

AGE 12-13

HURLING / CAMOGIE

THE CLONDUFF WAY



YOUTH PLAYER PATHWAY



AGE 12-13

HURLING CAMOGIE

THE CLONDUFF WAY PLAYER PATHWAY

The Coach

- Get to know your players individually
- Well organised and planned sessions
- Games based coaching
- Set individual skill challenges to do away from the field

The Player

- Begin to see relationship between effort and outcome
- Potential changes in maturation rate due to change in school environment
- Become very self conscious in front of the group
- Lack of confidence may be a barrier to development

Environment

- FUN is number one priority
- Coach to player ratio 1:10
- At least 1 sliotar for every 2 players
- Players development takes priority over results
 - Fun and enjoyment are a major theme of all sessions

The Game

- Small sided games
5v5, 7v7, 9v9, 11v11 MAX
 - Size 4 sliotar
- Continue to explore all positions
- All players to experience game time in matches
- Limit plays of the ball in coaching sessions to mirror that of match day rules.

Technical Skills

- Striking**
Strike from the hand 30-35M
Ground strike 20+M
Both sides (Left and right)
- Handling**
Hand pass- left and right off the hurl
Catch low/chest/ high with the hand protected.
- Ball Control**
Solo
Ground flick to space
- Tackle**
Hook and block
Frontal block and recover position

Decision Making

- Play conditioned games to create pressure on players decision making
- Activities focus on building skills to gain and maintain possession of the ball under pressure
- Learning to work in a team environment.
Individual decisions now has more impact on team outcome

Tactical

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

The Game

- Team Play**
Encourage and support team mates vocally
- Work on teams ability to create space when in possession
- Work on teams ability to deny space when not in possession



"As many as possible for as long as possible"

"ACE- Assist, Challenge, Engage"

Name-

SKILLS CHECKER

Under 13 Hurling Under 14 Camogie

Catching

- Coach/player 30m away
- High ball played to player
- Player must catch & protect hand

Score:
(2 pts/catch)

Strike from Hand (Moving)

- 6 balls on 45m line
- Pick up 1st ball, take steps & strike on the move
- Repeat, 3 strikes each side

RIGHT	25-35m <input type="text"/>	35-45m <input type="text"/>	45m+ <input type="text"/>
	5 points	10 points	15 points
RIGHT	25-35m <input type="text"/>	35-45m <input type="text"/>	45m+ <input type="text"/>
	5 points	10 points	15 points

Roll Lift & Roll Off

- Two cones 10m apart
 - Roll lift balls from 1 cone, Rolls away, takes steps & drops ball at other cone. Repeat.
- How many in 60secs
-

Score:

Jab Lift & Move

- Three cones 5m apart
- 6 balls at middle cone
- Start at one end, jab lift and drop at other end. Turn & repeat.

Time taken to complete:

First Touch

- Coach strikes ball 30m away
- Player takes first touch to hand while moving at the ball.

How many out of 5?

Hand Pass off Hurl

- 4 balls in a line
- Pick up ball , solo and handpass to coach 5m to the right using left hand
- Turn & repeat using right hand

2 points per successful pass Score:

Batting Overhead

- Coach stands 10m away
- Coach throws ball high over players head.
- Player bats the ball back toward the coach
- 5 attempts

2 points per successful bat Score: