



Cláirseacha na Sceirí
Cumann C.L.G. agus Camógáíochta Chláirseacha Na Sceirí
(Sherries Harps G.A.A. and Camogie Club)
Dublin Road, Sherries, Co. Dublin



AA

Hurling & Camogie Player Pathway



November 2013



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Dublin Road, Skerries, Co. Dublin



Mission Statement

- ❑ Skerries Harps GAA & Camogie club is a community based, inclusive organisation.
- ❑ The club was founded and flourishes on the voluntary efforts of its members and players.
- ❑ We will promote the unique Irish sport of Hurling & Camogie, by fostering a love of the game from nursery to adulthood, and providing the best facilities.
- ❑ We will also provide the best playing experiences, in a safe and positive environment, for all our players, of all abilities, to reach their potential.

ár neart is ár gcroithe



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Introduction

- Hurling & Camogie are the worlds fastest field games.
- They are multifaceted skill games requiring much practice and dedication. In the last 5 years, participation at juvenile level has increased by 43% in Hurling / Camogie and 21% in Football
- Players must be coached at the highest level from the nursery, to ensure that every child is given an equal opportunity of developing a love of our game.

We will achieve this by;

1. Age and player appropriate skills development from nursery to adulthood, by realising that this is a long term development plan.
2. Hurling & Camogie needs time to develop, by ensuring that there is a coordinated and agreeable approach from all relevant concerned persons in the Club.



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Objectives

- To create a sustainable supply line of players from Academy to Adult level.
- To deliver a standard of excellence with regard to coaching.
- To ensure a detailed player development path is laid out.
- To ensure even development across all teams.
- Create environment where knowledge is passed on to mentors and coaches.
- To ensure coaching is player focused rather than group focused.
- To improve communication within the club, utilising technology where possible.
- To attract more mentors by lifting the substantial weight of coaching and provide training to all mentors



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Skill Matrix

	Introduced	Develop	Perfected at Speed	Comments
Grip	Academy	U7		
Ground Strike				
• Good Side	Academy	U7 - U8	U9	
• Weak side	U7	U8	U10	
• On the move left and right	U9	U10 – U11	U12	
• Doubling	U9	U10 – U11	U12	
Dribble				
• One handed	Academy	U7	U8	
• Two handed	Academy	U7	U8-9	
• Sideline cut	U8	U9-11	U12-13	
Striking from the hand				
• Good side	U7 – U8	U9	U10	
• Weak side	U8	U9-10	U11-12	
• On the move left and right	U9	U10-11	U12-13	
• Short stick	U9	U10-11	U12-13	
• Shooting for scores	U9	U10-11	U12-13	



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Skill Matrix

	Introduced	Develop	Perfected at Speed	Comments
Jab Lift				
• Stationary	U7	U8	U9 – U10	
• On the move	U8	U9 – U10	U11 – U12	
Roll lift	U7	U8	U9	
Handling				
• Claw Catch	U8	U9 – U10	U11 – U12	
• Cupped catch	Academy	U7	U8-9	
• Over head catch	U9	U10	U11-12	
• Hand pass	U7	U8-U9	U10-11	
• Hand pass off the hurley	U11	U12	U13	
Tackle / Defence				
• Ground flick	U12	U13	U14	
• Shoulder Clash	U8	U9-10	U11-12	
• Ground block	U7-8	U9-10	U11-12	
• Bat Down	U9	U10-11	U12-13	
• Frontal Block	U9	U10-11	U12-13	
• Hook	U8-9	U10-11	U12-13	
• Flick off the hurley	U11	U12-13	U14-15	
• Side Line cut	U8	U9 – U11	U12 – U13	



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Skill Matrix

	Introduced	Develop	Perfected at Speed	Comments
Advanced Skills				
• Free	U10-11	U12-14	U15 - 16	
• Penalty	U12	U13	U14-16	
• Goal keeping	U8-9	U10-11	U12-16	
• First touch control	U8-9	U10-11	U12-16	
• Shot choice	U13	U14	U15-16	
• Fitness	U12	U13	U14-16	
• Soloing at speed	U11	U12	U13 - 16	
• Doubling in the air	U13	U14	U15 - 16	

Skills Work Sheet Example

ROLL LIFT



The Roll Lift is used to raise the sliotar from the ground into the hand. Generally used when the player is stationary. Can also be used to raise the sliotar to strike without taking the sliotar into the hand.



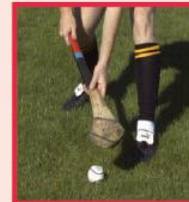
Place the non-dominant foot beside the sliotar. Bend the hips and knees bringing the head over the ball.



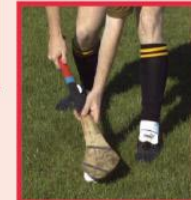
KEY TEACHING POINTS

To Coach this Skill use the **IDEA** method

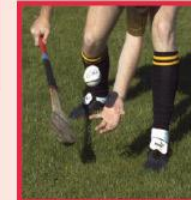
- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback



Toe of the Hurley should be pointed away from the body. Thumbs point towards the bas.



Roll the sliotar towards the body and slide the toe of the Hurley underneath to lift it.



Release the non-dominant hand from the Hurley in a cupped position. Allow the ball to fall into it.

LOOK OUT FOR THESE COMMON ERRORS

- Holding the Hurley with the toe facing inwards
- Holding the Hurley at too great an angle

Skills Work Sheet Example

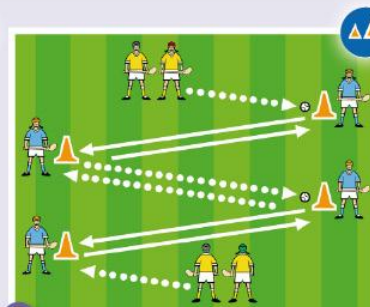
ROLL LIFT PRACTISE THE TECHNIQUE



1 STATIONARY ROLL LIFT
Players in pairs. Each player roll lifts the ball for 1 minute.



2 AGILITY ROLL LIFT
Players must roll lift the sliotar at each cone in turn.



3 ZIG ZAG ROLL LIFT
Players must roll lift the sliotar and change direction placing the sliotar at the next cone.

ROLL LIFT DEVELOP THE SKILL



1 GRID SWAP
Mark out two grids. Players must transfer sliotars from one grid to next using roll lift.



2 MUSICAL CHAIRS
Scatter sliotars throughout grid. On a signal players must roll lift the nearest sliotar.

VARIATIONS

The STEP method is a simple way to vary any exercise, drill, activity or game.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - using a bigger or smaller ball, Hurley or against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS





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ANAGRAM

- There are two anagrams which we should keep in mind when teaching a new drill or when we wish to adapt a drill when coaching.

I.D.E.A. & S.T.E.P

These two anagrams help us to teach and vary each drill:
They help us to increase / decrease / modify each drill to suit our needs

- | | |
|----------------|--------------|
| I. Introduce | S. Space |
| D. Demonstrate | T. Time |
| E. Execute | E. Equipment |
| A. Attend | P. Personnel |

Cláirseacha na Scéirí - Hurling / Camogie player pathway

Learning to Use The Ball Well - 7 to 9 Year Olds

Skill Emphasis	Physical Focus	Game Specific
<p>Handling</p> <ul style="list-style-type: none"> Claw catch Cup catch <p>Sending & Receiving</p> <ul style="list-style-type: none"> Ground Striking (a moving ball) left and right. Ground doubling (same direction/opposite direction) Striking from the hand (stationary) Jab lift (stationary ball) <p>Travelling</p> <ul style="list-style-type: none"> Bean bag balancing Ball balancing <p>Tackle</p> <ul style="list-style-type: none"> Ground flick (backhand) Ground clash Hooking 	<p>ABC & RJTs</p> <p>Agility For example : Zig Zag relay</p> <p>Balance For example: One leg hopping, Hop and land on other leg.</p> <p>Co-ordination</p> <p>Running - Good Technique For example: On the spot, Relay races, Hurdle running, Stopping</p> <p>Jumping For example: Leap Frog, Donkey kicks</p> <p>Throwing For example: Dodge-ball</p> <p>Conditioning</p> <ul style="list-style-type: none"> Partner Resistance For example: Tug of war, Push & Pull partner, The Bridge Whole body exercises Introduce basic flexibility 	<p>Target Games The simplest form of a game which challenges players to use the techniques previously learnt is to aim into or at a target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making. For example: Skittles, through the gate</p> <p>Court Games Court games require players to pass the ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited. The use of other skills essential for team work such as communication, anticipation and spatial awareness become more apparent. For example: Over the river, Cuchulainn</p> <p>Field games These are games which require one team to act as the strikers and the opposition become the fielders retrieving the ball. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. For example: Rounders.</p> <p>Part-invasion These games require players to complete a task with limited or direct opposition. For example: 4v4(zoned) no goalie, Line game</p> <p>Full invasion The core objective in invasion games is to move into an opponent's territory in order to score. To achieve this objective the players must maintain possession of the ball, create and use space and attack a goal. For example: 4v4(two touch), 5v5(wide man)</p>

Cláirseacha na Scéirí - Hurling / Camogie player pathway

Learning to Play Together - 10 to 12 Year Olds

Skill Emphasis	Physical Focus	Game Specific
<p>Handling</p> <ul style="list-style-type: none"> Overhead catch (hurl to protect) Hand passing (using both hands) Switch pass Low catch <p>Sending & Receiving</p> <ul style="list-style-type: none"> Striking on the run - Short stick left and right Striking off hurl First touch control Jab lift (moving ball) Roll lift (moving ball) Lift and strike Batting high ball Sideline cuts <p>Travelling</p> <ul style="list-style-type: none"> Soloing at speed <p>Tackle</p> <ul style="list-style-type: none"> Shouldering Hooking on the move Blocking (ground and air) Doubling in the air 	<p>Speed</p> <ul style="list-style-type: none"> Further development of speed in warm-ups (Efforts less than 6 secs). For example: Quickness and change of direction and reaction sprints <p>Strength</p> <ul style="list-style-type: none"> Introduce core strength. For example: Twist with partner Own body strength exercises For example: Pull ups, press-ups etc Introduce plyometric training For example: Bounding and hopping <p>Stamina</p> <ul style="list-style-type: none"> Endurance related activities For example: Relay running Small sided games & ball drills Circuit training with the ball <p>Flexibility/Co-ordination</p> <ul style="list-style-type: none"> Introduce dynamic stretching & mobility exercises Warm up & cool down concept 	<p>Court Games</p> <p>Court games require players to pass the ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited. The use of other skills essential for team work such as communication, anticipation and spatial awareness become more apparent. For example: Over the river, Hit the corners</p> <p>Field games</p> <p>These are games which require one team to act as the strikers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. For example: Batter bonanza.</p> <p>Part-invasion</p> <p>These games require players to complete a task with limited or direct opposition. Such games encourage awareness of time and space but also help develop characteristics of team play, e.g. support play and communication. Part invasion games allow players to develop positional sense and decision making with limited pressure from the opposition. For example: 4v1, Pass and attack.</p> <p>Full invasion</p> <p>The core objective in invasion games is to move into an opponent's territory in order to score. To achieve this objective the players must maintain possession of the ball, create and use space and attack a 'goal'. For example: 4v4(Split ends), 5v5</p>

Learning to Play Together - 13 to 15 Year Olds

Skill Emphasis	Physical Focus	Game Specific
<p>Handling</p> <ul style="list-style-type: none"> - High catch (protect from front & behind. - -Hand pass off the Hurley - -Chest catch <p>- Sending and Receiving</p> <ul style="list-style-type: none"> - Jab lift at pace - Striking on the run (moving away from the target) - Striking on the run (high & low) - Doubling ball in the air - Shooting for scores <p>- Travelling</p> <ul style="list-style-type: none"> - Soloing (changing direction) - Tap & move <p>- Tackle</p> <ul style="list-style-type: none"> - Frontal block (hurl to ball) - Low block - Ground tussle - Flick off the hurley (snig) 	<p>Speed</p> <p>Multi directional (efforts less than 20n secs in response to hand signals)</p> <p>Quick footwork and agility</p> <p>Acceleration and deceleration. For example Crazy ball drills</p> <p>Strength</p> <p>Body weight circuit training</p> <p>Upper body</p> <p>Legs</p> <p>Back</p> <p>Develop core strength. For example: Plank</p> <p>Learn correct weight lifting techniques. For example: Squat, clean, snatch. N.B. Only qualified coaches to undertake this training</p> <p>Introduce free weights and medicine balls.</p> <p>N.B. For upper age range group only</p> <p>Plyometric. For example: Multi directional jump</p> <p>Stamina</p> <p>3 v 1 games</p> <p>Drills incorporating the ball</p> <p>Flexibility/Co-ordination</p> <p>Maintain flexibility exercise</p> <p>Dynamic warm up</p>	<p>Part-Invasion</p> <p>Part-Invasion games allow players to develop positional sense and decision making with limited pressure from the opposition. For example: wide man, Zone to zone</p> <p>Full-Invasion</p> <p>The key element with invasion games is the number of players involved. The less space a player has, the less time he/she has, the more skill is required. For example: Backs v forwards, 15 v 15</p> <p>Possession Games</p> <p>Concept games designed to correct a failing in general team play or one rule games as they are known. For example: give and go, 4 second rule, 2 touch, head up, 1st touch</p>

Cláirseacha na Scéirí - Hurling / Camogie player pathway

Learning to Perform - 16 to 18 Year Olds

Skill Emphasis	Physical Focus	Game Specific
<p>Ball Winning Catching (protect from front & behind) High catch Low catch Half volley catch First touch off the hurl, low high control Dribble – keep possession</p> <p>Sending & Receiving Lift & strike, left and right Strike</p> <p>Feint & strike Striking over the shoulder moving away from the target Overhead doubling Batting Overhead kill (ball falls into your body) Overhead block to the feet Overhead flick (direct the ball in your path)</p> <p>Travelling Making room (with and without the ball) Take opponent and protecting the body with the hurl Dummy hand pass</p>	<p>Speed (based on test results profile) Multi directional (efforts less than 20 seconds in response to hand signals) Quick footwork and agility Planting the foot (the 3 step movement) Running mechanics and techniques Strength work to improve speed</p> <p>Strength Functional movement assessment to establish core strength and technique Core programme for those still not ready for weights Individual programme for those with core strength and good technique Perfect technique and control N.B. Only qualified coaches to undertake this training</p> <p>Stamina Small sided games Drills incorporating the ball Flexibility/Co-ordination Maintain flexibility exercise Dynamic warm up</p>	<p>Intense Small-sided (3 secs) Are extremely beneficial for players . As well as getting involved in the game more often, players learn more quickly and make more decisions during the course of these games. As the ball is never far away, greater concentration is required.</p> <p>15 aside 15 aside games are helping rehearse for the match day scenarios. For example: backs –v- forwards, 15 –v- 15 (deploying a sweeper, defending the zones, deploying the big man , various conditions.)</p>
<p>Tackle Shouldering recovery flick and hook</p>		



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Additional activities to Promote Camogie & Hurling

Jan / Feb Gormanstown Indoor Tournament (Nursery to u13)

Mar / Apr Easter Schools Tournament (Hurling/ Camogie)

Jun PJ Troy Tournament (Hurling u9 - u13)

Jun Shannon Trip (Camogie u13)

Jul Camaint (Hurling u11 - u12)

Jul Invitational Summer Hurling (Hurling u12)

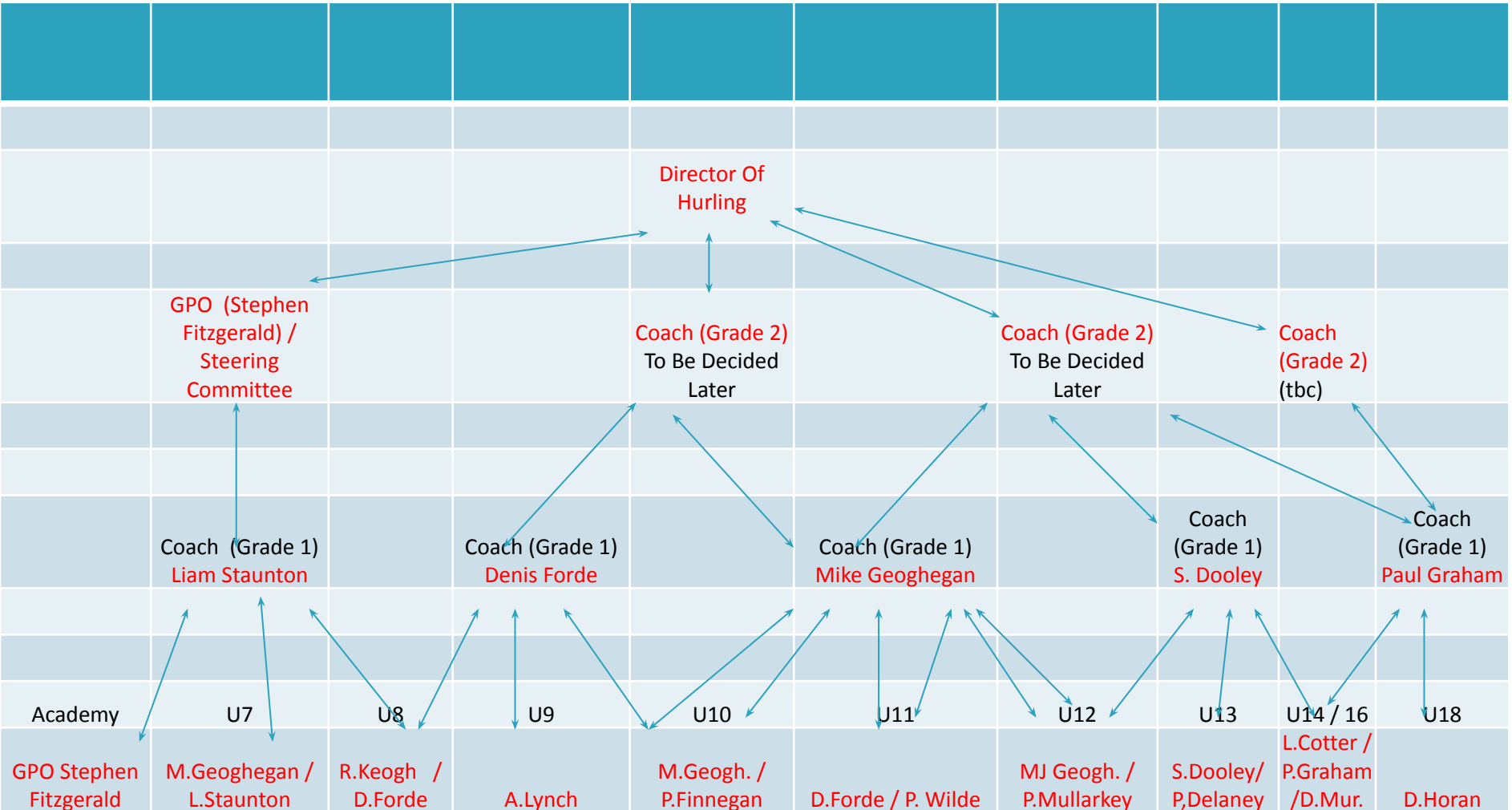


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Hurling Hierarchy 2014



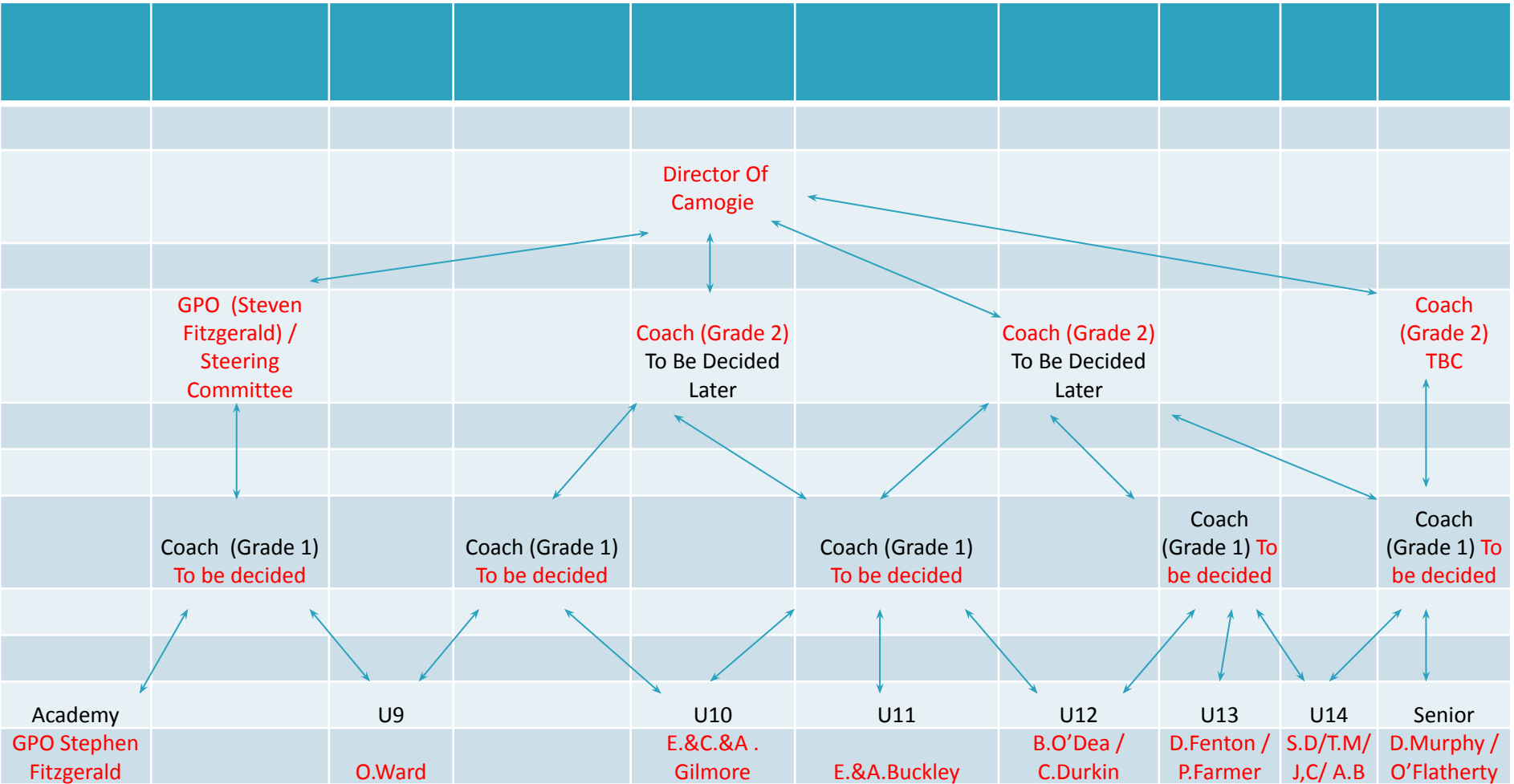


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Camogie Hierarchy 2014





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Appendix

- Links to GAA, Hurling and Camogie Websites
- Player Assessment Form
- Player Training Session Form
- Games Analysis Form
- Mentor / Coaches Contact Details Form
- Equipment and First Aid Check List
- Match and Training Attendance Form



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Appendix

Use of Resource

A crucial resource for the club is our **GPO**. Effectual use and deployment of the GPO is vital to Skerries Harps. The work of the GPO must be over seen by the Steering Committee.

- The following areas should be his main concentration.
 - Academy
 - Primary school. Junior cycle: introduction and winning the hearts of children to GAA
 - Primary school. Senior cycle: Skills orientation games as distinct from play sessions
 - Secondary. To supplement school personnel where necessary
 - Easter Camps
 - Summer Camps
 - Any other area as deemed appropriate by the steering committee



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Appendix (Skills Check List example for Mentors)

	Introduced	Developed	At Speed	Perfected
Grip	✓ ok	✓ ok	✓ ok	
Swing	✓ ok	✓ ok	✓ ok	✓ ok
Striking	✓ ok			
Blocking	✓ ok	✓ ok		