



GAA Skill Development Hurling & Football

GAA Foundation Award



GAA Skill Development - Objectives

- By the end of this session, participants will be able to:
 - Identify the skills of Hurling and Gaelic Football
 - Identify the three phases of learning
 - List the steps involved in coaching a skill
 - Organise and oversee activities to practice 5 key skills of Hurling/ Football.

Skill Development



*Half the class Identify the Skills
of Hurling*

*Half the class Identify the Skills
of Football*



The Skills of Hurling

- Can be divided into:
- Skills used to Gain Possession
 - Involves gaining possession and control of the sliotar. Skills such as catching, and lifting are included along with skills involved in getting control of the sliotar using the Hurley.
- Skills used to Maintain Possession
 - Once the sliotar is under the control of the player, there are a number of skills which help the player in possession to maintain possession. These skills encompass ground skills, handling skills and evasion skills
- Skills used to Release Possession
 - Involves striking the sliotar, with either the hand or the Hurley. Many of these skills can be performed with a stationary sliotar or a moving sliotar, while the player is stationary or while the player is moving.
- Skills used to Contest Possession
 - Involves many of the skills used to tackle an opponent in possession, or to contest for possession when neither player is in possession of the sliotar.

The Skills of Hurling

Gaining Possession	Maintaining Possession	Releasing Possession	Contesting Possession	Other Skills
The Ground Block	The Dribble	Striking a Stationary Ball	The Frontal Air Block	The Grip
Controlling a Moving Ball	The Solo Run	Ground Strike on the Run	The Hook	The Swing
Blocking a Ball Overhead	Evasion/Roll Off	Doubling Back	Shoulder to Shoulder Clash	
The Chest Catch	The Feint/Side Step	Striking from the Hand	Shoulder to Shoulder Charge	
The Jab Lift		The Overhead Strike	The Frontal Ground Block	
The Roll Lift		The Hand Pass	The Ground Flick	
The Overhead Catch			Batting a Ball Overhead	
			Checking	

The Skills of Gaelic Football

- Can be divided into:
- Skills used to Gain Possession
 - Involves gaining possession and control of the football. Skills such as catching, and lifting are included.
- Skills used to Maintain Possession
 - Once the football is under the control of the player, there are a number of skills which help the player in possession to maintain possession. These skills encompass ground skills, handling skills and evasion skills
- Skills used to Release Possession
 - Involves striking the football, with either the hand or the foot. Many of these skills can be performed with a stationary football or a moving football, while the player is stationary or while the player is moving.
- Skills used to Contest Possession
 - Involves many of the skills used to tackle an opponent in possession, or to contest for possession when neither player is in possession of the football.



The Skills of Gaelic Football

Gaining Possession	Maintaining Possession	Releasing Possession	Contesting Possession	Other Skills
The Crouch Lift	The Dribble	The Fist Pass	Side to Side Charge	Handling the Ball
The Chip Lift	The Toe Tap	The Punt Kick	Checking	
The High Catch	The Bounce	The Hook Kick	The Near Hand Tackle	
The Body Catch	Evasion/Roll Off	The Penalty Kick	The Block Down	
The Low Catch	The Feint/Side Step	Kicking from the Ground		
The Reach Catch		The Hand Pass		

Phases of Skill Development



- Three phases of skill learning
- **Early**
 - Lots of errors – depends on the coach for instruction and direction

Intermediate

- Achieved basic level of competence
- Performs the skill faster in an appropriately structured competitive environment (games / activities)

Advanced

- Skill is automatic and is performed under pressure. Focus is on advanced skills and team play.



**Reduced
Space/Time**

**Decision
Making**

Movement

Speed

*Introducing
Players in the
early phase of
learning as the
emphasis is on
learning the
technique to
develop them so
effectively in
the early
phase*

Opponent

**Other
Techniques**

Coaching a Skill

- I.** Introduce
- D.** Demonstrate
- E.** Execute
- A.** Attend

Coaching a Skill

Stage 1

Brief Description of Skill

List Key Points

Coaching a Skill

Stage 2

Demonstrate

- (a) Normal Speed x3**
- (b) Slow Motion**
- (c) Normal Speed**

Coaching a Skill

Stage 3

Introduce and Set Up Routine

Simple and Easy to understand

Coaching a Skill

Stage 4

Give Positive Feedback

Coaching a Skill

Stage 5

Continue Routine

Coaching a Skill – Organisational Hints

1. Gather in a semi- circle
2. Separate 'Giddy' Players
3. Gather in Footballs/ Sliotars
4. Face players away from distractions and sun
5. Speak with the breeze
6. Coach doesn't have to be able to demonstrate skill
7. Match task to players' ability
8. On whistle – Activity stops and players jog to coach

Coaching a Skill

- In Groups take the Skill Cards. Task is to set up, demonstrate and organise activities from the Skill Card for one of the following skills:

1. Grip & Swing
2. Jab Lift
3. Chest Catch
4. Strike from Hand
5. Frontal Block Down
6. The Hand Pass



Coaching a Skill

- In Groups take the Skill Cards. Task is to set up, demonstrate and organise activities from the Skill Card for one of the following skills:
 1. Punt Kick
 2. Body Catch
 3. Hand Pass
 4. Solo
 5. Block Down
 6. Crouch Lift



GAA Skill Development and Coaching



Skills are taught when the coach

- Aims for mastery of the skill
- Knows the observable components of the skill
- Spots the 'bits' of the skill being performed incorrectly.
- Gives Feedback about skill performance (communication).
- Praises the parts being performed correctly (communication)
- Instructs how to modify the bits that need correction (communication).
- Demonstrates how to do the 'bits' of the skill correctly.
- Coaching allows players to risk error to achieve success
- Focuses on one component of the more complex skills at a time.

Coaching a Skill

“Tell Me and I Forget”

We remember 10% of all we hear.

“Show me and I remember”

We remember 50% of all we see.

“Involve Me and I understand”

We remember 90% of all we do.

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