



Cumann Lúthchleas Gael
CUMANN CHLUAIN DAIMH
Clonduff Gaelic Athletic Club



CLONDUFF GAA COACHING STRATEGY 2023

'AS MANY AS POSSIBLE FOR AS LONG AS POSSIBLE'

Our aim for our underage players within Clonduff GAA Club is to assist each Player in reaching their full potential as they move through their Playing Pathway. In order to achieve this the Club has instigated the following Policies:

1. Players Play for Their Designated Age Grade

Each player will play only at their designated Age Grade unless the Age Group above is short of Player Numbers and cannot field for a Game.

In the case where a Team is short of Player Numbers, they must first take players from the Development Team of their own age Group, if there is one, before taking players into the Team from the Age Group below.

When players are needed to make up numbers from the Age Group below, these players must not be started before any Player of the correct age group and should only be used when needed (that is to replace an injured Player) so that the Players from the correct Age Group are getting as much game time as is possible.

The management for the Team requiring players must contact the Management of the Team from the Age Group below and ask for whatever number of players is needed. The management of the younger Age Group will decide which Players go up each time. Where possible, the players 'Playing Up' should be rotated to avoid the same Players being asked each time.

The Exception to this is at Minor Championship games. The Management of a Minor Team can request for a Player from a lower age grade to play in a Championship match. This exception does not apply to Minor League Games

Players are to train at their own age grade, in all circumstances.

2. Streaming /Grading Of Players

Players are not to be Streamed/Graded at U7/U8 /U9/ U10 Age Grades. Teams are to be fielded on a mixed ability basis in all games

At U11/U12 age, where there are multiple teams, players are to be Grouped into equal number Development Groups based on their ability. This process is to be undertaken by the Coaching Team early in the session prior to the commencement of Games.

An example outworking of this policy would be an U11/U12 Team with sufficient player numbers to field 3 Teams. Players would be selected into Development Groups A, B & C. On Game days a 1/3 of the A Group will play with the B Group and 1/3 of the B Group will move up to the A Group. A further 1/3 of the B Group will play with the C Group and 1/3 of the C Group will play with the B Group.

This will mean that a Player in Development Group A will play for 2 weeks with the A Group and 1 week with the B Group. A Player in the B Group will play a week with the A Group, a week with the B Group and a week with the C Group. A player in the C Group will play 2 weeks with the C Group and 1 Week with the B Group. This will ensure that players will have the opportunity to play with different team mates and at different levels

A similar principle will apply to Teams that have sufficient Player numbers to field either two or four Teams at U11/U12. 1/3 of Players from each Development Group will be rotated across on any given Game Day

All players in an age Grade must train together at the same time and on the same pitch.

In all Juvenile age Groups, Lead Coaches must divide their time equally among all Development Groups at Training and Games to obtain an overall picture of the progression for each individual Player and Development Group.

Signed (Coaching Officer)



Date: 01/03/2023

Signed (Cathaoirleach)

Pats Mee Grolle Ceasa

Date: 01/03/2023

Signed (Rúnaí)

Anita Brú Mhí Bhranagain

Date: 01/03/2023