

AGE 14-15

HURLING / CAMOGIE

THE CLONDUFF WAY

YOUTH PLAYER PATHWAY



AGE 14-15

HURLING CAMOGIE

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

Striking (L&R)
Strike from the hand (40- 50M)
Strike on the run
Ground strike (32-40M)
Opposed striking
Striking over the shoulder

Handling
Handpass – both hands & off the hurl (6-8M moving, Catching low, chest, high (under pressure)
Batting/ doubling- high ball
Solo and strike off hurl

Tackle
Blocking/ hooking (under pressure)
Flick of the hurl

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.

Tactical

- 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.

Environment

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

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.

The Game

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions
- Camogie size 4 sliotar
- Hurling size 5 sliotar

The Game

"As many as possible for as long as possible"

"Better Coaching = Better Players"

SKILLS CHECKER

Under 15 Hurling

Under 16 Camogie

Free taking

- 5 balls on 45m line spread across the pitch
- 10 points per score

Score:

Strike from Hand (Moving)

- 6 balls 30m from goal
- Pick up 1st ball, take steps & shoot on the move
- Repeat, 3 strikes each side

Score:

Sideline Cut

- 5 balls on 21m line spread across the pitch
- Ball to be cut over the bar
- 10 points per score

Score:

Jab Lift & Move

- 1 cone (with 6 balls) placed on 14m line, 3 cones (10m apart) placed on 21m line
- Player starts 5m behind 14m line
- Jab lift and solo to a cone without taking the ball to hand
- Jab & solo 2 balls to each of the 3 cones

Score:
(2 pts for each successful run)

First Touch

- 3 players. One in middle and two either side (15m apart)
- Player from side A strikes the ball low and the testing player takes first touch to hand & plays it back.
- Turns & repeats with opposite side. 5 balls per side.

Score:
(2pts per successful touch)

"Block from a distance"

- Coach on 14m line, player on 6 yard box
- On que, coach strikes for a point
- Player must get hurley in line with the shot to block
- 5 pts per block
- 5 attempts

2 points per successful block Score: