

A Busy Year at U14



Main focus is to refine and embed basic skills and game skills, develop intensity and introduce Strength & Conditioning, Nutrition and Goal-setting.



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Moving up a Gear

- U14 signals a change from U10/U12 level.
- This is when you can really start to deliberately shape the player and the teams in a certain fashion.
- Everything must be far more structured/organised.



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Instructions from the line

- 1. "Spread out to the wings" on our kick out.
- 2. "Meet him" when someone is soloing through.



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Underage Preparations U14 & U16

All sessions should:

1. Provide not just entertainment but make a significant difference.
2. Focus on key areas.
3. Deliver quality, targeted coaching using games, conditions, practices – not just drills.

- 1. Take the ball at speed.
Control/hold onto ball while running fast
- 2. Get to the ball first.
Read when/where ball will arrive & be in position to get ball before opponent.
- 3. Hold onto the ball in the tackle.
Expect to get hit.
- 4. Move the ball quickly.
Look to play ball immediately and support player with ball.
- 5. Breaks.
Expect every ball to drop/spill. The break won't come to you!



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Underage Preparations U14 & U16

- 6. Don't dive out.
Do not invite opponent to play ball over your head to your man.
- 7. Work Hard.
Run, tackle , harass, block, support. Nothing less will do!
- 8. Decisions.
Make decisions for the good of the team. Learn from last one.
- 9. Re-Starts
Must be organised for kick-outs, throw-ups, free-kicks and side-line balls.
- Organised – players knowing what will probably happen next.
- KEEP the Ball or KICK the Ball
- Work ball to middle-third before kicking to full forward line.



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Game Skills for the Team Player.

Get to the ball first.

- One eye on your opponent and one eye on the ball.
- Read where the ball is probably going to go and get there in front of your opponent.
- Position yourself so you can get to ball before him.
- Anticipate where and when your opponent is going to run for the ball.

Use the ball well. (Keep possession).

- Look to give the best possible pass every time you get the ball - 1m or 60m.
- Move the ball quickly.
- Ball given away in support play by High fist passes, Long fist passes or fist passes to Ground.
- Don't run / turn into tackles with the ball if support available.
- Support - right time, right place, at pace. Pass to hand.
- Show for the ball - right time, where it can be passed. One run/move for the defender - one run/move for the ball.
- Be wary of kicking ball out of defence under pressure.

Get in tackles and blocks.

- Don't let your opponent past you - back off.
- Anticipate/expect the turn, work your feet, time the tackle, use your body, use the near hand if alongside, don't lunge, get close (tackling distance) but watch dummy. Turn him! Attempt to dislodge ball as he turns. Head, Hands, Feet.
- You're tackling so that when your opponent goes to play the ball you're in position to prevent good hand pass or to block foot pass or shot.
- Plant the correct foot, keep eyes open, get down on ball with 2 hands, expect the dummy/solo dummy.



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Game Skills for the Team Player.

Stop them building from the back / stop good ball.

- Pick up - mark defenders when opposition have ball.
- Move across to mark supporting defender before he gets the ball
- Pressurize the player in possession.
- Don't dive in allowing the pass over your head to obvious target.
- Tackle.
- Smother tackle in 2s or 3s - careful not to foul.
- Deal with the runner who gives and goes.

Stop goals. (Goals Win Games)

- Out-field players stop good ball being played to forwards.
- Don't invite ball over your head to your opponent by diving out at incoming attacker.
- Defenders mustn't allow soft possession or time to play killer ball.
- Tackler mustn't allow the attacker past them.
- Must get goalside, bodies into the big square.
- Must block or at least pressurize the shot. Be prepared to get hurt to stop the shot – desperation defending!.

Win the breaks.

- Expect every single ball to break.
- Read where the ball is likely to drop. 9 times out of 10 in front of jumpers.
- Get between your opponent and the ball as it drops and take the ball on the move if possible.
- Be committed to winning the ball- dive on it if necessary. Be strong and fearless.



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Game Skills for the Team Player.

Don't concede silly frees.

- Especially in your half - within the opposition's scoring range.
- Pulling the jersey. Push in the back (esp when picking up ball). High tackle.
- Kicking at the ball as they're picking it up. Trying to wrestle ball out of their grasp. Sliding tackle.
- Block with the foot. Any sort of punching action - even at ball in his possession.

Take simple chances.

- Don't panic in the shot - do it the way you practice - concentrate on the strike not the score.
- Percentage shot. Only shoot if good chance of scoring. Right place - right player.
- Often a point is a very good score. Against the breeze a point is worth two.
- "Goals win games". On target, low (not savable height), hard. Take it around the keeper. Square it to support.
- "Doesn't matter who scores as long as we do!" Use team-mate in better position. Final pass must be perfect.

Basic Set up for kick-outs

- Your Kick-out is a defensive play!
- All defenders inside midfielders, between their man & ball as ball is kicked , expect poor kick & then if not directly involved hunt the break.
- Goalkeeper kicks the ball to midfielders
- Midfielders must contest the ball or hunt break off other midfielder



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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



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Suggestions

- Handling - Taking the ball at speed
- Kick Passing Practice – 8 cone kicking
- Shooting Practice – 1-2s, Take support pass & shot
- Intensity games – 3 V 3, 4 V 4, 5 V 5.
- Conditioned games – No ground, 3 secs, No 1-2s
- Zones



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20 Golden Rules

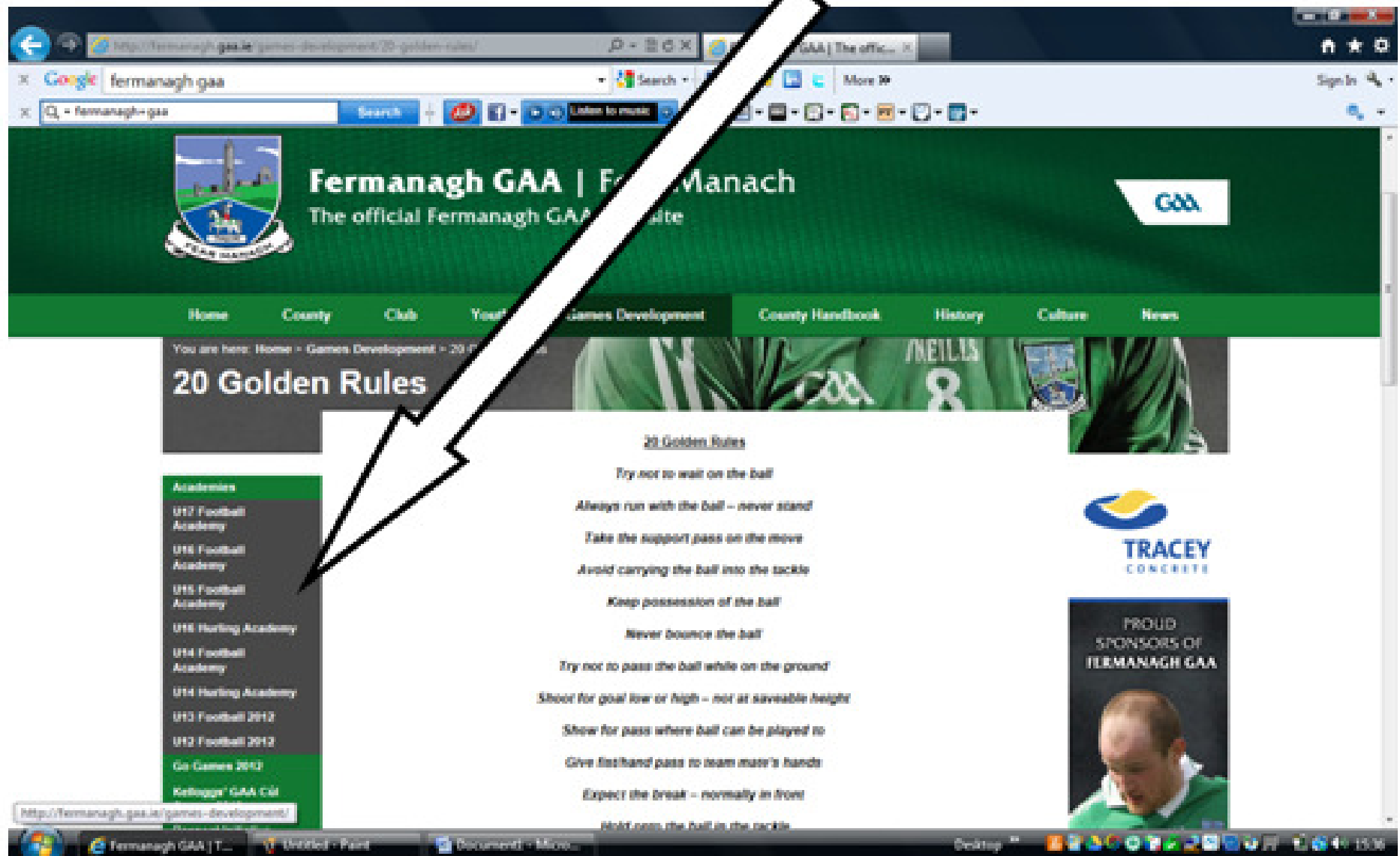
- Try not to wait on the ball
- Always run with the ball – never stand
- Take the support pass on the move
- Avoid carrying the ball into the tackle
- Keep possession of the ball
- Never bounce the ball
- Try not to pass the ball while on the ground
- Shoot for goal low or high – not at saveable height
- Show for pass where ball can be played to
- Give fist/hand pass to team mate's hands
- Expect the break – normally in front
- Hold onto the ball in the tackle
- Expect to get hit going for the ball
- Don't give away "silly" frees
- Go forward with the ball – don't turn back
- Expect the turn when going to tackle
- Avoid diving in, inviting the pass over you, outside 20m
- Keep eyes open when blocking the ball
- Get your body to the ball to secure possession
- Prepare yourself sensibly for games



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RESOURCES – FERMANAGH GAA

www.fermanagh.gaa.ie / Games Development / Articles on the Left



The screenshot shows the Fermanagh GAA website. The header features the Fermanagh GAA logo and the text "Fermanagh GAA | Fermanagh The official Fermanagh GAA website". The navigation menu includes: Home, County, Club, Youth, Games Development, County Handbook, History, Culture, and News. The "Games Development" menu is highlighted, and a large white arrow points from it to the "20 Golden Rules" article. The article title "20 Golden Rules" is displayed in a large font. Below the title, the rules are listed in a column. To the left of the article, there is a sidebar with a list of academies and games. To the right, there is a sponsor logo for "TRACEY CONCRETE" and a photo of a player.

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The official Fermanagh GAA website

Home County Club Youth Games Development County Handbook History Culture News

You are here: Home > Games Development > 20 Golden Rules

20 Golden Rules

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- Expect the break – normally in front
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Academies

- U17 Football Academy
- U16 Football Academy
- U15 Football Academy
- U14 Football Academy
- U13 Football Academy
- U12 Football Academy
- U11 Football Academy
- U10 Football Academy
- U9 Football Academy
- U8 Football Academy
- U7 Football Academy
- U6 Football Academy
- U5 Football Academy
- U4 Football Academy
- U3 Football Academy
- U2 Football Academy
- U1 Football Academy
- U0 Football Academy
- Go Games 2012
- Kellogg's GAA Cú

TRACEY CONCRETE

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RESOURCES – ULSTER GAA

www.ulster.gaa.ie / Coaching / Articles

The screenshot shows a web browser displaying the Ulster GAA website. The address bar shows <http://www.ulster.gaa.ie>. The search bar contains "Ulster-gaa". The main banner features the Ulster Under 21 Football Championship logo and the match announcement: **Fear Manach v Ard Mhacha** at BISHWATER PARK. The match is on Wednesday, March 13th, at 8:00pm, with the hashtag #ULSTER2013. Ticket prices are listed as Adult: €10/£8, Concession: €5/£5, and U16: FREE. A navigation menu includes Home, Fixtures and Results, News, Council, Media, Coaching, Club & Community, County, Culture, and Contact. A sidebar menu for Coaching includes Resources, Articles, Courses, Coaching Awards, Award 2 Coach Information, Level 2 Diploma Courses, Team Management 2012, Performance Analysis in the GAA, Team Fit 2010, 'Pipeline to Performance Coaching' Award 2 - 2010, Gaining An Edge Workshop Programme, GNM Schools Coaches, Special Needs, Foreign Nationals, and NFL - No Foul Language. The main content area features a "LIVE TO PLAY" section with a video player, a "Young Sports Volunteers Awarded" section with a group photo, and a "Coaching" section with a video player. The footer shows the date "Thursday, March 7" and the time "15:32".

Ulster Under 21 Football Championship Preliminary Round Wed March 13th
Fear Manach v Ard Mhacha
AT BISHWATER PARK
Throw In: 8.00pm #ULSTER2013
Tickets are available at the gate on match day
Adult: €10/£8 Concession: €5/£5 U16: FREE

Home Fixtures and Results News Council Media Coaching Club & Community County Culture Contact

LIVE TO PLAY A minute on the pitch might cost you
A minute on the road can cost you

GUINNESS (Irish Stout) Neutrel powerm Lalrdesign DEERSPORT

Ulster 2012 Indoor Ho ...
Loughlin Shamrock ...
All ...

Armagh big winner
GNM Championsh ...
Ulster Handball F ...
Young Sports Vol ...
Ulster Success at ...

Young Sports Volunteers Awarded
Young volunteers across GAA and Football clubs came together to officially receive their GoldMark certificates

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Calendar **GaelicLife**
Thursday, March 7

Desktop 15:32

- **Questions**

- **Thank You**



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