

HOW MIGHT A CLUB STRUCTURE ITS YOUTH COACHING?

Brendan Rasdale.
JANUARY 30TH 2013.



What do we want our coaching to deliver?

- ☐ Fit and Healthy Youngsters in the local area.
 - ☐ High Participation Levels!
 - ☐ Skill and Teamplay Development.
 - ☐ Adult Footballers!!
-
- ☐ Q: Which of the above should be the most important??
-

THE CONTEXT.

- ❑ THE GAA'S LONG TERM PLAYER DEVELOPMENT MODEL. (LTPDM)
 - ❑ Fermanagh's 'Seven Steps to Success' Development Template.
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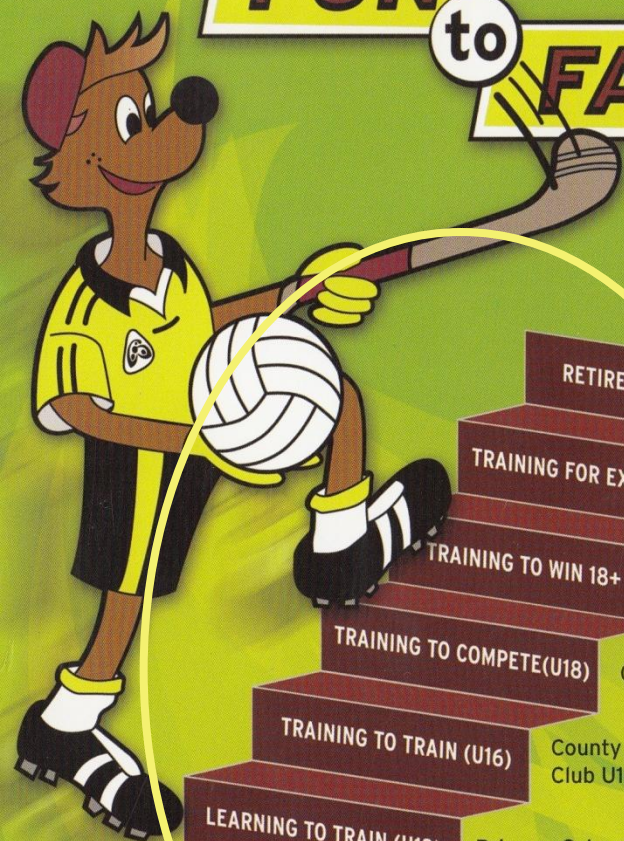
FUN

to

FAME

Long Term Player Development Model

Players progress through these stages Access resources to support this development on www.ulster.gaa.ie



RETIREMENT & RETAIN

Coaching, Administration

TRAINING FOR EXCELLENCE

Inter Provincial, Senior County, Sports Institute Squad

TRAINING TO WIN 18+

County Minor and Rookie Squads,
Higher Education Fresher (U19), Club U21 & Senior Teams

TRAINING TO COMPETE (U18)

County Squads U17, Club Minor (U18)

TRAINING TO TRAIN (U16)

County Development Squads U15, 16
Club U14, 16, Secondary School U14 & 16

LEARNING TO TRAIN (U12)

Primary School 8 - 11 yrs, Sec. Sch. Yr.8 (12yrs) Club U10 & 12

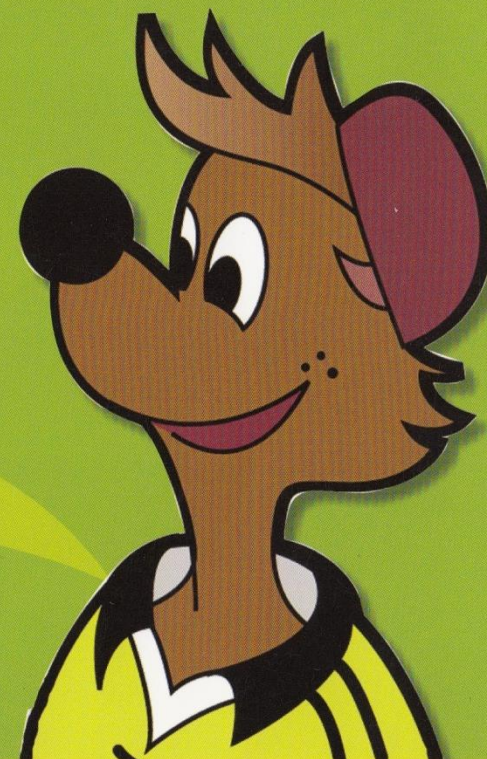
FUNDAMENTALS (U10)

Primary Schools (6 - 9yrs)
Club U8 & 10's

Pre School 0 - 4yrs
Primary School 5yrs

O'NEILLS™

Safeguarding Our Future



Lairdesign



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FUNDAMENTALS. (Step 1& 2) What are we looking to do?

- ❑ Make it fun.
- ❑ Make it active.
- ❑ Develop Skills!!



FUNDAMENTALS. What are we looking to do?

(Cont'd)

- ❑ Develop Physical Literacy: Agility, Speed, Balance (Movement Skills), Coordination, Jumping, Throwing.
 - ❑ Develop Technicals: Kicking/Striking, Receiving/Catching, Passing, Ball Control.
-

FUNDAMENTALS. What are we looking to do?

(Cont'd)

- ❑ Start Games Play – Rules, Teamwork, Awareness of Spaces, Evasion. (Non Invasion and Part Invasion Games.)
 - ❑ BOTTOM LINE: MAKE IT ACTIVE, KIDS SHOULD BE POSITIVE ABOUT THE SPORT, THE CLUB & CONFIDENT THEY CAN DO THIS!!
-

HOW DO WE DO IT?

- ❑ FUNdamentals / Gaelic Start Resource.
 - ❑ Warmups. (Wk1: Bridges and Rivers, Keep the Basket Full. Wk2: Volcanoes and Craters, Simon Says. Wk3: Gather the Domes, Dodgems.) & Rotate.
 - ❑ Every Session: Stations, Skills, Mini Games. A good variety of activities! Be well Organised!
-

How do we do it?

- ❑ Our own ideas, adapting things used with other groups. Example: The Teletubbies Square, Tag Games.
 - ❑ Progression!! 5 year olds and 8 year olds are different!!
 - ❑ Rob the Nest as a warmup – with pickup is an example of progression as players get older.
 - ❑ Over the River – We can adapt and add a lot to this game as time moves on.
-

What about the Game at the end?

- ☐ Just manage it!!!
- ☐ Spot and Fix!
- ☐ Condition the Game!



Will it be a draw again
this week, Brendy?

U10 & U12 (Steps 3 & 4)

❑ TWO ELEMENTS:

1. 'How to play' Skills.

2. 'How to play' Skills and **Game Sense.**

* All of the specific skills we need have to be established before the end of this stage.

❑ Fundamental Skills are now becoming well refined technical, sports specific skills.

❑ Players have to learn how to play before they play to win.

Technical ...The SKILLS of Gaelic Football

A. Gaining Possession:

Non Possession – Defence

B. Exploiting Possession:

Possession - Attack

To help coaches plan their programme these may be sub divided into four components:

1. Receiving Skills:

- a. Catching:-
- b. Low, Bounce (Half-Volley), Tummy, Head-High, Overhead, One-Handed
- b. The Lift:
 - Crouch (Stationary and Rolling)
 - Jab Lift, Chip & Assist

3. Defending Skills:

- a. Tackling:
 - Side – Near Hand Tackle
 - Front – ‘The Fencer Tackle’
- b. Blocking – From the Feet & The Dive Block
- c. Interceptions
- d. Man To Man Marking
- e. Marking Space
- f. 3 D’s - Delay, Deny & Dispossess

2. Playing Skills: Possession Skills, Passing, Breaking Ball

- a. Kicking:
 - Ground – Short & Long
 - Volleying & Half Volleying
 - Punt – Drive (Front of in step)
 - Hook (Inside of in step) - Swerve (Outside of in step)
 - Drop, Overhead, Tap-on
- b. Handling –Hand/Fist Pass
- c. Travelling Skills:
 - The Solo – Hand To Toe & The Bounce
- d. Evasion Skills:
 - Dodging, Side-Step, Feint and Side Step, Swerve, The Roll, Ball Feints (Hand and Feet)
- e. Scoring Skills:
 - Direct – Feet, Fist - Deflected – Hands ETC. - Free Kicks & Penalties

4. Non Playing Skills:

- a. Spatial Awareness: Scanning: On/Off The Ball
- b. Running Off The Ball: Calling The Play

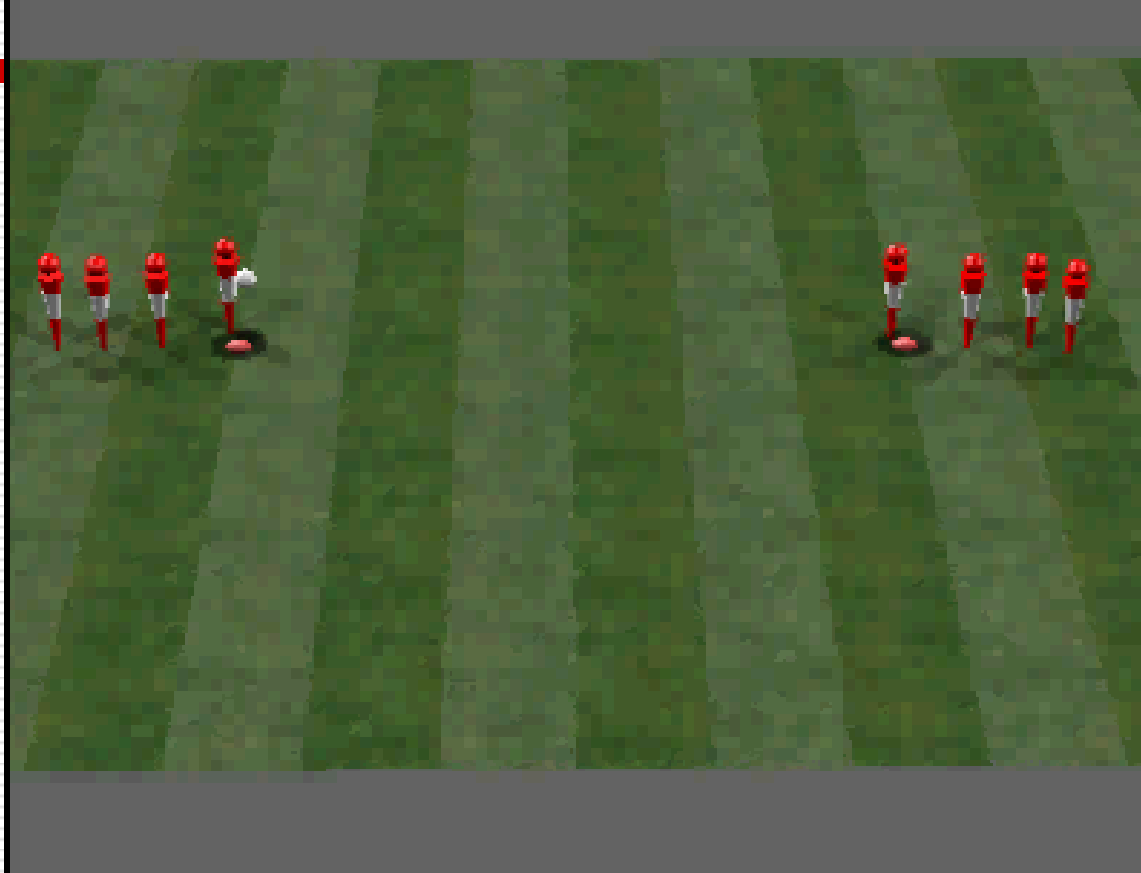
DRILLS OR GAMES?

❑ DRILLS WITHOUT THIS:



The next
ball is
coming in
three
minutes.
Happy
Days!!

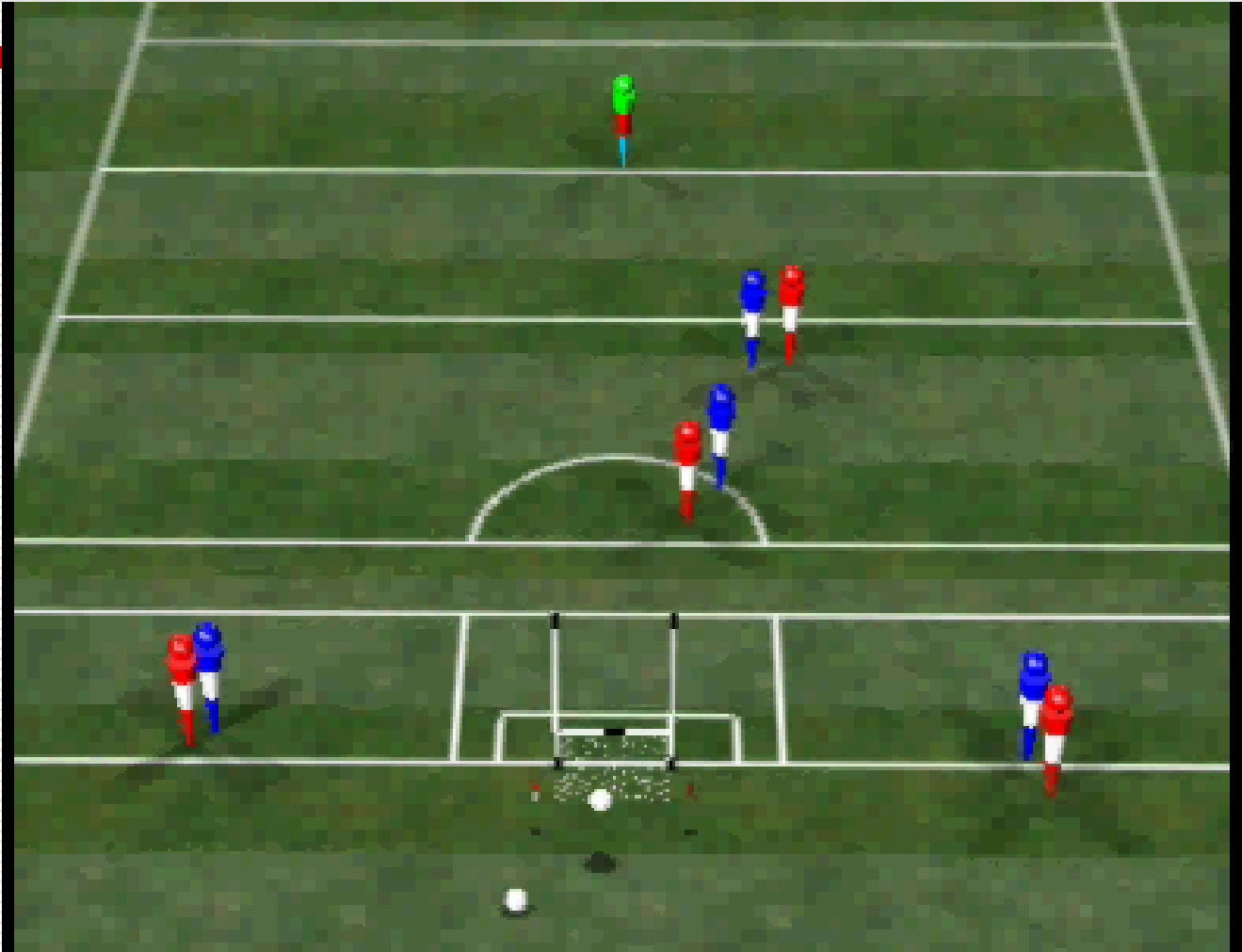
Kickpassing / Handpassing.



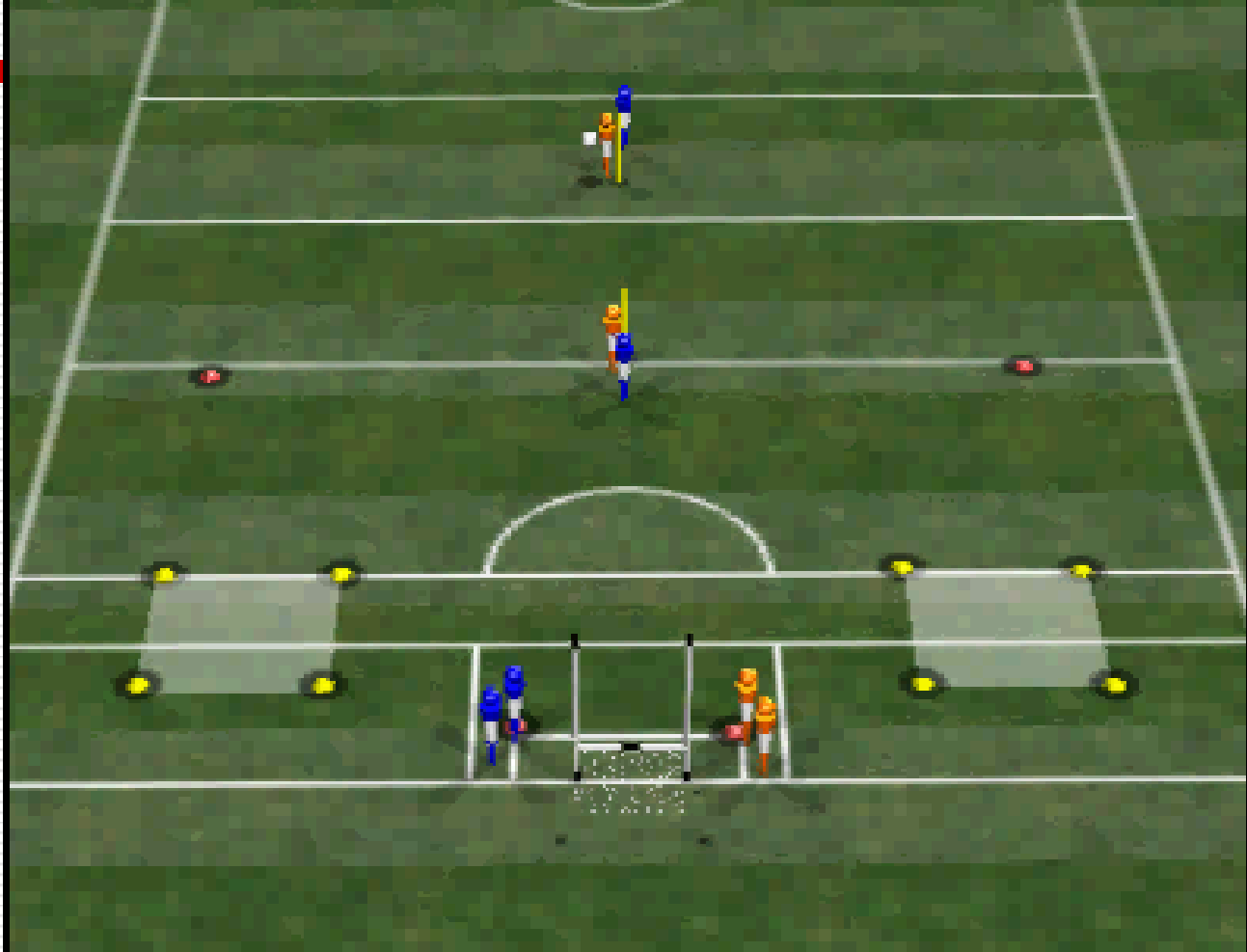
How we can Improve Drills?

- ❑ Training drills should recreate situations that players are faced with in a game
 - ❑ Handpass – Give and Go, Angle Ball
 - ❑ Kickpass – Diagonal into Space
 - ❑ Shooting – 1v1 or 2v2
 - ❑ Breaking Ball – 4 passes to kick
-

1v1 or 2v2



Diagonal into Space



DRILLS.

- ☐ Good basis for developing a skill, nice and structured.
 - ☐ BUT...
 - ☐ Straight Lines?
 - ☐ Do they develop 'Game Sense'?
 - ☐ Do they do the thinking for us?

 - ☐ Answer?
 - ☐ 2 v 2
 - ☐ 3 V 3
 - ☐ 3 V 2
 - ☐ 4 V 4
-

GAMES!

- ❑ The best way to develop game sense is in....
 - ❑ GAMES – SMALL SIDED, MOVING TO 9V9, maybe even 11 V 11.
 - ❑ Tackling Games – Pressure Square.
 - ❑ Games focusing on blocks made, completed passes, kicking and handpassing, etc.
 - ❑ Zones, Targets, etc.
-

CONDITIONING GAMES

- ❑ NO SOLO
 - ❑ DOUBLE OR QUILTS
 - ❑ PAY THE PRICE (Goalie's Hands!)
 - ❑ FIRST TOUCH CONTROL
 - ❑ ONE PASS ONLY ZONE
 - ❑ DIAGONAL PASS IS A SCORE
 - ❑ TURNOVER IS A SCORE
-

So Just play games?

- ☐ Basic Drills for Warmups.
 - ☐ Small sided work/games.
 - ☐ Spot and fix!
 - ☐ Also
 - ☐ Speed work at Under 12? Agility?
 - ☐ Yes, and Flexibility work, for sure.
-

THE CHANGE...Under 14 – Under 16 (Steps 5 & 6)

- ☐ Emotional Change! Manage it!
- ☐ Physical Change.
- ☐ Maturing.
- ☐ Ready for some serious development!
- ☐ A) Games Dev. B)Physical Dev.



1. Games Development 14 – 16.

- ☐ Styles or Patterns of Play / Game Plans
 - ☐ Running Game (High Intensity)
 - ☐ Blanket/Swarm Defence
 - ☐ Crowded midfield (Using third midfielder)
 - ☐ Diagonal ball into corner men
 - ☐ Direct ball into target man
-

Games Development 14 - 16.

- Good Practice Games
 - **Attacking/Breaking at speed** - Gates Game, **Defending/Tackling** - Pay the Price (Full Pitch), Blocker's Bonus.
 - **Ball Retention/Support Play** - Who attacks defends, 3 Part pitch, Fistpass game.
 - **Kicking** - Halfway Kick, Diagonal Bonus
 - **Breaking Ball** - Break ball bonus
 - **Shooting** - Circle score, Two Second Rule.
-

Games Development 14 – 16.

- ☐ Set Plays
 - ☐ Kick outs from goal keeper.
 - ☐ Sideline Balls (In own half and in oppositions half)
 - ☐ Free Kicks from hand anywhere on pitch
 - ☐ Free kicks at goal
 - ☐ Penalties
 - ☐ Throw in and Throw ups
-

Games Development 14 - 16.

- ☐ OTHER IDEAS:
 - ☐ Use Stats to develop players' overall game. (Team or Individual)
 - ☐ Hydration / Nutrition.
 - ☐ Rest & Recovery.
-

2. Physical Development.

Components of Physical Fitness

- ☐ 1. Cardiovascular / Aerobic Fitness (Stamina)
 - ☐ 2. Muscular Strength
 - ☐ 3. Muscular Endurance
 - ☐ 4. Flexibility
 - ☐ 5. Motor Fitness – Speed, Power, Agility etc....
-



So How?? Remember this??

☐ RUNS AND PRESSUPS?



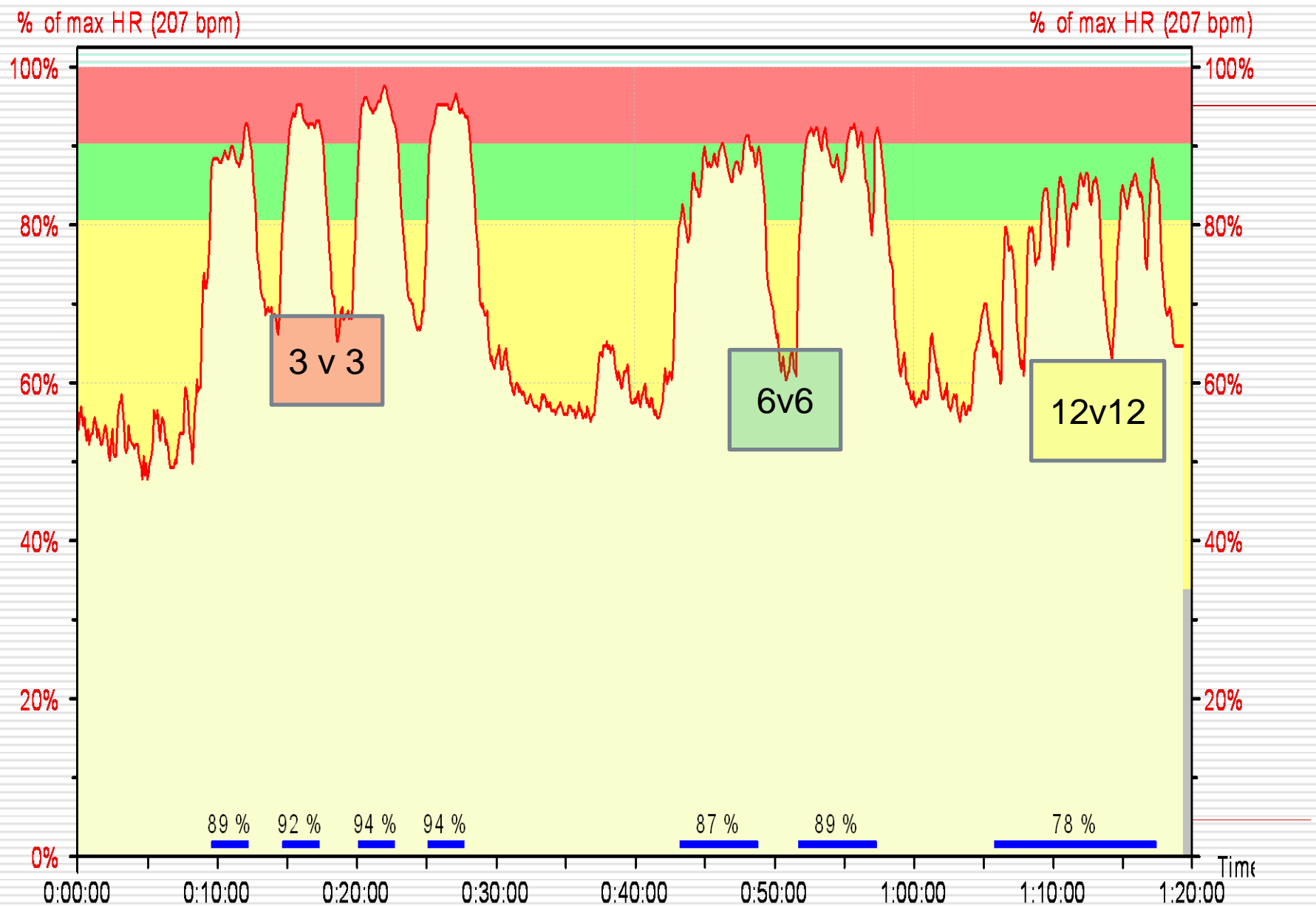
NB: 12-16 years is the ideal age to build an aerobic base

Physical Fitness.

- ❑ **Cardiovascular Fitness (Aerobic Exercise)** is the "Ability of the heart, lungs and circulatory system to deliver oxygen to working muscles"
- ❑ **Heart Rate (beats per minute)**
 - ❑ Resting Heart Rate (bpm)
 - ❑ Max Heart Rate $220 - \text{age}$
 or $208 - (0.7 \times \text{age})$
 or 20metre shuttle run (most accurate)

Training zone
is 75-90% Max
Heart Rate

Typical 16 year old has max heart rate of 196.8bpm.
To effectively improve cardiovascular fitness
players Heart Rate training zone should be 147 –
177bpm (75%-90% maxHR)



CONCLUSION:

**High intensity small sided games
can be used by coaches to
develop fitness levels.**

3V3 elicits a HR response above 90% of max

6v6 shows the intensity is reduced to under 90% of
Max

12 v 12 shows the intensity is reduced to under
70% of Max

What is core stability?

Core Strength and Stability provides the body with the **central control** that allows the player to **generate power** by maximising the efficiency of your muscular effort.



It is the ability of the trunk to **support the effort and forces** from your legs and arms, so that muscles and joints can perform in their safest, strongest and most effective position.

Technique, technique, technique!!

Physical Fitness.

- ❑ **Muscular Strength and Endurance**
 - ❑ **Strength** – ability of a muscle or muscle group to exert max force against a resistance during a single exertion
 - ❑ **Endurance** – Ability of muscle or muscle group to make repeated contractions against a resistance without tiring

 - ❑ How?....
-

Circuit Training

Press ups



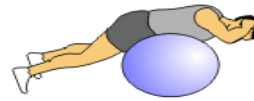
Fistpassing



Step ups



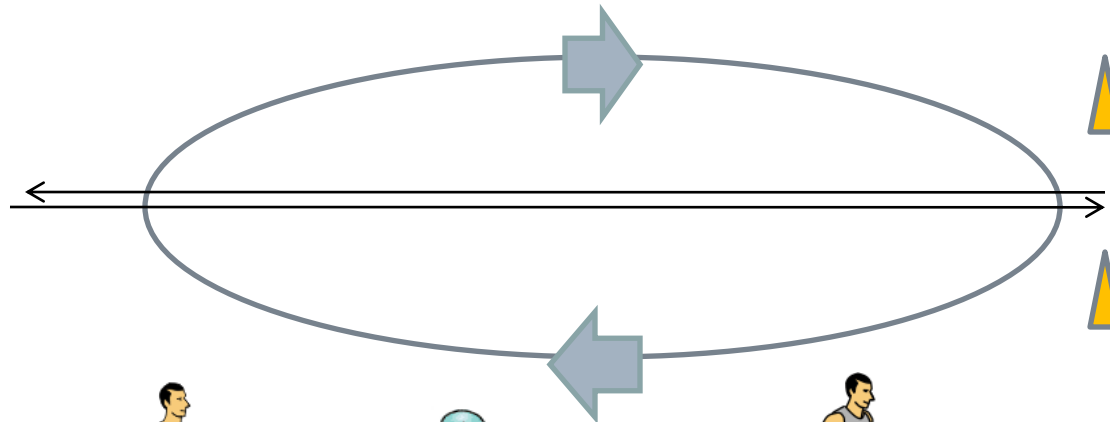
Back extension



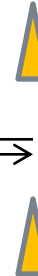
Tricep Dips



Shuttle Run



Skipping



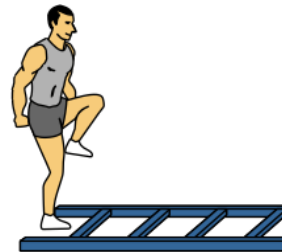
Sit ups



Lunges



Med Ball Throw



Ladders



High Catch

Minor. (Step 7.)

- ❑ Training to Compete.
- ❑ Rate of player development slows.
- ❑ Game Sense etc is well advanced.
- ❑ In most clubs there is little difference between Senior and Minor teams in terms of activities. **Except for the workload!!!**
- ❑ **Minor Team Manager:** This guy has such a role to play in delivering players to the next level!! Appoint carefully!



❑ OTHER AREAS WHICH ARE SIGNIFICANT COMPONENTS OF A CLUBS' COACHING / PLAYERS' DEVELOPMENT

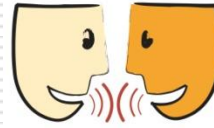
OTHER GENERAL YOUTH SECTION ISSUES (1) Who?

- ☐ Youth Chairperson.
 - ☐ Youth Officer / Secretary.
 - ☐ Children's Officer.
 - ☐ Youth Committee.
-
- ☐ Coaching Officer. (Key Role in modern club)
 - ☐ Senior Club Committee.
 - ☐ Youth Referee.
-

OTHER GENERAL YOUTH SECTION ISSUES (1) Who?

- ☐ Team Managers / Coaches. (How many per team?)
 - ☐ Helpers. ('Accidental Coaches', Potential Recruits for future roles?)
 - ☐ School Liaison Officer.
 - ☐ Equipment Officer (?)
-

Communication.



- How well do we 'get the word out' about club news, meetings, training, fixtures, information from Youth Board, etc?



- How well do we communicate with each other within the club as fellow coaches and managers? Do we have a common set of standards / ideas? (Should we have?)
-

Would You be Happy with This?

☐ BOHO ST FABER'S GFC PRESS RELEASE. 1ST January 2013.



☐ "Happy New Year! We are pleased to announce that from now on, each underage squad in our club will be coached and developed according to the ideas of the particular management team that takes charge for the year."

What's the Message in our Club?

- ❑ Are we consistent in how we deal with discipline across our Youth Section?



CODE OF CONDUCT.

□ Pages 5 – 15.

- Players.
- Coaches, Mentors, Trainers.
- Parents / Guardians.
- Supporters.

Our Games
Our Code

Code of Best Practice
in Youth Sport
when working with
underage players



GIVE RESPECT - GET RESPECT

- Assess the impact that embracing the RESPECT Campaign will have on your teams' performances.

RESPECT • RESPONSIBLE
• ENCOURAGING
• SUPPORTIVE
• POSITIVE
• ENABLING
• CONSIDERATE
• TOLERANT

Finally... Some Random Ideas..!

- ❑ Youth Officer to Club Monthly Meeting: “For the next four years, our Under 16 and Minor coaches will be ruthlessly focusing on and emphasising these two core messages:
a) Give and Go! And Go Again! b) Fitter, Faster, Stronger.
 - It would take serious work to put it in place, but could clubs develop their own style of play?
-

Mental Images.

- ❑ Relate what you are talking about to your players to a recent Inter County Game or Club Game they will have seen. Talk them through what was good, or give them the “I’ll tell yez what he should’ve done...!” speech. Then practice it!
 - ❑ Visual Learners!
-

What messages are these pics useful for putting across?



BLOCK BLOCK
BLOCK!!

What messages are these pics useful for putting across?



BREAKING BALL!!

What messages are these pics useful for putting across?



INTENSITY!
SUPPORT!
NO FOUL!!

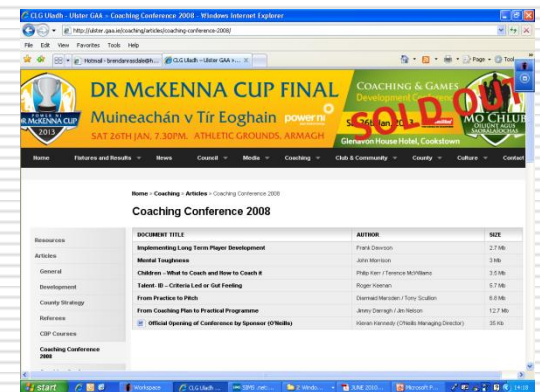
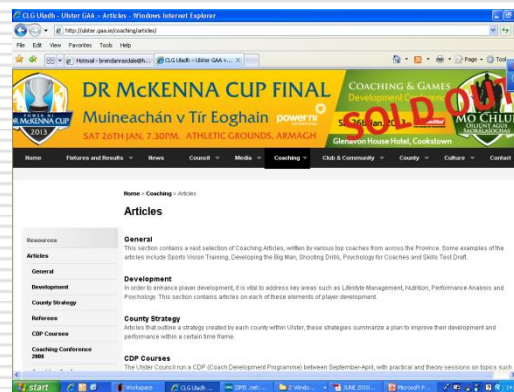
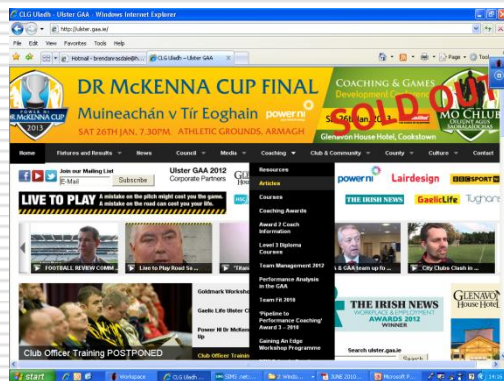
What messages are these pics useful for putting across?



We need to practise flying through the air a bit more lads!

Sin é. Thank you.

- ❑ Three very good resources. (In my opinion.)
- ❑ www.ulster.gaa.ie
- ❑ Go to COACHING > ARTICLES
- ❑ Go to Ulster Coaching Conference 2008 and download 'From Practice to Pitch' (Marsden & Scullion)
- ❑ Go to Ulster Coaching Conference 2009 and download 'Learning to Train. 8-12 Yrs' (McWilliams & Scullion) and also 'Physical Fitness for Developing Players. 12-16 Yrs' (Marsden)



THANK YOU

- To Patsy Dolan, Co. Chairman, for giving his support.
- To St. Michael's College for the use of their excellent facilities
- To the Coaches working within the county.
- To Brendan Rasdale for letting us share his thoughts and experiences.
- To you all for coming along tonight, but more importantly, for committing to the Mentoring Programme.

