

St. Brigid's G.A.A. Club



'MY GAME'



Long Term Player Development Pathway



What is a Long Term Player Development Pathway?

A long term player development pathway is a model of the ideal progression of a player's career. It aims to facilitate the optimal development of a player's ability and potential at the appropriate age and ensure the longevity of their career. A development pathway highlights the correct type of training for coaches to implement for a specific age group. The age groups highlighted are known as 'windows of opportunity' and are indicated to be the correct age for young players to be part-taking in the training highlighted in each phase of the Development Pathway. This pathway focuses on both technical and physical development.

Why do we need Long Term Player Development Pathway?

This model aims to act as a reference guide for coaches of all age groups up to minor level to ensure that the coaches are implementing the correct training for the age group they are working with. The skills highlighted in each phase are new skills which should be introduced and it is important continued practice of all skills from all previous phases is maintained. It is also important to note that this is just a guide and coaches have the freedom to introduce more advanced skills if they feel their players need to be progressed. This should allow the players to develop at an optimal rate while also providing reassurance to the coaches that they are training their team appropriately.

'My Game' - The Brigid's Model



Phase 1:
Nursery
4-7yrs



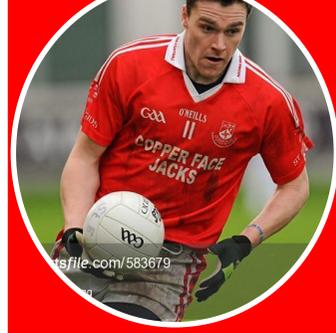
Phase 2:
Learning
My Game
8-12yrs



Phase 3:
Growing
My Game
13-15yrs



Phase 4:
Loving
My Game
16-18yrs



Phase 5:
Winning
My Game
18+yrs



Phase 6:
Giving
Back to
My Game



Player Characteristics

Phase 1 Nursery:

Aim of Phase 1:

Players 4-7 years old will:

- Have a short attention span
- Lack an understanding of the rules and objective of the game
- Respond best to fun games and activities

Players will learn:

- Fundamental Movement Skills
- Basic skills of each code
- To enjoy playing and being involved in sport

Hurling

Grip

Ready, Lock, Swing

Ground strike

Dribbling

Ground stop

Movement

Agility: chasing games

Balance: hopping on one leg

Coordination: Bean bag toss, Directional games

Jumping

Running

Throwing

Football

Bounce

Catch

Body Catch

Pick-up

Intro to Solo

Kicking

Phase 2 Learning My Game

Player Characteristics

Aim of Phase 2:

Players 8-12 years old will:

- Prefer to play games and matches
- Possess a brief understanding of the rules and objective of the game
- Begin to pass the ball more and understand the concept of defending when they don't have possession
- Require positive reinforcement and encouragement to ensure they continue to play

Players will learn:

- Sport specific skills and more advanced forms of Nursery skills
- To become part of and play as a team
- How to make game related decisions/ use skills in game context
- To play more structured forms of the game through small sided games and go games competition

Hurling

Catch

Ground Strike moving

Striking from the hand

Jab/ Roll lift

Basic first touch

Hooking

Blocking

Solo

Movement

ABC's

Speed Development:
ladders, hurdles etc

10-12yrs Intro to:
Flexability

Base level fitness:
games and matches

Base level strength:
whole body exercises

Football

Catch

Blocking

Tackle

Solo

Kicking: punt, hook
etc.

Hand Passing

Phase 3 Growing My Game

Player Characteristics

Aim of Phase 3:

Players 13-15 years old will:

- Become more physically developed- players will develop at different rates and this should be kept in mind during physical training
- Possess a good understanding of the rules and objective of the game
- Begin to develop tactical awareness
- Begin to incorporate sport as part of lifestyle and routines

Players will learn:

- Advanced technical skills
- To use skills under pressure and at speed
- To adhere to tactics/ game strategy
- To play full sided competitive games
- Develop mental capacities through concentration and reaction games
- To become committed to their sport

Hurling Advanced Skills

Hand pass from stick

Doubling in the air

Shooting on the run/ at angles

Flick tackle

Pass to moving team mate

First touch control

Free taking/ sidelines

Movement Advanced

Acceleration/
Deceleration

Core Exercises

Body weight strength exercises: eg squats

(Conditioning exercises should be instructed by qualified coach only)

Football

Flick pick-up

Long kick pass

Pass to moving target

Shooting on the run/ at angles

Diving block

Free taking

Phase 4 Loving My Game

Player Characteristics

Aim of Phase 4:

Players 16-18 years old will:

- Will start to become more physically mature
- Possess an in-depth understanding of the game and will have their own opinion on how to play the game correctly
- Have a greater tactical awareness and understanding of how competitive matches are won and lost
- Be faced with lifestyle choices and outside factors that may have an effect on performance/ commitment to sport e.g. exams
- Have a desire to be successful

Players will learn:

- To adhere to specific roles within the team
- To undertake physical and conditioning training to continue athletic development
- The importance of positive lifestyle choices and skills e.g. good nutrition, time management
- To show leadership and develop team unity
- To be mentally strong and composed during competitive play
- To be dedicated to their sport and understand the positive outcome of dedication to training and the positive effects of training on their health

Hurling Advanced Skills

Lift and Strike
Feint Strike
Striking over the shoulder
Creating Space
Use of the ball

Movement Advanced Skills

Speed and Agility
Core Exercises
Conditioning
Free Weights
(Under qualified supervision)

Football Advanced Skills

Dummy Solo
Aggressive tackling
Creating Space
Using the ball

Phase 5 Winning My Game

Player Characteristics

Aim of Phase 5:

Players 18+ years will:

- Will be at their physical peak
- Will have a refined and well developed skill set
- Possess an in-depth understanding of the game and will have their own opinion on how to play the game correctly
- Have an in-depth tactical awareness and understanding of how to apply tactics
- Make positive lifestyle choices which will enhance their performance
- Have an understanding of the importance of individual preparation
- Have a great desire to be successful and will be focused on winning
- Be hugely dedicated to their sport and be passionate about the success of their team and the quality of the training provided

Players will learn:

- To apply the tactics applied by management
- To prepare physically and mentally in the correct manner for competitive games and training
- To cope with the disappoint of setbacks e.g. injury
- To apply their skill set at maximum speed and efficiency during competitive games and training

Phase 6 Giving Back to My Game

Player Characteristics

Players will:

- Will have surpassed their physical peak or retired
- Possess an in-depth understanding of the game and will have their own opinion on how to play the game correctly
- Have an in-depth tactical awareness and understanding of how to apply tactics
- Understand positive lifestyle choices which will enhance sporting performance
- Have an understanding of the importance of individual preparation
- Have a desire to remain involved in their sport
- Be hugely passionate about the success of their club and the quality of the training provided

Aim of Phase 6:

Aim:

- To keep past/ retiring/ current players involved in the club
- To educate new coaches and continue to develop coaches
- To continually increase the standard of coaching within the club
- To ensure lifelong involvement and enjoyment of the sport even after playing career has ended