

Active Start - Under 6

FUN and Participation
Physical Literacy through
playful movement involving:

Agility
Balance
Co-ordination
Speed - Tag Games
Running
Jumping

⇔ Warm Up

Technical

Play Through lots Of involvement in: CPKS:-

Catch- Roll/bounce
Pass - Roll/Bounce
Kick - Ground/punt
Strike - Hand/Bat/Stick in a:
Multi Sport Environment
Through individual, partner
and group relays

Tactical

Unstructured play

Experimentation and

Familiarisation

Spatial awareness

Co-operation

Target Games

Simple rules and ethics

Mental

Little attention span

Develop self confidence

Physical - provide 1 Hour per day

Own body strength exercises

Competition V Self/Partner

FUNdamentals Under 8

Learn all the Fundamental skills before moving to the next stage

Develop **Generic Movement Skills** through **FUN** and **Participation** involving:

Physical Literacy - Athleticism

Use in Warm Up

Agility/Balance / Co-ordination

Speed - First Speed Window

Running

Jumping

Technical

Catch

Pass

Kick

Strike

Tactical

Spatial awareness

Co-operation

Court/Non invasive games

Go Games - First Touch

Simple rules and ethics

Mental

Positive Attitude to Sport

Develop self confidence

Physical

Own body strength exercises

Well structured programmes

Coaching / Competition Ratios

75: 25 Mini Blitzes

Learn To Train 1: Under 10

- Refine all the Fundamental skills before moving to the next stage
- This is the stage where children develop their specific Sport Skills

•Physical Literacy -

Warm up:

Agility
Balance
Co-ordination
Speed
Athleticism
Running
Jumping

Technical - Motor Development

Window

Catch
Pass
Kick
Strike

Tactical

Spatial awareness - Better Scanning Ability
Simple Attack & Defence
Non invasive/Invasive games
Go Games - 9 V 9 Quick Touch
Simple rules and ethics
Play 4/5 sports

Mental

Positive Attitude to Sport
Develop self confidence
Perception of worth vital - Drop out

Physical

Own body strength exercises
Well structured programmes
Coaching / Competition Ratios
75: 25 Mini Blitzes

Learning To Train 2:

Under 12

- Build the Overall sports skills into games
- Advanced Physical Literacy (PL)
- Incorporate the ball into the key PL components:
- Refine: **ABC'S, RJTS, CPKS into Gaelic Games**

Technical

- Major skill learning phase
- All basic sports skills should be learnt before entering next phase
- Develop individual team play in a team performance rather than winning at all costs

Ancillary Capacities

Hydration practices - Nutrition

Tactical

Spatial Awareness-Creating & Exploiting Space
Develop 'Game Sense' through 'Problem Solving'
Go Games: 11v11 (Smart Touch)
Coaching / Competition Ratios
75: 25 Mini Blitzes

Mental

Introduction to mental preparation
Cognitive Development
Emotional development
Winning V Development

Physical

Medicine ball, Swiss ball, Own body strength exercises
Speed & Agility development

Train To Train 1:

- Consolidate Sport Specific Skills by progressing to the full Gaelic game to perform as a team player in formal competitions

- Performance and Development should be the Focus rather than Winning

- During these stages we Make or Break a Player.

Technical

- Major skill learning phase
- All basic sports skills should be learnt before entering next phase
- Develop unit team play (half forwards) in a team performance rather than winning at all costs

Ancillary Capacities

Hydration practices - Nutrition

Under 14

Tactical

Spatial Awareness-Creating & Exploiting Space

Develop 'Game Sense' through 'Problem Solving'

Mental

Introduction to mental preparation

Cognitive Development

Emotional development

Winning V Development

Learn to cope with the physical and mental challenge of competition.

Physical

PHV will determine strength programme

Medicine ball, Swiss ball,

Own body strength exercises

Speed & Agility development