



DEVELOPMENT FOCUS

Under 16 - Camogie




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.

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)