

AGE 14-15
FOOTBALL / LGFA

**THE
CLONDUFF
WAY**



YOUTH PLAYER PATHWAY



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THE CLONDUFF WAY PLAYER PATHWAY

The Coach

- Well organised and planned sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning and development
- Set example by showing respect to match official and opponents at all times
- Use simple language

Technical Skills

- Kicking**
Continue development of kicking with increased emphasis on accuracy, movement, distance.
Introduce free taking from ground & hand to all players
- Handling**
Low/high/body catch in pressured situations
- Movement**
Dummy kick/ solo. Feint and sidestep.
Attack ball at full pace
- Tackle**
Shadowing player in possession and off the ball. Near hand tackle

The Player

- Popularity influences self esteem
- Tend to be self critical, rely on the coach for positive reinforcement
- Huge difference in physical development between players
- Players do not make connection between physical development and loss of form

Physical Fitness

- Flexibility**
Through static stretching
dynamic mobility activities
- Speed**
Multidirectional, between 5M-25M with complete recovery in between.
Built into warm up.
- Strength**
Improve core strength through own body weight exercises e.g plank

Tactical

- Decision Making**
Understand the specific responsibilities of the various positions through playing experience and minimal direction from the coach.
- Small sided games 5v5 7v7 are crucial in players developing decision making.

Environment

- Each to player ratio 1:10
- At least 1 ball for every 2 players
- Enjoyment and fun for players still a key consideration when planning sessions.
- Match results are secondary to player development.

The Game

- Appreciate the space of a full size GAA pitch i.e use of width & depth
- Attacking play**
Implement principles of attack- possession & support play
- Maintain possession**
Moving the ball as a team
- Defending**
Implement principles of defending- Delay, Deny, Dispossess Deliver.

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions
- Ladies football size 4
- Boys Football size 5

"As many as possible for as long as possible"

"Better Coaching = Better Players"

SKILLS CHECKER

Under 15 Football

Under 16 LGFA

**Area 1:
Start**

Place 2 poles (2m apart), as start gates, on the 21m line, 15m in from the sideline. To begin, players pass through the starting gates toward area 2.

Coach starts timer when the player passes through gates

**Area 2:
Punt Kick**

Place 2 poles (1.5m apart), on the 45m line, 20m in from the sideline. Measure 10m toward the nearest goal & place 2 markers (1.5m apart). Players kick from behind the markers through the poles without bouncing. One kick each foot.

Score:
10pts/successful kick

**Area 3:
Pick Up & Solo**

Mark out a square (10m x 10m) with cones. Player sprint around first cone, pick up ball & solo around the centre pole & solos back to cone 2. Player returns to centre pole & sprints to cone 3 where they pick up the ball with other foot, go around centre pole & get to cone 4.

Successful completion = 30pts
Minus 5 points for each ball dropped or cone missed
Score:

**Area 4:
Hand/Fist Pass**

Place 2 poles (1.5m apart) on 45m line, 20m from sideline as goals. Measure 5m toward the nearest goal and place 2 markers (1.5m apart). Player will hand/fist pass from behind these cones. Player has 2 passes through the cones, one with each hand.

Score:
10pts/successful pass

**Area 5:
Gates**

Place 2 poles (1.5m apart) at the edge of the "D." Player must pass through the gates when moving from Area 4 to Area 6.
5 points deduction for missing gates

5 pts deduction if applicable

**Area 6:
Kick for a score**

Mark out a 5m x 5m square with cones, on the left corner of the "D" and 21m line. Player must use right foot only.
No score for being outside square, or using wrong foot.

Score:
10pts available if successful

**Area 7:
Kick for a score**

Mark out a 5m x 5m square with cones, on the right corner of the "D" and 21m line. Player must use right foot only.
No score for being outside square, or using wrong foot.

Score:
10pts available if successful