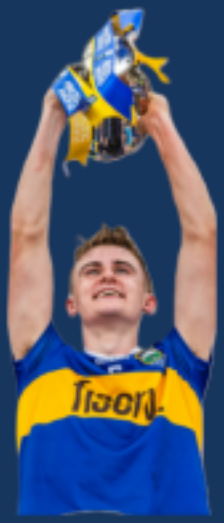
Nenagh Éire Óg GAA Club
Coaching & Games Development Policy July 2022



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Introduction:

The intent of this document is to communicate to our members the plans that the Nenagh Éire Óg Juvenile Club has in bringing a structure to all girls and boys in juvenile sections of the club. This policy document is for coaches, administrators, players and parents. By accepting what is in this policy you are agreeing to the structures that the club are putting in place for all its juvenile members, be they players, mentors or volunteers.

Juvenile Subcommittee Chairperson Message:

Nenagh Éire Óg is privileged to be associated with the best amateur organisation in the world. Since the birth of the organisation the GAA has been built around "The Club". We all know the saying "The Club is the cornerstone of the GAA". In its history that saying has been central to all decisions, strategic or operational, the GAA has ever made. The GAA has depended on grassroots members to actively engage and participate in all matters dealing with the GAA.

The GAA and its website (www.gaa.ie) has much of the said material available, and what we need to ensure that these structures are put in place in the club from the very young players of the Academy all the way up to Senior club level. This will ensure that we continue to provide the County with top class Inter-County players, be they for Football, Ladies Football, Hurling or Camogie or Handball.

Like the GAA, Nenagh Éire Óg has changed a lot in that time. The club has many teams at all levels. With growth and change comes challenges, none more so than an organisation that depends totally on the time given up by people to volunteer for a club. To run an organisation such as Nenagh Éire Óg we need as many volunteers as possible. In the juvenile section of the club most of these volunteers come in as parents of children who have decided to play with the club. It must be acknowledged that there are an increasing number of adults with no children directly involved and that involvement is to be encouraged going forward especially at the competitive age grades of U13 to U17.

The juvenile section of our club strives to ensure that a greater number of adults with no 'child involvement' are encouraged to engage in juvenile panels.

All juvenile coaches must hold at a minimum a foundation GAA coaching course and our Juvenile Club strives to ensure progression options for all juvenile coaches to improve their coaching skills and qualifications. We are challenged with the cost of running our games and also that there are more choices than ever for children to play different sports, and the days of GAA games being the only option open to them is no longer the case. We cannot depend on hopes and aspirations that kids will make the choice to play our games,

we have to give people something more than that to ensure that they will come to play with the club, but also, and more importantly, that kids and adults alike will “want” to play for the club.

Our facilities are now second to none and we can facilitate training all year round which is an attraction for young players. With further new developments taking place, a new playing field and a walking track, we are at a very exciting stage in the development of our club. However, the challenge remains for coaches to ensure that every player is given the opportunity to progress, recognising that players do not all progress at the same pace.

Our activity is all about the games and it remains our focus to ensure as much meaningful game time for all players. Small sided training games are also encouraged, always ensuring a competitive element and a fun element.

This document gives an outline of what the juvenile section of our club intends to build on over the coming years. Our juvenile players are the future of our club, creating the structures to develop these players into some of the best senior players is what we should be about and providing meaningful games for all into adulthood at whatever level they play.

It is not about a short-term gain of winning an underage league or championship. The primary purpose of the juvenile section of our club is to develop the hurling & football abilities of boys as they transition to men, developing as many players as possible into the senior ranks to continue the great success of this club, and even to achieve further success.

Is mise le meas,

Niall Cahill,
Juvenile Subcommittee Chairperson

Juvenile Mission Statement:

The juvenile section of Nenagh Éire Óg GAA club strives to give every child the opportunity to participate in Gaelic Games and to support each child in realising their potential.

Aims, Values and Beliefs:

To provide the opportunity and encouragement for each child to enjoy Gaelic games in a safe positive learning environment, with the promotion of the values of fairness, mutual respect, courtesy, and tolerance of others. Special effort will be provided to foster self-discipline, enjoyment, physical fitness and high standards of skill which will enable each child to mature into excellent all round players with a love for sport and Gaelic games.

The club's juvenile section aims to maintain and enhance its position in the town, and its surrounding area, as a pre-eminent, community-based, sporting organisation. In promoting its games, the club will continue to build on and develop an ethos of local identity and a sense of lifelong belonging. Every member will be treated with the same esteem and respect.

The club's juvenile section will remain true to its non-party political, anti-sectarian and anti-racist roots. The club's juvenile section will promote a family parish spirit, where each member will pride themselves with belonging to the family and each member will make every reasonable step to support and promote the club activities in the most positive light.

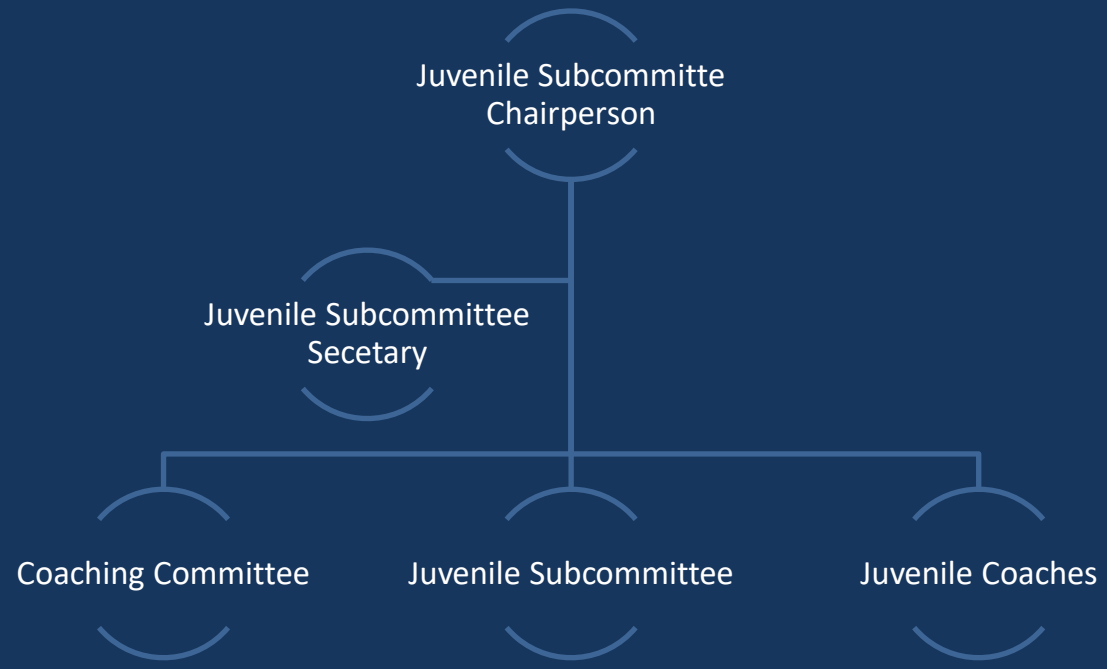
Our Clubs:

Nenagh Éire Óg is a club that is operating under the "one club" model, whereby Juvenile, Handball, Camogie and Hurling/Football are under one section.

Our Games:

There are four official games in the GAA; most people and clubs are familiar with only two of these games, and while the other 2 games (Handball & Rounders) do not have the same high profile in the GAA, they can be of great benefit to Football and Hurling in terms of hand to eye co-ordination and other playing skills.

Nenagh Éire Óg Juvenile Structure:



Coaching Committee:

The coaching committee is a stand alone committee in the club that currently compromises of Michael Cleary, Shane Hennessy, Niall Cahill, Tom Boland, John Slattery, Tom Gleeson, John Kennedy and Paul Ryan. This committee meets on a monthly basis with the following aims/objectives;

Coaching Committee Aims:

1. Formalize a structure for coaching juveniles from Academy (Under 5) to Under 21 age group, by:
    a. Implementing clear templates for coaching
    b. Ensuring best practice coaching
    c. Setting building blocks in place to ensure best preparation for teams
    d. Ensuring full participation of all players
    e. Putting player ability and development over winning at all cost.
2. Adopt GAA club coaching strategy vision and action plan that will be refreshed on an annual basis.
3. Increase juvenile player membership each year over the next number of years.
4. To identify player dropout and seek to put measures in place to reduce the rate of dropout.
5. To invite regular guest coaches in to the club to “coach the coaches” and ensure that the best standard of coaching is encouraged from our coaches. These talks can include, but are not limited to the following areas;
    a. Strength and Condition workshops
    b. Athletic Development workshops
    c. Lifestyle (Diet, sleep etc) workshops
    d. Hurling Specific workshops
    e. Ball Wall workshops
    f. Free taking workshops/Goalkeeping workshops
    g. Schools Coaching.
6. Club Branding

Schools Coaching:

There are currently 5 Primary Schools in Nenagh. The coaching committee is responsible for ensuring best practise of promoting Gaelic Games in these schools and providing a link between these schools and Nenagh Éire Óg Juvenile GAA Club. This includes, but is not limited to;

1. Providing the **maximum number** of hours possible of **quality coaching** to these schools via a designated coach/coaches. Is it important that this is at a regular face to ensure familiarity from the kids.
2. Establishing and maintaining a link between these schools and our club.
3. Encouraging the schools to promote our academy via internal communications/social media.
4. Encourage members of our club to attend these schools on a regular basis (Senior Intercounty Hurling/Camogie Players).
5. Provide any gear that is required (Hurleys/Helmets etc).
6. Ensure that our facilities (Pitches, Ball Wall) are available freely for these schools to use for PE/games.
7. To provide all kids that participate in GAA in the school with a “Nenagh Éire Óg” wristband.
8. Run an annual blitz in May between the 5 schools in our field to encourage these kids to become members.
9. To constantly promote any school achievements on Nenagh Éire Óg social media (Schools playing matches, Primary Game teams etc.).

CBS Primary School Nenagh

C.B.S Primary school is co-educational school located in the heart of Nenagh town. From September 2022, the school will be a co-educational school and will be accepting Junior Infant girls and boys. With over 250 pupils, 28 staff, 20 nationalities and over 10 different religions, Nenagh CBS are very much an all inclusive and diverse school. It is estimated that as of April 2022, approximately 15% of the Nenagh CBS students are members of Nenagh Éire Óg GAA club. As of 2022, Nenagh CBS are playing in U11 and U13 "D" hurling grade having last won an U13 "A" county final in 2008.

By all of the items outlined above;

- Our 3 year goal is by April 2025, to have over **35% of these students** as members of our GAA club and Nenagh CBS being competitive at U11 "A" and U13 "A" levels.
- Our 5 year goal is by April 2027, to have over **50% of these students** as members of our GAA club and Nenagh CBS being competitive at U11 "A" and U13 "A" levels.

Gaelscoil Aonach Úrmhumhan

Gaelscoil Aonach Úrmhumhan is a coeducational, 13 teacher school located in Nenagh. A lot of the coaching in the Gaelscoil is completed internally by teachers. Nenagh Éire Óg should continue to provide a Link with the Gaelscoil and ensure all of the action points above are delivered. Our goal is to ensure a constant stream of players to the club and that the Gaelscoil is competitive at U11 and U13 "A" or "B" levels in both Hurling and Camogie. The GAA coaching that has been completed in the Gaelscoil in 2021/22 is the gold standard which resulted in the Gaelscoil playing in 5 county finals in Semple Stadium in Hurling and Camogie, winning 3.

St Mary's Primary Convent

St Mary's Convent Nenagh is a 15 teacher co-educational school in Nenagh. Nenagh Éire Óg should continue to provide a Link with the St Mary's Primary Convent and ensure all of the action points above are delivered to create a culture of GAA coaching in the school. As the convent was previously an "all girls" school, our goal is to ensure a constant stream of players to the club and that the Convent is competitive at U11 and U13 "A" or "B" levels in Camogie. The club should also encourage the school to enter a boys U11/13 team should numbers allow it – this should be monitored and reviewed annually. In 2021/22, the school did not enter a team in the Cumann na mBunscoil tournaments. The aim for the 2022/23 academic year is to enter a team at u11 and u13 age groups.

Nenagh Community National School (Formally St Mary's Junior Boys School)

Nenagh Community National School is a co-educational school in Nenagh that caters from Junior Infants to 6th Class. This school previously catered for boys from Junior Infants to Second Class. Nenagh Éire Óg should continue to provide a Link with the St Mary's Primary Convent and ensure all of the action points above are delivered. Our goal is to ensure a constant stream of players to the club. The club should also encourage the school to enter a boys U11/13 team should numbers allow it in the coming years – this should be monitored and reviewed annually. In the 2022/23 academic year, numbers should be monitored with the School's coach to monitor the feasibility of entering an u11 team in the Cumann na mBunscoil competition.

St Mary's National School Number 2 (Church of Ireland)

Nenagh Éire Óg has included St Mary's School Number 2 in our schools coaching programme as of September 2012. The school should be included in any schools blitzes that happen in our club. The 1 year aim for this school is to have 10% of pupils as members of the juvenile section of the club by June 2023.

Juvenile Subcommittee Goals:

1. To recruit, develop and improve coaching and player technical skill level, to ensure all juvenile teams are capable of competing in all county Division leagues, cups and championships up to and including U17 level.
2. To increase the awareness of Nenagh Éire Óg GAA club amongst adults and children in the community and to get these people to participate in the playing/coaching of our games and to actively support the non-playing activities of the club.
    a. To have the best juvenile coaching structure in Tipperary.
    b. To provide a constant stream of players to underage divisional and country teams and at club junior & senior levels.
    c. To ensure full enjoyment for all participants.
3. To maintain a strong juvenile subcommittee whereby the said team management can feedback all activities involving a juvenile player, participation, and welfare.
4. To ensure the Juvenile subcommittee maintain direct representation on the executive committee to report on developments and requirements at underage level.
5. To ensure the safest environment for our players, coaches and supporters by complying in full with COVID 19 policies and directives.
6. Maintain the number of juvenile coaches to support teams with an optimum coaching panel of 5 coaches per age panel (increasing to 7 coaches where there are two teams in the same age panel).
7. Ensure all players to develop advanced levels of football and hurling abilities, within the required stages of their development. This will be done through the coaching of basic skills of our games with an understanding that each player knows how to support and play for their team.
8. Increase communication between coaches, players and parents through Club Social Media platforms, weekly club notes, text messaging and monthly coach meetings.
9. Provide adequate and most advanced training and playing equipment through fund raising and sponsorship deals.
10. Coaches to prepare training program in advance of session and to continue to vary. This includes pre consultation with fellow coaches.
11. Coaches to use constant dialogue with players and parents to enhance communication.
12. Develop our website content, with updates on all match and team performances, to include upcoming events and activities.

Player Development:

Player and child development should be central to how we enhance ourselves as a club. Players should Play to Learn, Learn to Compete, Compete to Win. The juvenile section can be categorised into the following areas through our Player Pathway. *Please note that the emphasis is on reinforcing the core skills at each development age.*

It is recommended that peer support for coaches working at Academy level be organised each year to support the new coaches into the club who are working with a most important age group. More experienced coaches should be rotated to assist with taking sessions and offering advice to the new coaches. Also, at Academy level a greater variety of resources and games are needed to stimulate young children and there must be an emphasis on repetition.

This Player Pathway is structured incorporating the recently created new Juvenile age structure adopted across the county, with uneven ages from Under 5 to Under 21.

Team Development:

Teams will mature and develop at different rates and mentors and managers need to be cognisant of this. The mentors sole fucus should be on helping their own team reach their potential in an enjoyable and structured manner. The focus should always be on “long term development” over “short term gains”.

Fundamental Movement:

At all ages in the Juvenile Club training, Fundamental Movement/Athletic Development should be a core component of all sessions.

Link to Various Functional Movement and Nursery Resources from John Murphy Visit in April 2022:
10 Week Nursery Session Plan (Feel free to "Make A Copy" and edit to suit your own club):

https://drive.google.com/drive/folders/1FhBy3RA_rOSL5ibBSMrtHkuYLTslJPGO?usp=sharing
Link To Move Well Move Often (3 Separate Books Of Games):

https://drive.google.com/drive/folders/18O_xLnYvX2k3Uf-HNwuAbGafrwtauNHk?usp=sharing
List Of Fundamental Movement Skills With Links To Associated Activities:

https://www.scoilnet.ie/pdst/physlit/fms-activities/

Videos Of What Each Skill Should Look Like At Various Stages Of Development:

https://www.scoilnet.ie/pdst/physlit/videos/

What Each Skill Should Look Like (Posters):

https://pdst.ie/sites/default/files/PDST%20FMS%20Posters%20English.pdf

Videos of games that was covered in John Murphy Visit:

https://drive.google.com/drive/folders/1KpGnPsZb5rtUjbVJhIDrmm3qZITnSKG6?usp=sharing

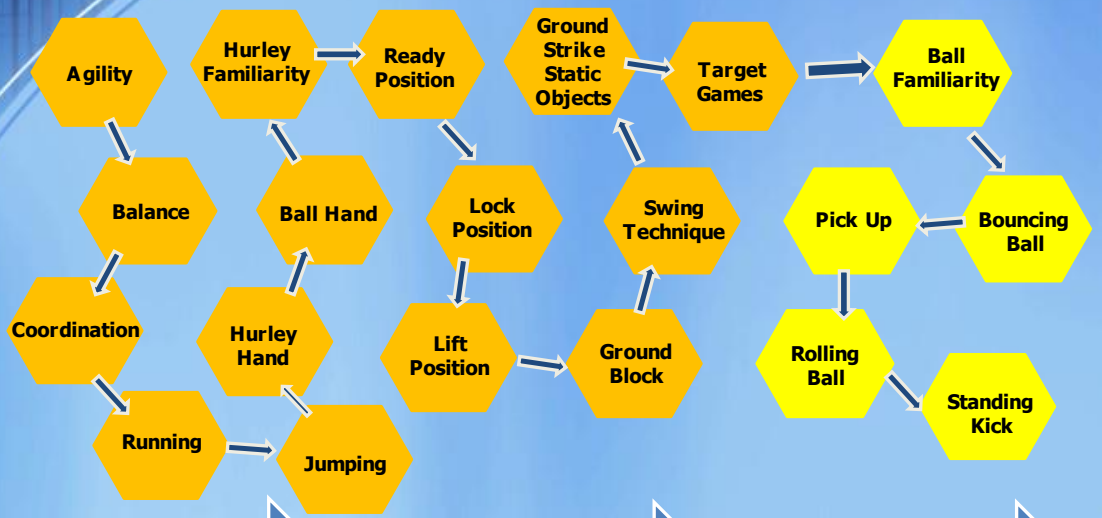
Éire Ógres Nursery

Sample Activity Ideas :

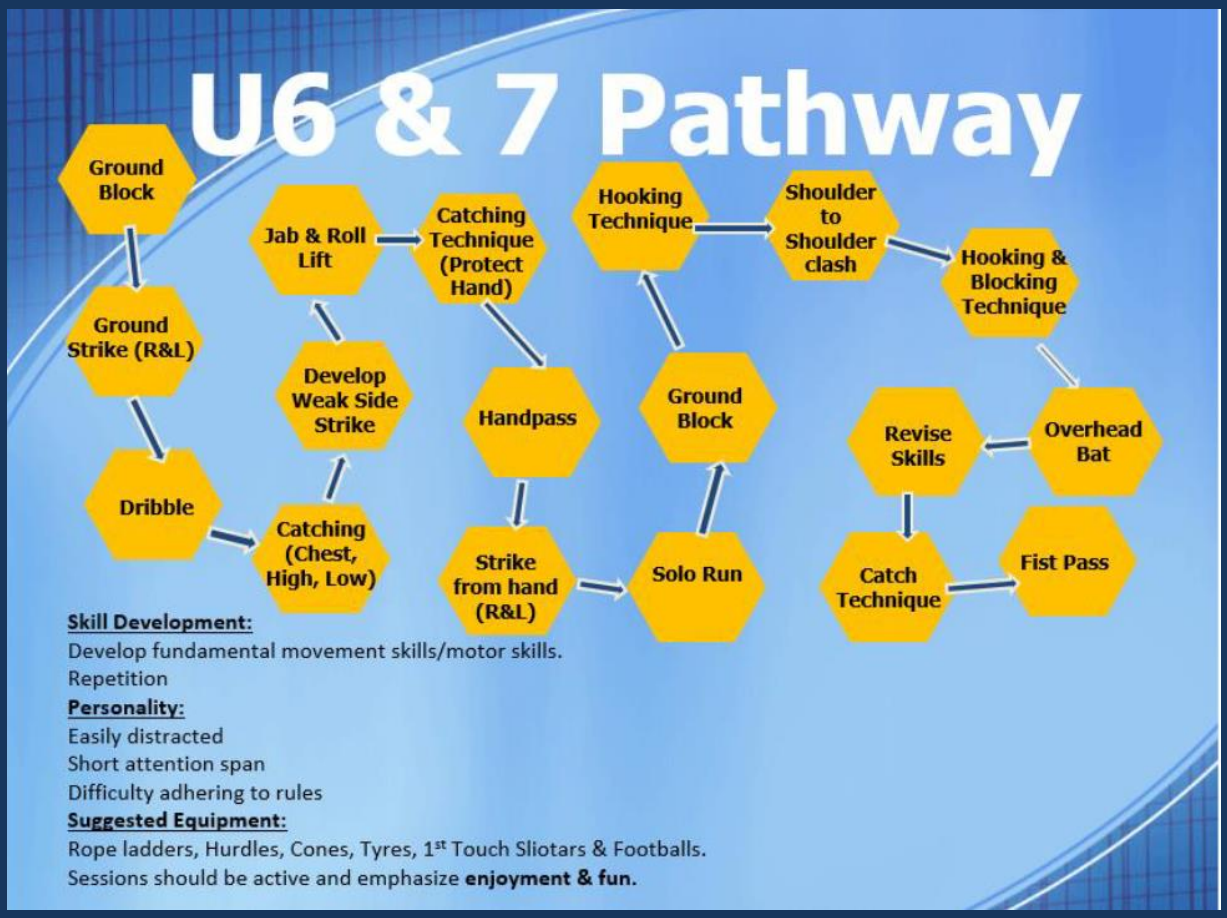
- **Circle Time** –Sitting in a circle (with or without a ball) following coach movement.(tap foot, tap head etc.)
- **Swap shop** –randomly place out cones with balls on top of half and the player moves balls from one cone to the next as they move around play area.
- **Sitting hand roll** –players sit with feet touching and roll a ball to their partner
- **Bridge Ball**–work in groups, players should stand with legs astride and other player rolls ball between legs.
- **Knock the Cap** –Set up cones or a cap and Players roll ball to knock the cap.
- **High catch** –every player with a ball throws it in the air and attempts to catch.
- **Toss the Bag** -Line the players up side by side. The players in turn toss a bean bag using a one -handed underarm throw. Throw the bags as far as possible or to attempt to hit a target
- **Pass in a Ladder** - The players work in pairs; each player in a ladder. Shuffle through the ladder sideways facing the other playerThrow the ba ll to one another as you move along.
- **Piggy in the middle**
- **Sit &Get up** - The players sit on the ground with a ball or balloon. Throw the ball or balloon as high as possible into the air. Quickly get to the feet and attempt to catch the ball at the highest point
- **Toss and Catch Relay** -Challenge the players to navigate a relay course carrying a ball, tossing it into the air and clapping before catching it again and returning to the end of the line.
- **Partner Toss and Catch** - The players work in pairs a short distance apart. Throw the ball to one another using a two -handed under arm throw
- **1,2,3 Red Lights** -One player acts as a 'caller' with their back to the rest of the players. The 'caller' gives a signal for the other players t o move forward. They then call out'1, 2, 3 Red Lights' and turn around. Any player they catch still moving is out The exercise con tinues until only one player remains.
- **Walk like and Animal** - The players mimic the movements of common animals such as the dog, the limping dog, the crab, the snake and the rabbit. Introduce animal relay races to further challenge the player.
- **Team Minefield** - Place lots of mines(cones, poles etc.) inside the playing area. Divide the players into 4 teams numbered 1, 2, 3, 4, one at each side of the playing area. The coach calls the number of a team and a second number, for example 3 and 2, and team 3 must run across the playing area twice. The players must dodge the 'mines' as they travel from one side of the playing area to the other
- Pig in the pot -Throwing a ball/bean bag into a bin/basket/bucket/hoop. Change height of the target or set up course to have the throw at the end.
- **Duck, Duck, Goose** .

Fun Fun Fun!

Éire Ógres Nursery



Fun Fun Fun!


U6 & 7 Pathway
Ground Block
Jab & Roll Lift
Catching Technique (Protect Hand)
Hooking Technique
Shoulder to Shoulder clash
Hooking & Blocking Technique
Ground Strike (R&L)
Develop Weak Side Strike
Handpass
Ground Block
Revise Skills
Overhead Bat
Dribble
Catching (Chest, High, Low)
Strike from hand (R&L)
Solo Run
Catch Technique
Fist Pass
Skill Development:
Develop fundamental movement skills/motor skills.
Repetition
Personality:
Easily distracted
Short attention span
Difficulty adhering to rules
Suggested Equipment:
Rope ladders, Hurdles, Cones, Tyres, 1st Touch Sliotars & Footballs.
Sessions should be active and emphasize enjoyment & fun.

U6 & 7 Pathway

Sample Activity Ideas:

Hook -Place a number of sliotars randomly throughout a grid. Divide the players into pairs, one designated the striker and the other the tackler. Each pair jog around the grid, the tackler attempting to perform the hook tackle on each strike.

- **Dribble** -Mark out a distance 10m wide using cones. The players line up on one side, one sliotar per player. Each player dribbles towards the far cones. On the Coach's signal, each player quickly changes direction and dribbles back in the direction they came from.
- **Shoulder Clash** -The players pair off in two lines. Place balls on a rope. Each pairs in turn jogs forward to clash on each ball in sequence.
- **Ground block** - Mark out a grid 5m x 5m using cones. Position one player at each corner of the grid with a fifth player in the middle. The corner players in turn roll their sliotar to the middle player who blocks and sweeps it back. Each player takes a turn in the middle
- **Solo Run** - Divide the Players into groups one ball per group. Place five cones in a zigzag formation; 5m between each cone. Each player solos out and around each cone. Once round the far cone, they solo straight back and hand pass to the next player who repeats the drill.
- **Ground Strike** - Divide the players into pairs 10m apart; one ball per pair. Place two cones midway between both players. Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back.
- **Chest catch** - Divide the players into pairs about 5m apart; one ball per pair. Place a cone midway between each pair. Player A throws the ball underarm for Player B, who must run out and chest catch the ball at the cone. Player B jogs backwards to the starting point and throws the ball for Player A to catch.(start stationary and advance)
- **Overhead catch** -Divide the players into groups. Mark out a distance of6m using cones; place a further marker 1m from the first cone. Each player in turn runs out to round the far cone before throwing the ball underarm for the next player to catch overhead. The ball should land at the 1m marker; the catching player moves forward to receive the ball at the 1m marker
- **Frontal block** - Position the players along a line two meters apart. On the whistle, the players move from the Ready Position to the Frontal Block position and back to the Ready Position. The coach may count or talk the players through the stages of the technique to help them with the sequence and the timing. Repeat the drill several times.
- **Swing and Hook** - Players pair off; Player A is positioned an extended hurley and arms length behind their partner. On a signal Player B strikes an imaginary ball as Player A attempts to hook them.
- **Roll Lift** - Divide the players into pairs; one ball per pair. One player in each pair roll lifts the ball repeatedly for 1 minute. The second player in each pair counts successful attempts by their partner.
- **Ground strike** – (four goals) Mark out a playing area 40m x 30m. Position a goal at each of the four corners. Divide the players into two equal teams of four to six players. Each team defends two goals but no goalkeepers are used.

Fun Fun Fun!

U8 & 9 Pathway

Skill Emphasis:

- Develop basic and sport specific skills on both sides.
- Develop Functional Movement Skills.

Personality:

- More able to cope with skill training.
- Bigger emphasis on skill development .
- Understand rules of the game and competition.
- Will follow "role models". – Coaches should make an effort to get Senior Intercounty Players to attend training at least once over the year.

Decision Making Process:

- Depends on coach for feedback.
- Coach should be vocal throughout training and advise on what a player should be doing.
- Child will mimic good practice.

Note that coaches should focus on **"positive feedback"** at this age group. Dropouts occur at this age group if the child doesn't think that s/he is good enough. Technique is improved here through work in small groups Care must be taken at this age to accommodate late starters.

Fun Fun Fun!

U8 & 9 Pathway

Summary & Suggested Equipment:

Rope ladders, Hurdles, Cones, Poles, Tyres, Smart Touch Sliotars & Footballs, Sliotars on a rope.
Sessions should be active and emphasize enjoyment& fun while adapting a
adapting a games-based approach. Fun activities should be included in every training session.
bored. Small-sided games are strongly encouraged to allow players get a maximum number of touches.
(3v3, 4v4, 5v5…).
Players should continue to grow and prosper during the final steps of "Stage 1:Learning the fundamentals".

Fun Fun Fun!

U8 & 9 Pathway

Sample Activity Ideas :

- **Hook** -Place a number of sliotars randomly throughout a grid Divide the players into pairs, one designated the striker and the other the tackler. Each pair jog around the grid, the tackler attempting to perform the hook tackle on each strike.
- **Dribble** -Divide the players into pairs, one sliotar per pair. One player attempts to keep possession by dribbling and using their body to shield the ball. The second player tries to push or flick the ball away.
- **Striking from the hand** - Divide the players into pairs, one ball per pair. Place 3 cones 20m apart to form a triangle. o First, each player strikes the ball on the run while moving along a length of the triangle; their partner remains in a stationary position.

o Second, each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle.
o Third, each player strikes the ball on the run to their partner who is also moving
o Change the direction of the movement to strike off the alternate side

- **Solo Run/hand pass** - Mark out a grid 15m square, using cones. Three players line up at each corner of the grid. Starting from two corners the players must solo across the grid and hand pass to the next player from 2 to 3 m away
- **Strike from the hand** - Divide the players into pairs; one ball per air. Mark out a distance 30m wide using cones. The players strike the ball back and forth across the distance as they moving up the field. When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side
- **Shooting** - Place two pairs of cones on the 20m line, one 20m to each side of goal. Place two more cones 2m outside each pair. The player s line up behind one of the outer cones; one ball per player. Each player solos through the inner cones and strikes for a point on t he 13m line. The players should run directly for goal once they pass through the inner cones. Repeat the drill from either side
- **Ground strike(on the run)** In groups of three, the players spread out along one line approximately 15m apart. The first player begins by striking the sliotar ahead of the central player. The central player, without stopping the ball, strikes it on towards the third, who strikes it back to the central player again, and so on. The three players move forward in this fashion until they reach the 45m line. Reform and rep eat the drill in the opposite direction
- **Ground strike** - In teams of 3, the players spread out evenly over a distance distance(approx. 40m) The first player strikes the sliotar towar ds the central player. The central player, without stopping the ball, strike it on towards the third player who strikes it back and so on.The central player to play the ball on whatever side it approaches
- **Overhead catch** - Mark out a triangle using cones approximately 5m apart. Divide the players into pairs; one ball per pair. The players are positioned at two corners of the triangle. Player A throws the ball for Player B to catch as they move to the free cone. The ball should be thrown approximately half way between the two cones.

Fun Fun Fun!

U10 & 11 Pathway

Skill Emphasis:

- Develop basic and sport specific skills on both sides.
- Develop Functional Movement Skills.
- Positional/game awareness.
- Basic team play & culture.
- Understanding basic rules.

Personality:

- Will form small friendship groups.
- Competitive nature forming.
- Will follow "role models". – Coaches should make an effort to get Senior/Club & Intercounty Players to attend training at least once over the year.

Decision Making Process:

- Players should be encouraged to play with their head up.
- Teach them to LOOK/SEE/DECIDE/ACT approach.
- Will still require "spot & fix" instruction from coach.

Note that coaches should be quick to address problems of one or two players dominating play and preventing others from developing their skills during games. Coaches should rotate players to different positions.

Fun Fun Fun!

U10 & 11 Pathway

In addition to the skills outlined, development should be focused on the following areas also;

Tactical

- Players should be familiar with all positions on the pitch and experience playing in these positions.
- Play modified and small sides games.
- Players should get familiar with rules of the game incl. sidelines, puckouts etc.

Physical

- Players should be familiar with the warm -up/warm-down and the reason for it.
- Players should be able to run smoothly and fluidly.
- Develop speed of hurling & first touch.
- Continue to develop agility & coordination (Athletic Development) in a fun environment.

Mental

- Confidence should be developed in a players capabilities.
- Players should show enthusiasm for hurling.
- Develop decision making skills.
- Experience fun & enjoyment – this is still the most important outcome at this level!
- Develop teamwork and social skills.
- Develop respect for referees and mentors.

Fun Fun Fun!

U10 & 11 Pathway

Summary & Suggested Equipment:

Rope ladders, Hurdles, Cones, Poles, Tyres, a mixture of mmart touch balls and size4 Sliotars & Footballs, Sliotars on a rope.

An emphasis should be placed on developing skills and training for competition at this age.

This is a**golden age period** of learning skills. The development of first touch, striking, catching is essential. A good running technique should be established. A games-based approach should be taken to training. Positional sense, teamplayand tactical awareness should form part of routine training.

Fun Fun Fun!

U12 & 13 Pathway

Skill Emphasis:

- Team group skills
- Basic teamwork skills
- Full Game rules

Personality:

- Ready for individualised programs/feedback.
- Players are better able to work together.
- Players notice difference in abilities .

Decision Making Process:

- Players will want to play by the rules.
- Players want to use own iniative to make decisions.

Fun Fun Fun!

U12 & 13 Pathway

Skill Development	Team Play	Physical Fitness	Tactical Focus	Psychological Focus
• Reaffirm all U11 skills. • Emphasis on doing these under pressure.	• Support runs to receive a pass or draw an opponent away • Covering for teammates (holding the D, preventing goals) • Tackling - hunting in packs to turn over possession	• Being physically fit enough to make the right runs • Being physically strong enough to win your own ball • Being conditioned to make or take a tackle	• Understanding the basic requirements of positions • Reading the game to make judgements decision making both with and without the ball. • Using the ball correctly (getting the ball to the score zone quickly, style of delivery)	• Discipline Controlled aggression in the tackle, • Maintaining composure performing skills, style of play and tactical ploys in a match situation. • Game focus and decision making

Summary & Suggested Equipment:

An emphasis should be placed on skill development and developing a style of play at this age level . Skill accuracy and doing things at speed are vital . Ball winning and physicality drills should form a part of the routine training whilst developing good use of the ball when in position . We should start to build leadershi in our players by empowering them to make decisions and take ownership of their nutrition and lifestyle choices. Specialist training should be carried out and should cater for goalkeepers , free takers, penalty takers, tackling, etc.

Fun Fun Fun!

U14 & 15 Pathway

Skill Emphasis:
- Improve Athleticism
- Improve Team Work Skills
- Develop positional skills – e.g. how to move as a Centre Back
- Game based speed & intensity

Hurling Specific (Must be coached by U15 & U17 groups to prepare players for adult hurling. These skills should be prioritized over winning!

1. Ball Winning Skills
- Ruck Ball (How to win ruck balls, 2 commit, low body position etc.)
- Breaking Ball (40% break in front, 40% behind)
- Positioning for arial balls – Back man at catching hand side of forward etc.

2. Skill work (See Ball Wall w/ Paudie Butler)
- Different striking patterns – Running sideways, on run, avoid hook, feint and strike, overhead bat, over shoulder.

3. Tackling
- Emphasize good tackle technique - "boxers stance". What is a free? No high hands etc.
- Hook, block, flick technique.

Personality:
- Ready for individualized feedback
- Ready for challenging training
- Develop awareness

Decision Making Process:
- Strong self evaluation
- Would like a degree of consultation on decisions
- Taking their own decisions during games

Note that coaches should place a big emphasis on player retention at this age group, especially with weaker players.

Fun Fun Fun!

U14 & 15 Pathway

Technical Development	Tactical Prowess	Team Play	Physical Fitness	Playing Facts
•The ability to perform the underlying skills of the game accurately, consistently and at match tempo. •Striking on the run from the left/from the right. •Striking while being tac kled from the front(blocking) and from the back(hooking). •Roll lift in a tackle/ruck •Jab lift to escape while on the run •Ability to perform all the skills developed to date and being able to adapt to a particular situation when required, i.e. shortened grip etc.	•The ability to weigh up match situations and decide on what option to take and when to take it. •To know when to shoot for a score, carry the ball, pass it on or play it into space when in attack. •To know when to "go" or to "stay" in a defensive situation. •Develop a player's ability to read the play and situations.	•Players need to learn about their role within a team environment. •Develop an understanding of who should go where during play and set piece situations to convert possession into scores in attack (creating and to educe time and space available to opponents when defending (denying space) •Following team plans. •Developing combinations and support plays.	•Develop an ability to perform basic techniques and engage in physical •contests during a game with the least possible expenditure of physical energy. •Speed, Strength, Stamina and Agility. •Players should be able to short quick, multi directional movements involving physical contests such as shouldering, tussling, tackling, accelerating and decelerating.	•An ability to identify playing strengths and areas where improvement is required so deficiencies can be worked on. •Help set realistic goals for players and increase motivation. •Creates feedback for players during the game or in training •Keep information presented to a minimum so as not to confuse players •Keep feedback short and simple. Be specific. Be positive.

Summary & Suggested Equipment:

An emphasis should be placed on the 3 T's: Technical Proficiency, Tactical Prowess, Team Play while also adopting the 3 P's Physical Fitness, Playing Facts, Psychological Focus.

Players require many different skills to perform to their potential during a game. Not only does a player need to be able to perform the skills of the game, but he needs to be able employ them effectively at match tempo.

Players should be shown how to tackle, read breaking ball and ruck ball effectively – see U16/17 pathway for details.

U16 & 17 Pathway

Skill Emphasis:

- Improve Athleticism further
- Improve Team Work Skills
- Develop positional skills e.g. how to move as a Centre Back

Personality:

- Ready for individualized feedback & programs.
- Will respond well to praise and challenge
- Develop awareness.
- Develop mental resilience.
- External distractions.

Decision Making Process:

- Strong self evaluation.
- Expect to be consulted on decisions
- Taking their own decisions during games.

Players should be able to understand principles of gameplay & tactics.
Encourage a positive lifestyle and build team ship and leadership.
Instil mental toughness and calmness under pressure in the team.

Fun Fun Fun!

U16 & 17 Pathway

Hurling Specific (Must be coached by U15 & U17 groups to prepare players for adult hurling. These skills should be prioritize d over winning!

1. **Ball Winning Skills**
- Ruck Ball (How to win ruck balls, 2 commit, low body position etc.)
- Breaking Ball (40% break in front, 40% behind)
- Positioning for arial balls – Back man at catching hand side of forward etc.

2. Skill work (See Ball Wall w/ Paudie Butler)
- Different striking patterns – Running sideways, on run, avoid hook, feint and strike, overhead bat, over shoulder.

3. Tackling
- Emphasize good tackle technique - "boxers stance". What is a free? No high hands etc.
- Hook, block, flick technique.

S&C/ Athletic Development
- Like all age groups, there should be a serious emphasis placed on athletic development/functional movement at this agegroup.
- Running Bio Mechanics
- Turning/Sidestep Mechanics.
- Players can be introduced to S&C/Core programs at this agegroup.

Fun Fun Fun!

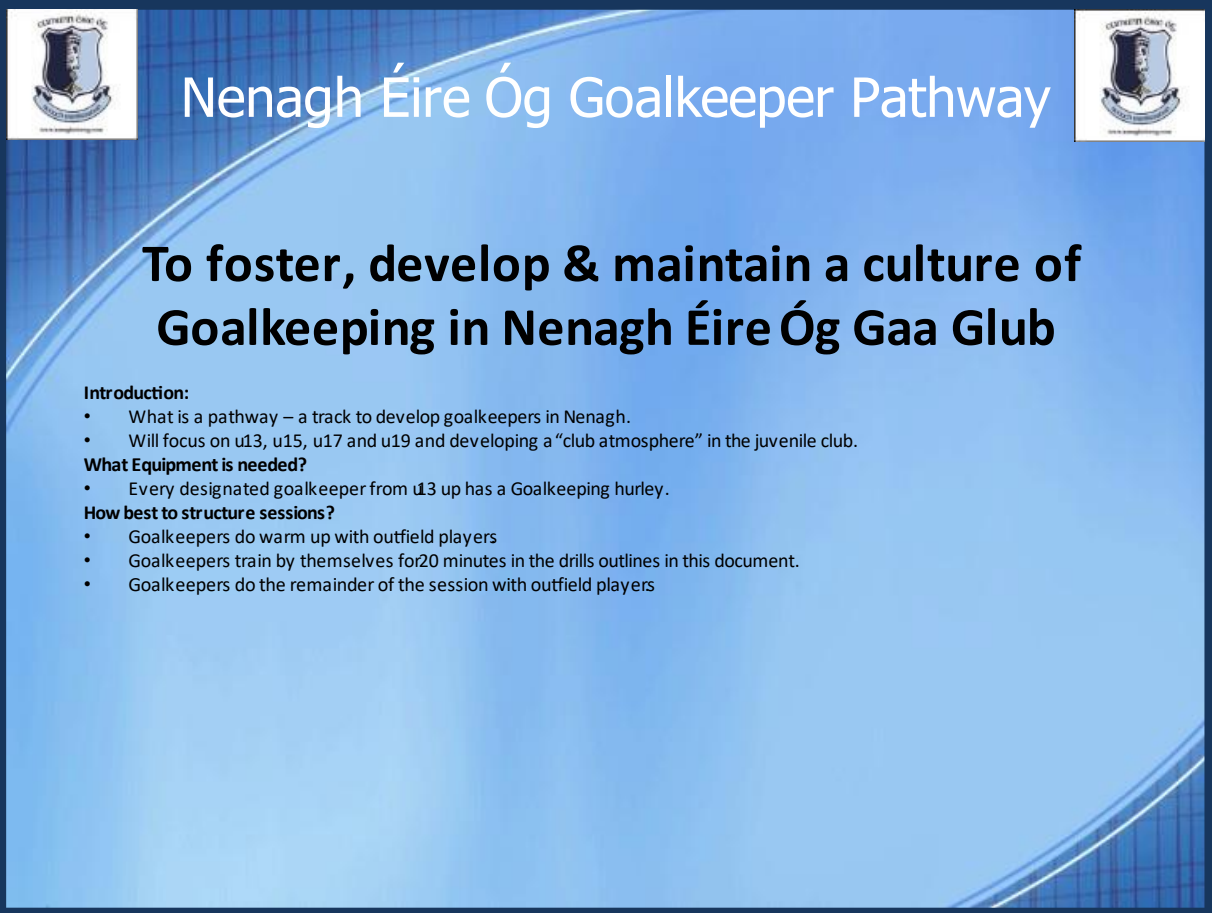
U19 & U21 Pathway

Special emphasis should be placed on **player retention** at this age group.
Players should be highly encouraged and approached to play and train with their relevant adult grading once they are eligible age -wise (i.e Playing Junior B, Junior A or Senior at U18).
If a player has the ability and the eagerness to play Senior or Junior A at this age, then training with the Senior team should be facilitated over U19 training to facilitate exposure to Senior coaching.

The u21 grade should not be neglected Emphasis should be on giving players exposure to high quality coaching and a taste of hurling at adult level.

Fun Fun Fun!

Goalkeeper Development Pathway:



U13 Goalkeepers

Technical Skills:
- Body position (Balls of feet, don't cross feet when moving).
- Striking (L&R) – aim for an increase in striking distance.
- Shot stopping (Flat stick).
- Handling (Batting, Catching, Handpass, Protecting Ball)
- Repetition!!

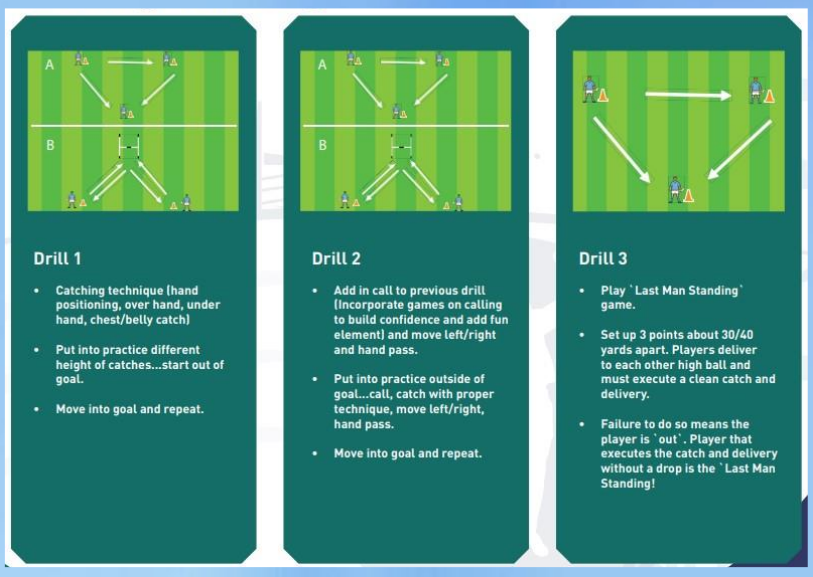
Tactical Skills
- When to come off line?
- Positioning on the line (Cover the post, come off line etc.)
- Batt or catch ball

Puckouts:
- Don't put too much emphasis on Not inter-county.
- Encourage good striking technique, rotation, follow through, don't swing too hard, trajectory.
- Encourage goalkeeper to hit the puck out – Don't give it to the full back (Sacrifice winning)

Shotstopping:
- Make it fun and allow goalkeeper to "show off" in front of the team.
- Include all of the team if possible.
- "Flat Stick/Stick angle" – Coach them this.
- Saving shots from an angle.
- Goalkeepers know their area & angles.

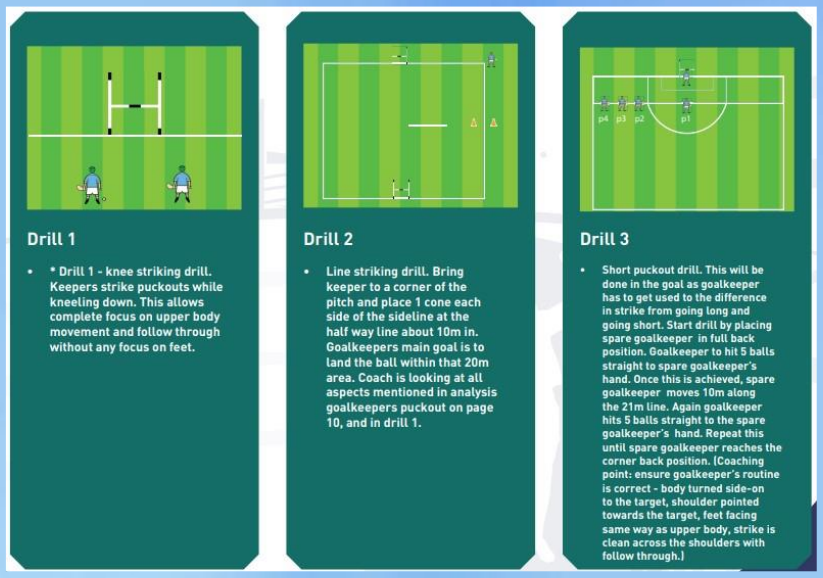
U13 Goalkeepers

Catching & Handling Drills



U13 Goalkeepers

Puckouts drills:



U13 Goalkeepers

Shotstopping

U15 Goalkeepers

Technical Skills:

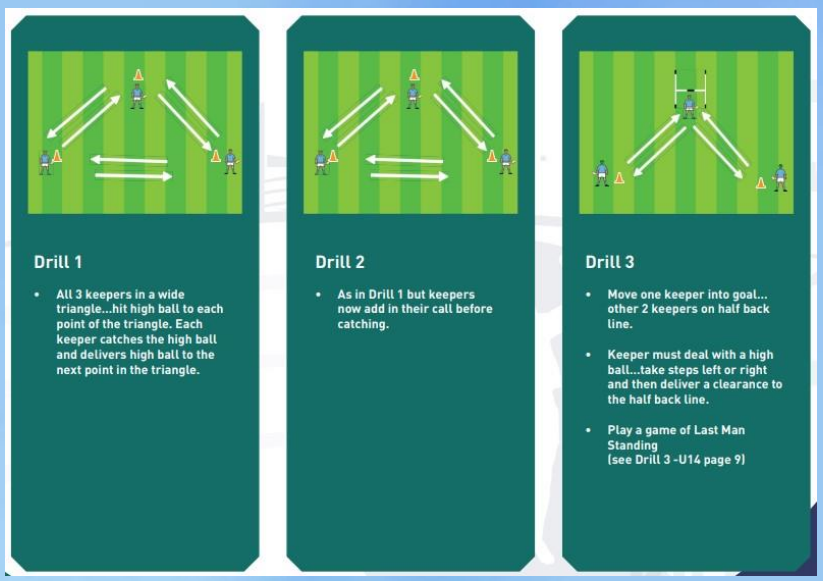
- Body position (Balls of feet, don't cross feet when moving).
- Striking (L&R) – aim for an increase in striking distance.
- Shot stopping (Flat stick).
- Handling (Batting, Catching, Handpass, Protecting Ball)
- Repetition!!
- Following ball after save.
- Short puckout technique.
- Diving save.
- Handling improved.
- Develop technique.

Tactical Skills

- When to come off line?
- Positioning on the line (Cover the post, coming off line etc.)
- Support defenders.
- Communication.
- Watch for space and puckouts.
- Goalkeeper becoming a sweeper.

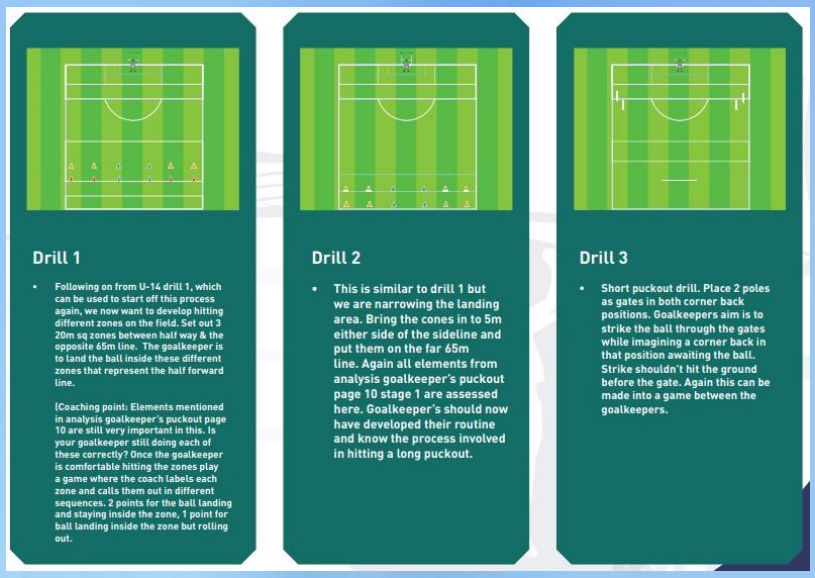
U15 Goalkeepers

Catching/Handling Drills



U15 Goalkeepers

Puckout Drills:



Drill 1

- Following on from U-14 drill 1, which can be used to start off this process again, we now want to develop hitting different zones on the field. Set out 3 20m sq zones between half way & the opposite 65m line. The goalkeeper is to land the ball inside these different zones that represent the half forward line.

  (Coaching point: Elements mentioned in analysis goalkeeper's puckout page 10 are still very important in this. Is your goalkeeper still doing each of these correctly? Once the goalkeeper is comfortable hitting the zones play a game where the coach labels each zone and calls them out in different sequences. 2 points for the ball landing and staying inside the zone, 1 point for ball landing inside the zone but rolling out.

Drill 2

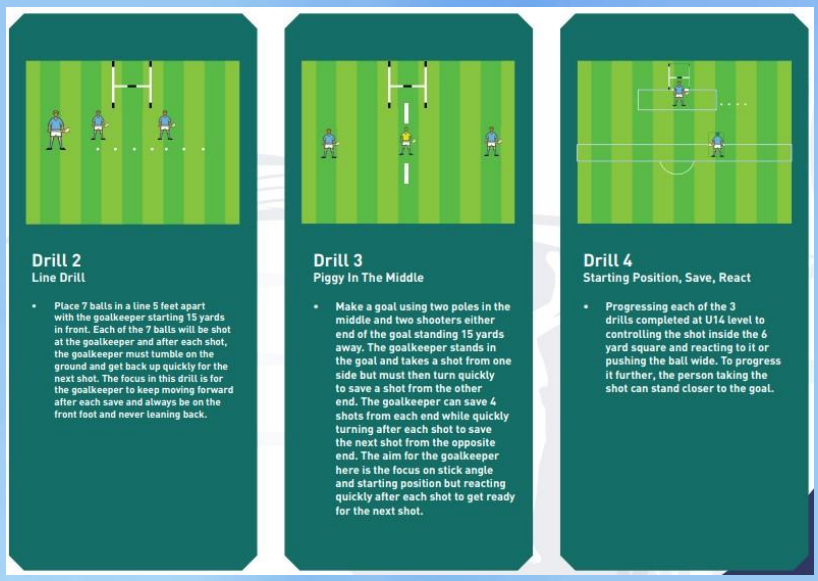
- This is similar to drill 1 but we are narrowing the landing area. Bring the cones in to 5m either side of the sideline and put them on the far 65m line. Again all elements from analysis goalkeeper's puckout page 10 stage 1 are assessed here. Goalkeeper's should now have developed their routine and know the process involved in hitting a long puckout.

Drill 3

- Short puckout drill. Place 2 poles as gates in both corner back positions. Goalkeepers aim is to strike the ball through the gates while imagining a corner back in that position awaiting the ball. Strike shouldn't hit the ground before the gate. Again this can be made into a game between the goalkeepers.

U15 Goalkeepers

Shotstopping Drills:



Drill 2
Line Drill

- Place 7 balls in a line 5 feet apart with the goalkeeper starting 15 yards in front. Each of the 7 balls will be shot at the goalkeeper and after each shot, the goalkeeper must tumble on the ground and get back up quickly for the next shot. The focus in this drill is for the goalkeeper to keep moving forward after each save and always be on the front foot and never leaning back.

Drill 3
Piggy In The Middle

- Make a goal using two poles in the middle and two shooters either end of the goal standing 15 yards away. The goalkeeper stands in the goal and takes a shot from one side but must then turn quickly to save a shot from the other end. The goalkeeper can save 4 shots from each end while quickly turning after each shot to save the next shot from the opposite end. The aim for the goalkeeper here is the focus on stick angle and starting position but reacting quickly after each shot to get ready for the next shot.

Drill 4
Starting Position, Save, React

- Progressing each of the 3 drills completed at U14 level to controlling the shot inside the 6 yard square and reacting to it or pushing the ball wide. To progress it further, the person taking the shot can stand closer to the goal.

U17 Goalkeepers

Technical Skills:

- Body position (Balls of feet, don't cross feet when moving).
- Striking (L&R) – aim for an increase in striking distance.
- Shot stopping (Flat stick).
- Handling (Batting, Catching, Handpass, Protecting Ball)
- Following ball after save.
- Short puckout technique.
- Diving save.
- Handling improved.
- Develop technique.

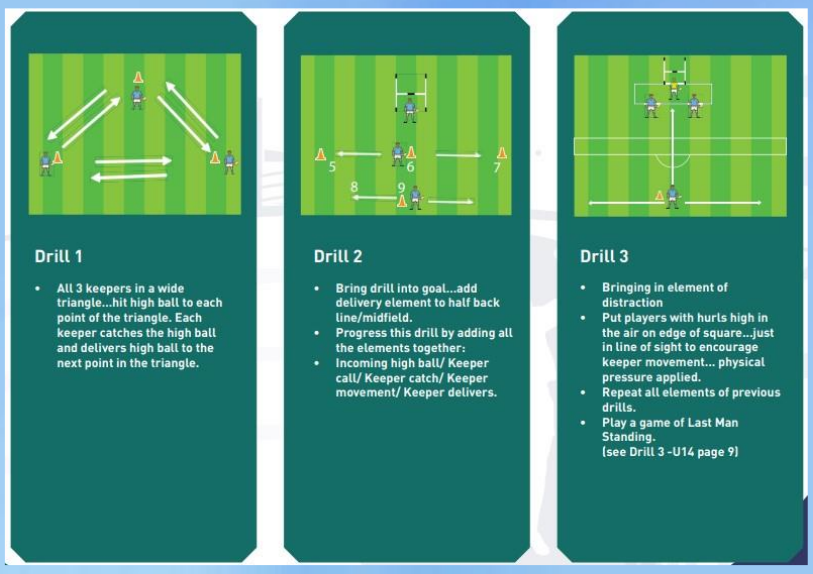
Tactical Skills

- When to come off the line?
- Positioning on the line (Cover the post, coming off the line etc.)
- Support defenders.
- Communication.
- Watch for space and puck outs.
- Goalkeeper becoming a sweeper.
- Game management.
- Organising defense.

U17 Goalkeepers

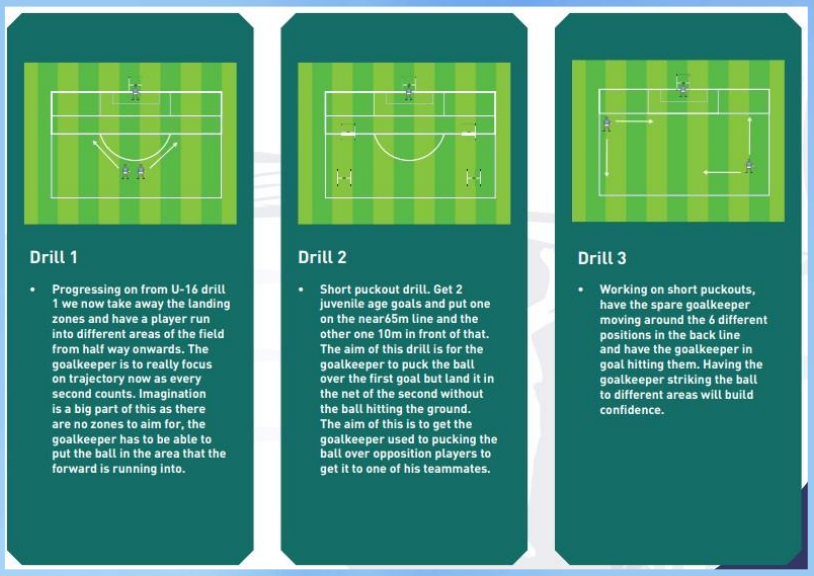
Catching/Handling Drills

- **Keeper should be coached how to attack after a save**



U17 Goalkeepers

Puckout Drills:



Drill 1

- Progressing on from U-16 drill 1 we now take away the landing zones and have a player run into different areas of the field from half way onwards. The goalkeeper is to really focus on trajectory now as every second counts. Imagination is a big part of this as there are no zones to aim for, the goalkeeper has to be able to put the ball in the area that the forward is running into.

Drill 2

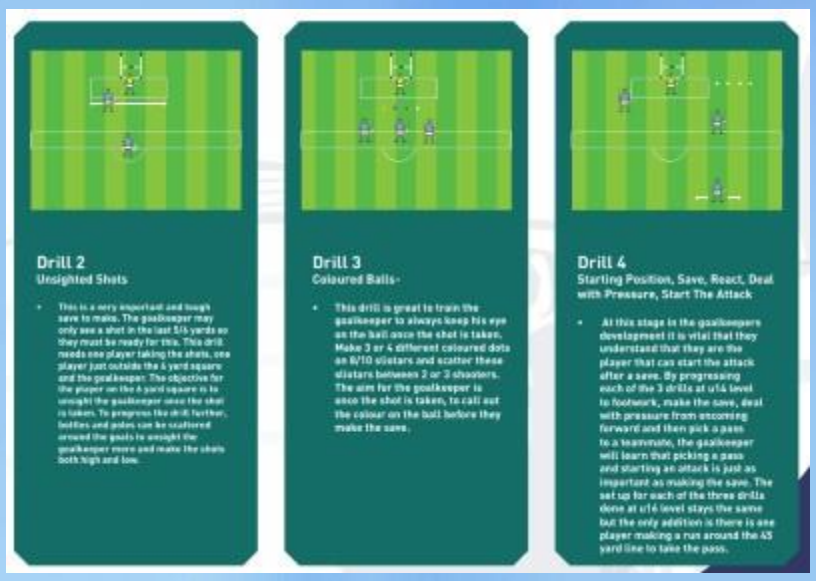
- Short puckout drill. Get 2 juvenile age goals and put one on the near65m line and the other one 10m in front of that. The aim of this drill is for the goalkeeper to puck the ball over the first goal but land it in the net of the second without the ball hitting the ground. The aim of this is to get the goalkeeper used to pucking the ball over opposition players to get it to one of his teammates.

Drill 3

- Working on short puckouts, have the spare goalkeeper moving around the 6 different positions in the back line and have the goalkeeper in goal hitting them. Having the goalkeeper striking the ball to different areas will build confidence.

U17 Goalkeepers

ShotstoppingDrills:



Drill 2
Unsighted Shots

- This is a very important and tough save to make. The goalkeeper may only see a shot in the last 5/6 yards so they must be ready for this. This drill needs one player taking the shots, one player just outside the 6 yard square and the goalkeeper. The objective for the player on the 6 yard square is to unsight the goalkeeper once the shot is taken. To progress the drill further, bodies and poles can be scattered around the goals to unsight the goalkeeper more and make the shots both high and low.

Drill 3
Coloured Balls

- This drill is great to train the goalkeeper to always keep his eye on the ball once the shot is taken. Make 3 or 4 different coloured dots on 8/10 sliotars and scatter these sliotars between 2 or 3 shooters. The aim for the goalkeeper is once the shot is taken, to call out the colour on the ball before they make the save.

Drill 4
Starting Position, Save, React, Deal with Pressure, Start The Attack

- At this stage in the goalkeepers development it is vital that they understand that they are the player that can start the attack after a save. By progressing each of the 3 drills at u14 level to footwork, make the save, deal with pressure from oncoming forward and then pick a pass to a teammate, the goalkeeper will learn that picking a pass and starting an attack is just as important as making the save. The set up for each of the three drills done at u14 level stays the same but the only addition is there is one player making a run around the 45 yard line to take the pass.

Conclusion

- Goalkeeping workshop at the start of the year to “coach coaches”.
- Hurleys for all goalkeepers.
- Encourage Goalkeepers to play for schools & North Tipp teams (Development!!).
- Goalkeeping training for 15/20 minutes every training.
- Discuss dealing with mistakes with goalkeepers (Nerves, dealing with mistakes etc. – these are ok!)
- Visualisation – Discuss with Goalkeeper about making saves in their head.
- Bring all Goalkeepers together (u13-u21 every 2 weeks in 2 groups).
- **Try not to play Goalkeepers outfield** – Short term vs long term view?
- Keep goalkeepers on puckouts (Not a strong back).

Warm Ups & Cool Downs:

Regardless of which panel are training all panels should have an appropriate warm up and cool down to reduce the potential for injury and to prepare the players for activity.
Duration – 15 minutes
The GAA 15 has 3 sections comprising of six types of activity with a total of 19 exercises, which should be performed at the start of each training session. It is important to use proper technique during all of the exercises.
SECTION 1 – Part A : Running [Max 5mins]
PART A: Running exercises at a slow speed
SECTION 2 – Parts B, C, D & E : Improving the Mechanics and limiting risk of injury [Max 7mins]
PART B: Strengthening exercises focussing on the core and leg
PART C: Balance and controlled partner contacts
PART D: Jumping
PART E: Hamstrings
SECTION 3 – Part F : Sports Specific Movement [Max 3mins]
PART F: Sport specific exercises at moderate / high speed combined with planting/cutting movements
Prior to matches only the running exercises (Parts A & F) should or may be performed.

Equal emphasis should be given to Cool Downs to ensure an appropriate conclusion to a training sessions or match.

Note: The full detail of this 15 minute warm up programme is available separately.

Club adoption of GAA Fun Do Programme:

The GAA have developed news way for kids to learn the skills of Gaelic games which will mean more fun for you when playing Gaelic Football and Hurling. It's called the GAA Fun Do Programme and has been devised to ensure that all players derive a sense of achievement, fun and fair play from taking part in Gaelic games.
Player development can be broken down into 4 sections for the Juvenile club. Enjoyment, participation, involvement are central to all Juvenile activities in the club.

1. Basic Skills – taught during Academy period on Saturday morning, up to the age of 7. The objectives of Academy are to involve kids in the games and for them to develop friendships along the way. The club would see this age group as key to funnelling future players into the club. We have to understand that there are many reasons why children of this age attend the club, and to integrate the players to the club, making them feel a part of what happens will help in keeping these kids continue to come up on a Saturday morning every week. Kids of this age should be taught based on their expected ability. Just like in school it is important to learn your ABC before you can read and write. Below is a link to the ABC Academy program that should be taught at Academy level.
http://www.cul4kidz.com/fundo/abc.html
The Have a Ball Academy Programme is a series of fun exercises that focuses on the skills of Throwing, Catching, Passing, Kicking and Striking. These skills may look simple but they form the basis for the playing of all Gaelic games.

2. Go Games – developed during the ages of 8 & 9.
Go Games are cool small-sided games for kids of all ages. They are called Go Games because the games are based on the idea that everyone gets a go. There are Go Games in both Hurling and Gaelic Football called Go Hurling and Go Gaelic.
The games are aimed at getting more kids playing Gaelic games and also to raise standards and help players to develop their skills. With everyone getting a go it will help players have more confidence in their ability and will lead to kids enjoying playing the games more.
In both the Hurling and Gaelic Football versions of Go Games, there are three different levels; First Touch for ages 7-8, Quick Touch for ages 9-10 and Smart Touch for ages 11-12. The games are really cool and you will get more fun out of playing, get on the ball more and become a better all-round player.

3. Underage games – developed during the ages of 10 - 11.
The underage games at these ages give players a sense of competitiveness and the importance of playing for a team. A Players skills performance and ability to play our games is central to these games. Expanding the Go Games ethos into this level of playing our games can only assist in the development of our players in terms of the basic and advanced skills of the games. Smart Touch is the Go Games initiative to ensuring that children in both Schools and Clubs master the skills of the game in a positive playing environment and, in the process, derive maximum enjoyment from their involvement.

Aims: To enable players to perform the underlying technical skills of football accurately and consistently in an open, competitive environment and assist with the development of team play.
Adopting Go Games at this level is new to the GAA and new to Nenagh Éire Óg, but the long term benefits are readily available by swift implementation of this plan.

4. Bord na nÓg – developed during ages of 12 to 17.
What are the clubs guidelines in promoting the games at this level to our underage players?
By the time a player begins to play at this level, (s)he is now deemed as an official player of the club and in order for him/her to move to another club, then that child must put in an official GAA Club transfer request, and must be approved by the Club secretary or Chairman.
It is for this reason then that a higher level of importance is put on these games over teams under this level. Player recruitment and transfers at this age becomes less and less, so it is important that the club does everything possible to retain the players they have. There must be an agreed expectation with players, managers and club as to what to expect from players aged between 12 and 17, and we must not allow ourselves get into an environment where we want to win at all costs.

Nenagh Éire Óg position on playing Underage games:

On the role of the Pre-Bord na nÓg Games:

Despite the inception of Go Games, county league games for teams aged 11 and below may continue to be organised by the county board in a competitive method, and may continue to be played also in a competitive manner.

The Club will endeavour to employ the spirit of the Go Games in both the training of the children and in the playing of any games. Participation for players in these games is what matters. Being able to compete both on a skills base and a competitive level is what is important during these early years.

Applying the Go Games & Smart Games philosophy at these stages will not make the children any less competitive, nor will it impede players from playing to win. Along with those attributes it should also promote the players to play as a team and supporting each other as team-mates will strengthen teams as they move on into more competitive positions.

The role of the games at this age level is to give players an opportunity to play our games frequently. Winning should not be the number one priority. If the mentors focus is on improving all his/her players over the course of the year, progress will be made. With progress comes improvement and with improvement comes winning. When teams are winning more regularly and understand why they are winning then the players will want to continue to come back and to further improve and to further challenge themselves.

On the role of Bord na nÓg A and B teams (Players & Mentors):

A-Team:

To be competitive and win in all your games you play, but not to win at all costs.
To develop all players with the ability of playing at A-level for that team in any given year.
Get the teams / players to recognise the importance of playing for Nenagh Éire Óg..
Play the Nenagh Éire Óg way and for all (players & mentors alike) to stand side by side as a team; win, lose or draw.
Enjoy and have fun while playing for Nenagh Éire Óg, but to be always fair and disciplined.

B-Team:

As the above
The second team is there as support for the A-team (mentors & players), if required.
Ensure all players get reasonable & respectable playing time.

On the playing of each Bord na nÓg tournament in any calendar year:

The club will strive to always fielding 2 teams for each of the football and hurling leagues and championships that is been run wherever possible. The first team should always be in a position to be put into the top tier of any of these tournaments. Any decision to move a team to the second tier must be agreed by the Juvenile Chairperson.

The club should also recognise that the leagues are a development stage for the players and that winning the League is not the most important aspect of that tournament. Player development and match time for each player is of the essence in the league games. All players will be given an opportunity to develop during these games and mentors need to be in a position where match results may have to be sacrificed in order to meet player development.

If the league games are approached with player development as central then by championship knockout time, the best 15 – 20 players can then be utilized for that tournament. However, there must be some level of flexibility that ensures player rotation will be used during championship games. In the event of injuries to stronger players; it will keep the impact to a team to a minimum.

Mentors should give first preference to players that are approaching the games with regular attendance to training, and putting in an effort at training. If the players don't train and if they are not being productive during training sessions, then they should not be considered above players who are contributing regularly to the team.

Due to clashes to other sports, if there are conflicts with training and/or games, mentors should allow some leniency where possible, to allow such players an opportunity to continue to play for the club. But it is important that if a player wishes to play for the club, there must be a reasonable commitment to training with the team during each tournament.

No child should be excluded without all efforts being made to give that player an opportunity to play for the club. Retention of players is a lot easier task than losing them and trying to get them back sometime in the future.

Team Management selection, roles & responsibilities:

Selection Criteria:

Nenagh Éire Óg Juvenile club has many teams to cater for each year. Each of these teams needs to have mentors assigned in the running and looking after of each team. A minimum of 4 mentors per team is the recommended numbers required. This means the appointment of mentors is one of the most important roles of Nenagh Éire Óg Juvenile subcommittee, with up to 70 volunteers being sought each year to support the juvenile club alone.

- A Team Manager for each Nenagh Éire Óg GAA juvenile team will to be appointed or re-elected each year.
- All under age managers from U-5 to U-17 to be recruited by the Juvenile Chairperson, and proposed at a Juvenile meeting. All managers and coaches must be ratified by the senior committee to be formally appointed.
- The U19 manager & coaches will be recruited by the Senior Chairperson.
- Anyone involved with coaching a team should have the Foundation Level Coaching Course completed. Any head coaches must have the appropriate Award 1 course completed. We also look to have as many as possible coaches to have completed the Award 1 courses. We also encourage coaches to complete Award 2 courses if they are available.
- There must be representation from each age group at any coaching workshops ran by the coaching committee. It is strongly encouraged that each coach should aim to attend.
- As a club we would actively encourage coaches to upskill if any beneficial area - s&c, nutrition, goalkeeping, games based coaching, fundamentals etc.
- All coaches must be fully paid up members of Nenagh Éire Óg GAA club or another GAA club.
- All coaches must agree to the Nenagh Éire Óg Code of Ethics.
- All coaches must be Garda vetted and have completed a safeguarding course.
- All appointments are for one year unless otherwise formally agreed.
- Willing to work with other coaches within similar age groups to provide player support for other teams when required.
- From u13-17 it is recommended that at least one non-parent be involved in the management of that team. Non-parent coaches are encouraged and should be prioritised.
- All coaches and management teams must make an effort where possible to attend coaching development courses/workshops organised by the club/coaching committee. There must be some attendance from each agegroup's management **team at every event.** If there is a continuous non-attendance form a particular group. That group will be asked to attend a meeting with the juvenile & senior chairperson.

Team management Roles & responsibility:

1. Take full responsibility and has full ownership of said team for designated period of time.
2. Delivers the basic skills of hurling & football during the season.
3. Keeps account of all players during that period of time.
4. Notes training /absenteeism of all players for said period.
5. Collect memberships (form and payment) for each player on the panel.
6. Takes action with players as early as possible if any issues arise from 3, 4 & 5 above.
7. Work 1 on 1 with players to ensure player performance or commitment is not in jeopardy
8. Put player (& team) ability and performance above the priority of winning the games.
9. Embrace and encourage outside coaching & skills sessions provided for by the club.
10. Reports back all information to the Juvenile subcommittee with match reports and training performance and any issues with players(s).
11. Supports club policy in terms of all fund raising activities and directives.
12. Manage all equipment supplied to club ensuring in full tact by the end of each season.
13. Return all said equipment (incl. jerseys) to the club prior to full senior AGM.
14. To refrain from breaking any GAA rules especially on the sideline.
15. To report any injuries sustained during training or a match and to seek a referee's report if it is during a match.

All mentors to wear club attire at coaching and matches.
For u13 to U17 Bibs must be worn during North/County matches.

Parental Involvement and responsibilities:

- Parents must be present at all Academy (Under 5 & 7's) practice sessions and matches.
- Children must be paid up members and preferably full family members.
- All juveniles to wear club attire at all matches.
- Parents have a very important role in the underage section of the club. The club would encourage parents to participate in club activities while their children are playing in games or training. This will encourage them to keep coming back and wanting to play with their team.
- Volunteering in the club does not stop with coaching, but there are several other areas that may be of interest, such as helping out on Saturday mornings, participating in games by acting as umpire or linesman, assisting with catering.
- If you are interested in getting involved, contact the juvenile subcommittee secretary.
- Parents are expected to abide by the same rules of the GAA as players, mentors and GAA officials alike. They should encourage positive behaviour and play, and should show leadership to all children that are involved in your child's team

Supporting Juvenile Teams:

Under 19 & Under 21 players:

These players would only have just left the Juvenile section in recent years, and getting players to support their younger club colleagues will give the younger players a better sense of playing for the club. The older players after just coming through the juvenile ranks may guide younger children based upon their experiences that they had while playing underage.

As part of the GAA guidelines, it is recommended to engage with players that have just left the juvenile section to offer assistance whenever possible and this is already in evidence in our club.

Transition Year recruitment:

Part of the school's transition year period is to get the students to volunteer in a local community organisation. With most of our players playing hurling & football in school these days, utilizing these students is another source of support for the club

Senior Player becomes a sponsor of an underage team:

Senior players have spent their hurling & football careers with the club, and expecting them to coach teams while still playing may be too much of a burden. These players however are willing to give up some of their valuable time to spend it giving coaching lessons.

Making the process more structured by getting 2 to 3 players to sponsor a Juvenile team would encourage both the senior players and juvenile teams to work more closely together. The intent is not to force senior players to get involved with underage teams while still playing at a senior level, but to act as an ambassador for a particular team and if time permits to participate in training sessions.

Disclaimer:
This Policy serves as a guide and the senior committee of our Club reserve the right to amend our change this document at any time. This is a live document and is subject to timely review. Where there are any changes in GAA rules, or changes in relevant legislation those changes take priority over any of the content contained in this policy.