

**AGE 10-11**  
**HURLING / CAMOGIE**

**THE  
CLONDUFF  
WAY**

**YOUTH PLAYER PATHWAY**



# AGE 10-11

# HURLING CAMOGIE

## THE CLONDUFF WAY PLAYER PATHWAY

### The Coach

- Simple tips
- Cheer & Praise
- Organised/ Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning

### Technical Skills

- Handling**  
Handpass- left and right  
Overhead catch- hand protected  
Jab/ roll lift moving
- Striking**  
Ground strike 15-20 M  
strike from the hand 20-30M  
Ball control  
Solo  
Stopping- High Ball/ Batting
- Tackling**  
Hook, frontal block- in air  
Shoulder clash

- Decision Making**  
When in possession challenge the players to scan options- pass, travel or shoot.  
Off the ball- who to mark  
How to be an option

- Coach to question players during session and in games on decision making.
- Coach to place conditions on training games to challenge decision making e.g no solo left and right side striking.

### Tactical

### The Player

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-conscious in learning new skills

### Physical Fitness

- Body Resistant exercise**  
Performed through Fun games incorporating push, pull, squat, lunge movement patterns.  
E.g Leap frog
- Evasion**  
encourage use of side step and feint in possession of the ball
- Running**  
Challenge players to stop suddenly to develop deceleration

- Support Play**  
Support play- support your team mates in attack and defence.  
Coach to praise off the ball support runs.

- Coaching sessions are game based to improve team play.  
Training games have a variety of focus- scoring, defending, keeping possession, use width

### The Game

### Environment

- FUN is number one priority
- Coach to player ratio 1:8
- At least 1 sliotar for every 2 players
- Players enjoy practice. Coach sets Fun tasks between sessions
  - Player enjoy game experiences rather than results

### The Game

- Small sided games
  - 5v5, 7v7, 9v9
- Smart touch sliotar
- Continue to allow players to explore all positions
- Limit plays of the ball in coaching sessions to mirror that of match day rules.
- Has their own sliotar at home

"Fun leads to learning,  
learning leads to success"

"Feet, Arms, Body, Brain"

# SKILLS CHECKER

## P6/7 Hurling Under 12 Camogie

<b>Strike from Hand</b>	<ul style="list-style-type: none"> <li>Stand on 21m line</li> <li>Strike at goal without it hitting the ground</li> </ul>	<b>LEFT</b> Score: <input type="text"/> /5 attempts
		<b>RIGHT</b> Score: <input type="text"/> /5 attempts
<b>Strike from Hand (Moving)</b>	<ul style="list-style-type: none"> <li>3 cones on 21m line</li> <li>1 cone in center and 1 20m either side</li> <li>Player runs at ball, jab lifts and strikes over bar, while continuing to the next ball</li> </ul>	<b>LEFT</b> Score: <input type="text"/> /3 attempts
		<b>RIGHT</b> Score: <input type="text"/> /3 attempts
<b>Roll Lift &amp; Move</b>	<ul style="list-style-type: none"> <li>Two squares 5m apart</li> <li>Roll lift balls from 1 square into other.</li> <li>How many in 60secs</li> </ul>	Score: <input type="text"/>
<b>Jab Lift &amp; Move</b>	<ul style="list-style-type: none"> <li>Three cones 5m apart</li> <li>6 balls at middle cone</li> <li>Start at one end, jab lift and drop at other end. Turn &amp; repeat.</li> </ul>	Time taken to complete: <input type="text"/>
<b>First Touch</b>	<ul style="list-style-type: none"> <li>Coach strikes ball 20m away</li> <li>Player takes first touch to hand</li> </ul>	How many out of 5? <input type="text"/>
<b>Hand Pass</b>	<ul style="list-style-type: none"> <li>4 balls in a line</li> <li>Pick up ball , 4 steps and handpass to coach 5m to the right using left hand</li> <li>Turn &amp; repeat using right hand</li> </ul>	2 points per successful pass Score: <input type="text"/>

<b>Can they...</b>	Perform the Frontal block? <input type="checkbox"/>	Protect the hand? <input type="checkbox"/>	Clean Catch? <input type="checkbox"/>
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