



# CLOUGHDUV HURLING CLUB 2019-2021

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## A guide for our underage Club Coaches

This brief guideline is designed to assist coaches with the basics of coaching each age group. There are many external resources, online, through seminars, publications or from talking to fellow coaches that can also be used to assist you.

# Ambition

*Let no one say the best hurlers belong to the past, they're with us now and better yet to come – Christy Ring*

We aim to provide all players with the opportunity to develop to their potential, make new friends, have fun and continue playing or staying involved in the club into adulthood.

We aim to support all club coaches to meet that ambition

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# Coaching Requirements

The Coach must

- be a member of the club
- be Garda vetted
- have completed Child protection course
- have completed foundation level training course
- ideally have basic first aid course completed

Key notes for all coaches

- Ensure that the child has the correct size hurley - if the hurley is too big the child will not be able to strike efficiently and is likely to develop bad habits
- Insist on dominant hand on top – this will be a challenge but if not corrected the child is at a significant disadvantage as they get older. No Rebel Og development squad players are switching hands.
- If unsure of any element of the age appropriate skills please ask other club coaches for assistance and/or the club coaching officer.

# Respect and Discipline

## Respect all players and mentors

- As a coach you will come across disciplinary issues, most of them are minor such as messing, horseplay, etc. These can and should be dealt with easily and without fuss but if you are unsure of how to address an issue consult your fellow coach or a club officer for guidance.
- Name calling should not be tolerated and should be addressed immediately
- If there are disciplinary issues that need to be addressed:
  - Assess the situation - Don't rush to judgement - Get the facts
  - Separate/remove the individuals from the situation
  - Consult with other players and fellow coaches
  - Where appropriate minor issues should be addressed immediately
  - Contact parents and Child Protection Officer if required
  - If ever in doubt contact the Child Protection Officer for advice

## Respect the Opposition

### Respect for Referees

- Without referees there are no games
- Respect the role of the referee
- Understand that referees are doing their best and will not get every call right

# Why do Children play sport?

- To belong
- To make new friends
- To learn new skills
- To have fun
- To be part of a team
- To be fit and active
- To be challenged
- At younger ages it's generally not about winning

# Role of the Coach

- As coaches we are giving up our time on a voluntary basis. It is therefore important that we enjoy the experience and that we are constantly developing as coaches. We must create an environment where players can develop the age appropriate skills to ensure they continue to enjoy the game as they move through the age groups. .
- Coaches should remember the following
  - Be Enthusiastic – enthusiasm is infectious
  - Be prepared – plan your session
  - Be Punctual – start on time, finish on time
  - Fewer drills – more game based activities
  - Challenge the players
  - Provide variety & fun
  - Allow players to succeed – start with a very basic skill . i.e. scoring points, shoot from 14 yards straight in front of goal, if successful then move left and right and to longer distances. Don't start with a very difficult task.
  - Give positive, specific & constructive feedback
- You won't always get it right – be flexible in your approach and if something is not working don't be afraid to call a halt and move on.
- Be patient - the skills will develop with plenty of encouragement from the coach and parents.
- Encourage the children to practice at home – 1 or 2 hours a week at the club is only the start of becoming competent at the skills of the game.

# Coaching Tips

*Tell me – I forget, Teach me – I remember, Involve me – I learn, Benjamin Franklin*

**Communication** – try to keep instructions simple and concise. Remember the children want to play – keep talking/instruction to a minimum.

**Observation** – the coach should be observing players when executing skills and playing games.

Watch out for each of the following:

- Head up
- Hands ready
- Feet moving

**Demonstrating the skills (IDEA model)**

- Introduce the skill/activity – “we are now going to practice the jab lift”
- Demonstrate the skill/activity – either the coach or a player demonstrates the skill
- Execute the skills/activity – all players execute the skill
- Action through game situation – introduce an opponent and then ensure opportunity to practice the skill in a game situation



# Structure of each training session

- Be punctual – arrive 15 minutes before training, set up and be ready to start at the agreed time.
- Be organised, plan the session in advance.
- Focus on age appropriate skills
- Strong emphasis at younger ages on striking, be that on the ground and, as the children progress, in the air.
- For younger ages start with a medium/high tempo warm up – get them focused and get the heart rate up.
- For skills training try to have 1 ball for each pair – let them get plenty of touches
- Try to do as much of your running training with the ball – **no laps**.
- At least 50% of your training session should be games based, that can be a 3v3 game right up to a 11v11 game in confined space.
- Reducing the space of your pitch requires the players to react quickly, avoid or take contact and move the ball quickly.
- Introduce a fun activity to finish, such as heaven and hell, crossbar challenge, sideline competition, shooting from corner flag etc.
- Encourage good decision making; if the execution is poor but the decision is good, then the decision should be commended.
- Ask the children what they would like to do and try to incorporate it into your session.

# Specific Skill requirement identified

Striking is the core skill in hurling and needs to be focussed on throughout player development

- All underage teams need to improve their striking skills.
- Regardless of age group, each underage coach is to dedicate a significant portion of their training session to striking.

The Striking Progression is as follows:

1. Ground strike – left and right
  2. Striking from the hand – left and right
  3. Striking from the hand on the run – left and right
  4. Striking no hands – left and right
  5. Striking when an opponent is in play
- In all training game situations striking is to be encouraged & promoted.

# Age specific guide to coaching – Source: Rebel OG

For all age groups the objective is to have fun, lots of ball contact, develop age appropriate skills and that players return each week

Age	Hurling
U5/6	<p>Each child should have the correct size hurley. Correct grip, dominant hand on top Basic skills to be develop and a focus on lots of ball contact</p> <p>Core Skills: Ground Strike Associated skills: Grip, dribble, block a moving ball.</p> <p>Progression: Ground strike on the run Associated skills: frontal block, shoulder clash, ball control.</p> <p>Equipment: First touch sliothars, cones, ropes, tyres, poles etc</p> <p>Games: there are lots of fun games that can be used with this age group, flush the toilet, stuck in the mud, turtles, over the river, rob the nest etc Ask the children what fun games they know that can be adopted into your session</p>

# Age specific guide to coaching – Source: Rebel Og

For all age groups the objective is to have fun, lots of ball contact, develop age appropriate skills and that players return each week

Age	Hurling – work in pairs for skill development – 1 ball per pair – lots of ball contact
U7	<p>Keep focus on the correct grip, dominant hand on top Continue to develop basic skills and a focus on lots of ball contact</p> <p>Core Skills: Ground strike on a moving ball Associated skills: roll lift, ball control, flicking the ball, hooking. .</p>
U8	<p>Core Skill: Strike from the hand Associated skill: frontal block down, jab lift, catching – low, chest and high</p>
U9	<p>Core Skill: Strike from the hand on the run Associated skill: Hand pass, bat down a high ball, solo run</p>

# Age specific guide to coaching – Source: Rebel Og

For all age groups the objective is to have fun, lots of ball contact, develop age appropriate skills and that players return each week

Age	Hurling
U10 –U12	Emphasis should be on development of positional sense, marking a man in a game situation Development of team play, skills enhancement and support play Tackling and evasion whilst retaining possession Small sided games to be used more in training Quality of ball delivery should be encouraged Encouragement of good decision making – the player in the best position gets the ball
U14	
U16	
U18	

# External resources

- Rebel Og website
- [www.gaa.ie/learning](http://www.gaa.ie/learning)
- [www.kelloggsculcamp.ie](http://www.kelloggsculcamp.ie)
- Coaching the Game

# Useful Contacts

## Juvenile Committee

- Chairman – Donal Murphy
- Secretary – Nora O’Leary
- Board Delegate – Gabriel McNabola
- PRO – Geraldine O’Driscoll
- Cul Camp Co-ordinator – Carmel Crowley
- Coaching & Schools Officer – Donal Murphy

\*Child Protection Officer – Anne Marie Verling