</u> <i>Players move onto Area 7</i>	<b>Maximum Score = 10 points</b> <input type="text"/>
<b>Area 7: Kick for a Score</b>	Mark out a 5m x 5m square using cones immediately to the right of the corner of the D & the 21m line. At Area 6, players must use their left foot only. No score is awarded if the kick is taken from outside of the square or with the incorrect foot. <i>Players move onto Area 8</i>	<b>Maximum Score = 10 points</b> <input type="text"/>
<b>Area 8: Hand/Fist Pass for a Score</b>	Mark out a 5m x 5m square using cones in front of the 13m line. At Area 6, players must use either their right or left hand. No score is awarded if the kick is taken from outside of the square or with the incorrect foot. <i>Players move onto Area 9</i>	<b>Maximum Score = 10 points</b> <input type="text"/>
<b>Area 9: Timing</b>	The coach stops the clock when the hand/fist pass is completed. <u>13, 9, 5 points are awarded to the 3 fastest players.</u>	<b>Additional Points If Required</b> <input type="text"/>

# Under 17 (U17)

I like Modified, Conditioned, Intense Small-Sided & Full Games.

I need plenty of Match Day Scenarios sweeper, defending zones, 15 v 15, restarts, deploying ball winners, Various conditions.

If I'm a slow developer I begin to catch up with my peers. I need to be encouraged to embrace positive live skills. Time management and personal training.

I have a strong connection with adult role models. E.g. Senior Players

## The Player

### Hurling

Striking:

- 40-50m Left & Right Moving Away From Target
- Over The Shoulder Off The Hurl
- Overhead Strike, Batting, Flick Down

First Touch:

- Catch Under Pressure,
- Touch High, Low, Wide
- Dribble & Pick On The Move

Hand Pass Off The Hurl Left & Right (6-8m)

Dummy Hand Pass

Creating Space With & Without The Ball

Taking On An Opponent

Break Tackles, Shoulder/Recovery Tackle

### Physical Literacy

Multi-Directional Speed  
5-25m

Wexford Way Warm-Up

Fitness: Intense Small-Sided Games/Drills

Running Mechanics & Technique/ Strength Work To Improve Speed

#### Body Resistance

Functional Movement Screen

Focus On Technique

Individual Programme For Those With Good Technique (Advice From Wexford C&G Or Qualified S&C Coach)

### Football

Kicking For Possession, Diagonal Balls, Cut In & Kick, Kick Moving Away From A Target, Frees & Penalties

Hand Pass Left & Right On The Move

Supporting The Player On The Ball, Getting Out Of Traffic, Changing Direction Of The Play, Feint & Sidestep

Man Marking, Zone Marking, Shadowing

Near Hand Tackle, Group Tackling, Block/Diving Block

## WHY?

### Why do we expose players to tactical & match-day scenarios?

As players get older, they are going to be faced with many different challenges on the pitch. We want them to have the skills to adapt on match day. It is a guided discovery for players. At times in training they may make the wrong decision with or without the ball, but this is important as they will develop problem solving skills, mental toughness and calmness under pressure. All of these are associated with winning behaviors when they get to adult level.

### Why do we encourage players to practice away from the team?

It gives players good habits ahead of their future in the adult game. It allows late developers to catch up with their peers. Players also only need to fine tune their skills. Test player skills and give them tips and feedback on how to improve. Every great player is built in a ball alley or at the gable end of their house.

### Why do we need to be aware of player's other commitments?

Drop off rate can be high after this age because of factors such as work, college, school, relationships, and social life. We need to ensure that at this age, the player learns that GAA can go hand in hand with these commitments and not be an extra source of stress. Make sure we are not forcing the player to attend when they have other commitments. Training should be a release as extra responsibility comes to the player. Statistically if we can keep a player involved past 21, they stay for life.

# Coaching U17

## HOW?

### How do we coach U17's?

- Lots of fun and team building can create friendships that will stay within the club forever.
- Incorporate match day scenarios into your training sessions such as defending a sweeper, how to break down the sweeper, deploying a target man, creating space and closing space, etc...
- Give players a platform to engage with their role models by inviting senior players to take parts of training sessions or to talk to your players.
- Drills in training must be done at a high intensity as players need to master skills in a game situation.
- Ensure players do not feel under pressure with other commitments such as school, other sports, etc...
- Ask players lots of questions about match scenarios and show players options of what they might do.
- Plan a schedule for players so they can organize themselves.
- Introduce time management practices and give players an Athletic Development program (see Wexford Coaching and Games for professional advice)
- Encourage players to take ownership over their nutrition and hydration. For example, get players to bring water to training and eat healthy meals in advance of training and matches.
- Ensure training sessions are planned and energetic.

# Sample U17 Games

## Personal Responsibility

### How to Play

- Split into groups of 4, 2 backs & 2 forwards.
- One player goes to half-way line with the other going to the end line. The 2 in the middle are competing for the ball.
- Player on the outside plays the ball to the forward in the middle who must try & work a score. If the ball is turned over, the defender must clear to the ball.
- The defender must then try take ball from the player on the end line & work it out to the player on the outside. The forward tries to turn over the ball & get a score.
- Swap around the players.

### Progression

- More/less space, more time competing for the ball.

### What it Develops

- Attacking/defending, passing/shooting, tackling.



## Intensity

### How to Play

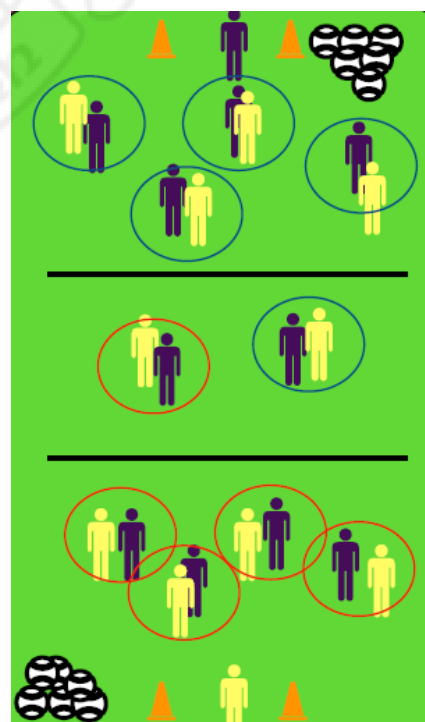
- Divide into 2 teams. Each set of backs and forwards has a midfield pair to work with.
- Phase 1: For 3 minutes each set of backs gets to work as many balls as they can to the hand of a midfielder they are teamed with.
- Once the midfielder has clean ball in hand they must drop the ball exactly as they stand.
- Defenders then work out next ball. If forwards turn over the ball, they work score.
- Phase 2: Midfielder (Still tracked by direct opponent) picks ball exactly where they dropped & delivers to their forwards opposite end to work score.
- Once ball goes dead midfielder delivers next ball. If defenders turn over ball, they try work the ball out at huge intensity and score from range.
- Winning team has most scores at end.

### Progression

- More/less players, shorter pitch, different conditions.

### What it Develops

- Match Sense with more touches



# Sample U17 Games

## Restart Mayhem

### How to Play

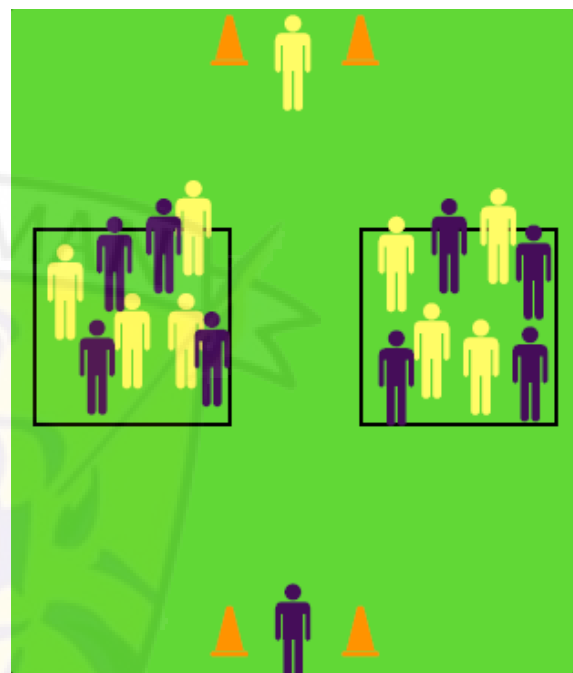
- Split 2 teams into 2 groups & put them in a square on either side of a pitch.
- Goalies both kick/puck out a ball at the same time to opposite sides. The team who wins the ball must try & work a score.
- First square to work a score gets double points.
- Goalies play the ball to opposite sides following each round.
- Players get opportunities to both attack & defend restarts.

### Progression

- Bigger Square for goalie to try pick out players.
- Tactical runs.

### What it Develops

- Competition in air, working scores, restarts.



## Divide & Conquer

### How to Play

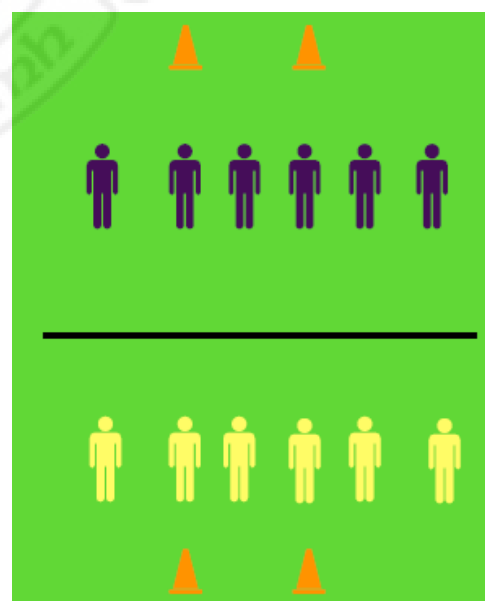
- Divide into 2 teams where the coach gives each player on the team a number - e.g. 1,2,3,4,5,6.
- Each team has a ball in their zone keeping possession.
- Coach calls numbers e.g. 2,4,6. Those players must sprint to the opposite side, turn the ball over & work a score.
- First team to score wins.

### Progression

- Have more or less players.
- Instead of keeping possession remaining players work the ball out to score the opposite end.

### What it Develops

- Game sense, communication, transitioning.



# Sample U17 Games

## Recycle & Score

### How to Play

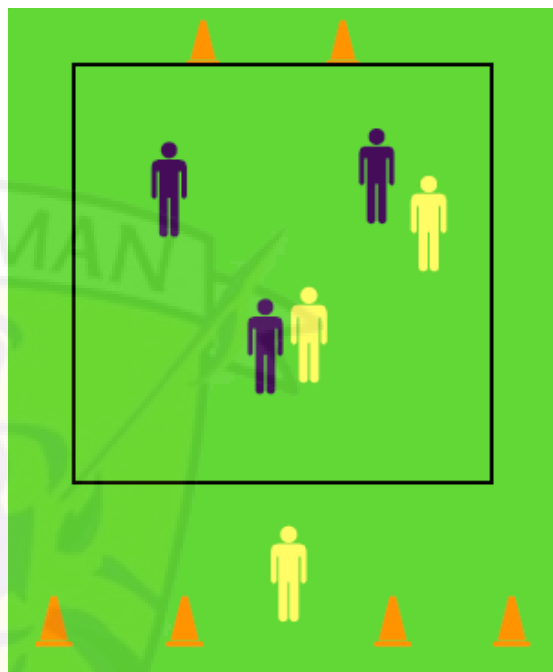
- 2 teams set up a square in front of goal with the attacking team leaving one player outside the square.
- The defending team must work the ball out through the gates.
- Spare attacker can only tackle when defenders work the ball out of the square. If the attacking team turn over the ball inside the square, they can work a score or recycle the ball to the outside player.

### Progression

- Set up in a full match scenario, sweeper, third midfielder, recycling possession to half-backs etc.

### What it Develops

- Positional sense, use of the spare player, pressing, recycling possession.



## Shot Clock

### How to Play

- Any amount of players can be on any size pitch.
- One team starts with the ball in hand & are given a time to get their shot in. e.g 20 seconds to get a shot.
- If no shot is taken in 20 seconds, the other team gets possession of the ball.

### Progression

- Lengthen or shorten the shot clock.
- Change the shot clock to maximum pass count before shot.

### What it Develops

- Playing with intensity, delaying the opposition, vision, use of the ball, clinical play, shooting, tackling, work-rate.



# Sample U17 Session

## Warm Up

Wexford Way Warm-Up

## Core Part of Session

Part 1: Drills

Part 2: Match Scenario e.g. Backs & Forwards

Part 3: Conditioned or Modified Game to reflect match scenario learning

## Finish with Fun

Part 1: Small-Sided Game e.g. Personal Responsibility

Part 2: Match

### Coach Tip!

Be aware of and discuss  
Players other Teams/  
Commitments

### Emphasis for Child!

Need to make own  
decisions on pitch and  
practice away from it



# Skills Testing U17

## U17 Hurling

SKILL	DESCRIPTION	SCORING SYSTEM
Through the Hands	<p>Coach or another player strikes the ball to player 30m from goal, player must control the ball on the move, step forward &amp; strike into an empty net without the ball hitting the ground. Player has 6 attempts.</p> <p><u>Note. Not a goal-scoring exercise, hitting the net is about ball distribution.</u></p> <p>Score Chart: Moving to ball = 1 point, Clean First Touch = 1 point, Moving feet to Strike = 1 point, Hitting Net = 1 point</p>	Total Score Overall: <input type="text"/>
High Catch/Over the Bar	<p>Player standing in a 25m zone that's 30-40m from goal. Coach/player pucks a high ball in from 35-40m away. Player must run &amp; get underneath the ball, catch, change direction &amp; shoot for the posts. Player has 6 attempts.</p> <p>Score Chart: Moving underneath ball = 1 point, Clean Catch = 1 point, Hand above head/helmet = 1 point, Hand protected with hurl = 1 point, Feet off ground for catch = 1 point, Change of direction with ball = 1 point, Strike over bar for score = 1 point</p>	Total Score Overall: <input type="text"/>
First Touch & Hand Pass	<p>Coach or player is 40m away from the player. Strike the ball low &amp; hard to the player. Player must run to the ball, control &amp; give a good handpass back to the coach or player. Player has 6 attempts.</p> <p>Score Chart: Move to the ball = 1 point, Control the ball in front = 1 point, One touch to hand = 1 point, Catching below hip = 1 point, Moving forward with the ball = 1 point, Good handpass = 1 point</p>	Total Score Overall: <input type="text"/>
Deliver the Ball	<p>2 poles are 10m apart, 60m away &amp; at an angle to the player. Player stands 5m back from the coach/player with a ball. Player handpasses to coach/player, moves &amp; receives return handpass &amp; delivers the ball between the 2 poles. Player has 6 attempts.</p> <p><u>Note. A good trajectory is the ball moves at crossbar height in the air &amp; dips or bounces before going through the poles.</u></p> <p>Score Chart: Good handpass = 1 point, Timing run for return pass = 1 point, Clean catch = 1 point, Getting on front foot = 1 point, Fast delivery - 1 point, Good trajectory = 1 point, Accuracy = 1 point</p>	Total Score Overall: <input type="text"/>
Shooting Under Pressure	<p>Mark out a 10m x 10m square, 35m from goal. Place 5 balls in the square. Player must run on the whistle/call &amp; jab/roll lift the ball &amp; shoot at the posts/score. Player has 3 attempts.</p> <p><u>Note. Poor pick up technique will reduce score. 40 seconds per attempt</u></p>	Maximum Score: 15 points (5 points per attempt) <input type="text"/>
Work Rate	<p>Mark out a 20m x 20m square. 3 players keep possession of the ball, on the whistle/call player enters the square &amp; for 30secs attempts to hook, block, dispossess, body tackle (arms low, don't foul), shoulder &amp; turnover. Player has 4 attempts.</p> <p>Score Chart: Hook = 2 points, Block = 2 points, Shoulder = 2 points, Body Tackle = 2 points, Turnover = 4 points, Foul on player in possession = negative 2 points</p>	Total Score Overall: <input type="text"/>

# Skills Testing U17

## U17 Football

SKILL	DESCRIPTION	SCORING SYSTEM 200 POINTS CHALLENGE
<b>Shooting</b> <i>(6 Shot Challenge)</i>	Player takes 3 shots with their right foot & 3 shots with their left foot along the line of the 'D'. 2 balls each on the corners of the 'D' & 2 balls in the centre of the 'D' line. Player does 3 on their right foot & then 3 on their left foot. <i>Time allowed = 40 seconds.</i>	<b>Total Score Overall (10 points per score)</b> _____
<b>Solo</b>	Player solos 3 on their right foot & 3 on their left foot while on the move. <i>5 point deduction for each ball to hit the ground.</i>	<b>Total Score Overall (5 points per solo)</b> _____
<b>Kicking for Accuracy</b>	Player has to hit the ball into the goal from a distance of 25m. The ball cannot bounce before the goal line or hit the framework of the goal, it must go directly into the goal. Player has 2 kicks from the right foot & 2 kicks from the left foot.	<b>Total Score Overall (10 points per score)</b> _____
<b>Hand Pass</b>	2 balls are in a 5m square to the right & left of the goal, starting in line with each goalpost on the 13m line. Player has 2 passes from the right hand & 2 passes from the left hand to a square.	<b>Total Score Overall (10 points per score)</b> _____
<b>High Catch</b>	Player stands in the 'D'. Coach delivers 3 high balls from outside the 45m line into the area around the 'D'. Player must catch the ball overhead without dropping it. If the ball delivered in is not good, try it again. Player has 3 attempts.	<b>Total Score Overall (10 points per score)</b> _____

# Drills & Skill Refinement

## Why/When?

You may notice in each of the session plans, Drills & Skill Refinements form an important part of the session. We must consider that every child comes to training to play games but continue coming to training if they develop over time. Drills and Skill refinement can play an important role in their advancement.

We use drills to practice these skills under limited pressure multiple times. We want drills to improve our skill level and the pace we perform skills at.

Drills are merely a way of building confidence so we can then use that skill in a game or match. They are no substitutes for learning through games but drills can help us perform actions better in games. We simply must “Practice before we Play”.

## Consider the following when adding drills to your training plan?

- Is this drill building confidence?
- Are players getting as many touches as possible?
- Is there any standing around?
- Is this drill promoting performing the skill at optimum pace?
- Does the drill mimic the movement of the game?
- Does the drill suit the age group I work with?
- Do I know why I'm doing the drill?

# Sample Drills

## Player in the Middle

### How to Play

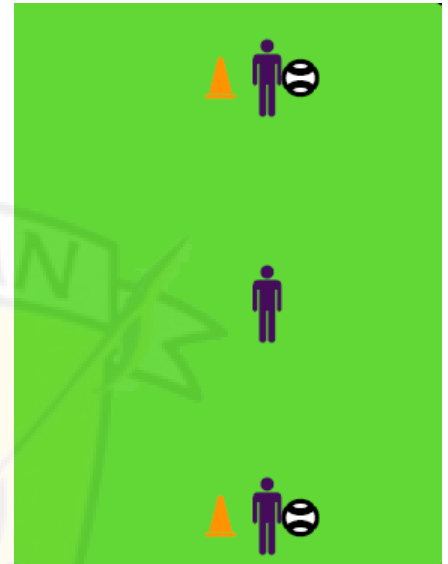
- One player in middle, player either side has a ball.
- Player in the middle must attack ball coming from the side.
- Gives ball back to hand, take the ball from the other side.
- Swap after 40 seconds.

### Progression

- Vary the type of ball coming to the person in middle.
- Add an opponent.

### What it Develops

- Attacking the ball. ball control, passing



## Shooting on the Run

### How to Play

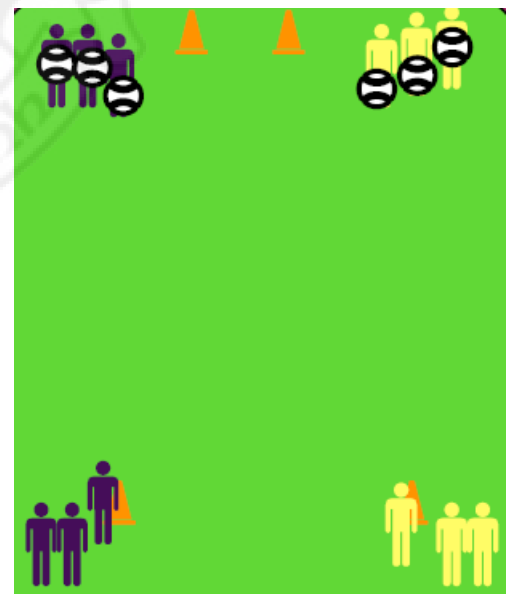
- Two lines either side of the goal, facing a line 30m out.
- Player on the end line have a ball each. They must pass to the player on the outside cone who takes it on the run & scores a point. Players continue their run with the player who scored going to collect their ball & going to the end line.

### Progression

- Lengthen the distance away from goal.
- Allow the shooter only 1 touch & increase the speed.

### What it Develops

- Shooting, kicking/striking, ball control.



# Sample Drills

## In and Out

### How to Play

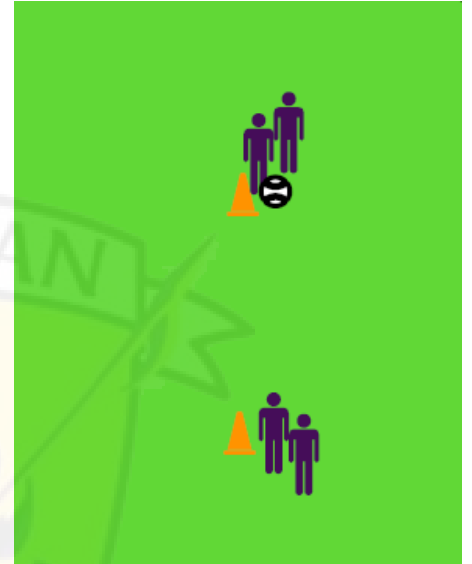
- Two players are at each cone.
- Pass the ball across, step in & control the ball to return the pass.
- Player steps back & allows their partner to attack the ball.

### Progression

- Increase the distance between the cones for the pass.
- Follow the ball across the area.

### What it Develops

- First touch, ball control, attacking the ball.



## Circle

### How to Play

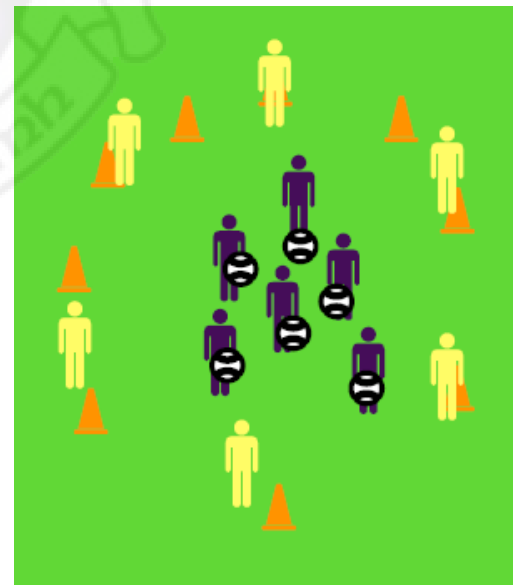
- Half of the players start inside the circle with a ball each, the other half are on the outside of the circle.
- Players must play a 1-2 pass with a player on the outside & run through the circle to find another free player on the outside.
- After 1 minute, players swap.

### Progression

- Widen the circle.
- Pass the ball in a different way (i.e. flick pass).

### What it Develops

- Ball control, movement, communication.



# Sample Drills

## Off the Shoulder

### How to Play

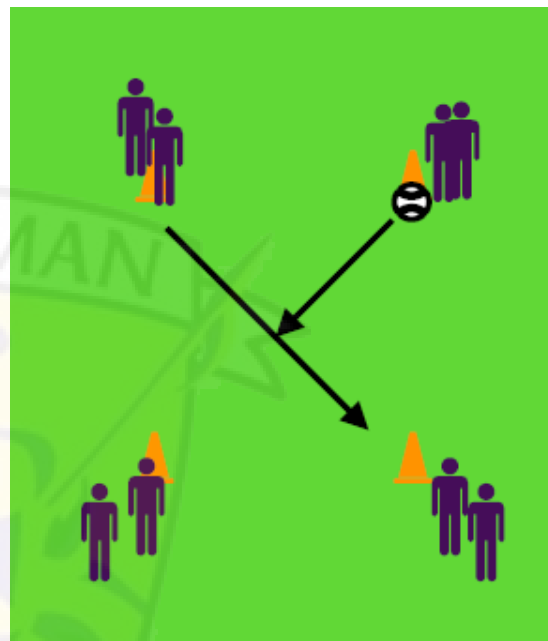
- Have two lines facing two lines
- One player starts with the ball & the player in the line horizontal to them runs off their shoulder.
- They receive the hand pass & lay the ball off to the player on the opposite side.

### Progression

- Increase the distance between the groups.
- Allow striking or kicking.
- Player in the middle to try turn the ball over.

### What it Develops

- First touch, control, attacking the ball, running off shoulder, hand-passing at speed.



## Angled Shooting

### How to Play

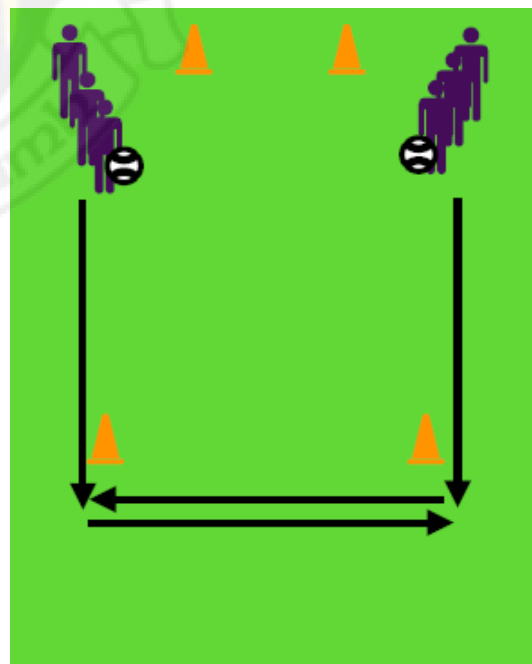
- Two lines of players either side of the goal.
- Players at each side solo out around the cone at the same time & drop the ball.
- Players then run to the opposite side, pick up the ball & score.
- Players continue their runs back to the cone & start from the opposite side the next time.

### Progression

- Lengthen the distance away from the goal.
- Players pass the ball to each other instead of dropping it.

### What it Develops

- Shooting at angles, on the run, off balance
- Using both sides.



# Resources



## Football Skills Cards

- Block Down
- Bounce
- Crouch Lift
- High Catch
- Chest Catch
- Feint & Side Step
- Solo
- Fist Pass
- Hand Pass
- Punt Kick
- Hook Kick
- Near Hand Tackle

## Hurling Skills Cards

- High Catch
- Roll Lift
- Jab Lift
- Solo
- Strike from the Hand
- Batting
- Dribble
- Frontal Block
- Hook
- Grip & Swing
- Ground Strike
- Hand Pass



# The C&G Team

The Coaching and Games Team in Wexford GAA are more than happy to help any club, coach, player, parent or mentor that would like to learn and improve in any aspect of the pathway. Each member of the team is passionate about the job they do and the games we play. Below is the team:

Games Development Manager:

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*Thank You!*