

Player Capacities covering Child (4 -11 years), Youth (12 - 17 years) and Adult (18+ Years)

The Player Development Pathway is subdivided into a number of strands – Child (age 4 – 11), Youth (age 12 – 17), Adult (age 18 years +) and Retirement. Each strand contains a number of stages; 3 within Child, 3 within Youth and 2 within Adult.

Child		
4-11		
Stage 1	Stage 2	Stage 3
4 - 6	7 - 9	10 - 11
Youth		
12 - 17		
Stage 4	Stage 5	Stage 6
12 - 13	14 - 15	16 – 17
Adult		
Stage 7	Stage 8	
18 - 21	22 +	
Retirement		

The capacities within the Player Development Pathway are divided into a number of categories as follows:

- Technical Proficiency
- Tactical Prowess
- Team Play
- Physical Fitness
- Psychological Focus

- Participant Feedback
- Fair Play
- Lifestyle
- Personal

Stage 1: Player Capacities - 4 - 6 years of age



T1 - Technical Proficiency

- Develop bilateral coordination incorporating CPKST (catching, passing, kicking, striking with a body part and equipment and Throwing).
- Develop the basic motor skills relevant to learning the technical skills of the game of Hurling and/or Gaelic Football.
- Use of basic equipment such as bean bags, various balls, bats, hurleys etc.
- Use appropriate footwear, clothing and protective equipments



T2 – Tactical Prowess

- Develop basic decision- making in relation to where, when and how to gather possession and where, when and how to release possession.



T3 – Team Play & Tactical Ploys

- Develop a basic sense of game and movement concepts e.g. cooperative, small sided, invasion games



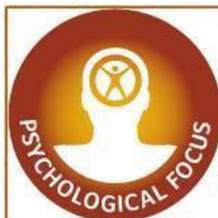
P1 – Physical Fitness

- Develop an understanding and appreciation of movement and mobility
- Develop fundamental movement skills of Agility, Balance and Coordination (ABC) and Running and Jumping Techniques (RJ).
- Using ABC's, develop basic joint e.g. shoulder, core, spine and ankle mobility and stability.
- Develop multi-directional and segmental (leg/arm) speed through short games and activities



P2 – Participant's Feedback

- Develop basic awareness of performance through feedback from play and from the coach
- Develop basic awareness of performance through outcomes e.g. targets, scores, numbers etc.



P3 – Psychological Focus

- Develop a positive attitude to self, sport and participation
- Develop confidence in all relevant aspects of player development, with a particular emphasis on the fundamental movement skills, basic motor skills and bilateral coordination.
- Build concentration through active engagement in games and activities
- Develop concentration
- Develop composure through dealing with distractions
- Develop commitment through a determination to practice and master the skills
- Develop the ability to respond to feedback appropriately



Fair Play

- Develop an understanding and appreciation of the simple rules and ethics of sport
- Demonstrate fair play and sportsmanship.



Lifestyle

- Live an active life through engaging in a variety of physical activities and sports
- Develop awareness of factors that affect personal safety and the player's role in the safety of others
- Develop intrinsic motivation through practice at home particularly in relation to technical proficiency.
- Develop an awareness and understanding of drinking regularly during exercise and eating healthy, nutritious food.
- Use appropriate footwear, clothing and protective gear



Personal

- Be open to and contribute to the enjoyment/fun
- Develop a positive attitude

- Develop teamwork, interaction and social skills and the ability to contribute to the social organisation of games and activities with friends and peers.

Stage 1: Player Capacities – 7 - 9 years of age



T1 - Technical Proficiency

- Progressively refine and combine fundamental skills to Hurling/Football skills (CPKST)
- Progress the development of Hurling/Football skills in a closed environment
 - From imaginary, to stationary, to while moving (walking to jogging to running).
- Perform skills of Hurling/Gaelic Football using the right and left hand side of the body i.e. bilateral coordination
- Use of age appropriate footwear, clothing and protective equipment



T2 – Tactical Prowess

- Begin to develop decision- making when on and off the ball within open patterns of game play.



T3 – Team Play & Tactical Ploys

- Become aware of basic positional role sense through modified games.
- Develop basic communication and support play skills through modified games.



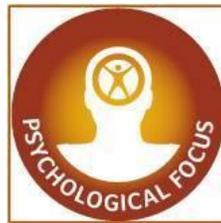
P1 – Physical Fitness

- Continue to develop fundamental movement skills of Agility, Balance and Coordination (ABC) and Running and Jumping Techniques (RJ).
- Develop physical ability (speed, strength power and stamina) through fun games
- Engage in basic resistance exercises using body weight activities
- Develop and maintain flexibility
- Continue to use ABC's to develop basic joint e.g. shoulder, core, spine and ankle mobility and stability



P2 – Participant's Feedback

- Continued development of performance through feedback from play and from the coach
- Continued development of performance through outcomes e.g. targets, scores, numbers etc.



P3 – Psychological Focus

- Develop a positive attitude to self, others and to Gaelic games through the development of relationships with place, community and role models
- Learn to deal with success, disappointment, mistakes and/or failures through continued positive involvement
- Understand the role of practice, warm-up and cool down routine
- Develop confidence (self/team/group/class) in using a variety of skills in playing, training or school environments.
- Develop concentration and attention skills through focusing activities e.g. coach uses trigger words to focus attention
- Set basic individualised goals (identified as targets or challenges)
- Develop the ability to respond to feedback appropriately.
- Set personal goals



Fair Play

- Develop an understanding and appreciation of the simple rules and ethics of sport
- Demonstrate fair play and sportsmanship.
- Develop a respect for order, discipline in playing and training environments.
- Demonstrate respect for peers, coaches and officials and the decisions made by them.



Lifestyle

- Maintain an active lifestyle through further engagement with a variety of physical activities and sports
- Accept parental/guardian/coach support
- Develop good training habits by practicing at home to develop independence of involvement, particularly in relation to technical proficiency and movement flexibility
- Develop a habit of practicing good nutrition and hydration routines.



Personal

- Be open to and contribute to the enjoyment/fun
- Understand the relationship between effort and outcome
- Continue to develop teamwork, interaction and social skills

Stage 3: Player Capacities 10 - 11 years of age



T1 - Technical Proficiency

- Refine and combine fundamental skills (CPKST) to Hurling/Football skill performance, increasing speed, accuracy, strength, consistency and fluency
- Further progress the development of Hurling/Football skills in a closed environment: from imaginary, to stationary, to while moving (walking to jogging to running).
- Refine the performance of the skills of Hurling/Gaelic Football using the right and left hand side of the body i.e. bilateral coordination
- Use of age appropriate footwear, clothing and protective equipment



T2 – Tactical Prowess

- Further develop decision- making when on and off the ball within open patterns of game play
 - Deciding who to pass to or who to mark
 - Choosing to perform the appropriate skill at the appropriate time
- Learn to read the play



T3 – Team Play & Tactical Ploys

- Develop a greater awareness of basic positional role sense through modified games.
- Further develop basic communication and support play skills through modified games.



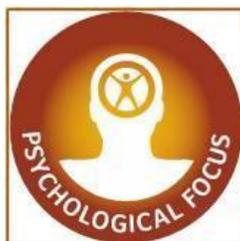
P1 – Physical Fitness

- Continue to develop fundamental movement skills of Agility, Balance and Coordination (ABC) and Running and Jumping Techniques (RJ).
- Continue to develop speed, power and endurance through fun games
- Continue to engage in basic resistance exercises using body weight activities and age appropriate equipment.
- Develop and maintain flexibility
- Continue to use ABC's to develop basic joint e.g. shoulder, core, spine and ankle mobility and stability
- Develop the routine of warming up and stretching in preparation for activity and cooling down post activity
- Get sufficient sleep for full recovery



P2 – Participant's Feedback

- Further development of awareness of performance through feedback
- Further development of awareness of performance through outcomes
- Further development of awareness of performance through reflection



P3 – Psychological Focus

- Develop a positive attitude to Gaelic games through the development of relationships with place, community and role models
- Learn to deal with success, disappointment, mistakes and/or failures through continued positive involvement
- Understand the role of practice, warm-up and cool down routine
- Develop confidence (self/team/group/class) in using a variety of skills in playing, training or school environments.

- Develop concentration and attention skills through focusing activities e.g. coach uses trigger words to focus attention
- Continue to set basic individualised goals (identified as targets or challenges)
- Practice simple imagery using the senses (sight, sound, touch, smell) e.g. coach uses triggers to activate a child's imagination
- Continue to develop the ability to respond to feedback appropriately
- Demonstrate commitment through attendance at games and coaching sessions
- Set goals and learn from success and failure



Fair Play

- Develop an understanding, appreciation and application of simple rules and ethics of sport.
- Demonstrate fair play and sportsmanship
- Develop a respect for discipline and playing and training environments.
- Demonstrate respect for officials and decisions made by them.
- Respect the rules that the group sets for itself



Lifestyle

- Further engagement with a variety of physical activities and sports
- Accept parental/guardian/coach support
- Further develop good training habits by practicing at home to develop independence of involvement, particularly in relation to technical proficiency and movement flexibility
- Further develop a habit of practicing good nutrition and hydration routines.



Personal

- Understand the relationship between effort and outcome
- Continue to develop teamwork, interaction and social skills

Youth Player Capacities 12 – 17 years

Stage 1: Player Capacities 12 - 13 years of age



T1 - Technical Proficiency

- As an individual, perform the skills of Hurling/Football in a closed environment
 - From imaginary, to stationary, to while moving (walking to jogging to running)
- Further develop and consolidate the skills of Hurling/Football incorporating team mates and/or opponents.
 - Non-pressurised to pressurised
 - Adaptation of skill performance in response to the environment



T2 – Tactical Prowess

- Develop relevant decision making in a variety of positions



T3 – Team Play & Tactical Ploys

- Understand the fundamental principles of attack and defence
 - Creating and Denying Space
- Develop communication and support play skills through pre defined patterns of play e.g. open play and set piece play
- Be able to react and adjust to appropriate patterns of play based on environmental situations e.g. how many players aside
- Understand positional awareness



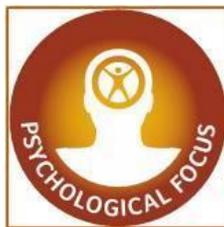
P1 – Physical Fitness

- The emphasis for the player at this stage is age appropriate, balanced (left & right), general physical conditioning through games related activities.
- Develop multi-directional and segmental (leg/arm) speed (through activities of no longer than 5 seconds in duration complete recovery)
- Develop functional control, stability and range of motion through the major joints.
- Develop functional strength through body resistance exercises, emphasising technique, pre Peak Height Velocity (point during puberty where growth tempo is greatest)
- Maintain flexibility through static stretching and dynamic mobility activities (Pre PHV)
- Learn basic running technique.



P2 – Participant's Feedback

- Continue to develop the capacity to self evaluate performance through feedback
- Be able to evaluate performance of opponents in order to enhance individual action/reactions (the decision making process)
- Informed participation through awareness of personal strengths and challenges



P3 – Psychological Focus

- Develop balanced motivational, attitudinal & self confidence skills
- Utilise short and medium term participation based goals
- Begin to develop imagery skills that uses the senses to aid technical proficiency and increase self confidence
- Be aware of physical cues that trigger the psychological traits of patience and control, e.g. developing routines
- Players develop physical (eye contact) and mental tools (cue words) to aid in maintaining concentration at times of activity and rest
- Players develop positive reinforcement through self-talk



Fair Play & Rules

- Adhere to the guidelines of the GAA Respect Initiative & Code of Behaviour
- Develop an understanding of controlled aggression
- Demonstrate the ability to communicate with officials, players and management in a non-confrontational manner
- Further develop knowledge and appreciation of the rules of Hurling/Football



Lifestyle

- Understand & appreciate the correlation between playing Gaelic Games and a healthy life style
- Understand and appreciate strategies to facilitate rest and recovery
- Develop an understanding of the implications that positive nutritional habits and appropriate hydration practice can have on performance



Personal

- Develop the skills to be able to integrate oneself and all members of a squad in all aspects of team activity
- Understand the varying degree and rate of change that puberty will bring in an individual context
- Encourage and support team mates
- Demonstrate the ability to communicate with coaches, players and officials in a positive manner

Stage 2: Player Capacities 14 - 15



T1 - Technical Proficiency

- Further adaption of skill performance in response to environment
- Awareness and of skills and challenges through guidance & reflection



T2 – Tactical Prowess

- Be able to perform and alter decision making based on situational factors e.g environmental conditions (weather, facilities), opponents.



T3 – Team Play & Tactical Plays

- Have a comprehensive knowledge and application of the principles of attack/defence
- Further develop team play skills in open competitive environment



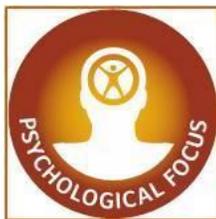
P1 – Physical Fitness

- Continued development of functional control, stability and range of motion through the major joints
- Identify the need to taper performance in order to maximize recovery at appropriate times
- Maintain flexibility
- Maximise the opportunity for speed development



P2 – Participant's Feedback

- Develop greater awareness of self performance based on internal and external feedback (including structured testing)
- Continue to inform development of skills through awareness of individual strengths and challenges (including personal style of play).



P3 – Psychological Focus

- Utilise self talk to create/maintain and enhance focus and thought control
 - Dealing with distractions and self worth
- Develop long term performance and outcome goals to inform player advancement
- Utilise imagery techniques to prepare for competition, different situations/problems and performance strategies



Fair Play & Rules

- Continue to adhere to the guidelines of the GAA Respect Initiative and Code of Behaviour
- Develop an appreciation of, and responsibility for, ones own actions and their consequences for self and team
- Continue to develop knowledge of the rules



Lifestyle

- Utilise a training and performance diary/log to monitor and inform development
- Awareness of one's own body limitations
- Players will have injury prevention strategies while having knowledge of injury management protocol
- Continue to increase appreciation of the link between playing and a healthy lifestyle

Personal

- Continued personal development as a support mechanism for lifelong learning

- Develop the responsibility to prepare fully for training and competition

Stage 2: Player Capacities 16 - 17



T1 - Technical Proficiency

- Be able to perform the skills of Hurling/Football to an autonomous level in an open environment incorporating team mates and/or opponents.



T2 – Tactical Prowess

- Utilise event and position specific tactical preparation to further develop capacity to make appropriate decisions at the right time.



T3 – Team Play & Tactical Ploys

- Be able to alter team play/style/tactical ploys based on opponents and environmental factors as practiced in a training environment



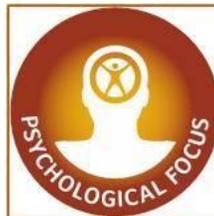
P1 – Physical Fitness

- Physical conditioning is of a high standard with extra focus appropriate to position/unit requirements (informed by individual fitness testing and screening)
- Continued development of functional control, stability and range of motion through the major joints
- Introduction to major lifting techniques and plyometrics under supervision
- Understanding anatomical adaptation and progression



P2 – Participant's Feedback

- Be able to monitor and evaluate an opponents decision making, style of play and technical ability and utilise this information to greater enable one's own decision making process
- Utilise team and opposition playing facts to improve development and performance
- Continue to inform development of skills through awareness of individual strengths and challenges (including personal style of play).
- Be able to undertake self evaluation to maximize potential



P3 – Psychological Focus

- Utilise self talk to further create/maintain and enhance focus and thought control
- Dealing with distractions and self worth
- Establish individual performance routines and pre-competition preparation that complimentary to team preparations
- Utilise imagery techniques to prepare for competition, different situations/problems and performance strategies
- Combining personal goals with team goals



Fair Play & Rules

- Develop an awareness of ones rights and responsibilities as a player
- Apply the rules of the game to maximise performance within a spirit of fair play and respect for all involved
- Adhere to GAA Code of Behaviour.



Lifestyle

- Be aware of and utilise ancillary supports e.g basic performance analysis, physiotherapy to enhance individual development
- Develop an individually appropriate fuelling routine around training and competition
- Manage study, part time work, career and sport options to ensure a healthy life balance



Personal

- Integration of sport, career and life goals
- Be aware of the need to address economic and independence issues
- Understand ASAP programme and support mechanisms

Adult Player Capacities 18 - 21 years of age



T1 - Technical Proficiency

- Continue the refinement of skills to achieve autonomous performance in match conditions



T2 – Tactical Prowess

- Display the ability to alter decision making in real time to respond to oppositional, situational, environmental, and risk management factors
- Refine the ability to create and/or deny time and space through individual decision making



T3 – Team Play & Tactical Plays

- Refine the understanding of team play principles
- Understand the various systems of play that exist
- Function effectively in a variety of systems of play



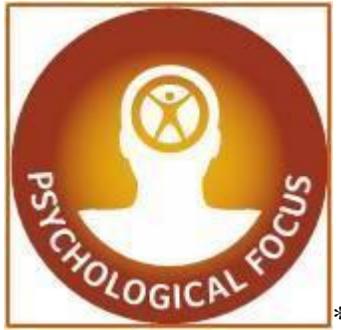
P1 – Physical Fitness

- Maintain and improve, where possible, physical capacities with a view to maximising individual and team performance
- Be functionally capable to perform resistance training exercises



P2 – Participant's Feedback

- Utilise performance analysis techniques/tools to inform performance development and games strategies
- Further develop the ability to analyze and interpret feedback in order to put in place a strategy to improve key areas for development
- Employ performance analysis techniques to allow focus on areas of individual development



P3 – Psychological Focus

- To develop personal routines to enhance psychological focus
- Utilise well developed, refined and individualised mental skills and routines
- Continually review, and where necessary adjust, short, medium and long term goals to ensure performance standards



Fair Play

- To have an understanding that players are role models and should act as such
- Players will continue to show respect for match officials, coaches, team mates, spectators and opponents
- Players will continue to play in a competitive manner while always facilitating an environment where their safety and the safety of others is paramount
- Be aware of the GAA social media usage guidelines



Lifestyle

- Refine knowledge of Lifestyle and its implications on performance i.e.
 - Rest and Recovery
 - Injury reduction strategies

- o Player diaries
- o Nutrition/hydration/supplements
- o Appropriate life and sporting balance



Personal

- Full integration of sport, career and life goals
- The ability to priorities each of these when necessary

Adult Player Capacities 22+ years of age



T1 - Technical Proficiency

- Autonomously Execute the full range of technical skills at match conditions



T2 – Tactical Prowess

- The ability to make the right decisions under match conditions
- Be able to create and/or deny time and space through individual decision making



T3 – Team Play & Tactical Ploys

- Function proficiently in a variety of systems of play

- Adapt to opposing systems of play as part of a unit



P1 – Physical Fitness

- Be able to maintain your physical performance for the entire duration of the game



P2 – Participant's Feedback

- To process all relevant feedback and respond appropriately
- Refine the ability to analyze and interpret feedback in order to put in place a strategy to improve key areas for development



P3 – Psychological Focus

- The competent player needs to understand his own psychological make up, in order to be aware of and utilize the most appropriate coping mechanisms to perform to their maximum.
 - focusing/refocusing techniques
 - Develop personalised routines
 - Performance Cues
 - Visualisation
 - Goal Setting



Fair Play

- Know the rules of the game
- Continue to have an understanding that players are role models and should act as such
- Players will continue to show respect for match officials, coaches, team mates, spectators and opponents

- Players will continue to play in a competitive manner while always facilitating an environment where their safety and the safety of others is paramount



Lifestyle

- Maintain and further refine knowledge of Lifestyle and its implications on performance i.e.
 - Rest and Recovery
 - Injury reduction strategies
 - Player diaries
 - Nutrition/hydration/supplements
 - Appropriate life and sporting balance

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Personal

- Be able to devise a personal development plan based on key areas for development while at the same time maintaining a healthy life balance