Active Start - Under 6

Agility
Balance ↔ Warm Up
Co-ordination
Speed - Tag Games
Running
Jumping

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

Comhairle Uladh 2006
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

Physical

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

Comhairle Uladh 2006
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

Comhairle Uladh 2006
Learning To Train 2: Under 12

**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

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**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

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Comhairle Uladh 2006
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