



# THE CLONDUFF WAY

**Youth Skills Checker**



# 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

## 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"/>

# SKILLS CHECKER

## P3 Hurling / Camogie

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

# 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

## 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?

# SKILLS CHECKER

## P4/5 Football

## P5/6 LGFA

**Catching**

- Coach stands 10m away
- Coach throws 8 balls
- 2x high, low, body & moving catch

Score:   
(2 points/catch)

**Hand Pass**

- Two players 5m away
- 5 with each hand
- 2 points per successful pass

Score:   
(2 points/pass)

**Crouch Lift**

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

Score:

**Punt Kick**

- Player stands 10m from target
- Target- 2 cones, 3m apart
- 5 attempts per foot

How many out of 5 attempts?  
Right  Left

**Solo (Moving)**

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones

2 points per successful solo.  
Right  Left

**Hook Kick**

- 14m from goal
- Hook kick over the bar
- 5 with each foot

Score: (2 points/score)  
Right  Left

**Can they...**

Perform the Frontal block?

Yes

No

**Can they...**

Perform the Near hand tackle?

Yes

No

# SKILLS CHECKER

## P6/7 Hurling Under 12 Camogie

<b>Strike from Hand</b>	<ul style="list-style-type: none"> <li>• Stand on 21m line</li> <li>• Strike at goal without it hitting the ground</li> </ul>	<b>LEFT</b> Score: <input type="text"/> /5 attempts
		<b>RIGHT</b> Score: <input type="text"/> /5 attempts
<b>Strike from Hand (Moving)</b>	<ul style="list-style-type: none"> <li>• 3 cones on 21m line</li> <li>• 1 cone in center and 1 20m either side</li> <li>• Player runs at ball, jab lifts and strikes over bar, while continuing to the next ball</li> </ul>	<b>LEFT</b> Score: <input type="text"/> /3 attempts
		<b>RIGHT</b> Score: <input type="text"/> /3 attempts
<b>Roll Lift &amp; Move</b>	<ul style="list-style-type: none"> <li>• Two squares 5m apart</li> <li>• Roll lift balls from 1 square into other.</li> <li>• How many in 60secs</li> </ul>	Score: <input type="text"/>
<b>Jab Lift &amp; Move</b>	<ul style="list-style-type: none"> <li>• Three cones 5m apart</li> <li>• 6 balls at middle cone</li> <li>• Start at one end, jab lift and drop at other end. Turn &amp; repeat.</li> </ul>	Time taken to complete: <input type="text"/>
<b>First Touch</b>	<ul style="list-style-type: none"> <li>• Coach strikes ball 20m away</li> <li>• Player takes first touch to hand</li> </ul>	How many out of 5? <input type="text"/>
<b>Hand Pass</b>	<ul style="list-style-type: none"> <li>• 4 balls in a line</li> <li>• Pick up ball , 4 steps and handpass to coach 5m to the right using left hand</li> <li>• Turn &amp; repeat using right hand</li> </ul>	2 points per successful pass Score: <input type="text"/>

<b>Can they...</b>	Perform the Frontal block? <input type="checkbox"/>	Protect the hand? <input type="checkbox"/>	Clean Catch? <input type="checkbox"/>
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# SKILLS CHECKER

## P6/7 Football

### Under 12 LGFA

<b>High Catch</b>	<ul style="list-style-type: none"> <li>• Coach stands 15m away</li> <li>• Kicks 10 balls</li> <li>• Player must catch above their head.</li> </ul>	<b>Score:</b> (1 point/catch) <input type="text"/>				
<b>Hand Pass</b>	<ul style="list-style-type: none"> <li>• 6 balls in a line</li> <li>• Pick up ball , 4 steps and hand pass to coach (10m) to the right using left hand</li> <li>• Turn &amp; repeat using right hand</li> </ul>	<b>Score:</b> (2 points/pass) <input type="text"/>				
<b>Crouch Lift &amp; Twist</b>	<ul style="list-style-type: none"> <li>• Two cones 10m apart</li> <li>• Run around each cone, lift, twist, take 4 steps &amp; drop How many in 30 secs?</li> </ul>	<b>Score:</b> <input type="text"/>				
<b>Punt Kick</b>	<ul style="list-style-type: none"> <li>• Punt kick at goal from 21m line</li> <li>• Ball cant touch ground</li> <li>• 5x each foot</li> </ul>	<b>How many out of 5 attempts?</b>	<b>Right</b> <input type="text"/>	<b>Left</b> <input type="text"/>		
<b>Solo (Moving)</b>	<ul style="list-style-type: none"> <li>• Place 11 cones 8m apart in a zig-zag shape</li> <li>• Player solos with left foot at left cones and right foot at right cones</li> </ul>	<b>2 points per successful solo.</b>	<b>Right</b> <input type="text"/>	<b>Left</b> <input type="text"/>		
<b>Hook Kick</b>	<ul style="list-style-type: none"> <li>• 3 cones on 21m line</li> <li>• 1 cone in center and 1 20m either side w/ 2 balls at each</li> <li>• Player runs to 1st cone and hook kicks balls with each foot over the bar.</li> <li>• Repeat at 2nd &amp; 3rd cone</li> </ul>	<b>Score:</b> (2 points/score) <table border="0" style="display: inline-table; vertical-align: middle;"> <tr> <td style="border: 1px solid black; width: 40px; height: 40px;"></td> <td style="border: 1px solid black; width: 40px; height: 40px;"></td> </tr> </table>			<b>Right</b> <input type="text"/>	<b>Left</b> <input type="text"/>
<b>Can they...</b>	<b>Frontal block while moving?</b>	<b>Right Hand?</b> <input type="text"/>	<b>Left Hand?</b> <input type="text"/>			
<b>Can they...</b>	<b>Perform the Near hand tackle?</b>	<b>Right Hand?</b> <input type="text"/>	<b>Left Hand?</b> <input type="text"/>			

# SKILLS CHECKER

## Under 13 Hurling Under 14 Camogie

**Catching**

- Coach/player 30m away
- High ball played to player
- Player must catch & protect hand

Score:   
(2 pts/catch)

**Strike from Hand (Moving)**

- 6 balls on 45m line
- Pick up 1st ball, take steps & strike on the move
- Repeat, 3 strikes each side

RIGHT	25-35m <input type="text"/>	35-45m <input type="text"/>	45m+ <input type="text"/>
	5 points	10 points	15 points
RIGHT	25-35m <input type="text"/>	35-45m <input type="text"/>	45m+ <input type="text"/>
	5 points	10 points	15 points

**Roll Lift & Roll Off**

- Two cones 10m apart
  - Roll lift balls from 1 cone, Rolls away, takes steps & drops ball at other cone. Repeat.
- How many in 60secs
- 

Score:

**Jab Lift & Move**

- Three cones 5m apart
- 6 balls at middle cone
- Start at one end, jab lift and drop at other end. Turn & repeat.

Time taken to complete:

**First Touch**

- Coach strikes ball 30m away
- Player takes first touch to hand while moving at the ball.

How many out of 5?

**Hand Pass off Hurl**

- 4 balls in a line
- Pick up ball , solo and handpass to coach 5m to the right using left hand
- Turn & repeat using right hand

2 points per successful pass Score:

**Batting Overhead**

- Coach stands 10m away
- Coach throws ball high over players head.
- Player bats the ball back toward the coach
- 5 attempts

2 points per successful bat Score:

# SKILLS CHECKER

## Under 13 Football

### Under 14 LGFA

**High Catch**

- Coach stands 15m away
- Kicks 10 balls
- Player must catch above their head.

Score:   
(1 point/catch)

**Hand Pass**

- 6 balls in a line
- Pick up ball , 4 steps and hand pass to coach (10m) to the right using left hand
- Turn & repeat using right hand

Score:   
(2 points/pass)

**Crouch Lift & Twist**

- Two cones 10m apart
- Run around each cone, lift, twist, take 4 steps & drop
- How many in 30 secs?

Score:

**Long Punt Kick**

- Player kicks from end line. 45m+= 3points
- 30m+=2 points
- <30m=1 point
- 5 kicks each side

Score: 

Right	Left

**Solo (Dummy)**

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones
- Player pretends to shoot and solo away

2 points per successful solo. 

Right	Left

**Hook Kick**

- 3 cones on 21m line
- 1 cone in center and 1 20m either side w/ 2 balls at each
- Player runs to 1st cone and hook kicks balls with each foot over the bar.
- Repeat at 2nd & 3rd cone

Score: (2 points/score) 

Right	Left

**Can they...**

Frontal block while moving?

Right Hand?

Left Hand?

**Can they...**

Perform the Near hand tackle?

Right Hand?

Left Hand?

# SKILLS CHECKER

## Under 15 Hurling

## Under 16 Camogie

### Free taking

- 5 balls on 45m line spread across the pitch
- 10 points per score

Score:

### Strike from Hand (Moving)

- 6 balls 30m from goal
- Pick up 1st ball, take steps & shoot on the move
- Repeat, 3 strikes each side

Score:

### Sideline Cut

- 5 balls on 21m line spread across the pitch
- Ball to be cut over the bar
- 10 points per score

Score:

### Jab Lift & Move

- 1 cone (with 6 balls) placed on 14m line, 3 cones (10m apart) placed on 21m line
- Player starts 5m behind 14m line
- Jab lift and solo to a cone without taking the ball to hand
- Jab & solo 2 balls to each of the 3 cones

Score:

(2 pts for each successful run)

### First Touch

- 3 players. One in middle and two either side (15m apart)
- Player from side A strikes the ball low and the testing player takes first touch to hand & plays it back.
- Turns & repeats with opposite side. 5 balls per side.

Score:

(2pts per successful touch)

### "Block from a distance"

- Coach on 14m line, player on 6 yard box
- On cue, coach strikes for a point
- Player must get hurley in line with the shot to block
- 5 pts per block
- 5 attempts

2 points per successful block

Score:

# SKILLS CHECKER

## Under 15 Football

## Under 16 LGFA

**Area 1:  
Start**

Place 2 poles (2m apart), as start gates, on the 21m line, 15m in from the sideline. To begin, players pass through the starting gates toward area 2.

Coach starts timer when the player passes through gates

**Area 2:  
Punt Kick**

Place 2 poles (1.5m apart), on the 45m line, 20m in from the sideline. Measure 10m toward the nearest goal & place 2 markers (1.5m apart). Players kick from behind the markers through the poles without bouncing. One kick each foot.

Score:   
10pts/successful kick

**Area 3:  
Pick Up & Solo**

Mark out a square (10m x 10m) with cones. Player sprint around first cone, pick up ball & solo around the centre pole & solos back to cone 2. Player returns to centre pole & sprints to cone 3 where they pick up the ball with other foot, go around centre pole & get to cone 4.

Successful completion = 30pts  
Minus 5 points for each ball dropped or cone missed  
Score:

**Area 4:  
Hand/Fist Pass**

Place 2 poles (1.5m apart) on 45m line, 20m from sideline as goals. Measure 5m toward the nearest goal and place 2 markers (1.5m apart). Player will hand/fist pass from behind these cones. Player has 2 passes through the cones, one with each hand.

Score:   
10pts/successful pass

**Area 5:  
Gates**

Place 2 poles (1.5m apart) at the edge of the "D." Player must pass through the gates when moving from Area 4 to Area 6.  
5 points deduction for missing gates

5 pts deduction if applicable

**Area 6:  
Kick for a score**

Mark out a 5m x 5m square with cones, on the left corner of the "D" and 21m line. Player must use right foot only.  
No score for being outside square, or using wrong foot.

Score:   
10pts available if successful

**Area 7:  
Kick for a score**

Mark out a 5m x 5m square with cones, on the right corner of the "D" and 21m line. Player must use right foot only.  
No score for being outside square, or using wrong foot.

Score:   
10pts available if successful

# 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:**

# SKILLS CHECKER

## Under 17 Football

### Under 18 LGFA

#### Shooting

- Player takes 3 shots with right foot & 3 shots with left foot along the "D."
- 2 balls on each corner of the "D" and 2 in centre of "D" line.

Time: 40 seconds

Score:

10 pts/ score

#### Solo (Dummy) & Score

- 6 balls spread Across the "D" like the exercise above.
- Player picks up ball and solo dummy's before turning onto opposite foot to shoot.
- 3 with each foot.

Time: 60 seconds

Score:

5pts/ dummy solo  
10 pts/ score

#### Kicking for Goal

- Player stands 25m from goal
- Cone set 1m in from each post
- Player kicks ball for goal
- ball cannot bounce or touch ground
- 2 kicks with each foot

Scoring:

Goal in between cone & post= 3 pts  
Goal in centre of goal= 1pt

#### High Catch

- Coach stands 20m away from Player
- Coach delivers high ball to player
- Player must read the ball to get off the ground & catch at the peak of their jump.

Scoring:

Moving to landing area= 1pt  
Feet off ground for catch= 1pt  
Knee up for height= 1pt  
Catch ball= 1pt  
... at highest point + 1pt  
Land & Change direction= 1pt

#### Frontal Block

- 2 attackers on 20m line (8m apart)
- Defender must alternate between each attacker and block a shot on coaches call
- 3 attempts per attacker

Score:

10pts per successful block

#### Work Rate

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

Scoring:

Delay attacker= 2pts  
Shoulder= 2pts  
Body tackle= 2pts  
Turnover= 4 pts  
Foul= -2pts

Score: