

Improving Skills for U10s & U12s



Main focus is to continue with Fun and Participation and also to develop specific skills required to play the game.



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TASK? ? ?



What do we want our u10/u12
players to be able to do??



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WHAT WE WANT?

- Basic Skills
- Be able to play a GAME
- Both Sides
- Decision Making
- Team play



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How do we get there?

Yearly integrated Coaching programme

- Skills programme
- Games programme



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UNDER 6 STEP 1	UNDER 8 STEP 2	UNDER 10 STEP 3	UNDER 12 STEP 4	UNDER 14 STEP 5	UNDER 16 STEP 6	UNDER 18 STEP 7
<p>Main focus is on Fun and Participation.</p> <p>PHYSICAL LITERACY Agility, Balance, Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift.</p> <p>TACTICAL DEVELOPMENT Spatial Awareness Co-operation Non Invasion Games Simple rules and ethics</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is on Fun and Participation.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift, Side Tackle,</p> <p>TACTICAL DEVELOPMENT Spatial Awareness Co-operation Non Invasion Games Simple rules and ethics</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players Respect to Referees</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is to continue with Fun and Participation and also to develop specific skills required to play the game.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch High Catch, Hand Pass Fist Pass, Ground Kick Punt Kick, Side Tackle, Frontal Tackle, Solo Run.</p> <p>TACTICAL DEVELOPMENT Spatial Awareness Co-operation Non Invasion Games Part Invasion Games Small Sided Games 7 V 7 Max, Simple rules and ethics.</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players Respect to Referees</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is to continue with Fun and Participation and also to develop specific skills required to play the game.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch, High Catch, Hand Pass, Fist Pass, Ground Kick, Punt Kick, Hook Kick, Side Tackle, Frontal Tackle, Solo Run, Evasion Skills.</p> <p>TACTICAL DEVELOPMENT Spatial Awareness, Creating and Exploiting Space, Co-operation Non Invasion Games, Part Invasion Games, Full Invasion Games, Small Sided Games 9 V 9 Max. Simple rules and ethics</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players Introduction to mental preparation, Respect.</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises, Medicine Ball Exercises, Speed Development.</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is to embed sport specific skills, develop anaerobic conditioning, and strength.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch, High Catch, Hand Pass, Fist Pass, Ground Kick, Punt Kick, Hook Kick, Side Tackle, Frontal Tackle, Drift Tackle, Solo Run, Evasion Skills.</p> <p>TACTICAL DEVELOPMENT Understanding the principles of play in grids and small sided games. Part Invasion games, Full Invasion Games, Solid application of skills in games.</p> <p>MENTAL DEVELOPMENT Goal Setting, Self Confidence, Respect.</p> <p>PHYSICAL DEVELOPMENT Development of Strength, Aerobic Fitness via games, Anaerobic fitness and speed, Flexibility.</p> <p>ANCILLARY CAPACITIES Introduction to game analysis via DVD and stats. Continue with topics already covered.</p>	<p>Main focus is to embed sport specific skills, develop anaerobic conditioning, and strength.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch, High Catch, Hand Pass, Fist Pass, Ground Kick, Punt Kick, Hook Kick, Side Tackle, Frontal Tackle, Drift Tackle, Solo Run, Evasion Skills, Position Specific Skills.</p> <p>TACTICAL DEVELOPMENT Understanding the principles of play in grids and small sided games. Part Invasion games, Full Invasion Games, Solid application of skills in games.</p> <p>MENTAL DEVELOPMENT Goal Setting, Relaxation Techniques, Game Rehearsal, Focusing and refocusing.</p> <p>PHYSICAL DEVELOPMENT Development of Strength, Aerobic Fitness via games, Anaerobic fitness and speed, Flexibility, Core Stability, Light Weights.</p> <p>ANCILLARY CAPACITIES Introduction to game analysis via DVD and stats. Continue with topics already covered. Introduction to Recovery Procedures.</p>	



U10 - 9 WEEK COACHING PROGRAMME

WEEK	WARM-UP	GAME	SKILL	GAME	Small Sided Go Games
1	Colours, no.s shapes etc	Rob the Nest	Crouch Lift	Pick-Up and Drop	5 v 5 7 v 7
2	Pass & Move	Piggy in Middle	Hand Pass & Catching	Scout Ball	
3	Handpass dodgeball	Find a Goal	Fist Pass & Catching	Captains Ball	
4	Cone ball	Catch the Fruit	High Catch	Volleyball	
5	Find a goal (kicking)	Hit the Cones	Punt Kick (Front of Foot)	Over the River	
6	Kick & move	Clear the Circle	Punt Kick (Hook)	Circle Score	
7	Toilet Tag	Pass the Guards	Solo	Wing Man	
8	Cone monster	Gladiators	Side Step	Evade & Pass	
9	Tails	Through the Alley	Near hand tackle	Find Free Corner	



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Drills vs Games

DRILLS	GAMES
Used to learn basic skills	To develop skills
Improve technical ability	Encourage decision making
Little/no decision making	Develop tactical play
Spot and fix the SKILL	Team play
	Spot and fix skill & movement
	Improve spatial awareness
	Games mimic match situations



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INVASION GAMES:

- **Non invasion**: Players keeping possession in a grid with NO opposition i.e 4 v 0
- **Part invasion**: Keep possession while moving forward through zones/grids while under reduced pressure i.e 4 v ½
- **Full Invasion**: Keep Possession, move forward, FINISH with a score i.e preserve, create, exploit space



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How to modify games?

- S- Space
- T- Task/time
- E- Equipment
- P- Players
- R- Rules



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Favourite Games for U10s & U12s

- 1. Bank Ball
- 2. Over the River
- 3. Winning your Own Ball
- 4. Wide Man
- 5. 1 to 6
- 6. Circle Ball Score



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Thank You



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