

**AGE 4-6**  
**HURLING / CAMOGIE**

**THE  
CLONDUFF  
WAY**



**YOUTH PLAYER PATHWAY**



# AGE 4-6

# HURLING CAMOGIE

## 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

### Technical Skills

#### Handling

Correct hurl size.  
Correct grip.

#### Open ready position

Hurl in writing hand

#### One hand catch

Bean bag, tennis ball, sliotar. Rolling, bowling, throwing.

#### Striking

360 swing- static ball on ground  
Strike on the move.

#### Ball Control

Stopping, flick to space, bean bag solo, bean bag flick.

#### 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

### 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

**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

### Physical Fitness

#### 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

### The Game

- Small sided games
- 2v2, 3v3, 4v4 MAX
- First touch soft sliotar
- Each child has their own hurl, helmet, water bottle
- Have a sliotar per child at all sessions
- Station based training

"Fun leads to learning,  
learning leads to success"

"Doing not Queuing"

# SKILLS CHECKER

## P2 Hurling P1/ P2 Camogie

Hurl Appropriate:	Weight: <input type="checkbox"/>	Size: <input type="checkbox"/>	<input type="checkbox"/>
Correct Grip:	Grip: <input type="checkbox"/>	Ready: <input type="checkbox"/>	Lock: <input type="checkbox"/>
Hurl Hand Established:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/>
Catching Hand Established:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/>
Can they dribble the ball 10m?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/>
Can they solo a bean bag 5m & back?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/>
Can they ground strike off both sides?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/>

# SKILLS CHECKER

## P3 Hurling / Camogie

Ground Strike (Right Side)	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Ground Strike (Left Side)	0-10m <input type="checkbox"/>	10-15m <input type="checkbox"/>	15m+ <input type="checkbox"/>
Roll Lift & Jab Lift	How many in 60 secs?	Roll Lift <input type="checkbox"/>	Jab Lift <input type="checkbox"/>
Solo Bean Bag/Ball (out 10m & Back)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Ball/Beanbag
Overhead Catch (Coach throws from 10m)	How many catches from 5 attempts? <input type="checkbox"/>		
Can they solo a bean bag 5m & back?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/>
Can they ground strike off both sides?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	<input type="checkbox"/>