

# Cork GAA Coaching Conference

Damien Young



# Outcomes

- Participants will be familiar with;
  - Various movement patterns performed in GAA
  - Level of skill dependency
  - Mobile and stable joints
  - Movement screens
  - Long term player development
  - Sample content for each group from u6-u16



# What do our games require our players to do?

## **Off the ball;**

- Stand, walk, jog, stride, sprint in multi directions
- Accelerate and decelerate from various speeds in multi directions
- Change direction at various speeds
- Jostle/shoulder to gain possession



# What do our games require our players to do?

## **On the ball;**

- Stand, walk, jog, stride, sprint in multi directions
- Accelerate and decelerate from various speeds in multi directions
- Change direction at various speeds
- Jostle/shoulder to maintain possession
- Balance, Jump, reach overhead
- Bend & twist in the air and along the ground

# Player Requirements

Skill

Speed

Stamina

Flexibility

Strength

Agility



**Movement**



# GAA – Total Playing Performance



# Who We're Coaching

Child is not a mini adult!!

- Activities should be age and duration appropriate
- Individual differences occur between players
- Coaches performing activities that were done on to them
- “I saw a great drill that the seniors were doing”





# Sports Specific Skills



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By Ray McManus





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## **Sports Specific Football**

Overhead/Chest  
Catch, Pick up, Kick to  
Pass/Score, Solo, Toe  
Tap, Bounce,  
Blockdown

## **Sports Specific Hurling**

Overhead/Chest  
Catch, Roll/Jab Lift,  
Strike to Pass/Score,  
Overhead Bat,  
Overhead Catch,  
Hook, Blockdown

# Sports Specific Skills

- How do we develop these?
  - Practice sports specific skills
    - under various levels of pressure
  - Individual practice
  - Team practice
    - Drills
    - Games

# FUNdamental Movement Skills

- Players will perform sports specific skills more efficiently if their fundamental movement skills are developed
- Fundamental Movement Skills;
  - Agility, Balance, Coordination
  - Running, Jumping, Throwing
  - Catching, Passing, Striking, Kicking



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McManus



**Sports Specific  
Football**

Overhead/Chest  
Catch, Pick up, Kick to  
Pass/Score, Solo, Toe  
Tap, Bounce,  
Blockdown

**Sports Specific  
Hurling**

Overhead/Chest  
Catch, Roll/Jab Lift,  
Strike to Pass/Score,  
Overhead Bat,  
Overhead Catch,  
Hook, Blockdown

**Fundamental Movement Skills**

Agility, Balance, Coordination,  
Running, Jumping, Throwing,  
Catching, Kicking, Striking

# Rudimentary Movement Skills

- Players will perform fundamental movement skills more efficiently if their rudimentary movement skills are developed
- Rudimentary movement skills are;
  - Opening & closing
  - Tucking & stretching
  - Upper & lower
  - Same sided
  - Cross lateral





# Rolling

- 1<sup>st</sup> gross whole body movement pattern
- Facilitates the movement from 1 posture to another
- Initiates the core
- Coordinates movements of the core and extremities
- Allows movement across the midline of the body
- Players should be able to roll in a symmetrical manner
  - thoracic, shoulder, hip mobility



# Rudimentary Movement Skills





**Sports Specific  
Football**

Overhead/Chest  
Catch, Pick up, Kick to  
Pass/Score, Solo, Toe  
Tap, Bounce,  
Blockdown

**Sports Specific  
Hurling**

Overhead/Chest  
Catch, Roll/Jab Lift,  
Strike to Pass/Score,  
Overhead Bat,  
Overhead Catch,  
Hook, Blockdown

**Fundamental Movement Skills**

Agility, Balance, Coordination,  
Running, Jumping, Landing, Throwing,  
Catching, Kicking, Striking

**Rudimentary Movement Skills**

Crawling, Rolling,  
Opening & Closing, Tucking & Stretching, Upper & Lower

# Mobile & Stable Joints

- The child has an alternating pattern of mobility & stability about their joints
- With a bias towards
  - Mobility v Stability?
- As the player grows this bias changes to become more balanced (stable & mobile)
- However the bias is becoming a more stability bias – children becoming to stable to soon

# Mobile & Stable Joints

- How do we know this? – conduct a screen
- What's happening to cause this?
  - Inactivity, poor posture, poor technique, same movements
- As the player reaches their PHV they become more stable due to their growth
- Will stretching help them stay balanced?
  - Not in isolation – stretching, stability & movement (gross pattern)



# Performance Pyramid

## Sports Specific Football

Overhead/Chest Catch,  
Pick up, Kick to Pass/  
Score, Solo, Toe Tap,  
Bounce, Blockdown

## Sports Specific Hurling

Overhead/Chest Catch,  
Roll/Jab Lift, Strike to  
Pass/Score, Overhead  
Bat, Overhead Catch,  
Hook, Blockdown

## Fundamental Movement Skills

Agility, Balance, Coordination,  
Running, Jumping, Landing, Throwing,  
Catching, Kicking, Striking

## Rudimentary Movement Skills

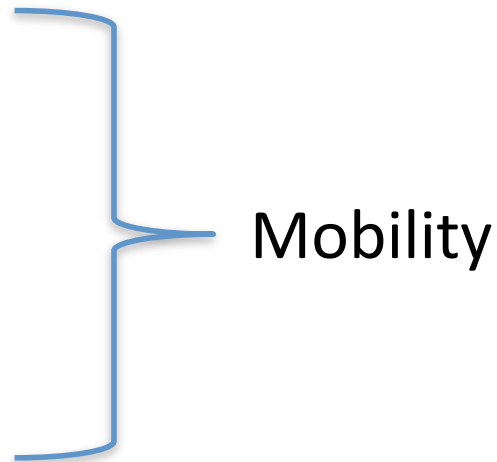
Crawling, Rolling,  
Opening & Closing, Tucking & Stretching, Upper & Lower

## Functional Development Stability & Mobility

# Screening Players

- Child Screens

- Toe touch
- Back arch
- Single leg balance
- Overhead squat
- In line lunge



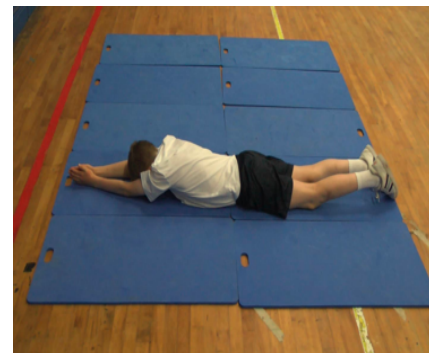
- Functional Screen

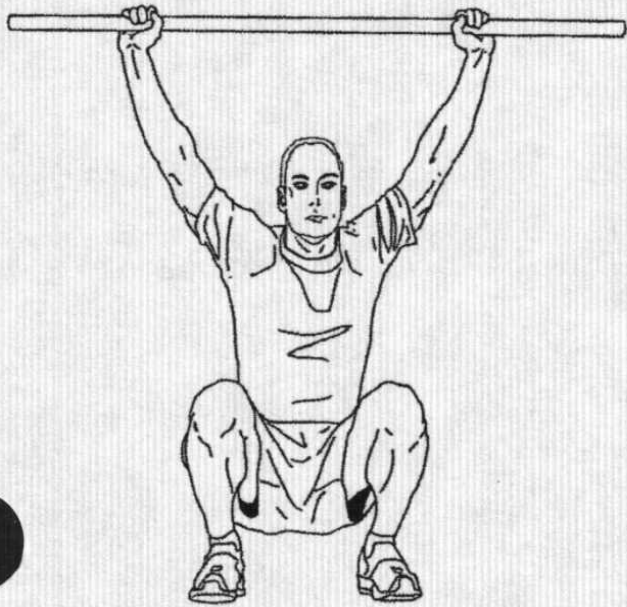
- Overhead squat





# Movement Pattern Circuit





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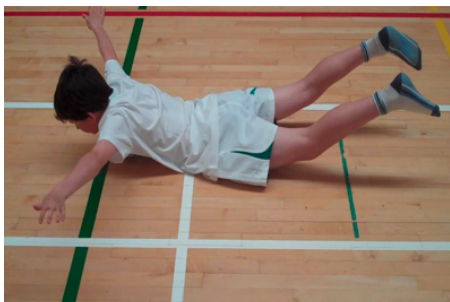
# Functional Development

Displays normal range of motion about the joint

- Compensations (tightness/weakness)
  - Growth, inactivity, common movement positions & patterns
- Screen the Players
  - Overhead Squat
- Corrective Exercises
  - Flexibility, mobility, strength



# Functional Circuit



# What to do & When to do it

- Develop and implement a coaching plan
- Club philosophy - Early success v development of the player
- The coaching plan should be guided by the Long Term Player Development model (Bayli, 2005)
- Age appropriate activities

# What to do & When to do it

- Quality of movements (u6 – u16)
- Mobility before stability
- Progress the exercises through assisting and challenging the movement
- Individual differences e.g. age, PHV and compensations will influence what exercises are completed and how many

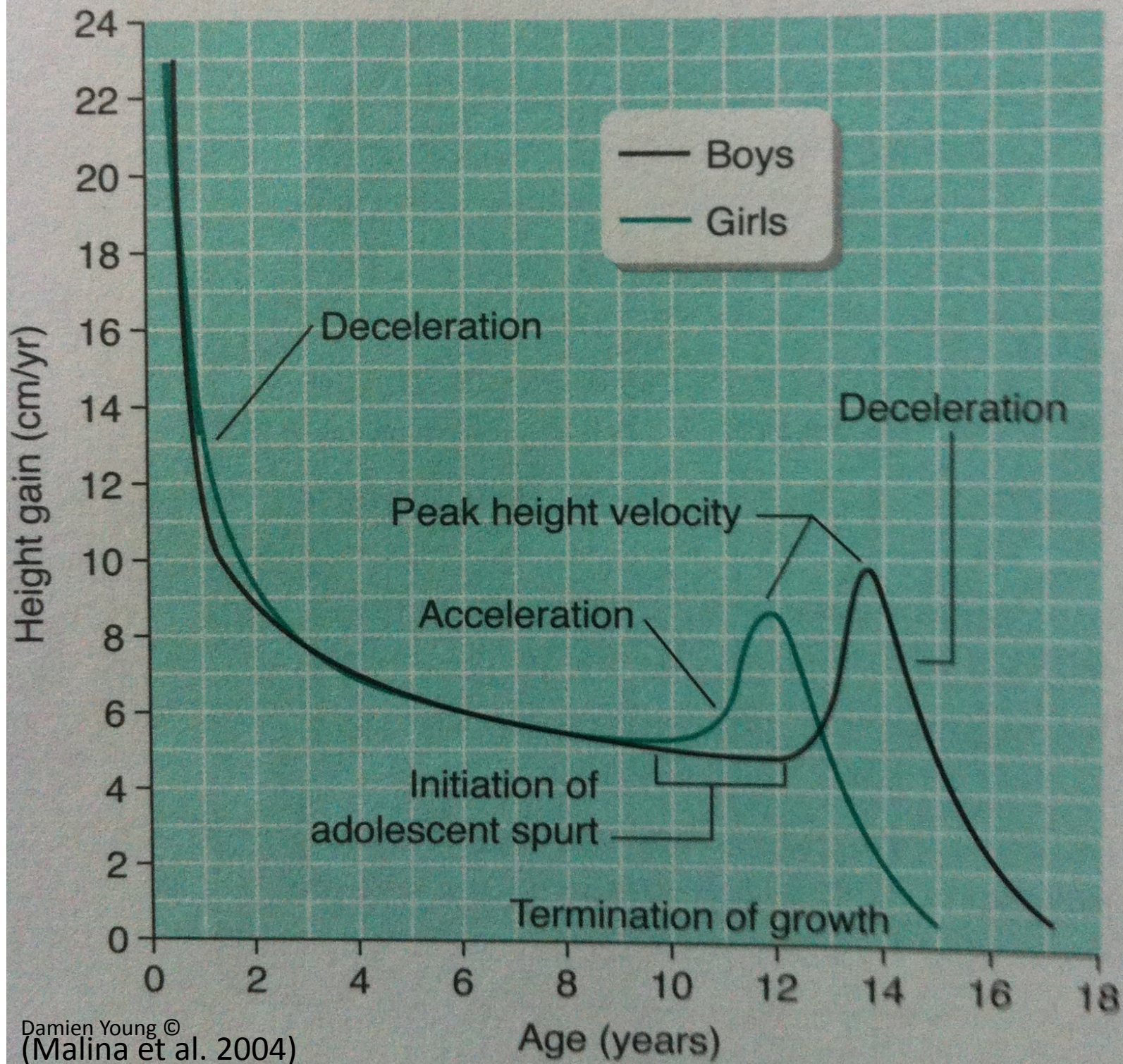
# LTPD

- Coaching plan should be guided by the Long Term Player Development (Balyi et al, 2005)
- Highlights key developmental areas where accelerated adaptation occurs (windows of opportunity)
- Windows of Opportunity
  - Speed
  - Suppleness (mobility)
  - Skills
  - Stamina
  - Strength



# Chronological Age v Biological Age

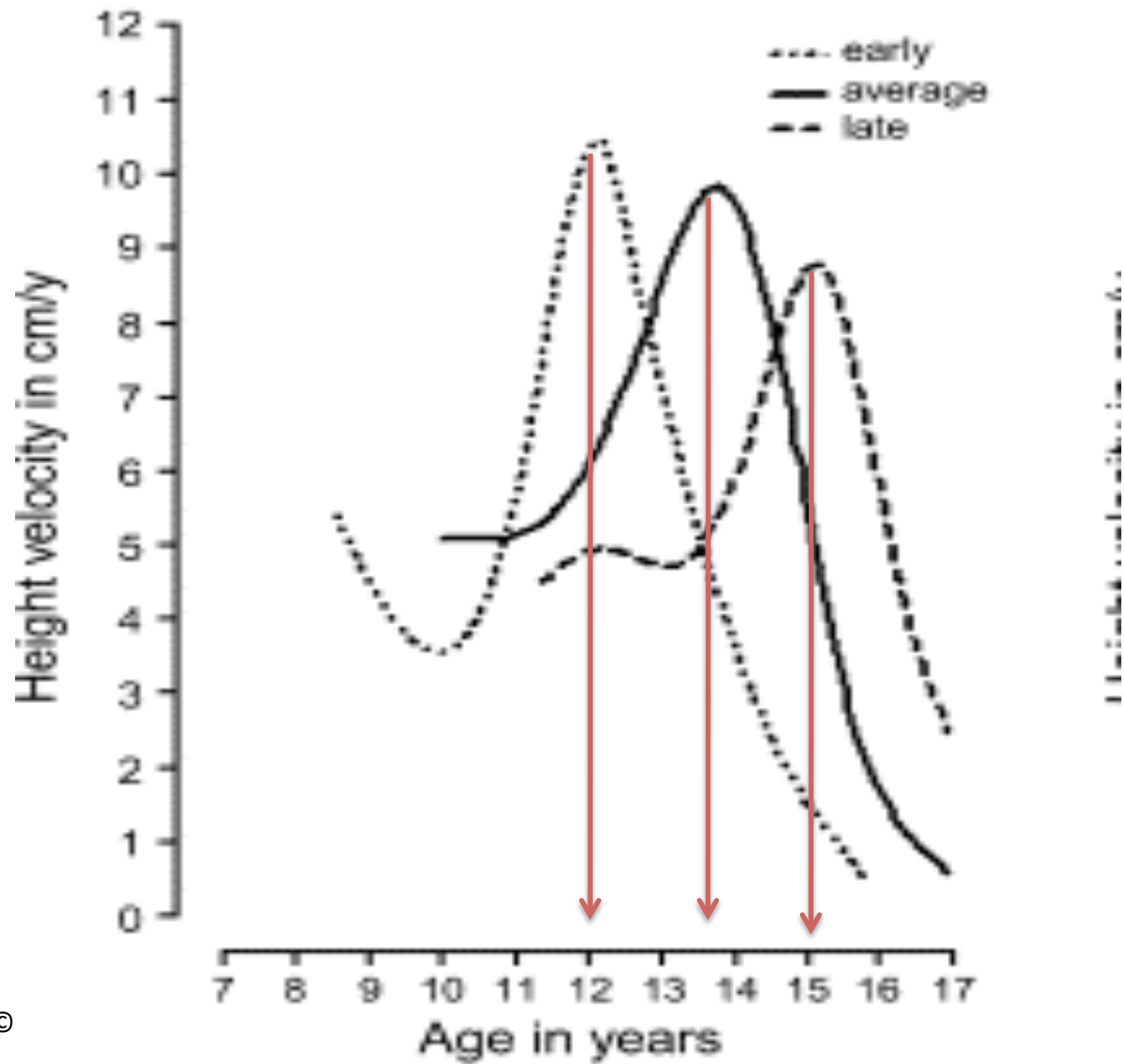




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 (Malina et al. 2004)



(a) Male Height Velocity by Maturity Group and Chronological Age

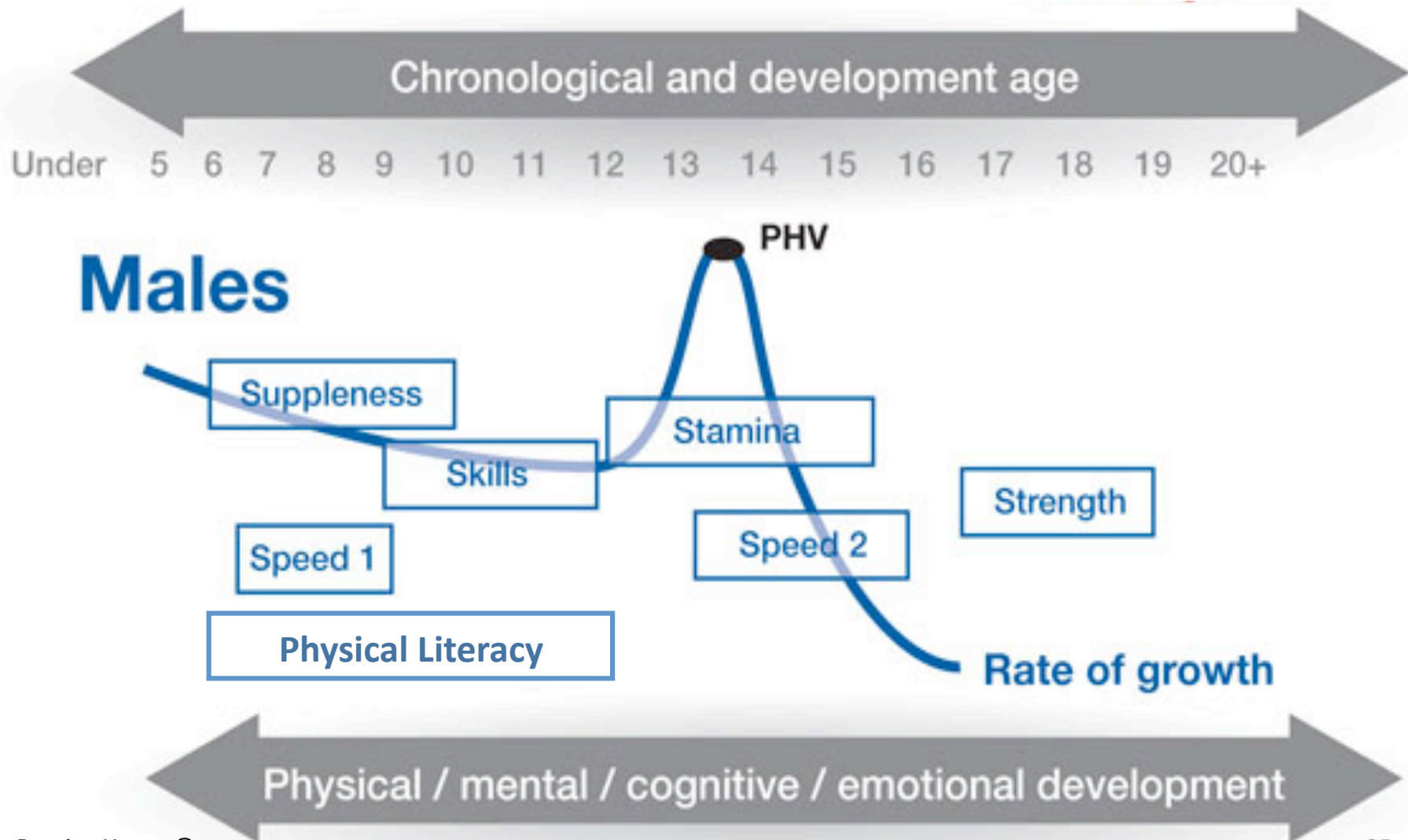




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Lisgoold U12 Team



# Long Term Player Development





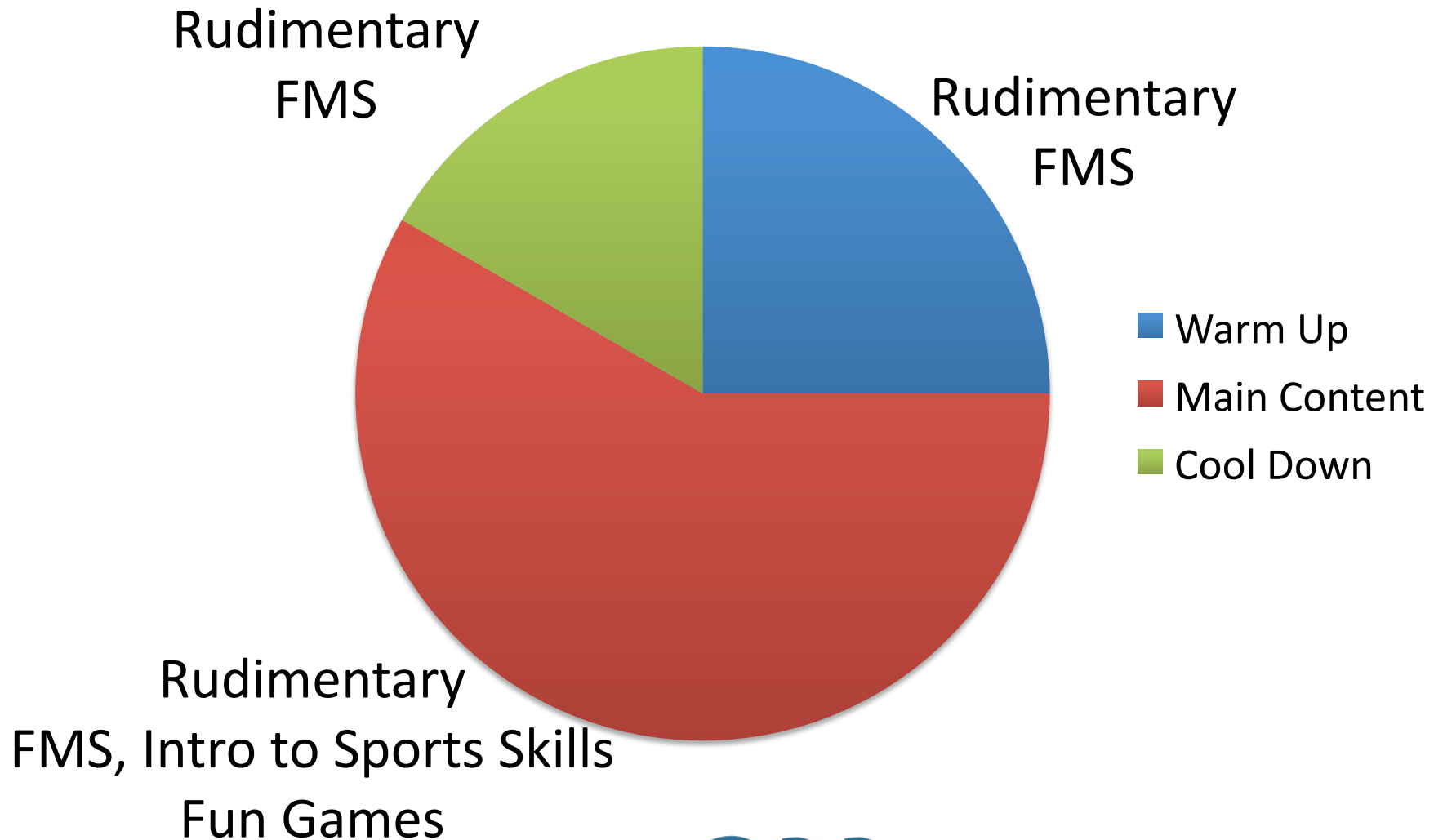
Damien Young ©

## Under 6

- Approx 50 mins, once a week
- FUN, FUN, FUN through games and activities
- Short attention span, Lots of breaks
- Rolling, Crawling, Opening & Closing, Tucking & Stretching, Upper & Lower movement
- Agility, Balance, Coordination and Manipulation
- Locomotion & Awareness of body in Space



# Possible Session Content



# Month Plan

	Week 1	Week 2	Week 3	Week 4
<b>Date</b>				
<b>Venue</b>	Field	Field	Field	Field
<b>Warm up</b>	Turn the cones	Touch all same colour cones	Follow the leader	Loins & tigers
<b>Rudimentary Skill</b>	Starfish, Skydiver, log roll	Rock & roll variations	Same side and cross lateral crawls	Starfish, Skydiver, log roll
<b>FMS</b>	Agility, balance	Locomotion & coordination	Agility & balance	Locomotion & coordination
<b>Sports Skill</b>	Grip, swing, striking	solo, catching	Grip, swing, Striking/kicking	solo, catching
<b>Game</b>	2 v 2	3 v 3	4 v 4	3 v 3
<small>Damien Young ©</small> <b>Cool Down</b>	Log roll	Balance	Rock & Roll	<small>38</small> Balance



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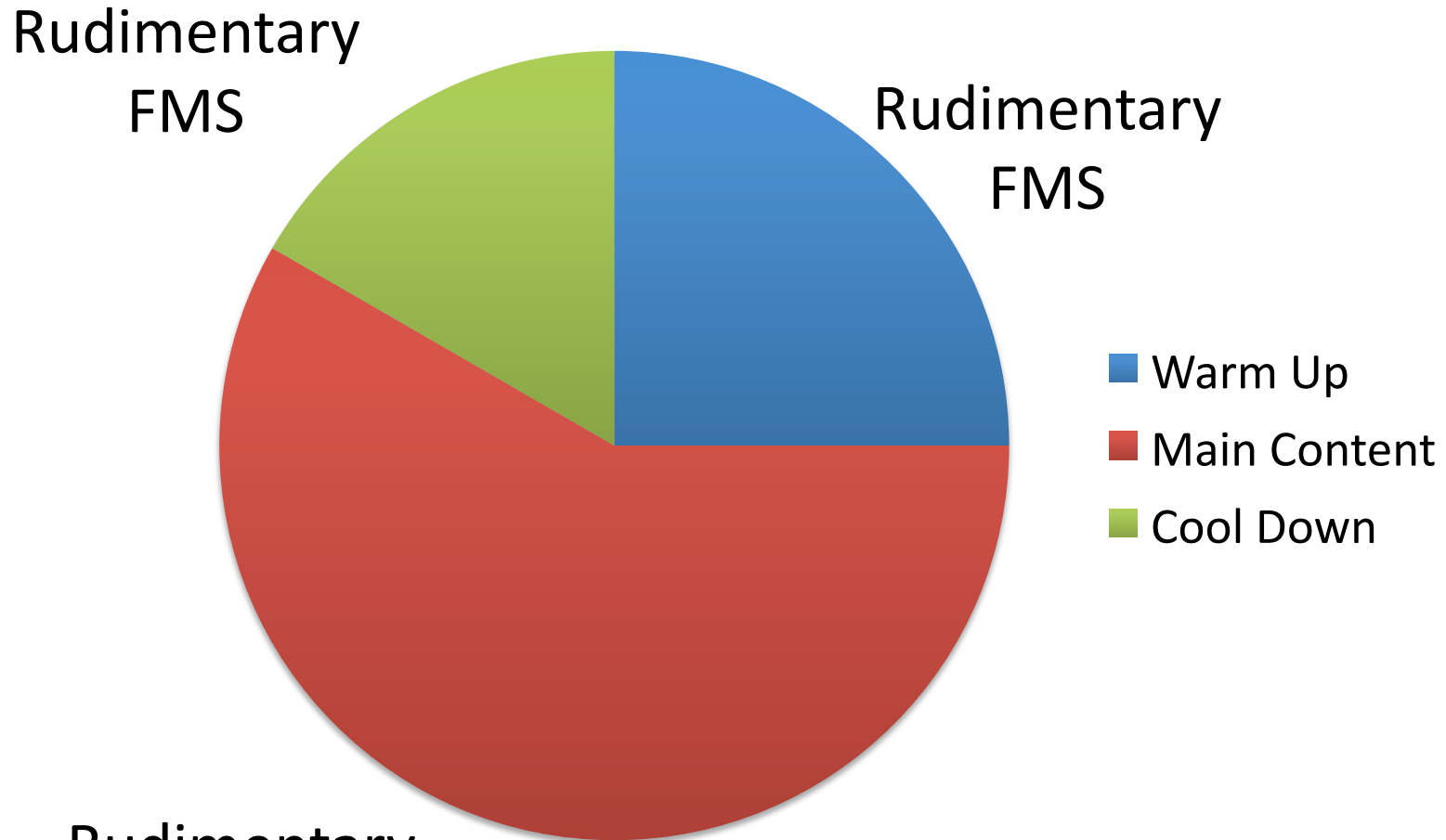
# Under 8

- Approx 60 mins, 1-2 a week
- FUN, FUN, FUN (games, activities)
- Short attention span
- Lots of breaks
- Rudimentary skills
- Agility, Balance, Coordination, Running, Jumping, Landing, Throwing, Catching, Passing, Striking, Kicking

## Window of Opportunity

Speed 1 (fun games), Physical Literacy,  
Suppleness (mobility)

# Possible Session Content



Rudimentary,  
FMS, Speed, Sports Skills,  
Games

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# Month Plan

	Week 1	Week 2	Week 3	Week 4
<b>Date</b>				
<b>Venue</b>	Field	Field	Field	Field
<b>Warm up</b>	Stuck in the mud	Locomotion	Skipping	Bib Tag
<b>Rudimentary Skill with a ball</b>	Starfish, Skydiver, Egg roll	Rock & roll variations	Same side and cross lateral crawls	Starfish, Skydiver, Egg roll
<b>FMS</b>	Agility, Balance, Speed	Jumping, Landing, Speed Coordination,	Agility, Balance, Speed	Jumping, Landing, Speed Coordination,
<b>Speed</b>	Straight line relay (10m)	Rob the bib	Tag with sponge ball	Catch your partner
<b>Sports Skill</b>	Striking, catching	Kicking, hand pass	Striking on ground, stopping	Solo (football)
<b>Game</b>	3 v 3	5 v 5	3 v 3	5 v 5
<small>Damien Young ©</small> <b>Cool Down</b>	Log roll	Balance	Coordination	<sup>41</sup> Balance



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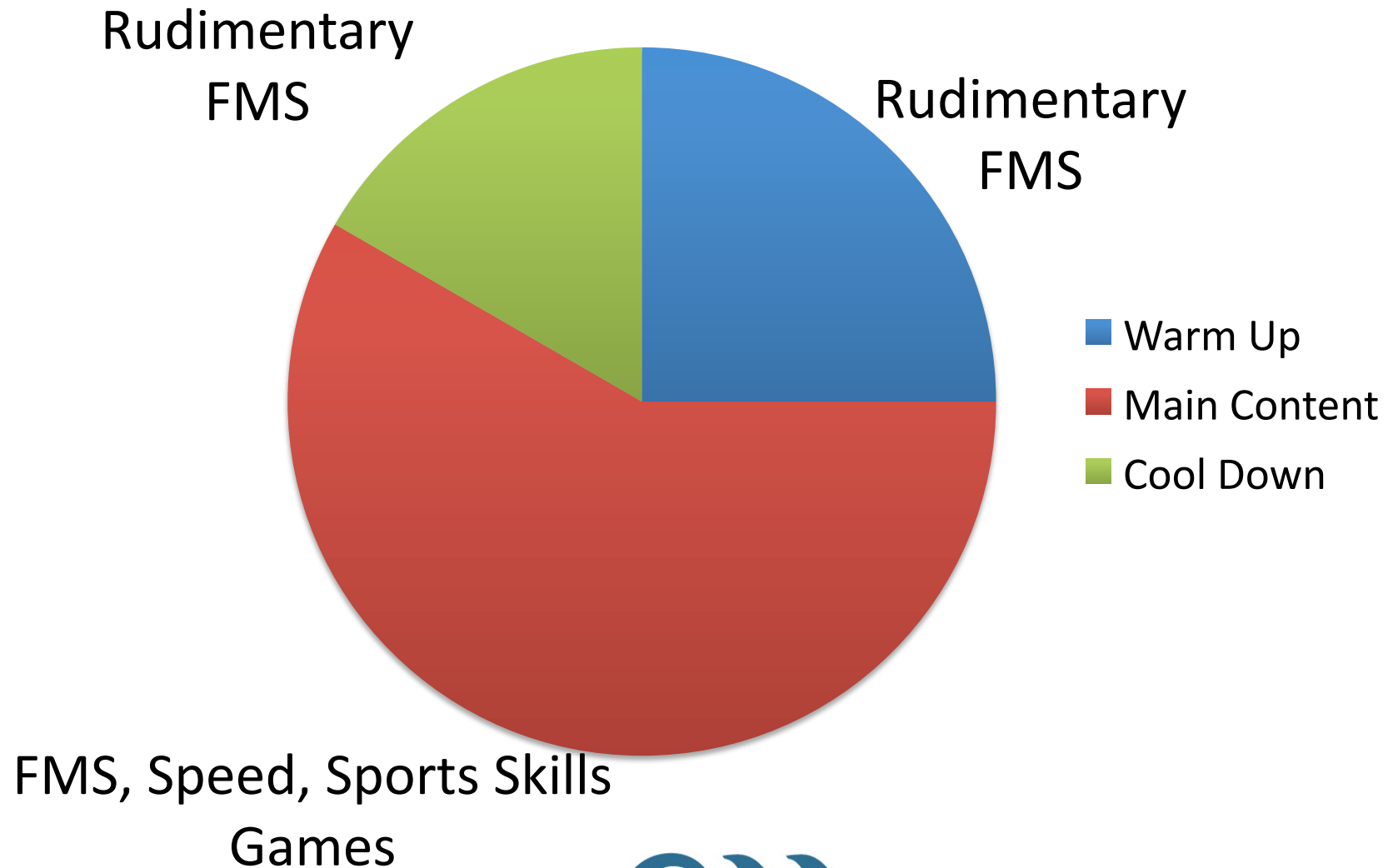
# Under 10

- Approx 60 mins, 1-2 a week
- FUN, FUN, FUN (games & activities)
- Continue rudimentary skills
- Agility, Balance, Coordination
- Running, Jumping, Landing, Throwing,
- Catching, Passing, Striking, Kicking

**Window of Opportunity**

Speed 1, Physical Literacy, Sports Skills

# Possible Session Content



# Month Plan

	Week 1	Week 2	Week 3	Week 4
<b>Date</b>				
<b>Venue</b>	Field	Field	Field	Field
<b>Warm up</b>	Tag game	Locomotion	Skipping	Numbers game
<b>Rudimentary Skill with a ball</b>	Starfish, Skydiver, Egg roll	Rock & roll variations	Same side and cross lateral crawls	Starfish, Skydiver, Egg roll
<b>FMS</b>	Agility, Balance, Speed	Jumping, Landing, Speed Coordination,	Agility, Balance, Speed	Jumping, Landing, Speed Coordination,
<b>Speed</b>	Straight line	Tag game	Reaction, chasing sprints	Accleration
<b>Sports Skill</b>	Jab lift & protect	Ground Block	Kicking both sides	Striking, catching
<b>Game</b>	5 v 5	10 v 10	5 v 5	10 v 10
<b>Cool Down</b>	Coordination	Balance	Log roll	Balance

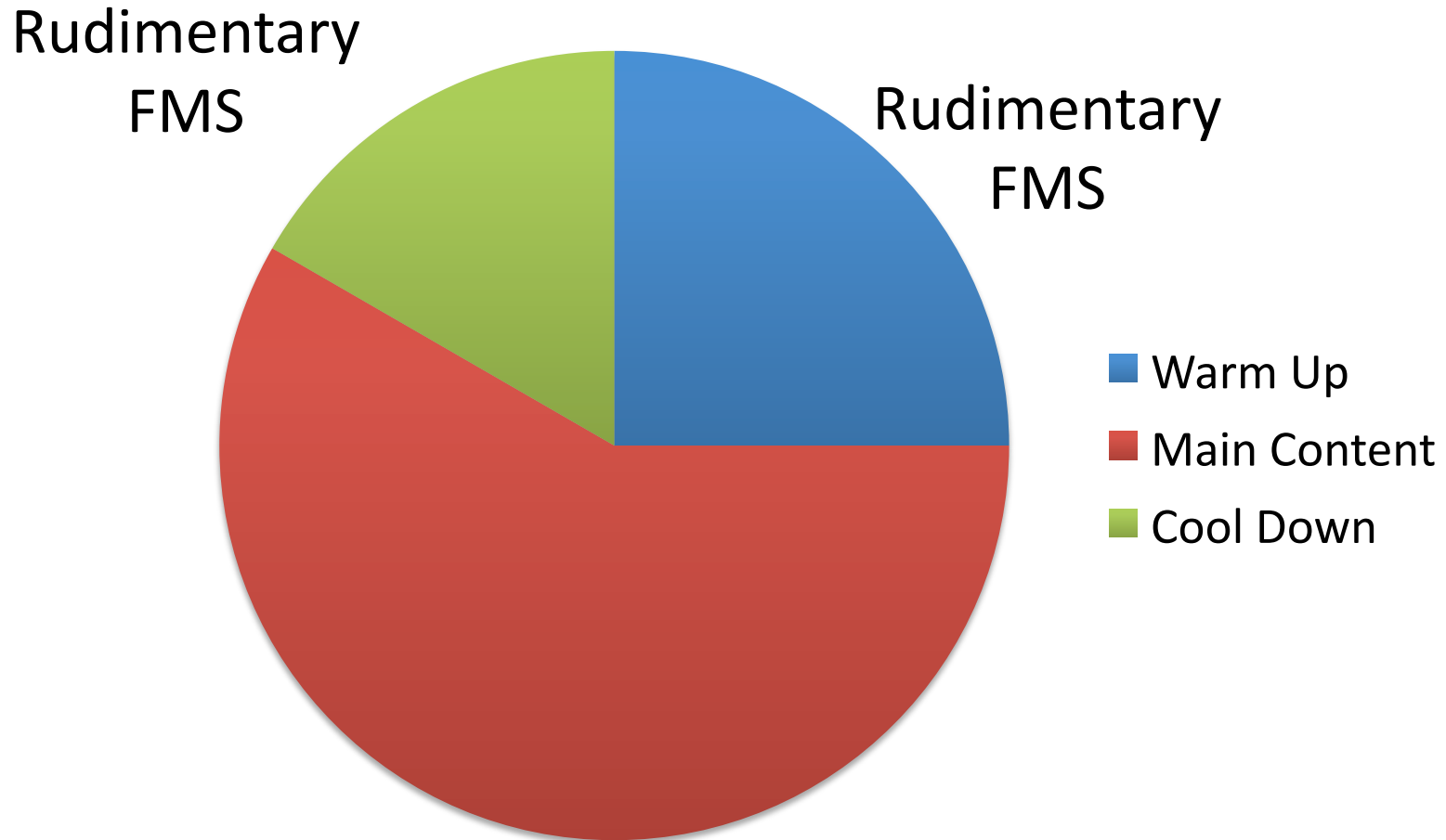


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# Under 12

- Approx 60 mins, 2-3 a week
- FUN, FUN, FUN through games and activities
- Monitor breaks
- Continue rudimentary skills
- Combination of FMS

# Possible Session Content



FMS, Sports Specific Skills  
Games



# Month Plan

	Week 1	Week 2	Week 3	Week 4
<b>Date</b>				
<b>Venue</b>	Field	Field	Field	Field
<b>Warm up</b>	Coordination	Hurling/Football	FMS game	Hurling/Football
<b>Rudimentary Skill combinations</b>	Starfish, Skydiver with pencil roll between	Rock & roll with forward roll	Multi crawl game	Starfish, Skydiver with Egg roll between
<b>FMS combinations</b>	Ladders while Balancing ball	Locomotion & coordination	Agility & balance	Ladders & catching
<b>Technical/ Tactical/Team Play</b>	Striking both sides, blockdown	1 <sup>st</sup> touch, catching	Passing to teammates with hand	Ground block, striking
<b>Game</b>	4 v 4	8 v 8	4 v 2	8 v 8
<b>Cool Down</b>	Sports Skill, Log roll	Rock & Roll variations	Coordination	FMS <sup>47</sup>

# Under 14

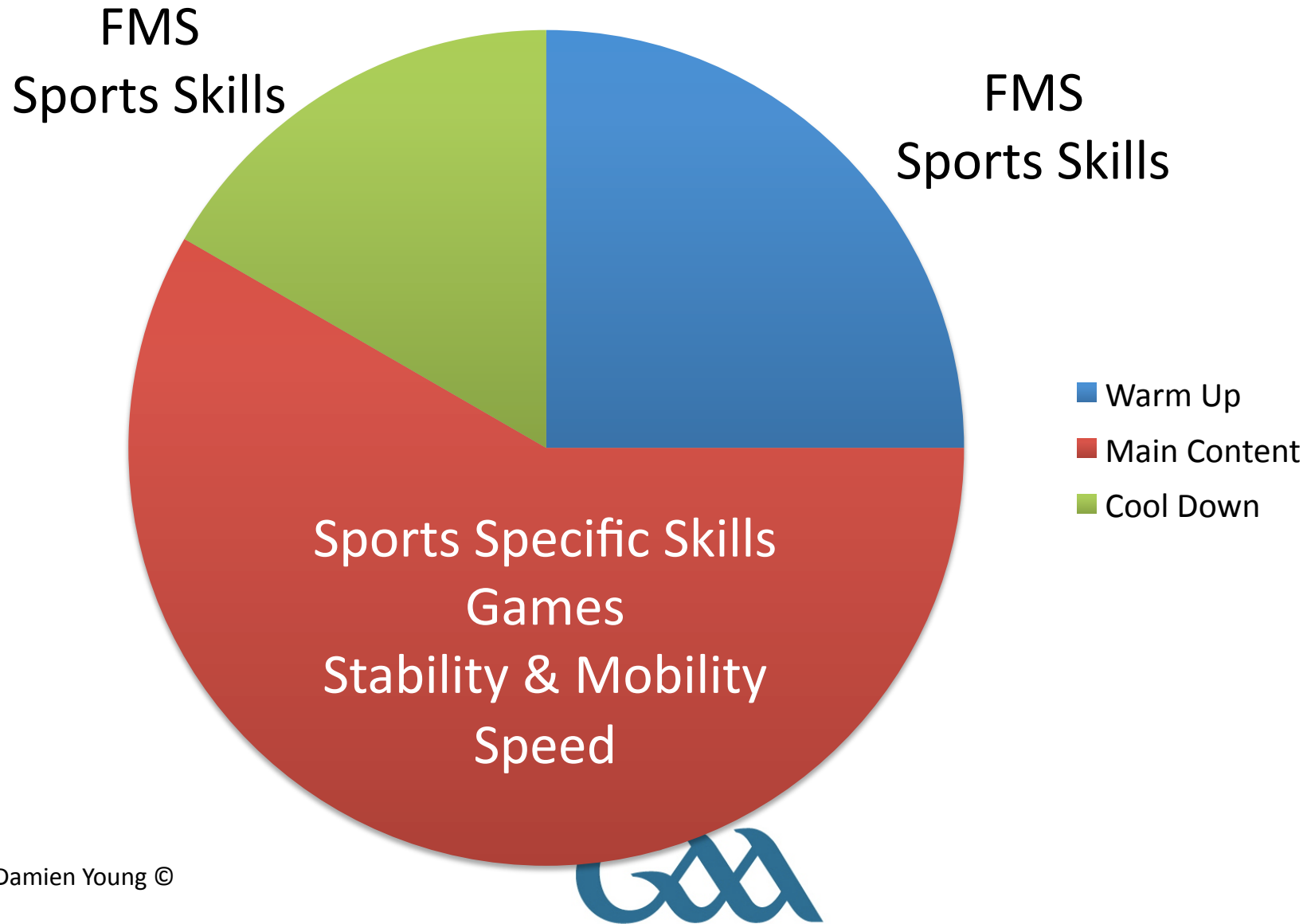
- Approx 75 mins, 3 times a week
- Consider school/ county involvement
- Combination of FMS
- Mobility & Stability
- Flexibility



**Window of Opportunity**  
Speed 2, Stamina (PHV),  
Strength (PHV) 48



# Possible Session Content



	Week 1	Week 2	Week 3	Week 4
<b>Date</b>				
<b>Venue</b>	Field	Field	Field	Field
<b>Warm up</b>	Coordination	Sports specific warm up	FMS	Sports specific warm up
<b>Rudimentary Skill combinations</b>	Starfish, Skydiver with pencil roll between	Rock & roll with forward roll	Multi crawl game	Starfish, Skydiver with Egg roll between
<b>FMS combinations</b>	Ladders while Balancing ball	Locomotion & coordination	Agility & balance	Ladders with catching
<b>Speed</b>	Agility	Pure speed	Acceleration	Reaction
<b>Technical/ Tactical/Team Play</b>	Striking on the run, high catch	Finding player in space	Creating goal chances	Overhead play
<b>Game</b>	6 v 4	5 v 2	2 v 1	10 v 10
<b>Cool Down</b> <small>Damien Young ©</small>	Log roll	FMS	Sports skills	FMS <sup>50</sup>

# Under 16

- Approx 80 mins; 3 times a week
- Consider school/county involvement
- Individual differences
- Fundamental skills
- Mobility & Stability
- Flexibility
- Pre-habitation

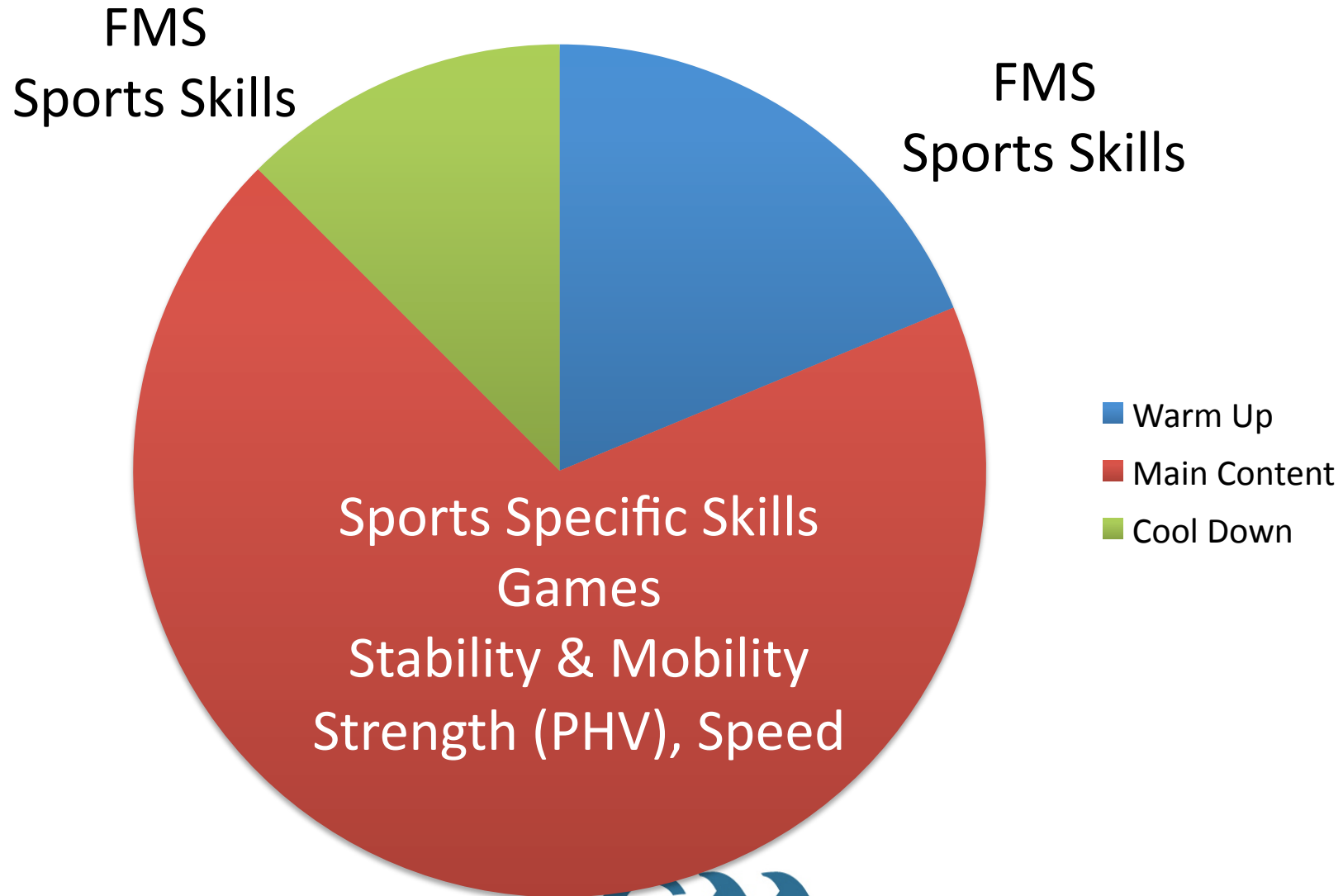


Window of Opportunity

Speed 2, Stamina (PHV),

Strength (PHV)

# Possible Session Content



FMS  
Sports Skills

FMS  
Sports Skills

- Warm Up
- Main Content
- Cool Down

	Week 1	Week 2	Week 3	Week 4
<b>Date</b>				
<b>Venue</b>	Field	Field	Field	Field
<b>Warm up</b>	Coordination	Sports specific warm up	Ladder circuit	FMS
<b>Rudimentary Skill combinations</b>	Starfish, Skydiver with pencil roll between	Rock & roll with forward roll	Multi crawl game	Starfish, Skydiver with Egg roll between
<b>FMS combinations</b>	Ladders while Balancing ball	Locomotion & coordination	Agility & balance	Coordination
<b>Speed</b>	Acceleration	Agility	Reaction	Pure speed
<b>Mobility &amp; Stability</b>	Individual rehab & pre-hab			
<b>Technical/ Tactical/Team Play</b>	High Catch, kicking for scores	Solo, creating an overlap	Maintaining possession	Creating goal chances
<b>Game</b>	3 v 3	6 v 6	12 v 12	6 v 6
<b>Cool Down</b> <small>Damien Young ©</small>	Log roll	FMS	Football skills	Rolling <sup>53</sup>

# Player Evaluation

- Training is testing, testing is training – ongoing process,
- Include your movement screens in your coaching plan
- Feedback to your players
- Collect data centrally so a player profile is developed
  - Players can be monitored from season to season,
- Monitor Improvement?
  - Training benefiting the player
  - Coaches are informed of players abilities over time
  - Record of injuries
  - Onset of PHV

# Summary

- Physical requirements
- Level of skill dependency
- Mobility & stability of joints to allow movement
- Screening – movement & functional
- LTPD – windows of opportunity
- Sample content for each age group

## Contact Details

[damien@setantacollege.com](mailto:damien@setantacollege.com)

