



# Coaching Guidelines

## U12-13



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## 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 U12 & U13 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

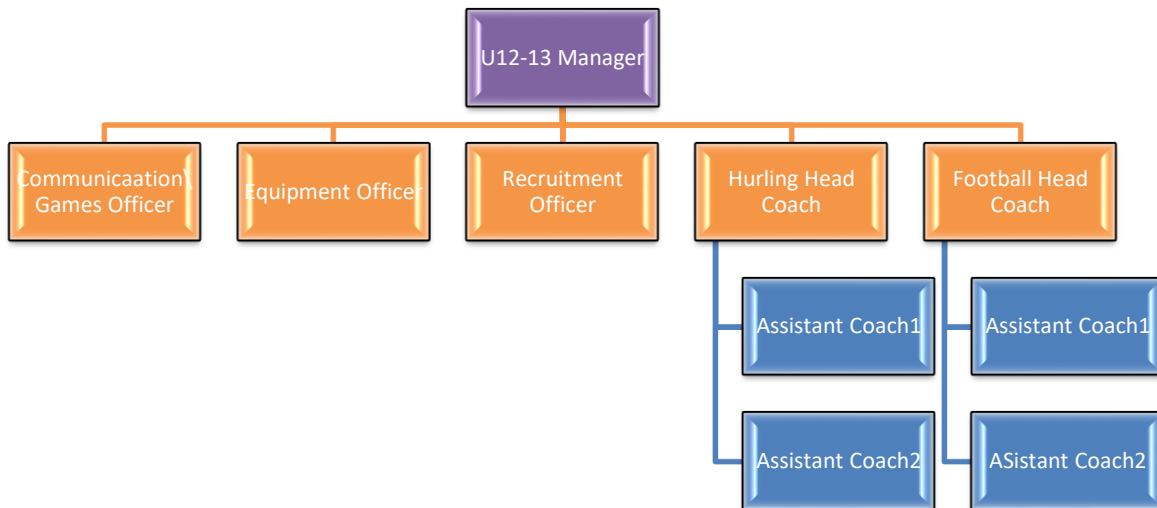
#### Under 12-13 Core Management and Coaching Objectives

- 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 U12-13 group. Where coaching numbers are limited the same person may perform multiple roles.



Role	Responsibilities
<b>Manager</b>	<ul style="list-style-type: none"> <li>• Coach recruitment</li> <li>• Player Recruitment</li> <li>• Coach Training</li> <li>• Ensuring Coach and Team compliance with club policy and Player Pathway directives</li> <li>• Parental Management</li> <li>• Player Attendance and player retention</li> <li>• Matches</li> </ul>
<b>Head Coach</b>	<ul style="list-style-type: none"> <li>• Compliance with Player Pathway Directives</li> <li>• Season objectives</li> <li>• Session planning (FUN)</li> <li>• Session Execution &amp; Coordination (FUN)</li> </ul>
<b>Assistant Coaches</b>	<ul style="list-style-type: none"> <li>• Session Training</li> <li>• Skills training</li> <li>• Adherence to session plan</li> </ul>
<b>Communications/Games Officer</b>	<ul style="list-style-type: none"> <li>• Parental Communication (Matches/ Training)</li> <li>• Organises League/Challenge Games</li> <li>• Coordinates with opposing teams</li> </ul>
<b>Equipment Officer</b>	<ul style="list-style-type: none"> <li>• Medical Bag and medical stock</li> <li>• Training Equipment (Poles, Cones etc)</li> </ul>

- 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 the 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 if 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 where 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](http://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. A
- 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

Coaches need to be aware that players at this age:

- begin to see the relationship between training effort and skill development,
- potentially jump in maturity (dues to transition to secondary school, growth spurts etc.)
- can be very self conscious in front of a group.
- Can be low in confident which may become a barrier to development

Coaches need to get to know players individually and set individual challenges to perform away from the field. Players need to be made aware of how activities are used to improve specific skills.

It is recommended 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.

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 12.1 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
<a href="#">Munster GAA</a>	Session Planning Template, Skills, Activites, Skill cards. Etc.
<a href="#">Learning GAA</a>	Age specific GAA planner facility
<a href="#">Coaching Resource</a>	Covers, how to create a positive environment, how to develop the skills of the game, Communication, Physical fitness , first aid.
<a href="#">Hurling Resource</a>	Age Specific skill for Hurling
<a href="#">Football Resource</a>	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 U12/13 age group there is a *stamina* window. While warmups, stretching, skills should form part of every session, the training programme should be also focus stamina development.

## 9 Grading Selection

The U12 age group is where players move away from the non-competitive Rebel Og Go Games structure and compete in organised competitive leagues. U12 and U13 will train together but will compete in separate leagues. Grading selection is a critical step for the management team. For players/teams to grow and develop matches need to be competitive. The selection of a division to enter needs to have this in mind. The Juvenile secretary will contact the manager of each age group when grading aselection is required. Usually early January. To inform selection, it is useful to contact managers from teams you have already played to see what they are planning.

## 10 Matches

At U12 games are 13 a-side whereas at U13 move to 15 a-side. Usually hurling and football rotating every second week throughout the summer.

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

Age	Line Ups	Dimensions	Goal Size	Sliotar Size	Football Size
U12	13 a-side	100m x 80M	15x7ft	Size 4	Size 4
U13	15 a-side	100M x 80M	15x7ft	Size 4	Size 4



**Note 1:**

*Reduced Pitch can be setup by positioning portable goals on 20 m lines.*

**Note 2:**

*For U13, reduced pitch required if not playing in Premier 1 or Premier 2 grade. However, if both clubs agree a full pitch can be used.*

Coaches need to be mindful that, at this age group, players will understand the nature of a win or a loss. Coaches must consider that if we are not competitive in matches, we are likely to lose the kids (nobody likes being hammered). Similarly, if we only play our strongest team then we are likely to lose the weaker kids (they will feel that they have no path forward and they are not having fun). With this in mind it appears balance is the key. So, the following are the recommended guidelines:

- In general
  - players on the age should start each match (both under 13 and under 12 matches). This may be amended based on training attendance and enthusiasm.
  - all players rotated fairly over a season so that all get meaningful game time.
- Attempts should be made to remain competitive within a game. Stronger players from the lower age group may be asked to play up a level.
- When playing against a better team, stronger players may need get extra game time to remain competitive, however the weaker u13s and stronger under 12s should be rotated fairly.
- In games where we are winning, priority must be given to weaker players.
- To balance game time, the Manager needs to organise challenge games for the under 12s and with the weaker under 13s. In this case all under 12s start with additional

u13s to make up the numbers. Consider playing both a hurling and football match at the same time.

## 11 Team Building and Fun

We must be aware that we are competing with other sports. We need to have at least as good an overall offering to retain the interest of players. We must remember that players in later years will not remember what grade they played in. They will remember if they won something and if they had fun.

### 11.1 General Teambuilding

Group needs to have 2 fun trips per season. This can be going to a Cork Match and McDonalds afterwards to going on a fun adventure outing to places like Zipit, Kinsale foot golf, or Fota Adventure. It can also include going to an away trip to play a team from a different county. In normal times this would normally be before the summer break in maybe June and at the end of season at end of September.

### 11.2 Signature Trip

Other sports have a signature trip. They target this trip for kids as they leave primary and are going to secondary school. It keeps them interested in the club after they go to secondary school. It is also something to look forward to (and keeps the u12s focused). The trip consists of a weekend away for example London or Belfast. Try to play some challenge matches but also do fun activities as well. These are funded within the group and includes parents of the kids. We should aim to deliver this signature trip every year or 2 to incorporate the 2 age groups. The trip is organised and funded within the group themselves.

### 11.3 Guest Appearance

Another area that needs to be considered at this age is the use of influencers. Star athletes who can shape kids thinking in terms of things like

- Diet
- What it takes to succeed
- Alcohol and drug use??

It should be an aim at this age group to get a star athlete (that they will have heard of and respect- doesn't need to be a GAA player) to have a chat to them for 30 minutes at least once during this year.

## 12 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.

<b>Item</b>	<b>Contact</b>	<b>Email</b>
<b>Sliotars</b>	Dave Maxwell	Dave_Maxwell@trendmicro.com
<b>Medical Bags</b>	Billy Cotter	<a href="mailto:billy@pharmacare.ie">billy@pharmacare.ie</a>
<b>Young Whistlers</b>	Damien Taff	<a href="mailto:damientaaffe@gmail.com">damientaaffe@gmail.com</a>

### U12 -> 13 DEVELOPMENT PILLARS

#### Player Characteristics

- Begins to see relationship between effort and outcome
- Potential changes in maturation rates due to the change in school environment
- Become very self-conscious in front of group
- Lack of confidence can become barrier to development

#### Challenges for Coach

- Get to know players individually
- Organise Planned coaching sessions
- Games based coaching.
- Set individual skill challenges to do away from the field.
- Awareness of LTAD windows for Stamina and Speed
- Develop Goalkeeper skills

#### Environment

- FUN Number 1 Priority
- Coach to Player Ratio 1:10
- At least 1 ball between 2 players.
- Players must enjoy practice.
- Player development takes priority over results

#### Hurling Core Skills (LTAD Window)

- Striking (Air Strike both sides with movement, under pressure)
- Tackling (Air Frontal Block, Hook, Shoulder clash, Recover possession)
- Handling (Hand Pass left/right off hand, off hurley)
- Catch low, chest, high – hand protected
- Ball Control (Solo, Ground flick to space)
- Roll Pick, Jab Pick while moving, under pressure.

#### Football Core Skills (LTAD Window)

- Kicking (Emphasis on accuracy, Kick on the move, Kick for distance)
- Free Taking (Hands & Ground)
- Handling (Low, Chest, High under pressure)
- Movement – Dummy Kick/solo, feint and sidestep. Attack ball. Chip lift
- Tackling – Shadowing player in possession both on / off the ball

#### Game

- Small sided games 5x5, 7x7, 9x9, 11x11 MAX
- Size 4 sliotar
- Continue to allow player explore all positions
- All players experience game time in matches
- Limit plays of the ball in coaching sessions to mirror match day rules.

#### Tactical – Decision Making

- Play conditioned games to create pressure on players decision making
- Activities focus on building skills to gain & maintain possession of the ball under pressure
- Learning to work in team environment, individual decisions now has more impact on team outcome.

#### Psychological Focus

- Make players aware of how activities are used to improve specific skills.
- Look for feedback from player to question this

#### Team Play

- Encourage and support team mates vocally
- Work on teams ability to create space when in possession
- Work on teams ability to deny space when not in possession

#### Physical Fitness

- Evasion. Encourage use of side step & feint in possession.
- Body weight (only) resistance exercise through FUN Games.
- **Introduce endurance training. During session and between sessions. (LTAD Stamina Window)**
- **Speed endurance drills (LTAD Speed Window)**
- **Recovery Training**

