



Ballinteer St Johns Player Pathway



Player Pathway

The purpose of this Player Pathway is to assist mentors, parents and players as to what they should be coaching/practicing at a particular time in their playing careers. It is intended as an aid to assist all coaches and players with getting the maximum enjoyment and stimulation at the various stages in their St Johns career. It is designed with player welfare at heart. We hope that it will provide assistance to all in ensuring the development of players to reach their full potential from their first steps into the Nursery up to the adult teams of the club and beyond.

Characteristics of each group

The characteristics are a guide to mentors to the level their team is at a particular phase in their development. They are not written in stone and they are not 100% right for all players. Each player as an individual will develop at different rates both mentally and physically. Teams themselves will mature and develop at different rates and mentors need to be aware of this. Rather than compare their team to what has gone before the mentors should be far more concerned with helping their own unique team reach its potential in an enjoyable and structured manner. Every player should have the resources to reach their own maximum potential whatever that may be over long term development. Remember we want everyone to play and enjoy football and hurling. Games for everyone is what we offer.



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Characteristics of each age group

TEAMS	SKILL EMPHASIS	PERSONALITY	DECISION MAKING PROCESS
Nursery	<ul style="list-style-type: none">- Develop both sides- Develop fundamental motor skills on both sides	<ul style="list-style-type: none">- Easily distracted- Short attention span- Not ready for formal sport- Self centred expect others to adapt to them- Attention is over exclusive- Don't understand planned training	<p>Need to be:</p> <ul style="list-style-type: none">- led or shown- told constantly- allowed make mistakes- made to use both sides- play alongside others rather than with them
U8 - U10	<ul style="list-style-type: none">- Developing basic and sport specific skills on both sides- Develop fundamental motor skills on both sides	<ul style="list-style-type: none">- Can now cope with skill training- Huge emphasis on skill development- Beginning to understand rules and competition.- Will follow 'role models'	<ul style="list-style-type: none">- Depend on coach for feedback- During games act as commentator; advise players what to do when giving commentary- Time to mimic good practice
U10 – U12	<ul style="list-style-type: none">- Develop sport specific skills on both sides- Understanding of basic rules	<ul style="list-style-type: none">- Begin to form small friendship groups- Start to compare to each other - competitive nature forming	<ul style="list-style-type: none">- Get players to get their 'head up'- Teach them LOOK/SEE/DECIDE/ACT approach



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	<ul style="list-style-type: none">- Positional/Game awareness- Basic teamwork skills	<ul style="list-style-type: none">- Group opinion often more important for evaluation than coach.	<ul style="list-style-type: none">- A good time to set a team standard- Will still require 'spot and fix' instruction from the coach i.e. spot an error and tell them how to fix it.
U12 – U14	<ul style="list-style-type: none">- Team group skills- Basic teamwork skills- Full game rules	<ul style="list-style-type: none">- Ready for concentrated and specific training programmes.- Better able to work together, easier to develop teamwork now.- Begin to notice differences in abilities	<ul style="list-style-type: none">- Definitely want to play by the rules.- Don't like decisions to be made for them. Will use their own criteria.
U15 – U18	<ul style="list-style-type: none">- Develop and improve athleticism- Improve teamwork skills- Develop specific position skills	<ul style="list-style-type: none">- Ready for concentrated and specific training programmes- Ready for individual programmes to help work on weaknesses.- Will respond well to 'praise and challenge'- Mental fitness	<ul style="list-style-type: none">- Very strong on self evaluation: need to be taught how.- Expect to be consulted on decisions- Through 'praise and challenge' coaching players will make own decisions during games.



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Ballinteer St Johns Nursery – Year 1

Fundamental Movement Skills	Sport Specific 'Gaelic Football'	Sport Specific 'Hurling'	Games 'Type'
Agility	Ball familiarisation	Grip - Strong hand on top - VERY NB (Ask what hand do they write with)	Target games - coaches should start with games that have very little decision making and contact. Have target games where players simply aim at or through targets, For example: 2 markers, striking objects under hurdles, knocking over cones..
Balance	Bouncing	Holding the hurley	
Co-ordination	Catching : chest catch	1. Ready position 2. Lock position 3. Lifting position	
Speed	Rolling the ball	Ground strike Stationary tyres and balls on both sides.	
Running	Throwing: side throw, underarm	Ground block	
Jumping	Fisting: making a fist	Dribbling	
Throwing	Pick up (not crouch lift)	Hand eye co-ordination	
	Dribbling: both feet	Parts of the hurley	
	Kicking off the ground		
	Step and kick off the ground		



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Ballinacorney St Johns Nursery – Year 2

Fundamental Movement Skills	Sport Specific 'Gaelic Football'	Sport Specific 'Hurling'	Games 'Type'
Agility	Kicking off the ground	Grip - strong hand on top	Target games - coaches should start with games that have very little decision making and contact. Have target games where players simply aim at or through targets e.g. 2 markers Court games - aim in these games to pass a ball over an obstacle e.g. net or middle zone marked out. (No mans land/4 ball battle)
Balance	Bounce and kick	Swing Development	
Co-ordination	Kicking from the hand	Holding the hurley	
Speed	Punt kick	1. Ready position	
Running : Technique	Catching : Chest catch	2. Lock position	
Jumping : Technique	Bouncing	3. Lifting position	
Throwing : Side throw	4 steps and bounce	Ground strike - on the run at stationary tyres and balls on both sides.	
	Fist passing	Ground block	PROGRESS ONTO
	Pick up: big step/hands	Shoulder clash	Field games - rounder type games, more tactical decisions needed e.g. where to kick, when and when not
	Dribbling: both feet	Balancing a ball/bean bag on hurley	



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	<p>Evasive: side step, no ball</p> <p>Tackling: shadowing</p>	<p>Introduce Roll Lift</p> <p>Hand eye co-ordination</p> <p>Bat the ball</p> <p>Parts of the hurley</p>	<p>to run.</p> <p>If you intend to play invasion games try:</p> <p>Go football and Go hurling.</p>
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Ballinteer St Johns Nursery – Year 3

Fundamental Movement Skills	Sport Specific 'Gaelic Football'	Sport Specific 'Hurling'	Games 'Type'
<p>Agility</p> <p>Balance</p> <p>Co-Ordination</p> <p>Speed</p> <p>Running : Technique</p> <p>Jumping :Technique</p>	<p>4 steps : Bounce / solo</p> <p>Catching : Overhead</p> <p>Fist passing and chest catch on the move</p> <p>Pick up: Crouch lift</p> <p>Punt kick : Step and punt kick through, at a target</p>	<p>N.B. continue to develop all the skills in previous year PLUS...</p> <p>Ground striking a moving ball</p> <p>Frontal Ground block</p> <p>Shoulder clash</p> <p>Contesting a ball on the ground</p> <p>Balancing ball on hurley</p>	<p>Court games - aim in these games to pass a ball over an obstacle e.g. net or middle zone marked out. (No mans land/4 ball battle)</p> <p>Field games - rounder type games, more tactical decisions needed e.g. where to kick, when and when not to run.</p> <p>Progress onto:</p>



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<p>Throwing : Side throw</p>	<p>Evasive:</p> <ol style="list-style-type: none"> 1. Side step with ball 2. Shoulder roll <p>Tackling:</p> <ol style="list-style-type: none"> 1. Shadowing 2. Near hand tackle <p>Blocking Part 1</p> <ul style="list-style-type: none"> • Step in with near leg • Hands together downward pressure 	<p>Chest catch</p> <p>Introduce</p> <ol style="list-style-type: none"> 1. Strike from hand 2. Jab lift 	<p>Invasion games - part or full invasion games 'Go Games' Skill Points for Go Games</p>
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Under 9's

Fundamental Movement Skills	Sport Specific 'Gaelic Football'	Sport Specific 'Hurling'	Games 'Type'
<p>All the skills that we've been practicing in the Nursery. They can be added in to your warm up's or drills.</p>	<p>4 steps : Bounce / solo</p> <p>Catching : Overhead and Reach</p> <p>Fist passing and chest catch on the move</p>	<p>All previous skills</p> <p>Lift and strike</p> <p>Ground striking a moving ball on the run : doubling</p>	<p>Court games</p> <p>Field games</p> <p>Full invasion games</p>



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	<p>Pick up: crouch lift</p> <p>Punt kick</p> <ol style="list-style-type: none"> 1. Contact 2. Direction 3. Power 4. Kick to a player <p>Evasive: side step with ball shoulder roll</p> <p>Tackling: shadowing/ near hand tackle</p> <p>Blocking Part 2 Make contact with the ball</p>	<p>Single hand catch</p> <p>Hook</p> <p>Strike from the hand</p> <p>Roll lift and jab lift</p> <p>Evasive: Side step with ball shoulder roll</p>	<p>Conditioned games</p>
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Under 10's

Fundamental Movement Skills	Sport Specific 'Gaelic Football'	Sport Specific 'Hurling'	Games 'Type'
All the skills that we've been practicing in the Nursery. They can be	Same skills as before work to develop these new skills	Same skills as before work to develop these new skills	Court games



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<p>added in to your warm up's or drills.</p> <p>Same as before introduce flexibility /stretching</p>	<p>Overhead catch: intro</p> <ul style="list-style-type: none"> - Movement jump and catch <p>Kicking : Shooting for goals and Points</p> <p>Scoring : With the feet and the fist</p> <p>Blocking</p> <p>Shouldering</p>	<p>Overhead catch</p> <ul style="list-style-type: none"> - hurl up <p>Handpassing the ball. Simple using both hands</p> <p>Striking from the hand on the run</p> <p>Lift and strike</p> <p>Side-line cut</p> <p>Scoring : With the hurl and the hand. * In camogie the players are allowed to score with a hand pass directly into the net</p> <p>Solo the ball on the move</p>	<p>Field games</p> <p>Full invasion games</p> <p>Conditioned games</p>
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Under 11's



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Fundamental Movement Skills	Sport Specific 'Gaelic Football'	Sport Specific 'Hurling'	Games 'Type'
Same as before introduce flexibility /stretching	Continue to work on previous skills plus... Hook kick Side step and feint: without the ball initially then introduce the ball. Free kicks and penalties	Frontal blocking in the air Hooking Protecting the ball Pick up under pressure Pick up and strike on the run Puc Fada Side step and feint: without the ball initially then introduce the ball. Free kicks and penalties Controlling a moving ball	Court games Field games Full invasion games Conditioned games



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Under 12, 13, 14

Fundamental Movement Skills	Sport Specific	Sport Specific	Training Emphasis
<p>Speed mechanics: correct arm and leg action</p> <p>Warm up games incorporating the ABC's of athleticism (i.e. agility, balance and co-ordination)</p> <p>Multi directional runs: game based runs.</p> <p>Ladders and hurdles are useful aids here.</p> <p>Flexibility</p>	<p>1 ball between every 2/3 players.</p> <p>Small sided games : 2v2</p> <p>Uneven teams in small sided games: 3v5...</p> <p>Drills with small numbers that are game related.</p> <p>Conditioned games.</p>	<p>Attacking ploys Evasion skills Taking on a player Angles of running</p> <p>Defensive ploys 4 D's Delay Deny Dispossess Develop</p> <p>Specific work on man marking skills.</p> <p>Positional play Goalkeeper Defending</p>	<ul style="list-style-type: none"> - Support running - Space making - Overlapping and Looping - Forms of defence: Man to man, zone, swarm, getting behind the ball. - Running angles - Game plans - Fitness within the drills/games.



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		Mid-field Forward	
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Under 14, 15, 16, 18

Fundamental Movement Skills	Sport Specific	Sport Specific	Training Emphasis
<p>Speed mechanics: correct arm and leg action</p> <p>Warm up games incorporating the ABC's of athleticism (i.e. agility, balance and co-ordination)</p> <p>Multi directional runs: game based runs.</p> <p>Ladders and hurdles are useful aids here.</p>	<p>1 ball between every 2/3 players.</p> <p>Small sided games : 2v2</p> <p>Uneven teams in small sided games: 3v5...</p> <p>Drills with small numbers that are game related.</p> <p>Conditioned games.</p>	<p>Attacking ploys Evasion skills Taking on a player Angles of running</p> <p>Defensive ploys 4 D's Delay Deny Dispossess Develop</p> <p>Specific work on man marking skills.</p>	<ul style="list-style-type: none"> - Body Resistance - Weight training - Core stability - Speed and speed endurance - Match pace games and exercises to produce speed of thought, speed of play. - Thinking the game, playing it simple - Skill development under pressure.



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Flexibility	Train as you would Play.	Positional play Goalkeeper Defending Mid-field Forward	<ul style="list-style-type: none">- Nutrition and Hydration awareness- Recovery methods- Performance analysis
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