

AGE 7-9
HURLING / CAMOGIE

**THE
CLONDUFF
WAY**

YOUTH PLAYER PATHWAY



AGE 7-9

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
- Convey Enthusiasm

The Player

- Only goes flat out- no sense of pace
- Need approval from coach/ parents
- Like to show off their individual skills
- Small group activities are vital for improvement
- Imagine themselves as inter county players to improve skills.

Environment

- FUN is number one priority
- Coach to player ratio 1:8
- 1 sliotar for every two players
- Be sensitive to each players development needs
 - Discovery exploration
 - Actual game results are secondary

The Game

- Small sided games 2v2, 3v3, 4v4, 6v6, 7v7 MAX
- Quick touch sliotar
- Zones can be used to stop bunching of players.
- Player fouled takes free
- Players sample all positions
- Every child has their own ball at home. Play against a wall, with a friend, with group of friends.

Technical Skills

Handling

Grip, ready, lock and swing
Catch -low/ chest/ high
claw catch for chest/ high catch
cupped catch for low catch
below knee

Striking

Ground strike (8-10M) Left & right

Ball Control

Dribble / flick to space
Bean bag solo

Tackle

Frontal block, intro to shoulder clash
e.g use hurling rope

Tactical

Decision Making

Players encourages to move into space

Devise games that require players to look up

Physical Fitness

Running- Speed developed through fun games- i.e chasing games

Jumping/ Landing

Jump for distance & in all directions

Agility- Jump for distance and in all directions

Body resistance exercise

Fun squat performed through "laying an egg" game. Balance and strength improved through fun tug of war games

Zones

Use zones for basic positional understanding

Players play all positions to experience attack and defence

Small sided games crucial for individual learning

Basic communication

Call for the ball

The Game



"Fun leads to learning,
learning leads to success"

"Head, Hands, Feet"

SKILLS CHECKER

P4/5 Hurling/ Camogie

Ground Strike

- Four balls in a line
- Player strikes 2 from left & 2 from right

LEFT	0-10m	<input type="checkbox"/>	10-15m	<input type="checkbox"/>	15m+	<input type="checkbox"/>
	RIGHT	0-10m	<input type="checkbox"/>	10-15m	<input type="checkbox"/>	15m+

Roll Lift

- Two squares 5m apart
- Roll lift 5x balls from 1 square into other.
- Coach times this.

Time:

Jab Lift

- Two cones 5m apart
- Run around each cone, jab lift & drop.
- How many in 30 secs?

How many in 30 secs?

First Touch

- Coach rolls the balls toward player
- Player takes first touch to hand

How many out of 5?

Strike from Hand

- Static strike
- 3 strikes on left & 3 strikes on right

0-20m= 5 pts; 20-40m= 10 pts; 40m+= 15pts

Right Left

Hand Pass

- 5m apart
- Hand pass each hand x5 times

How many out of 5 attempts?

Right Left

Catch

- Coach strikes ball to player 5m away
- Player catches

How many out of 5 attempts?

Right Left

Can they...

Perform the Frontal block?