



Coaching Guidelines

U10-11

Contents

1	Prerequisites.....	3
2	Introduction	3
3	Vision.....	4
4	Mission	4
5	Goals.....	4
6	Management	5
6.1	Structure	5
6.2	Competing Sports.....	6
6.3	Recruitment	6
6.4	Parental Management.....	7
6.5	Player Retention	7
6.6	Communication	7
7	Coach Training	8
7.1	Garda Vetting Process.....	8
7.2	Safeguarding.....	9
7.3	Coaching Skills Training.....	9
7.4	First Aid Training.....	9
8	Session Training	9
8.1	Principles.....	9
8.2	Session Management.....	10
8.3	Session Planning	11
8.4	Development Windows	11
9	Matches.....	11
10	Equipment.....	13
10.1	Guidelines for 10-11 Age Group.....	14

1 Prerequisites

It is necessary that all members of the coaching group have familiarised themselves with the Pasaiste Og Player Pathway [here](#).

2 Introduction

The purpose of this document is to provide coaches with the necessary tools, resources, contacts and direction for the U10 & U11 age group in Hurling and Football. It will also make coaches aware of the responsibilities required for this age group. This document is based on the Player Development pathway which provides the overall direction for Pasaiste Og for all age groups.

This guidelines document will include direction on the following:

- Management Structure
- Age Specific Objectives
- Communication Protocols
- Required Coaching qualifications, courses etc.
- Where to source equipment
- Contact Numbers
- Recruitment considerations
- How to manage Parents
- Session Planner Template /Examples
- Essential Skills
- Fundamental Movements
- Links to Resources containing
 - Fun Activities
 - Conditioned Games
 - Drills



Note: It should be noted that these are guidelines and recommendations for coaches, managers, mentors and parents and may be used with a degree of flexibility.

This guideline document along with a book called ‘Give us a game’ will form a coaching pack that will be provided to coaches at this age group.

3 Vision

“To provide players to the senior section of Passage West developed to their full potential“

4 Mission

“To provide excellent coaching that provides all kids the opportunity to be the best player they can be. To further cement the friendships and camaraderie already developing within the team. To be fair and give equal chances to all kids regardless of ability. To ensure that as many kids as possible are retained within the club. To further impart to each kid a sense of honour and integrity and most importantly a strong measure of self-worth.”

5 Goals

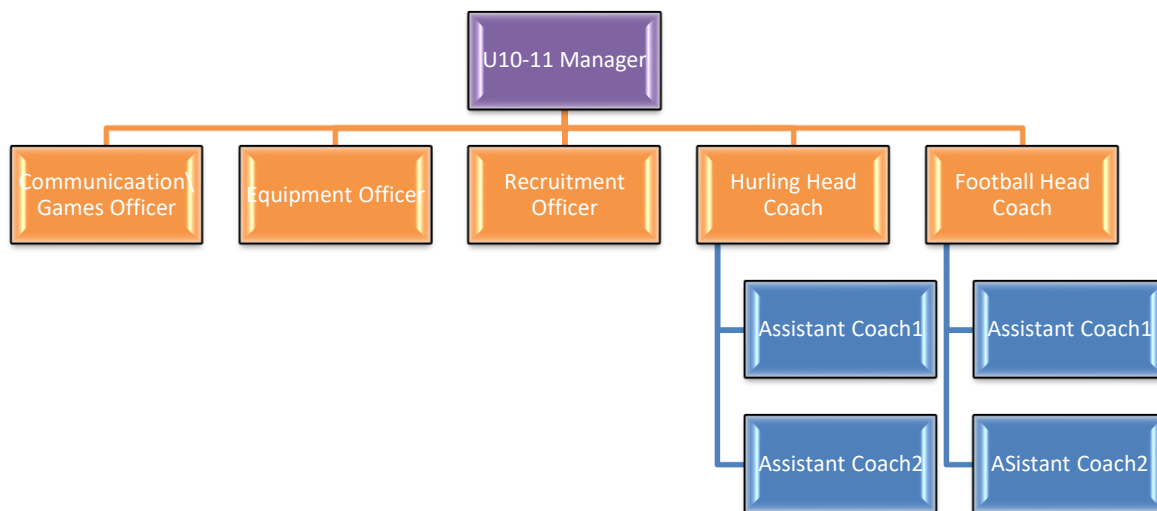
Under 10-11 Core Management and Coaching Objectives

- Continue to recruit as many kids as possible within the club.
- Encourage all kids to play both hurling and football
- Avoid losing players to other sports
- Have cohesive and cooperative coaching teams
- Provide excellent and evolving modern coaching.
- Impart a sense of honour and discipline.
- Develop kids self-worth and self confidence
- Help all kids develop and maximise their own personal potential.
- Above all else to have FUN

6 Management

6.1 Structure

There should be a designated manager responsible across both codes (Hurling & Football) for assembling and coordinating the coaching team. The manager should recruit as many coaches as possible with the simple objective of enabling more people to do less. Depending on coach numbers the following is the recommended management structure for the U10-11 group. Where coaching numbers are limited the same person may perform multiple roles.



Role	Responsibilities
Manager	<ul style="list-style-type: none"> • Coach recruitment • Player Recruitment • Coach Training • Ensuring Coach and Team compliance with club policy and Player Pathway directives • Parental Management • Player Attendance and player retention • Matches
Head Coach	<ul style="list-style-type: none"> • Compliance with Player Pathway Directives • Season objectives • Session planning (FUN) • Session Execution & Coordination (FUN)

Assistant Coaches	<ul style="list-style-type: none">• Session Training• Skills training• Adherence to session plan
Communications/Games Officer	<ul style="list-style-type: none">• Parental Communication (Matches/ Training)• Organises League/Challenge Games• Coordinates with opposing teams
Equipment Officer	<ul style="list-style-type: none">• Medical Bag and medical stock• Training Equipment (Poles, Cones etc)• Footballs/Hurleys Stock & Sales

6.2 Competing Sports

Passage West provides rich opportunity in terms of sporting choice for our children. However this presents a challenge for the club in that we are very sensitive to player numbers. A guiding principle is that Passage West GAA manager work with the managers of other sports in the community to avoid and resolve training and match conflicts. Managers need to work to avoid situations where players and parents are forced to make a choice as to what training session to go to. When this happens all sports suffer. Resolve by choosing training days that conflict as little as possible with other sports. If match days collide, try moving times or changing the day.

At this age playing two matches in a day should be avoided if possible. Include parents and managers from other codes when these issues occur. Affected players could have reduced playing time.

6.3 Recruitment

Once a player plays for a club at U12 they are tied to that club unless they have moved into the parish. At u10, 11 even though a player may have player with a different club they can transfer freely. The manager is responsible for ensuring that this activity is performed. The Juvenile committee will provide a lot of support here.

- Continue leaflet drops to the schools Star of the sea, Monkstown and Educate Together along with leaflet drops to the estates is essential as was done in previous years.

- Manager & assistant coaches should attend other sporting events (E.g. Success matches) for the same age group with a view to approaching parents and assessing levels on interest in their child joining the GAA.
- Ask all current players to reach out to others in their class and encourage to join.

6.4 Parental Management

For new players its important that parents are encouraged to attend or get involved in the organisation of any events. (E.g. Tea/Coffee morning on the day of a blitz, summer BBQ etc)

- Communicate back to parents after matches telling them how well their child is progressing. Pick out the positives. Specific skills that are improving etc.
- Ask parents occasionally of there is anything they can see in their child that they would like you as a coach to address.
- Players at this age usually reveal more to parents than coaches on what they find difficult or stressful. If parents identify and communicate weaknesses in their own child performances reassure them that you can address this in training.
- Identify players at risk of dropping out and why. Refer to 6.5 below.

6.5 Player Retention

Passage West GAA is very exposed to low player numbers. Having recruited players it is essential to retain them. Identify players that are at risk of dropping out. Ask parents occasionally if their kids are enjoying training. Parents will often provide insights that if addressed can avoid a player dropping out.

It is common at the age that players begin to see the difference between where they are and were the seemingly top players are. This can often lead to players wanting to drop out as they feel they will never be as good. The Management team need to be vigilant to this and carefully manage parental expectation as well as player expectation. Take every opportunity to tell these players and their parents how well their child is improving regardless of the facts. Explain to parents that players develop different skills at different speeds and different times. A seemingly weak player at this age could be your best at U12 or U14. Cite examples if you have them. Re-enforce this message constantly to players also.

6.6 Communication

Communication to kids regarding matches and training must be conducted through parents only. It is recommended that two WhatsApp groups are created which will cover both hurling and football.

- Coaches Group
Used for communications within the coaching group. Availability of coaches, session planning etc.
- Parent Group
Used for training and match notifications.

7 Coach Training

All coaches involved with children under the age of 18 need to be Garda vetted and will need to also complete a child safeguarding course.

7.1 Garda Vetting Process

All coaches involved with children under the age of 18 need to be Garda vetted. The passage west child protection officer is on hand to guide coaches through the following process.

Unfortunately at present if a coach has been vetted for another sport this does not count. This can be done online using the following procedure:

1. Initial Application at club level.

You must in the first instance complete the [GAA E-Vetting ID Form](#). This form compels you to provide proof of your identity to the Club Children's Officer, who must verify that they have received the ID verification as required. The ID verification may be retained by the Club Children's Officer for the duration of the e-vetting process or it may be attached by you at Step 2 to the On Line Vetting application Form. The primary purpose of this form is for you to provide your name, address, club, role for which you applied, and to present your ID (e.g. copy of your passport plus a utility bill showing your current address) plus a valid email address for future reference. The full list of documents which are accepted for verification can be found here [Click here for the GAA E-Vetting ID Form](#)

2. Completing the Vetting Application form

Following completion of the initial process you will then be directed to www.gaa.ie where the GAA on-line E-Vetting Application Form is available to download. Once you complete the GAA on-line E-Vetting Application Form the information provided is forwarded to the NVB by the GAA and you will receive an on-line NVB Vetting Form to complete. The details entered will be emailed back to you, for your own records. Your Club Secretary will also receive an email informing him/her that you have applied as a member of the club, to be issued with the NVB Vetting Application Form. [Click here for GAA on-line E-Vetting application form](#)

3. NVB Vetting Application form

The NVB will issue you with the NVB Vetting Application form. This will be issued to the email address you provided in Step 2. Completing this form is a confidential matter between you and the NVB. All sections of the form including current and previous addresses, email address and contact telephone numbers, information on convictions and prosecutions (if any), plus other information will be required when completing the form. Once all sections of the form have been answered this then completes your application process for E Vetting in the GAA and within a short period of time you shall be contacted by the GAA to informing you as to the outcome of the vetting application.

You and your Club Secretary will be notified when the vetting process has been completed.

7.2 Safeguarding

The safeguarding course is initially a classroom based course. The child protection officer will organise this. Refresher courses (every 3 years) can thereafter be done online through a GAA portal using the following link : <https://learning.gaa.ie/safeguardingrefresher>

7.3 Coaching Skills Training

A foundation course is available for new coaches at this level. It covers both codes on how to teach the basics skills of the game. Contact the Juvenile secretary to get details of when the course is next available.

7.4 First Aid Training

A first aid training course will be organised by the Juvenile committee and provided to all coach. This will enable coaches to be able to treat basic injuries and how to use the Defibrillator which will be located on the wall outside the clubhouse.

8 Session Training

8.1 Principles

- Equal focus on the development of both weak and strong sides in both hurling and football during all sessions.
- Provide Simple Tips
- Reenforce link between practice and improvement
- Set FUN activities.

- All sessions to include 10 minutes of warm up, core exercise and fundamental movement skills & stretching.
- Avoid Queues. Every player should have a ball or at the very least ball between two.
- Certain parts of sessions to include breakup of group into different abilities. To focus on level of ability specific skills. I.e., Advanced skills for better players, fundamental skills for weaker kids.
- All sessions to include a match at the end.
- Commit to assess skills at start and end of season. This allows managers/coaches to show players how much they have progressed throughout the year.
- Commit to minimum 20 sessions in both hurling and football annually.

8.2 Session Management

Players at this age have a very short attention span, enjoy team games, compete with greater intensity and can be self-conscious when learning new skills. At U9 level the recommendation was to split the squad into groups depending on ability. At U10/11 players can get quite conscious of the fact that they are in the weaker groups which may lead to drop outs. Therefore, it is recommended from the age group onwards if the squad needs to be split up during a session due to high numbers that the groups be split into even sizes but randomly on talent level. Max ratio of 1 coach to 8 players.

The above logic applies to training matches also. Players develop most when outside their comfort zone so need to be challenged however, when playing training matches using players of mixed ages coaches need to be mindful of the gap between players marking each other. Maybe ok to match a stronger player from the lower age group with a player of higher age group. However a weak player of the lower age group maybe better suited being matched with a player from the same age group. Coaching discretion required.

8.3 Session Planning

Section 10.1 identifies the skills that should be developed at this age group. The Head Coach will need to design session plans that develop these skills. Depending on numbers if the team is split into sub groups a different plan maybe required for each group. It is important that session difficulty is aimed at just above the average ability of the group. The head coach can draw from the following resources when designing session plans. The following links provide access to a Session Planning template, Skill Cards, Activities etc.

Link	Description
Munster GAA	Session Planning Template, Skills, Activites, Skill cards. Etc.
Learning GAA	Age specific GAA planner facility
Coaching Resource	Covers, how to create a positive environment, how to develop the skills of the game, Communication, Physical fitness , first aid.
Hurling Resource	Age Specific skill for Hurling
Football Resource	Age Specific Skills for Football

8.4 Development Windows

The player pathway identifies development windows at specific age groups. Research has shown that development windows present at particular stages in human development where the development of a specific capacity has an optimal effect. For the U10/11 age group there is a skills window. While warmups, stretching should form part of every session, session plans should be weighted heavily on developing technical ability.

9 Matches

U10 and U11 will train together but will compete in separate leagues. Rebel og will provide a full schedule of games throughout the year at U10 and U11. At U10 games are 9 a-side whereas at U11 it is 11 a-side. Usually hurling and football rotating every second week throughout the summer.

U10 Rebel Og League Rules and regulations can be found [here](#) .

U11 Rebel Og League Rules and regulations can be found [here](#) .

Age	Line Ups	Dimensions	Goal Size	Sliotar Size	Football Size
U10	9 a-side	75m x 45M	15x7	Quick/Smart Touch	Quick/Smart Touch
U11	11 a-side	100M x 45M	15x7	Smart Touch	Smart Touch

When playing matches the following is recommended:

- Try to avoid having players on the side-line by:
 - Playing as many teams as possible. If short for an additional team, pull up the stronger players from the team below if not playing on the same day.
 - If 1-2 subs on side-line ask opposing team if they would agree to player extra players if they also have subs.
- All players play equal time as much as possible
- Winning is NOT the priority
- Participation , player development and FUN trump winning
- Coaches from opposing teams welcomed and greeted before the game
- All player line up shake hands (non-covid) or elbow bump (Covid) at the end of the game
- Young Whistlers encouraged to referee home games where possible.
- Goalie position rotated

Match Day Tips

- While winning is not the priority, try to avoid heavy defeats
- A player with a good puck/kick out needs to play in goal. (Essential to avoid heavy defeats)
- Stronger players should be aligned up the middle of the pitch with weaker players filling the gaps. (This will enable a more structured game)
- Coach's communication should always be encouraging. NEVER GIVE OUT.
- If referring a game, be reasonably strict on rules. This is where kids learn the boundaries of the game.

10 Equipment

The Juvenile committee will ensure that coaches at each age group have the equipment they need. You can find a list of contact numbers of committee members on the Passage GAA website [here](#).

Other useful contacts below.

Item	Contact	Email
Sliotars	Dave Maxwell	Dave_Maxwell@trendmicro.com
Medical Bags	Billy Cotter	billy@pharmacare.ie
Young Whistlers	Damien Taff	damientaaffe@gmail.com

U10 -> 11 DEVELOPMENT PILLARS

Player Characteristics

- Have short attention span
- Enjoy team games
- Compete with greater intensity
- Can be self-conscious in learning new skills

Challenges for Coach

- Simple Tips
- Cheer & Praise
- Organised and planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning
- Awareness of LTAD Skills window

Environment

- FUN Number 1 Priority
- Coach to Player Ratio 1:8
- Every Child has their own ball
- Players enjoy practice. Coach sets fun tasks between sessions
- Players enjoy experience rather than result

Hurling Core Skills (LATD Window)

- Striking (Air Strike both sides, Rise and Strike, Rise and strike without catching)
- Tackling (Air Frontal Block , Hook, Shoulder clash)
- Handling (Hand Pass left/right. Overhead catch - protected)
- Roll Pick, Jab Pick while moving

Football Core Skills

- Hook Kick (Both Sides) Shoot for point, goals
- Punt kick (incl. outside boot), distance pass.
- Handling (Hand pass both sides, Reach catch, high catch)
- Movement – (Solo and bounce)
- Tackling (Shadowing, block down and shoulder)

Game

- Small sided games, 5x5, 7x7, 9x9, 11x11 MAX
- Size 4 sliotar / smart touch football
- Allow players explore all positions
- Has their own ball at home

Tactical – Decision Making

- When in possession challenge the players to scan options – Pass, Travel or shoot.
- Off the ball – Who to mark.
- How to be an option.
- Coach to question players during session and in games on decision making.
- Coach to place conditions on training games to challenge decision making. E.g. No solo left and right side striking

Psychological Focus

- Reenforce the link between practice and improvement

Team Play

- Support Play
- Support your team mates in attack and defence
- Coach to praise off the ball support runs
- Session games based to improve team play
- Training games have variety of focus
- E.g. Scoring, Defending, keeping possession.

Physical Fitness

- Evasion. Encourage use of side step & feint in possession.
- Body weight (only) resistance exercise through FUN Games

