

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

ADULT
18+ YRS

LATE TEENAGE
16-17 YRS

MID TEENAGE
14-15 YRS

EARLY TEENAGE
12-13 YRS

LATE GO GAMES
10-11 YRS

EARLY GO GAMES
7-9 YRS

NURSERY
4-6 YRS



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 & outcome
- Potential changes in maturation rates due to a change in school environment
- Become very self-conscious in front of group
- Lack of confidence may be a barrier to development

AGE 12-13

TECHNICAL SKILLS

Kicking

Emphasis on accuracy, Kicking on the move & Kicking for distance. Free taking (hands & ground)

Handling

Low, Chest & High Catch in pressured situations

Movement

Dummy Kick/Solo, feint & Sidestep, Attack ball at full pace. Chip lift.

Tackling

Shadowing player in possession both on & off the ball

Body resistant exercise

Performed through FUN games incorporating Push, Pull, Squat, Lung movement patterns. E.g. Leap Frog

Evasion

Encourage use of side step & feint in possession of the ball

Running

Challenge players to stop suddenly to develop deceleration

PHYSICAL FITNESS

PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

Players aware of how activities are used to improve specific skills. Look for feedback from players to question this.

PARTICIPANT FEEDBACK

Using imagery ask players to mirror recent pieces of play by their hero's

TACTICAL PROGRESS

Decision Making

Play conditioned games to create pressure on players decision making

Activities focus on building skills to gain & maintain possession of the ball under pressure

Learning to work in team environment, individual decisions now has more impact on team outcome.

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

TEAM PLAY

ENVIRONMENT

- FUN is number one priority
- Coach: Player Ratio = 1:10
- At least 1 ball for every 2 players
- Players development takes priority over results
- Fun & Enjoyment are a major theme of all sessions

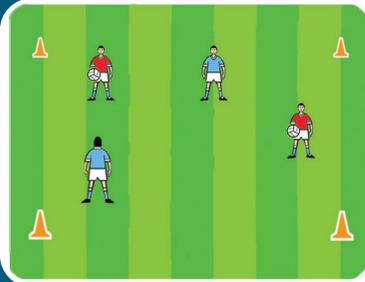


THE GAME

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

WARM UP ACTIVITY

ORGANISATION



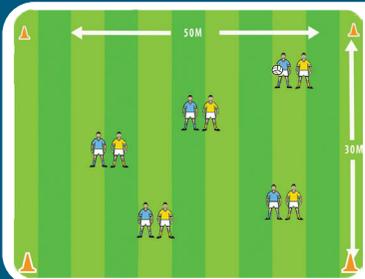
All players are paired off in one square.
Each pair must pass the ball to each other while continuously moving.
Once the coach blows his whistle the player without possession must tag their partner who is in possession within 20 seconds. Encourage players to run at speed.

KEY PRINCIPLES

Primarily used a pulse raiser
Each player to get a high number of touches on the ball
Encourage support play through communication and off the ball runs
Ask players questions about their decisions as warm up is a relaxed environment

GAMES BASED ACTIVITY

ORGANISATION



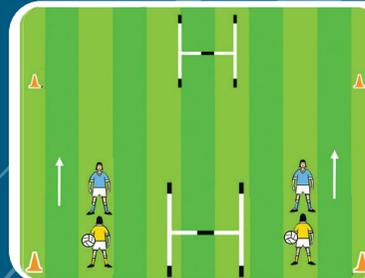
Possession based game with emphasis on Support Play
Divide players into two even teams
A kick pass must be followed by a hand pass
Score awarded for successful kick pass
First team to 5 scores wins.
Reset game and start again

KEY PRINCIPLES

After warm up maintain the fun emphasis through game based activity
Ensure skill is practised on left and right
Design the activity for multiple possessions for each player
Stop the activity every 2mins to re set and maintain organisation

INTERVENTION (FIX THE SKILL)

ORGANISATION



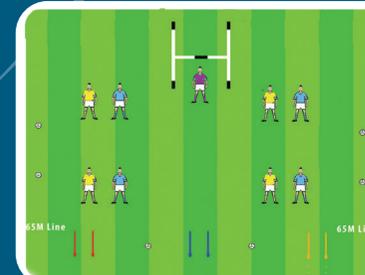
All players' line up in pairs, one on the end line (Player A) and partner (Player B) 5 meters away at cone.
Player A passes to Player B who immediately returns the pass. Play A again passes to B before sprinting 5 meters past him without ball. (3 passes)
Player A turns to face player B. Repeat activity with role reversal.
Continue activity until both players reach far line of cones.
Adaptions – Left/Right hand. Change to kick pass. Race to finish.

KEY PRINCIPLES

After the Games Based Activity select a skill that needs improvement
Set up activity so that players get high volume of ball contacts
Use trigger words to help the players focus on a key aspect of the skill
Use basic scoring systems to set targets for the players e.g. Relay race

GAME

ORGANISATION



2 teams-1 attacks, 1 defends.
Coach places balls as in diagram.
Attacking team members are numbered 1-8.
Coach calls a number and that player retrieves a ball and tries to work a score. If defenders dispossess they must work the ball out through any of the gates. Coach calls another number when ball goes dead. Swap roles..

KEY PRINCIPLES

Complete the main part of session with a Game
Coach to move around the pitch in order to communicate with all players
Use skill points to focus on development of certain skills e.g. Point for high catch
Stop game when needed to re organise and deliver coaching points

GAMES BASED COACHING

