

AGE 16-17

HURLING / CAMOGIE

THE CLONDUFF WAY

YOUTH PLAYER PATHWAY



AGE 16-17 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 officials and opponents at all times
- Use simple language

Technical Skills

Striking (L&R)
Strike from the hand (40M-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

"Fun leads to learning, learning leads to success"

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.

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.

The Player

- Strong connection with admired adult (role models)
- Ability to mix socially with all teammates and adults
- Commitment to individual practice away from coaching session/matches
- Personally responsible for hydration/nutrition
- Manage rest and recovery e.g foam rolling
- Manage time effectively between school and sport

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

Players are challenged to adapt to a number of team playing styles throughout the season

Use questions to help players problem solve "in game" when playing against opposition with a particular playing style

Reflect on these scenarios in the training sessions that follow using conditioned games.

The Game

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions
- Aim to provide at least 16 games in a season for your team
- Camogie size 4 sliotar
- Hurling size 5 sliotar

The Game

"As many as possible for as long as possible"

"TCUP= Thinking Clearly Under Pressure"



SKILLS CHECKER

Under 17 Hurling

Under 18 Camogie

Catch & Strike

- Player stands 30m from goal
- Coach strikes x 6 balls to player
- Player catches & strikes into the goal without it touching the ground

Scoring:

- Moving to ball= 1pt
- Clean first touch/catch= 1pt
- Moving feet to strike= 1pt
- Hitting Net= 1pt

High Catch/ Score

- Player stands in a 25m zone thats 30-40m from goal
- Coach plays x6 high ball. Player catches the ball, change direction & shoots

Scoring:

- Moving under ball= 1pt
- High catch= 1pt
- Hurl protecting hand= 1pt
- Feet off ground for a catch= 1pt
- Change direction= 1pt
- Score a point= 1pt

First Touch & Hand Pass

- Coach/player is 40m away, ball is hit low & hard.
- Player must run at the ball, control & give a good handpass back.
- 6 attempts

Scoring:

- Moving to ball= 1pt
- Control in front= 1pt
- One touch to hand= 1pt
- Catch below hip= 1pt
- Take steps= 1pt
- successful handpass= 1pt

Ball Delivery

- 2 poles (10m apart), 60m away from player at an angle.
- Player stands 5m away from coach, handpasses to coach, receives it back & delivers between the poles.

Scoring:

- Good Handpass= 1pt
- Timing run for return pass= 1pt
- Clean catch= 1pt
- Striking from front foot= 1pt
- Fast delivery= 1pt
- Good trajectory= 1pt
- Accuracy= 1pt

Shoot Under Pressure

- 10m x 10m square, 30m from goal.
- 5 balls in square on whistle player must jab lift & score
- 40 seconds to shoot all balls
- 3 attempts

Score:

3 pts per score

Work Rate

- 20m x 20m square
- 3 players keep possession of the ball
- Defender has 30secs to hook, block, dispossess etc
- Player gets 4 attempts

Scoring:

- Hook= 2pts
- Block= 2pts
- Shoulder= 2pts
- Body tackle= 2pts
- Turnover= 4 pts
- Foul= -2pts

Score: