



FINE GHALLAINN GAA CLUB



The Long-term Player Development Model (LTPD)



The 7 STAGES of the LTPD

1. Active Start – Fun and part of daily life
2. FUNdamental – build overall motor skills
3. Learning to Train – learn all fundamental sports skills
4. Traing to Train – build 'the engine' and consolidate sport-specific skills
5. Training to Compete – fine-tune 'the engine', skills and performance
6. Training to Win – maximise performance, skills and 'engine'
7. Retirement/Retainment – adjustment/retain players/athletes for coaching/adminstration



4-6 year old

Skill Emphasis	Physical Focus	Game Specific
Hurling	Football	ABC & RJTs
<p>Handling Correct hurley size -Grip (Hurley hand) -Swing-elbow up -Ready, Lock, Lift, Positions -Pick up (Catching hand one hand) Send & Receiving: -One Hand Dribble -Two Handed Dribble -Ground Strike Tyre Ball -Ground Stop -Run Strike stationary Ground ball</p>	<p>Handling -Throw Bowling Ball Two handed Bounce catch One hand bounce -Body Catch -Pick Up stationary & moving KICKING -Ground Kick -Dribble -punt Kick(Two Hands) (Hard foot) Travelling Knee tap solo</p>	<p>Agility e.g chasing games, dodging , e'g shadow running Balance: e.g Animal walking e.g Hop in & out of hoops Co-ordination: e.g Skipping e.g Bean Bag Toss e.g pass through the ladder Running-Good Technique Forward, Backward, sideward's e.g Marching e.g Stopping Jumping e.g Takeoff & Landing Jump Jacks Throwing e.g Target Roll</p>
		<p>Target Games: e.g Skittles Through the gate Tower ball</p> <p>Court Games e.g Over the river Hurling tennis</p> <p>Part – Invasion Getting through the traffic 4v4 (two zones)No Goalie Up North Down South (Ball each scoring)</p>



FINE GHALLAINN GAA CLUB



- 7-9 year old

Skill Emphasis		Physical Focus	Game Specific
Hurling	Football	ABC & RJTs	
Handling -Claw catch -Cupped catch Send & Receiving: -Ground striking(a moving ball) Left &Right -Ground doubling (same direction opposite direction) -Striking from the hand (Stationary) Jab lift (Stationary Ball) Travelling -Bean Bag balancing -Ball balancing Tackle -Ground Flick (backhand) -Ground clash -Hooking Frontal & ground block(Hurl to Hurl)	Handling -Body Catch -Low catch -High catch -Fist pass -Hand pass Crouch lift (stationary ball) Kicking -Punt Kick(Front foot) Left & Right Hook Kick(One Hand) -Pick up -foot Travelling High bounce Toe tap(stationary) Soft foot Roll Tackle -Near hand tackle -Shadowing -Frontal Tackle -Block Down-	Agility Eg zig zag relay Balance e.g One leg hopping eg hop land on other leg Coordination Running -Good Technique e.g On the spot e.g Relay races e.g Hurdle running e.g Stopping Jumping e.g leap frog e.g Donkey kicks Throwing e.g Dodge ball Conditioning Partner Resistance e.g Tug of war e.g Push & Pull partner e.g The Bridge Whole body exercises Introduce basic Flexibility	Target Games: e.g Skittles Through the gate Tower ball Court Games e.g Over the river Scout Ball Cúchulainn Fields Games e.g Rounders Four hitters Part – Invasion e.g 4v4 (zoned)No Goalie e.g line game Full– Invasion e.g 4v4(two touch) e.g 5v5 (Wide man)



10-12 year old

Skill Emphasis		Physical Focus	Game Specific
Hurling	Football		
<ul style="list-style-type: none"> - Handling -Overhead catch (hurl to protect) –hand passing (using both hands) Switch pass -Low catch Send & Receiving: - Striking on the run Short stick left & right -Striking off hurl - First touch control -Jab lift (moving ball) - Roll lift moving ball -lift & strike -Batting high ball -Side line cuts Travelling - Soloing at speed Tackle -Shouldering -Hooking on the move - Blocking (ground & air) -Doubling in the air 	<ul style="list-style-type: none"> - Handling -High Catch -Hand passing (using both hands) Kicking -Punt Kick left & Right -Punt Kick outside foot Crouch lift moving ball -Toe lift -Hook Kick left & Right Travelling -Solo Run left & Right -Low bounce -Dummy solo Tackle -Near hand tackle -Shadowing -Shouldering -Frontal Tackle -Block Down- 	<ul style="list-style-type: none"> Speed -Further development of speed in warm ups(Efforts less than 6 secs) e.g quickness and change of direction and reaction sprints 	<ul style="list-style-type: none"> Court Games e.g Over the river Hit the corners
		<ul style="list-style-type: none"> Strength -Introduce Core strength e.g twist with partner -Own body strength exercises e.g Pull ups press ups etc.... -Introduce plyometric training e.g bounding and hopping 	<ul style="list-style-type: none"> Fields Games e.g Crazy kicks Batter bonanza
		<ul style="list-style-type: none"> Stamina -Endurance related activities: e.g -Relay running -Small sided games & Ball drills -Circuit training with the ball 	<ul style="list-style-type: none"> Part – Invasion e.g 4v1 (Goid) e.g Pass and Attack
		<ul style="list-style-type: none"> Flexibility/Co-ordination -Introduction Dynamic Stretching & Mobility exercises -Warm up & Cool down concept 	<ul style="list-style-type: none"> Full– Invasion e.g 4v4(Split ends) e.g 5v5



FINE GHALLAINN GAA CLUB





13-15 year old

Skill Emphasis	Physical Focus	Game Specific
Hurling - Handling -High Catch (protect from front & behind) -Hand Pass off the hurley -Chest Catch Send & Receiving: -Jab lift at pace -Striking on the run (Moving away from the target) -Striking on the run (high & Low) -Doubling Ball in the air Shooting for scores Travelling -Soloing (changing direction) -Tap & move Tackle -Frontal block (Hurl to ball) -Low block -Ground tussle -Flick off the hurley (Snig)	Football - Handling -Ball feint -Fist pass for distance -Overhead tap on -Catching at speed High: Reach: Low Half volley Kicking - Punt kick to moving target -Long Kick pass -Scoring from angles -Assisted Chip lift -Penalty Kick Travelling -Swerve -Change of pace with the ball Tackle -Near hand tackle -Delay opponent & Shadowing -Frontal Tackle -Dive Block -Hand off	Speed -Multi directional (Efforts less than 20 secs) -Quick footwork and agility -Acceleration and deceleration e.g go go stop -Game related reaction exercises -Relay racing e.g crazy ball drills Strength -Body weight Circuit training Upper body ,legs, and back -Develop Core strength e.g plank -Learn correct weight lifting techniques e.g squat, Clean, snatch, N.B Only qualified coaches to undertake this training -Introduce free weights and medicine balls N.B For upper age range group only Plyometric e.g multi directional jumps Stamina -3 v 1 games -Drills incorporating the ball Flexibility/Co-ordination -Maintain flexibility exercise -Dynamic Warm up
		Part – Invasion Zone games e.g wide man e.g zone to zone Full– Invasion Back V Forwards 15 V 15 Possession Games One rule games e.g Give and Go 4 seconds 2 touch



FINE GHALLAINN GAA CLUB

