




# DEVELOPMENT FOCUS

## Under 15 - Hurling



### PURSUIT OF PERSONAL DEVELOPMENT


At this age, players are given the opportunity to connect with each other, build relationships and take on challenges that will foster personal development and well-being while demonstrating additional levels of commitment and motivation and to be more cognisant of their role within a team structure.

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### TEAM PLAY

- Implement principles of attack - possession & support play
  - Focus on maintaining possession by moving the ball as a team
  - Implement principles of defense - Delay, Deny, Dispossess & Develop
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### DECISION MAKING

- Allow players to make their own decisions on the pitch (accepting that mistakes are a big part of player learning & development)
  - Help players understand the specific responsibilities of the various positions through playing experience
  - Small sided games (5v5 / 7v7) are crucial in players developing decision making skills
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### SKILL FOCUS

#### Striking (L&R)

Emphasis on accuracy & movement, while under pressure

- Strike from the hand (40-50m)
- Striking on the run while under pressure
- Ground strike (32-40m)
- Opposed striking
- Striking over the shoulding (focus on accuracy)

#### Handling

- Hand pass - both hands & off the hurl (6-8m while moving)
- Low, chest & high catch under pressure
- Batting/doubling - high ball - while contested
- Solo & strike off the hurl

#### Tackling

- Flick off the hurl
  - Blocking/Hooking (under pressure of an opponent)
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### PHYSICAL FITNESS

#### Flexibility

Performed through both static stretching & dynamic mobility exercises

#### Speed

Focus on multidirectional agility between 5m-25m, with complete recovery in between. These drills can be incorporated into the warm-up

#### Strength

Improve core strength through own body weight exercises (more information provided by Armoured Performance)