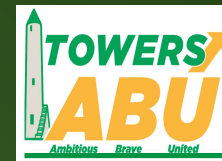


Round Tower GAA Technical Pathway for Hurling & Camogie





## Round Tower GAA Technical Pathway Football U7-U9



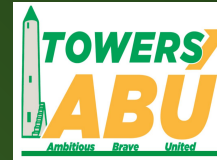
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# Round Tower GAA Technical Pathway



## Introduction

In order to deliver on the club “Playing” objective for 2032 as identified in the Towers ABU 10 year strategy paper i.e. that our adult teams will play at the top level by 2032”; we have prepared a Round Towers Technical pathway supporting all mentors and players in all codes from U7’s to U12’s.

In developing this technical pathway, a working group examined: a number of external technical pathways, the wider GAA community and the GAA learning portal that lists the fundamental skills of our games.

Our research has shown a common theme; that success is built around developing the fundamental skills of our games with every child from an early age (U7). The successful clubs focus on “Development only” until U15s. Winning is *NEVER* part of the conversation. A best practise framework for the player development is a player centred approach that incorporates a players pathway with an emphasis on teaching the players all fundamental skills of our games i.e. the technical.

Our role as coaches is to facilitate every player being the best that they can be. By ensuring that we consistently incorporate the relevant technical skills listed in the plan into training sessions, this will go a long way in achieving that objective. Implementing this objective then naturally supports the Towers ABU 10-year strategy “adult teams will play at the top level by 2032”



## Round Tower GAA Technical Pathway Hurling/ Camogie U7-U9



### Technical Proficiency advice

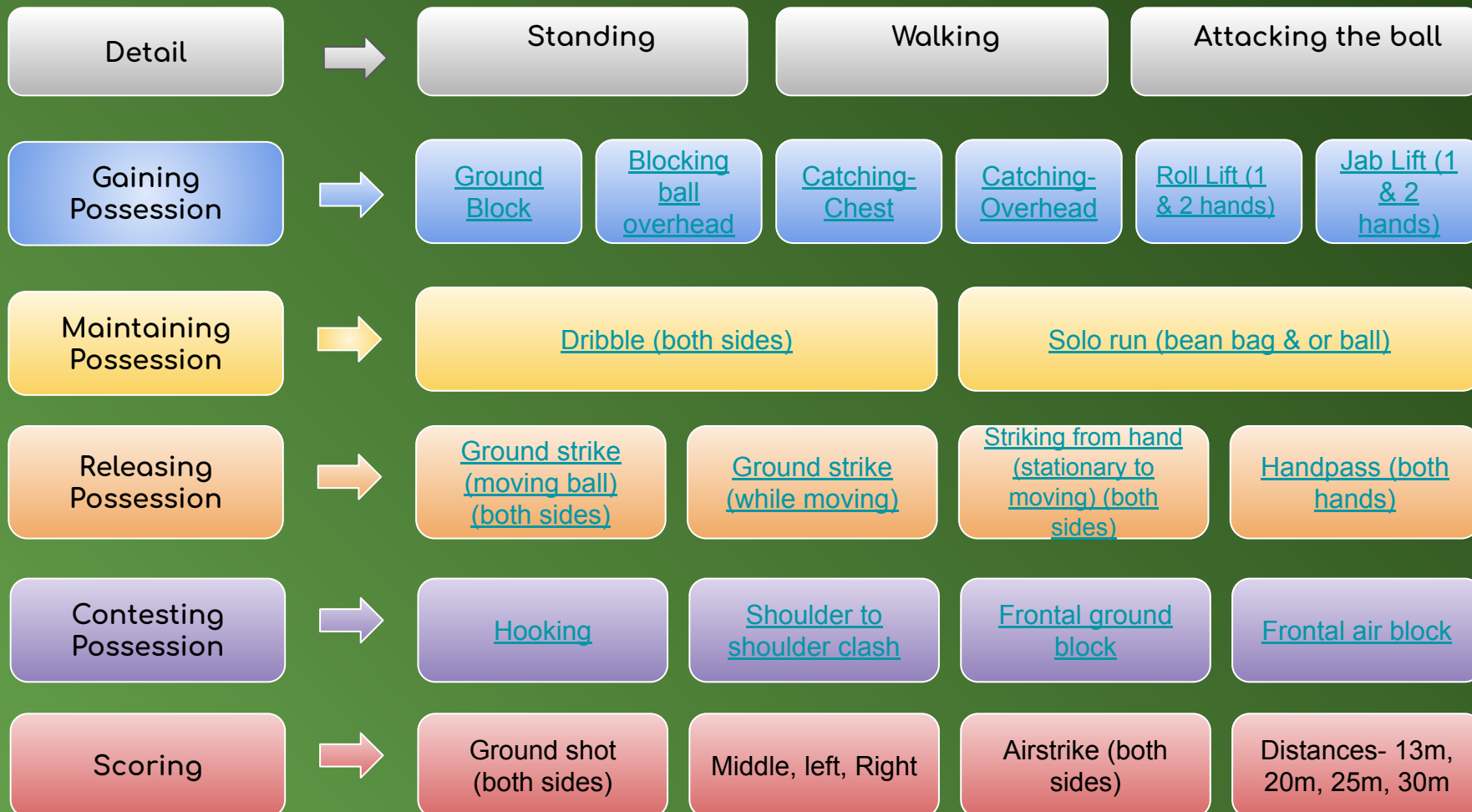
- Develop skills using the right and left hand side of the body as set out in the technical pathway.
- Progress skills from stationary to moving- Only if players are proficient in stationary stage.
- Encourage the skills of the game when doing small sided games or training matches i.e encourage scores for performing skills- passes, hooks, blocks etc.

### Coaching advice

- Children at this age just want to get out & play.
- Keep interactions short & sweet, using questions to check for understanding.
- Children at this age love playing matches & games.
- Target, Field & Court games are encouraged. If you play matches, keep them small-sided sided games (3v3, 4v4, 5v5, 6v6).
- This is an important time in a child's development.
- How many successes (scores, points) they achieve have an impact on their perception of the session & the sport.
- Plan different versions of games & tasks to allow for all children to achieve success.
- Always praise and encourage your players. How much Praise/Encouragement/acknowledgement they receive has an impact.



# Round Tower GAA Technical Pathway Hurling/ Camogie U7-U9



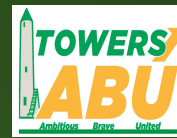
- Ensure correct Hurl Size
- Identify "Hurley Hand"

- Identify "catching hand"
- Analyse Grip & ensure player holds hurl correctly
- Analyse swing and correct if required





# Round Tower GAA Technical Pathway Skills Checker U7-U8



Player Name:

Skill

Coach Obs

Ground Strike (Right side)

0-10m

10-15m

15m+

Ground Strike (left side)

0-10m

10-15m

15m+

Can they ground strike off both sides

Yes

No

Air Strike (Strong side)

0-10m

10-15m

15m+

Roll Lift & Jab Lift

How Many in 60 Secs?

Roll Lift

Job Lift

Overhead Catch (coach throws from 10m)

How many catches from 5 attempts?

Can they solo a bean bag 5m & back

Yes

No

Solo Bean bag/ball (out to 10 m & back)

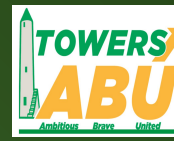
Yes

No

Ball/Beanbag



# Round Tower GAA Technical Pathway Skills Checker U9



Player Name:

Skill

Description

Ground Strike

- Four balls in a line
- Player strikes 2 from the left and 2 from right

L

0-10m

10-15m

15m+

R

0-10m

10-15m

15m+

Strike from hand  
(Stationary & Moving)

- Strike from hand
- 3 strikes on left & right
- 5 attempts per side

0-20m=5pts, 20-40m=10pts, 40m+=15pts

Right

Left

Hand pass  
(Stationary & Moving)

- 5m apart
- Hand pass each hand x 5

How many out of 5 attempts

Right

Left

Catch  
(Stationary & moving)

- Coach strikes ball to player 5m away
- Player catches

How many out of 5 attempts

Right

Left

Roll Lift

- Two Squares 5 m apart
- Roll lift 5x balls from 1 square into another
- Coach times this

Time:

Job Lift

- Two cones 5m apart
- Run around each cone job lift and drop.
- How many in 30 secs?

Score



## Round Tower GAA Technical Pathway Hurling/Camogie U10-U12



### Technical Proficiency advice

- Continue to develop and refine skills using the right and left hand side of the body as set out in the technical pathway.
- Refine and combine fundamental skills to Hurling/Camogie skill performance, increasing speed, accuracy, strength, consistency and fluency.
- This should only be progressed if the player is proficient performing the skills on the move.
- Continue to assess and identify areas that need improvement and place extra emphasis on these areas.
- Encourage the skills of the game when doing small sided games or training matches i.e encourage scores for performing skills- passes, hooks, blocks etc.

### Coaching advice

- This is a crucial stage, it's when competition really begins.
- Children want game-time. If YOU don't give them it, they might not return.
- Children need your advice on how to be in a better position off the ball.
- Show them how to support teammates off the ball by being in a good space.
- Bigger players dominate games here. Modify games to ensure passes are needed before a score can take place.
- Players will never understand the game if you keep telling them how it should be done.
- Set up small groups & tasks. Ask players to solve the problems, and assist them through the process.
- Always praise and encourage your players. How much Praise/Encouragement/acknowledgement they receive has an impact.



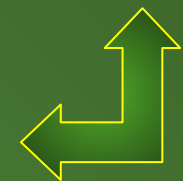


# Round Tower GAA Technical Pathway Hurling/ Camogie U10-U12



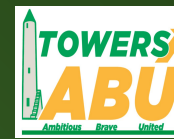
- Can they strike with a long & short grip
- Can they strike moving, forwards, backward and over the shoulder

- Striking off the hurl
- Lift & strike
- [Sideline cuts](#)





# Round Tower GAA Technical Pathway Skills Checker U11-U12 Hurling



Player Name:

Skill	Description	Score
Strike from hand	<ul style="list-style-type: none"> <li>Stand on 20m line</li> <li>Strike at goal without it hitting the ground</li> </ul>	L <input type="text"/> Score / 5 attempts R <input type="text"/> Score / 5 attempts
Strike from hand (moving)	<ul style="list-style-type: none"> <li>3 cones on 21m line</li> <li>1 cone in center and 1 20m either side</li> <li>Player runs at ball, jab lifted and strikes over the bar, while continuing to the next ball</li> </ul>	L <input type="text"/> Score / 5 attempts R <input type="text"/> Score / 5 attempts
Hand pass	<ul style="list-style-type: none"> <li>4 balls in a line</li> <li>Pick up ball, 4 steps and handpass to coach 5m to right using left hand</li> <li>Turn &amp; repeat using right hand</li> </ul>	2 points per successful score Right <input type="text"/> Left <input type="text"/>
First Touch	<ul style="list-style-type: none"> <li>Coach strikes ball 20m away</li> <li>Player takes first touch to hand</li> </ul>	How many out of 5? <input type="text"/>
Roll lift & Move	<ul style="list-style-type: none"> <li>Two square 5m apart</li> <li>Roll lift balls from 1 square into another</li> <li>How many in 60 secs</li> </ul>	Score <input type="text"/>
Jab lift & move	<ul style="list-style-type: none"> <li>Three cones 5m apart</li> <li>6 balls at middle cone</li> <li>Start at one end, jab lift &amp; drop at other end. Turn &amp; repeat</li> </ul>	Time taken to complete <input type="text"/>
Can They...	Perform frontal block? <input type="checkbox"/>	Clean Catch? <input type="checkbox"/>
Can They...	Protect the hand (perform High catch)? <input type="checkbox"/>	<input type="checkbox"/>



# Round Tower GAA Technical Pathway Appendices

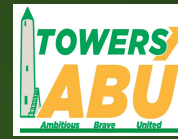


## Description of game types

GAME	EMPHASIS
CHASING GAME	These games involve tagging and chasing where players perform skills, such as fleeing and dodging. These games are particularly appropriate for warm up activities
TARGET GAMES	The simplest form of a game which challenges players to use the technique previously learnt is to aim into or at a target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making.
COURT GAMES	Divided court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited. The use of other skills essential for team work such as communication, anticipation and spatial awareness become more apparent.
FIELD GAMES	These are games which require one team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important.
PART INVASION	These games require players to complete a task with limited or direct opposition. Such games encourage awareness of time and space but also help develop characteristics of team play e.g. support play and communication. Part invasion games allow players to develop positional sense and decision making with limited pressure from opposition.
FULL INVASION	The core objective here is to move into an opponents territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'. The key element with invasion games is the number of players involved. The less space a player has, the less time they have, the more skill is required.



# Round Tower GAA Technical Pathway Hurling/ Camogie



## Additional Skills to Practise

\*Players should only progress to these skills when they have become proficient at the basic skill

Sideline Cut

Free Puck

Low Catch

Penalty Puck

Puck Out

Shot Stopping



## Round Tower GAA Technical Pathway Appendices



Websites for further research &  
accessing activities for training

- [GAA learning portal](#)
- [The Camogie Association](#)
- [Connacht GAA](#)
- [Round Tower Coaching portal](#)
- [Camogie Skill Cards](#)

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