

AGE 4-6
FOOTBALL / LGFA

THE CLONDUFF WAY



YOUTH PLAYER PATHWAY



AGE 4-6 FOOTBALL

LGFA

THE CLONDUFF WAY PLAYER PATHWAY

The Coach

- Variation. Coach open to trial and error.
- Well organised/planned sessions
- Maximise all coaching resources to increase knowledge
- Guide children.
- Don't tell them
- Be a role model
- Set fun GAA activities to be played between sessions involving adults

Environment

- FUN is number one priority
 - Coach to player ratio 1:6
- Every child has their own ball
 - Discovery/ exploration
 - Trial and error
 - Variation in equipment using colours and different sizes

The Player

- Only goes flat out- no sense of pace
- Will want their own ball
- Has little concern for team activities
- Physical & Physiological state of boys and girls is very similar
- Has limited sense of time & space
- Has a short attention span

The Game

- Small sided games
- 2v2, 3v3, 4v4 MAX
- First touch football
- Each child has their own football water bottle and gum shield
 - Have a football per child at all sessions
 - Stations

Technical Skills

Kicking
Ground, dribble, stop. Bounce kick, kick from hands

Handling
Two hand catch, one hand catch, body catch, different sized balls, two hand bounce, one hand bounce.

Pick Up
Hands only, hand and tow in a stationary position, striking, rolling, bowling, throwing.

Movement
Use four steps, knee tap solo.

Decision Making
2v1 Piggy in the middle
3v1 Piggy in the middle (roll ball to pass only)

Target Games
Aim into or at a target to improve technique e.g knock the tower

Tactical



Physical Fitness

Running- Marching, running forwards, backwards and sideways shuffle.

Jumping/ Landing
1 leg/both legs/ variety of directions

Agility- chasing games, evasion games. Encourage sidestep & evasion. Balance exercise- stand on 1 leg, rope walks, 1 on 1 balance games.

Coordination
Hand Eye- cups and saucers
Eye Foot- dribble
Eye Foot- Bean bag solo

Zones
Used in games for early development of positional sense.

Stops bunching
Small sided games only. 2v2, 4v4 Max
Premium on all players getting touches.

Player development
Max 7v7

The Game

"Fun leads to learning,
learning leads to success"

"Doing not Queuing"

SKILLS CHECKER

P3 Football P3/4 LGFA

SKILL	DESCRIPTION	STATIONARY	MOVING
Overhead Catch	Can they catch the ball over their head comfortably?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce & Catch	Can they bounce the ball & regain possession without dropping?	<input type="checkbox"/>	<input type="checkbox"/>
Punt Kick (Both Feet)	Can they kick the ball from the hands before it hits the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up	Can they pick the ball up without stopping?	<input type="checkbox"/>	<input type="checkbox"/>
Foot Solo	Can they solo the ball without dropping?	<input type="checkbox"/>	<input type="checkbox"/>
Hand Pass	Can they pass the ball with their hand?	<input type="checkbox"/>	<input type="checkbox"/>

SKILLS CHECKER

P2 Football P1/P2 LGFA

SKILL	DESCRIPTION	STATIONARY	MOVING
Chest Catch	Can they catch the ball comfortably when thrown by the coach?	<input type="checkbox"/>	<input type="checkbox"/>
Bounce & Catch	Can they bounce the ball & catch again?	<input type="checkbox"/>	<input type="checkbox"/>
Ground Kick	Can they kick the ball accurately from 5m along the ground?	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up	Can they pick the ball up with two hands without stopping?	<input type="checkbox"/>	<input type="checkbox"/>
Knee Solo	Can they solo bounce the ball off their knee & catch?	<input type="checkbox"/>	<input type="checkbox"/>
Throwing	Can they throw the ball underhand accurately to the coach?	<input type="checkbox"/>	<input type="checkbox"/>