

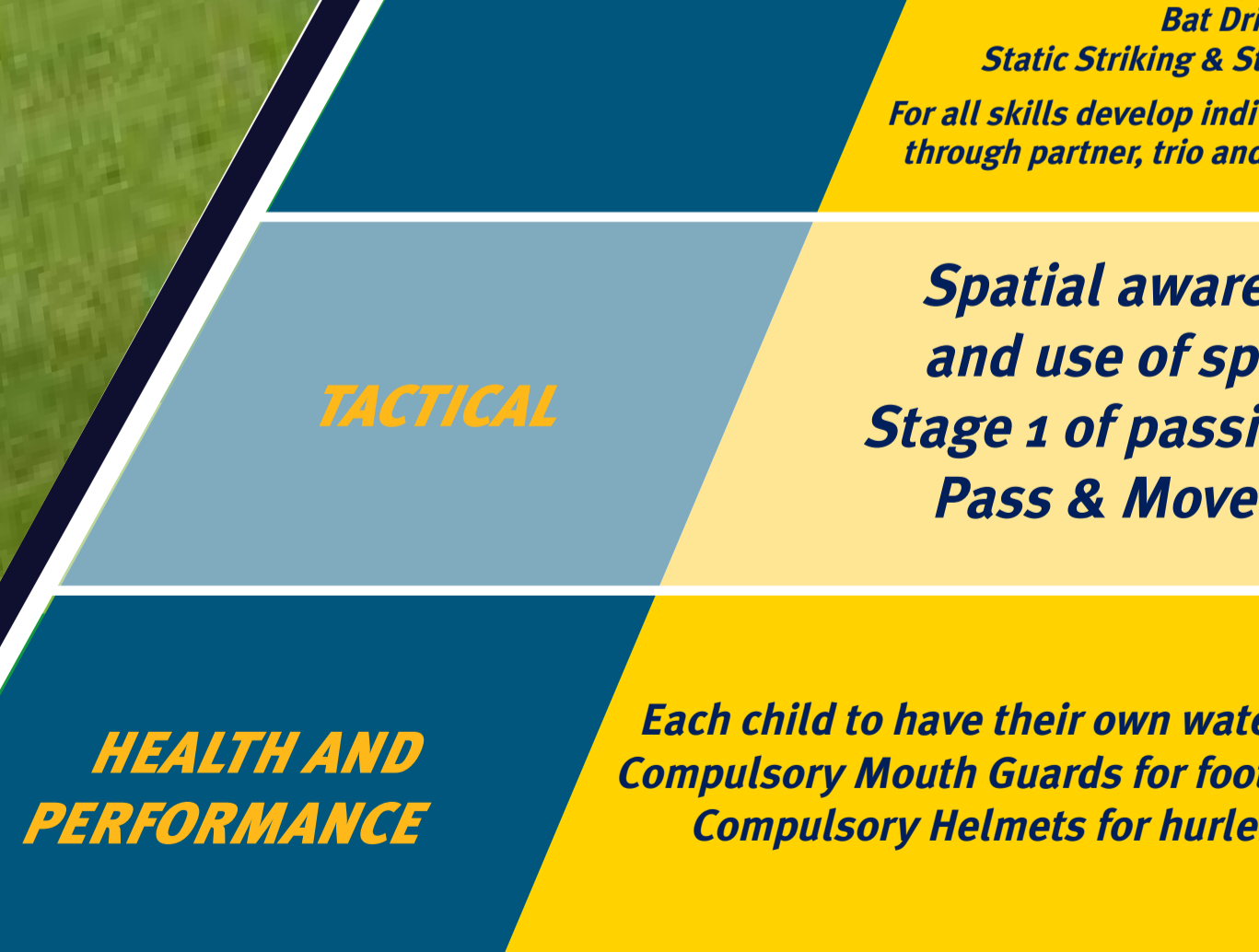


# ULSTER GAA PATWAY



CHILD YOUTH ADULT

CHILD YOUTH ADULT



PHASE	GAELIC START	FUNDamentals	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAIN TO WIN
AGE GROUP	UNDER 6	UNDER 8	UNDER 10/12	UNDER 14/16	UNDER 18	18+ YEARS
<b>GAMES</b>	<b>TARGET, FIELD AND COURT</b> Children work individually, in pairs and in threes (small groups) through cooperative and competitive play	<b>COURT, NON/PART/ FULL INVASION</b> Introduction to Go Games and simple rules – (4v4 and 7v7)	<b>PART/FULL INVASION</b> Small sided games -5v5 – 9v9 for u10s and 11v11 for u12s Preparation for 15 a side games	<b>PART/FULL INVASION GAMES</b> Small sided games progressing to full sided games (7v7 – 15v15)	Small sided games to develop skills under pressure Principles of play incorporated into 15 a side games	Small sided games to refine skills under pressure and to develop fitness Principles of play incorporated into 15 a side games
<b>PHYSICAL DEVELOPMENT</b>	<b>STRENGTH</b> Use own body to develop strength by balancing on various parts and moving on different body parts e.g. hands and feet – Animal movements and fun races	Own body weight strength exercises Individual pushing and pulling tasks Partner Resistance activities	Own body weight strength exercises Introduce Core Strength Partner resistance activities Light Medicine Ball activities	Body weight circuit training Learn lifting techniques Use of Brush Shafts and Light Dumbbells and Power Bags Functional Movements Squats, Lunges, Shoulder Rotations Core Stability exercises	Circuit Training – bodyweight, medicine balls and dumbbells Introduce Lifts – light weights Introduce weights programme under specialist guidance Core Stability exercise programme	Individual weights programmes to develop strength under specialist guidance Core Stability Programme Maintained
<b>PHYSICAL DEVELOPMENT</b>	<b>MOVEMENT / SPEED</b> ABC's RJT's Running: Stopping/Starting Reactions – Tag games	Continue to develop ABC's and RJT's Build spatial awareness and speed into warm up techniques Develop correct running techniques Relay Races	Develop principles of running and jumping Build Endurance activities into sessions	Develop Endurance ideally using the ball/sliotar Speed Development built into Warm Ups (10m – 30m)	Develop speed & speed endurance ideally using the ball/sliotar in match situations Introduce strength work to improve speed	Perfection of speed development techniques and activities Continuation of speed endurance techniques
<b>PHYSICAL DEVELOPMENT</b>	<b>FLEXIBILITY</b> Mobilise body parts Introduce flexibility tasks in to warm ups	Introduce Warm Up and Cool Down concept Develop flexibility tasks	Introduction of dynamic warm ups Encourage static stretching at home	Dynamic warm ups Introduce partner stretching Static stretching at home	Dynamic warm ups Maintain Flexibility Pre/Post match stretching at home – individual and with partner	Dynamic warm ups Maintain Flexibility Pre/Post match stretching at home – individual and with partner
<b>TECHNICAL</b>	<b>HANDLING</b> Pick up/Set Down Scoop Roll/Pick Up Bouncing – 2 Hands Tummy Throw (Airborne) Body Catch <b>KICKING</b> Dribble/Side of Foot (Ground) Two Bounce Punt Kick <b>EVASION</b> The skills of dodging – side step <b>STRIKING</b> Big Ball with Hand (Ground) Start sitting and progress to kneeling Bat Dribbling Static Striking & Striking into Space For all skills develop individually and progress through partner, trio and small group tasks	<b>HANDLING</b> Handpass and Fistpass Reach Catch and Overhead Catch Crouch Lift One Handed Bounce <b>KICKING</b> "Off the Shelf" Punt Kick One Hand Punt Kick Hook Kick, Soloing <b>EVASION</b> Side Step, Feint and Side Step <b>TACKLING</b> Near Hand and Frontal Tackle <b>HURLING SPECIFIC</b> Hurley – Ground dribble Run and strike stationary Ball Ground striking and stopping Ground striking – moving ball Ground doubling Blocking – Frontal/Ground block Hooking a ground strike Ground clash	<b>HANDLING</b> Catching (Body, Reach, Overhead, One Handed) in pressurised situations <b>KICKING</b> Punt, Hook and Swerve Kicks Free Kicks (from Ground and Hand) <b>EVASION</b> Side Step, Feint & Side Step <b>TACKLING</b> Blocking Shadowing – Delay – Tackle When / Where / How Player to Player v Space <b>HURLING SPECIFIC</b> Handpass and One Hand catch Lifting – Roll Lift/ Jab Lift Strike from Hand (static – moving) Frontal block, Hooking Lift and strike Batting overhead ball N.B. All technical skills should be learnt before moving to next stage	Skills under pressure in small sided games Evasion techniques (side step, feint) in match situations <b>HURLING SPECIFIC</b> Short Stick shooting for scores Opposed striking Doubling in the air Side flick (Snig) Feint and strike Striking over the shoulder Overhead flick <b>REFINEMENT OF THE BASIC SKILLS OF GAELIC FOOTBALL AND HURLING IN MATCH LIKE SITUATIONS</b>	Further Development of Skills of Gaelic football and Hurling <b>Individual Practice</b> <b>Partner Practice</b> <b>Group Activities</b> <b>Small sided Games</b> <b>Match running drills</b> <b>Conditioned Games</b> <b>Full Games</b> <b>POSITION AND UNIT SPECIFIC SKILLS DEVELOPED THROUGH GAMES</b>	Refinement and Perfection of skills of both Gaelic Football and Hurling <b>Individual Practice</b> <b>Partner Practice</b> <b>Group Activities</b> <b>Small sided Games</b> <b>Match running drills</b> <b>Conditioned Games</b> <b>Full Games</b>
<b>TACTICAL</b>	<b>Spatial awareness and use of space</b> Stage 1 of passing – Pass & Move	Stage 2 & 3 of Passing Move and Pass Pass to a moving receiver Support player on the ball – providing options	<b>INTRODUCTION TO PRINCIPLES OF PLAY</b> Ball retention / Avoiding traffic Keeping possession Use of kick outs / puck outs Movement of the ball	<b>DEVELOPMENT OF PRINCIPLES OF PLAY</b> Changing play and understanding role of defending and attacking. Creating Width, Depth and Penetration	<b>UNDERSTANDING OF PRINCIPLES OF PLAY</b> Creating Scores / Use of set pieces Kick Outs / Puck Outs 45s and 65s Sideline Kicks and Cuts	Refinement of position specific roles <b>Systems of Play</b>
<b>HEALTH AND PERFORMANCE</b>	Each child to have their own water bottle Compulsory Mouth Guards for footballers Compulsory Helmets for hurlers	Individual water bottles at all sessions Promote "5 a day" Bring Snack to training Safety awareness – rules Mouth Guards and Helmets <b>PROMOTE RESPECT</b>	Hydrate before, during and after Sessions/Games Promote 5 a day Reduce consumption of sweets, cakes and chips <b>PROMOTE RESPECT</b>	<b>HYDRATION</b> TEST THE COLOUR OF URINE – CLEAR IS GOOD <b>HYGIENE OF WATER BOTTLES – DON'T THROW ON GROUND</b> <b>HEALTHY SNACKS WITHIN 10 MINUTES OF SESSION ENDING</b>	<b>FUELLING THE BODY</b> Hydration – drink 1 litre per day minimum Nutrition – what to eat... Supplements – need to be from reliable sources Drugs – be aware of Substance Abuse Build Rest into your programme	<b>LOOKING AFTER YOUR BODY</b> <b>RECOVERY STRATEGIES</b> Use the pool, foam rollers for massage, stretch daily, keep a diary of training and competitions, discuss training load with your coach and parents, focus on your education



**ULSTER COUNCIL GAA**  
**COMHAIRLE ULADH CLG**  
Ceannáras Uladh  
8-10 Market Street,  
Armagh, BT61 7BX  
T (0044) 28 3752 1900  
F (0044) 28 3752 8092  
E ?????.ulster@gaa.ie



**LEARN MORE, TALK TO YOUR COACHING OFFICER**



**A mistake on the pitch might cost you the game. A mistake on the road can cost you your life.**

**LIVE TO PLAY**  
**Road Safety Awareness**





# DISABILITY PLAYER PATHWAY



ULSTER GAA FOR ALL

ULSTER GAA FOR ALL

PHASE	GAELIC START	FUNDamentals	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAINING TOWN
AGE GROUP	0 - 6 Years	6 to 8/9 Years	8 to 12 Years	12 to 16 Years	16+ Years	18+ Years
<b>WHAT</b>	<b>POSITIVE FIRST CONTACT</b> Inclusive Physical Activities to Improve Movement Skills	Continuation and Progression Of Gaelic Start	Regular Practice to Develop Skills	Introduction to Games and Teamwork	Representation of School / Region in Adapted Gaelic Games Halftime Games & Wheelchair Hurling	Indoor & outdoor Football Wheelchair Hurling
<b>WHERE</b>	Home, Schools & GAA Clubs	Home, Schools & GAA Clubs	Home, Schools, GAA Clubs & Community Groups	Schools, Regional Hubs & Community Groups	Schools, Regional Hubs & Community Groups	Regional Hubs
<b>WHO</b>	Parents, DENI & GAA Club Coaches	Parents & Teachers School & GAA Club Coaches	Community Leaders/Volunteers GAA Club Coaches	Community Leaders / Volunteers, Teachers & Key Stage 2 Coaches	Ulster GAA Development Officers Community Leaders / Coaches	Ulster GAA Development Officers
<b>HOW</b>	<b>FUN Stations / Activities</b>	<b>UNSTRUCTURED &amp; STRUCTURED PLAY</b> Agility, Balance, Coordination Running, Jumping, Throwing, Catching, Passing, Kicking, Striking	Drills + Games to develop Skills	Modified Gaelic Games	Playing / Training to adapted rules	Specific Game Based training with set rules
<b>WHY</b>	Achieve improvement in movement skills in a FUN, Healthy social environment	Sport Specific Skill Achievements	Ability to participate in mini games against peers	Participation in Provincial Indoor & outdoor events Halftime Games	Represent Regional Hubs/Teams at County, Provincial & National events	



## GAA FOR ALL

Ulster GAA's disability inclusion and awareness workshop. It aims to provide club coaches / volunteers with an insight on how to include those with a disability into their club. The workshop consists of a brief theory introduction and the remainder practical. **To request or attend a course contact any Regional Development Officer.**



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F (0044) 28 3752 8092  
E info.ulster@gaa.ie



**Contact Ulster GAA Development Officers for information on participation or Coach Education Opportunities in your area:**  
shane.mccann.ulster@gaa.ie Antrim & Down  
ryan.mellon.ulster@gaa.ie Armagh, Cavan & Monaghan  
paul.callaghan.ulster@gaa.ie Derry, Donegal, Fermanagh & Tyrone

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