

# THE CLONDUFF WAY

**YOUTH PLAYER PATHWAY**



**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

#### 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

- 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

#### 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

- 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

#### Environment

"Doing not Queuing"

"Fun leads to learning,  
learning leads to success"



**AGE 7-9**  
**FOOTBALL / LGFA**

# THE CLONDUFF WAY



**YOUTH PLAYER PATHWAY**



# AGE 7-9 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
- Convey Enthusiasm

#### Environment

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

#### 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.

#### The Game

- Small sided games
- 2v2, 3v3, 4v4, 6v6, 7v7  
MAX
- 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

**Kicking**  
Punt Kick  
Right hand to right foot  
Left hand to Left foot

**Handling**  
Stationary catch- body/low/high.

**Movement**  
Use four steps,  
One handed bounce  
Solo

**Tackle**  
Near hand tackle

### Tactical

#### Decision Making

Players encourages to move into space

Devise games that require players to look up



**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

### Physical Fitness

#### 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"

**AGE 10-11**  
**FOOTBALL / LGFA**

# THE CLONDUFF WAY

**YOUTH PLAYER PATHWAY**



# AGE 10-11 FOOTBALL LGFA

## THE CLONDUFF WAY PLAYER PATHWAY

### The Coach

- Simple tips
- Cheer & Praise
- Organised/ Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning

### Technical Skills

- Kicking**  
Emphasis on accuracy.  
Kicking on the move and kicking for distance. Free taking (Hands and ground)
- Handling**  
Low, chest and high catch in pressured situations
- Movement**  
Attack at full pace. Chip lift
- Tackling**  
Shadowing player in possession both on and off the ball

### Decision Making

- Play conditioned games to create pressure on players decision making
- Activities focus on building skills to gain and maintain possession of the ball under pressure
- Learning to work in a team environment. Individual decisions now has more impact on team outcome

### Tactical

### Environment

- FUN is number one priority
- Coach to player ratio 1:8
- At least 1 football for every 2 players
- Players enjoy practice. Coach sets Fun tasks between sessions
  - Player enjoy game experiences rather than results

### The Player

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-conscious in learning new skills

### Physical Fitness

- Body Resistant exercise**  
Performed through Fun games incorporating push, pull, squat, lunge movement patterns. E.g Leap frog
- Evasion**  
encourage use of side step and feint in possession of the ball
- Running**  
Challenge players to stop suddenly to develop deceleration

### Team Play

- Encourage and support team mates vocally
- Work on teams ability to create space when in possession
- Work on teams ability to deny space when not in possession

### The Game

### The Game

- Small sided games
  - 5v5, 7v7, 9v9
- Continue to allow players to explore all positions
- Limit plays of the ball in coaching sessions to mirror that of match day rules.
- Has their own ball at home

"Fun leads to learning,  
learning leads to success"

"Feet, Arms, Body, Brain"

**AGE 12-13**  
**FOOTBALL / LGFA**

# THE CLONDUFF WAY

**YOUTH PLAYER PATHWAY**





# AGE 12-13 FOOTBALL

## LGFA

### THE CLONDUFF WAY PLAYER PATHWAY

#### The Coach

- Get to know your players individually
- Well organised and planned sessions
- Games based coaching
- Set individual skill challenges to do away from the field

#### Technical Skills

- Kicking**  
Emphasis on accuracy. Kicking on the move and kicking for distance. Free taking (Hands and ground)
- Handling**  
Low, chest and high catch in pressured situations
- Movement**  
Dummy kick/ solo, feint and sidestep. Attack at full pace. Chip lift
- Tackling**  
Shadowing player in possession both on and off the ball

#### Decision Making

- Play conditioned games to create pressure on players decision making
- Activities focus on building skills to gain and maintain possession of the ball under pressure
- Learning to work in a team environment. Individual decisions now has more impact on team outcome

#### Tactical

- FUN is number one priority
- Coach to player ratio 1:10
- At least 1 football for every 2 players
- Players development takes priority over results
- Fun and enjoyment are a major theme of all sessions

#### Environment

#### The Player

- Begin to see relationship between effort and outcome
- Potential changes in maturation rate due to change in school environment
- Become very self conscious in front of the group
- Lack of confidence may be a barrier to development

#### Physical Fitness

- Body Resistant exercise**  
Performed through Fun games incorporating push, pull, squat, lunge movement patterns. E.g Leap frog
- Evasion**  
encourage use of side step and feint in possession of the ball
- Running**  
Challenge players to stop suddenly to develop deceleration

#### Team Play

- Encourage and support team mates vocally
- Work on teams ability to create space when in possession
- Work on teams ability to deny space when not in possession

#### The Game

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- Size 4 football
- Continue to explore all positions
- All players to experience game time in matches
- Limit plays of the ball in coaching sessions to mirror that of match day rules.

#### The Game



"As many as possible for as long as possible"

"ACE- Assist, Challenge, Engage"

**AGE 14-15**  
**FOOTBALL / LGFA**

**THE  
CLONDUFF  
WAY**



**YOUTH PLAYER PATHWAY**



# AGE 14-15 FOOTBALL LGFA

## THE CLONDUFF WAY PLAYER PATHWAY

### The Coach

- Well organised and planned sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning and development
- Set example by showing respect to match official and opponents at all times
- Use simple language

### Technical Skills

- Kicking**  
Continue development of kicking with increased emphasis on accuracy, movement, distance. Introduce free taking from ground & hand to all players
- Handling**  
Low/high/body catch in pressured situations
- Movement**  
Dummy kick/ solo. Feint and sidestep. Attack ball at full pace
- Tackle**  
Shadowing player in possession and off the ball. Near hand tackle

### Tactical

- Decision Making**  
Understand the specific responsibilities of the various positions through playing experience and minimal direction from the coach.
- Small sided games 5v5 7v7 are crucial in players developing decision making.

### Environment

- Each to player ratio 1:10
- At least 1 ball for every 2 players
- Enjoyment and fun for players still a key consideration when planning sessions.
- Match results are secondary to player development.

### The Player

- Popularity influences self esteem
- Tend to be self critical, rely on the coach for positive reinforcement
- Huge difference in physical development between players
- Players do not make connection between physical development and loss of form

### Physical Fitness

- Flexibility**  
Through static stretching dynamic mobility activities
- Speed**  
Multidirectional, between 5M-25M with complete recovery in between. Built into warm up.
- Strength**  
Improve core strength through own body weight exercises e.g plank

### The Game

- Appreciate the space of a full size GAA pitch i.e use of width & depth
- Attacking play**  
Implement principles of attack-possession & support play
- Maintain possession**  
Moving the ball as a team
- Defending**  
Implement principles of defending-Delay, Deny, Dispossess Deliver.

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions
- Ladies football size 4
- Boys Football size 5



"As many as possible for as long as possible"

"Better Coaching = Better Players"

**AGE 16-17**  
**FOOTBALL / LGFA**

# THE CLONDUFF WAY

**YOUTH PLAYER PATHWAY**



# AGE 16-17 FOOTBALL

## LGFA

### THE CLONDUFF WAY PLAYER PATHWAY

#### The Coach

- Well organised and planned sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning and development
- Set example by showing respect to match officials and opponents at all times
- Use simple language

#### Technical Skills

- Handling**  
Low/high/body catch in pressured situations
- Movement**  
Dummy kick/ solo. Feint and sidestep.  
Attack ball at full pace
- Tackle**  
Shadowing player in possession and off the ball. Near hand tackle

**Decision Making**  
Using questioning, vary your coaching style to improve players decision making

**Guided discovery**  
Show me when its best to solo the ball or pass it long

**Trial and error**  
Try and decide to support in front of the player or behind the player

**Observation and feedback**  
Lets watch this and then...

#### Tactical

#### Environment

- Each to player ratio 1:10
- At least 1 ball for every 2 players
  - Have awareness of games schedule for other teams your players may be representing(dual players)
- Enjoyment and fun for players still a key consideration when planning sessions.

#### The Player

- Strong connection with admired adult (role models)
- Ability to mix socially with all teammates and adults
- Commitment to individual practice away from coaching session/matches
- Personally responsible for hydration/nutrition
- Manage rest and recovery e.g foam rolling
- Manage time effectively between school and sport

#### Physical Fitness

- Flexibility**  
Through static stretching dynamic mobility activities
- Speed**  
Multidirectional, between 5M-25M with complete recovery in between. Built into warm up.
- Strength**  
Improve core strength through own body weight exercises e.g plank

Players are challenged to adapt to a number of team playing styles throughout the season

Use questions to help players problem solve "in game" when playing against opposition with a particular playing style

Reflect on these scenarios in the training sessions that follow using conditioned games.

#### The Game

#### The Game

- Players beginning to become accustom to specific position but must still be challenged to playing a variety of positions
- Aim to provide at least 16 games in a season for your team
  - Ladies Football Size 4
  - Boys football Size 5

"As many as possible for as long as possible"

"TCUP= Thinking Clearly Under Pressure"



# 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"

**AGE 7-9**  
**HURLING / CAMOGIE**

**THE  
CLONDUFF  
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**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

### The Game

- 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



"Fun leads to learning,  
learning leads to success"

"Head, Hands, Feet"

**AGE 10-11**  
**HURLING / CAMOGIE**

**THE  
CLONDUFF  
WAY**



**YOUTH PLAYER PATHWAY**



# AGE 10-11

# HURLING CAMOGIE

## THE CLONDUFF WAY PLAYER PATHWAY

### The Coach

- Simple tips
- Cheer & Praise
- Organised/ Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning

### Technical Skills

- Handling**  
Handpass- left and right  
Overhead catch- hand protected  
Jab/ roll lift moving
- Striking**  
Ground strike 15-20 M  
strike from the hand 20-30M  
Ball control  
Solo  
Stopping- High Ball/ Batting
- Tackling**  
Hook, frontal block- in air  
Shoulder clash

- Decision Making**  
When in possession challenge the players to scan options- pass, travel or shoot.  
Off the ball- who to mark  
How to be an option

- Coach to question players during session and in games on decision making.
- Coach to place conditions on training games to challenge decision making e.g no solo left and right side striking.

### Tactical

### The Player

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-conscious in learning new skills

### Physical Fitness

- Body Resistant exercise**  
Performed through Fun games incorporating push, pull, squat, lunge movement patterns.  
E.g Leap frog
- Evasion**  
encourage use of side step and feint in possession of the ball
- Running**  
Challenge players to stop suddenly to develop deceleration

- Support Play**  
Support play- support your team mates in attack and defence.  
Coach to praise off the ball support runs.

- Coaching sessions are game based to improve team play.  
Training games have a variety of focus- scoring, defending, keeping possession, use width

### The Game

### Environment

- FUN is number one priority
- Coach to player ratio 1:8
- At least 1 sliotar for every 2 players
- Players enjoy practice. Coach sets Fun tasks between sessions
  - Player enjoy game experiences rather than results

### The Game

- Small sided games
  - 5v5, 7v7, 9v9
- Smart touch sliotar
- Continue to allow players to explore all positions
- Limit plays of the ball in coaching sessions to mirror that of match day rules.
- Has their own sliotar at home

"Fun leads to learning,  
learning leads to success"

"Feet, Arms, Body, Brain"

# AGE 12-13

## HURLING / CAMOGIE

# THE CLONDUFF WAY

## YOUTH PLAYER PATHWAY



# AGE 12-13

# HURLING CAMOGIE

## THE CLONDUFF WAY PLAYER PATHWAY

### The Coach

- Get to know your players individually
- Well organised and planned sessions
- Games based coaching
- Set individual skill challenges to do away from the field

### The Player

- Begin to see relationship between effort and outcome
- Potential changes in maturation rate due to change in school environment
- Become very self conscious in front of the group
- Lack of confidence may be a barrier to development

### Environment

- FUN is number one priority
- Coach to player ratio 1:10
- At least 1 sliotar for every 2 players
- Players development takes priority over results
  - Fun and enjoyment are a major theme of all sessions

### The Game

- Small sided games  
5v5, 7v7, 9v9, 11v11 MAX
  - Size 4 sliotar
- Continue to explore all positions
- All players to experience game time in matches
- Limit plays of the ball in coaching sessions to mirror that of match day rules.

## Technical Skills

- Striking**  
Strike from the hand 30-35M  
Ground strike 20+M  
Both sides (Left and right)
- Handling**  
Hand pass- left and right off the hurl  
Catch low/chest/ high with the hand protected.
- Ball Control**  
Solo  
Ground flick to space
- Tackle**  
Hook and block  
Frontal block and recover position

## Decision Making

- Play conditioned games to create pressure on players decision making
- Activities focus on building skills to gain and maintain possession of the ball under pressure
- Learning to work in a team environment.  
Individual decisions now has more impact on team outcome

## Tactical

## Physical Fitness

- Body Resistant exercise**  
Performed through Fun games incorporating push, pull, squat, lunge movement patterns.  
E.g Leap frog
- Evasion**  
encourage use of side step and feint in possession of the ball
- Running**  
Challenge players to stop suddenly to develop deceleration

## The Game

- Team Play**  
Encourage and support team mates vocally
- Work on teams ability to create space when in possession
- Work on teams ability to deny space when not in possession



"As many as possible for as long as possible"

"ACE- Assist, Challenge, Engage"

# AGE 14-15

## HURLING / CAMOGIE

# THE CLONDUFF WAY

## YOUTH PLAYER PATHWAY



# AGE 14-15

# HURLING CAMOGIE

## THE CLONDUFF WAY PLAYER PATHWAY

### The Coach

- Well organised and planned sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning and development
- Set example by showing respect to match official and opponents at all times
- Use simple language

### Technical Skills

**Striking (L&R)**  
Strike from the hand (40- 50M)  
Strike on the run  
Ground strike (32-40M)  
Opposed striking  
Striking over the shoulder

**Handling**  
Handpass – both hands & off the hurl (6-8M moving, Catching low, chest, high (under pressure)  
Batting/ doubling- high ball  
Solo and strike off hurl

**Tackle**  
Blocking/ hooking (under pressure)  
Flick of the hurl

### Tactical

**Decision Making**  
Understand the specific responsibilities of the various positions through playing experience and minimal direction from the coach.

Small sided games 5v5 7v7 are crucial in players developing decision making.

### Environment

- Each to player ratio 1:10
- At least 1 ball for every 2 players
- Enjoyment and fun for players still a key consideration when planning sessions.
- Match results are secondary to player development.

### The Player

- Popularity influences self esteem
- Tend to be self critical, rely on the coach for positive reinforcement
- Huge difference in physical development between players
- Players do not make connection between physical development and loss of form

### Physical Fitness

**Flexibility**  
Through static stretching  
dynamic mobility activities

**Speed**  
Multidirectional, between 5M-25M with complete recovery in between. Built into warm up.

**Strength**  
Improve core strength through own body weight exercises e.g plank

### The Game

Appreciate the space of a full size GAA pitch i.e use of width & depth

**Attacking play**  
Implement principles of attack- possession & support play

**Maintain possession**  
Moving the ball as a team

**Defending**  
Implement principles of defending- Delay, Deny, Dispossess Deliver.

### The Game

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions
- Camogie size 4 sliotar
- Hurling size 5 sliotar

"As many as possible for as long as possible"

"Better Coaching = Better Players"

# AGE 16-17

## HURLING / CAMOGIE

# THE CLONDUFF WAY

## YOUTH PLAYER PATHWAY





# AGE 16-17 HURLING CAMOGIE

## THE CLONDUFF WAY PLAYER PATHWAY

### The Coach

- Well organised and planned sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning and development
- Set example by showing respect to match officials and opponents at all times
- Use simple language

### Technical Skills

**Striking (L&R)**  
 Strike from the hand (40M-50M)  
 Strike on the run  
 Ground strike (32-40M)  
 Opposed striking  
 Striking over the shoulder

**Handling**  
 Handpass – both hands off the hurl (6-8M moving. Catching low, chest, high (under pressure)  
 Batting/ doubling- high ball  
 Solo and strike off hurl

**Tackle**  
 Blocking/ hooking (under pressure)  
 Flick of the hurl

"Fun leads to learning, learning leads to success"

### Environment

- Each to player ratio 1:10
- At least 1 ball for every 2 players
- Enjoyment and fun for players still a key consideration when planning sessions.
- Match results are secondary to player development.

### Tactical

**Decision Making**  
 Understand the specific responsibilities of the various positions through playing experience and minimal direction from the coach.

Small sided games 5v5 7v7 are crucial in players developing decision making.

### The Player

- Strong connection with admired adult (role models)
- Ability to mix socially with all teammates and adults
- Commitment to individual practice away from coaching session/matches
- Personally responsible for hydration/nutrition
- Manage rest and recovery e.g foam rolling
- Manage time effectively between school and sport

### Physical Fitness

**Flexibility**  
 Through static stretching dynamic mobility activities

**Speed**  
 Multidirectional, between 5M-25M with complete recovery in between. Built into warm up.

**Strength**  
 Improve core strength through own body weight exercises e.g plank

Players are challenged to adapt to a number of team playing styles throughout the season

### The Game

- Players beginning to become accustomed to specific position but must still be challenged to playing a variety of positions
- Aim to provide at least 16 games in a season for your team
- Camogie size 4 sliotar
- Hurling size 5 sliotar

### The Game

Use questions to help players problem solve "in game" when playing against opposition with a particular playing style

Reflect on these scenarios in the training sessions that follow using conditioned games.



"As many as possible for as long as possible"

"TCUP= Thinking Clearly Under Pressure"