



FUN TO FAME



Learn to Train



Cumann Lúthchleas Gael – Builds Character



Learn to Train

Free Introduction

Ulster GAA

Coaching & Games Development

www.ulster.gaa.ie



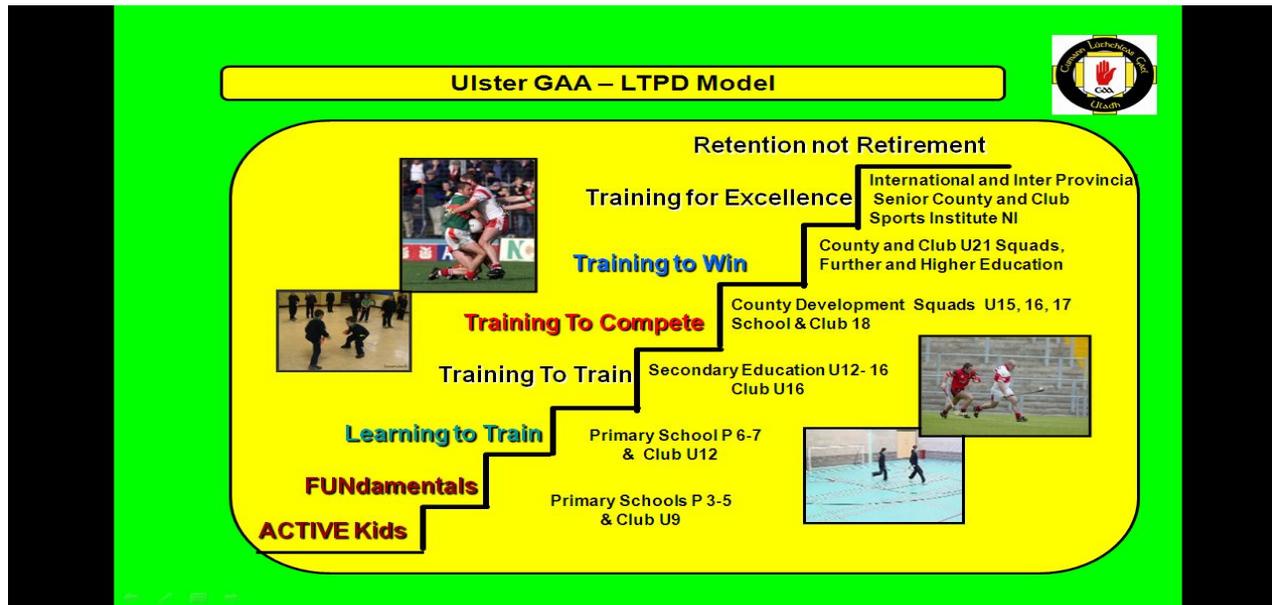
Ulster GAA Coaching Resources



Introduction:

Ulster GAA has, for many years been working at the forefront in the production of resources to develop our players as they progress along the 'Long Term Player Development Pathway' (LTPD).

Our experience has led to the original LTPD model being extended to include development of a younger age group through a Foundation, Key Stage One & Key Stage Two programme that complements the original 'Fundamentals', 'Learn to Train' and 'Train to Train' stages of the player development pathway.





As part of our on going support to teachers and coaches a series of coaching resources from our manuals can now be purchased from the Ulster GAA website www.ulster.gaa.ie to assist with the preparation of classes and coaching sessions that will challenge and improve students and players alike.

The sessions come in a structured format with progression from age 5-6 years through to adult. Rather than having to purchase an expensive manual coaches/teachers can now purchase only those sessions that will be relevant to the age group that they are coaching/teaching.

All sessions are easy to download and can be paid for using the on line Pay Pal account on the Ulster GAA home page. To download a session, simply identify the age group you are working with and the type of sessions that you would like to use to develop your class/team e.g. A teacher working with a group of Primary 3 pupils on handling skills should click on Key Stage One followed by Handling, the sessions will then be automatically downloaded to the teacher's computer following payment of the appropriate fee. Each session can be printed out or retained on the computer where a bank of resources can be built up over time.

Available Resources



Key Stage One - Ages 5-8

Handling Lessons	32 Lessons + End of Stage Tests
Kicking Lessons	32 Lessons + End of Stage Tests
Striking Lessons	32 Lessons + End of Stage Tests

Key Stage Two – Ages 8-11

Football Lessons	25 Lessons + End of Stage Tests
Hurling Lessons	29 Lessons + End of Stage Tests



Gaelic Start – Ages 4-9

Free Introduction – 44 slides	Warm Up Activities - 44 cards
Stretches - 22 cards	Additional Hurling & Football Skills & Games – 30 cards
Stations - 34 cards	Activity Planner - Weekly sessions – 36 weekly sessions for U-6 & U -8
School/Home Activities - 39 cards	Family of Games - 31 cards

Fundamentals – U.6 to U.9

Free Introduction	17		
ABC's – (Agility, Balance & Co-ordination)	37	RJT – (Running, Jumping & Throwing)	45
Kicking Activities	28	Catching & Passing Activities	46
Fundamental Games	41	Striking Activities	38



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Declaration

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Dr. Istvan Bayli
World leading expert on Long Term Player
Development
who described our Fundamentals manual as
an example of good practice world wide

Foreword



The Ulster Council is delighted to support this new Learn to Train resource. To continue to grow there is a need to focus on the grassroots, schools and clubs. Counties are now aware of the need to have an efficient and effective structure to ensure continued development.

The Learn To Train stage is the second step on this long term player development programme in Ulster. It provides coaches, teachers and parents with material that will help them deliver the main sport specific skills in the classroom, at the club or in the front garden.

This programme has been developed by the coaching team at the Ulster Council. In particular we would like to thank Mr Terence McWilliams Ulster Games Development Manager for his input to this stage of the FUN to FAME Project, Tony Scullion, Frankie Quinn and the other contributors. We hope that you will find it challenging and useful in you coaching.

President Ulster Council
Michael Greenan

Ulster Coaching has taken a big step forward with the development of the Learn To Train programme. Following consultation with Dr Istvan Bayli and utilising his principles of Long Term Player Development, this programme follows on from the successful FUNdamentals programme.

It embraces the formative years of young people within our clubs and primary schools. These early years for young players set the building blocks for their future technical development and tactical awareness. In addition social, physical and mental development from an early age can have a great bearing on how players perform on and off the field in future years.

The Coaching Committee are delighted to endorse the Learn To Play programme. This fits neatly with our Grassroots National Programme and coaches, teachers and parents will have fun using the manual.

Chairman Coaching and Games Development
Naul McCole

Acknowledgements

This coaching pack has been produced by the Ulster Council to help meet the needs of coaches working with young players. It highlights the sport specific skills that underpin Gaelic Games. This is the second manual in the FUN to FAME programme and follows on from the Fundamentals workshops and manual. Istvan Balyi has reviewed and supported these developments throughout with the help of the Sports Council Northern Ireland.

Practical activities are supported by appropriate games and sample lesson plans that will help deliver the Learn To Train for future stars. The Learn To Train programme is applicable across all Gaelic sports and will challenge current coaching philosophies and practice in the preparation of our young players for participation in Gaelic Games.

The Long Term Player Development Model has been adapted across the Sports Councils in Ireland. As we nurture young players to continue participation and to strive for excellence the LTPD model presents a framework within which we can structure our thinking on the preparation of players for life long involvement in our sports. The Ulster Council has embraced this model supporting implementation through workshops and in-service days for teachers.

The resource has been evolved with the help of the following personnel within Ulster Council:

Mr Terence McWilliams Games Development Manager who has driven the resource development.

Mr Tony Scullion, Football Development Officer who has provided ideas and support

Dr Eugene Young, High Performance Director who has provided the structure, model and editing

Mr Philip Kerr, Players and Coaches - O'Donovan Rossa, Magherafelt who has provided support

Mr Oliver McVeigh and Seamas Loughran– Photography

Mr Jimmy Darragh, Hurling Development Manager, Ulster Council Games Development Managers,

Paul Callaghan, Regional Development Officer, and County Games Promotion Officers who have provided support.

Ulster Council GAA – financial support for the project

Sports Council Northern Ireland – financial support for the project.

We hope that you will embrace these resources and ideas and circulate widely within your clubs and schools to help establish a strong foundation base for the young players who will play Gaelic Games in the very near future.

Eugene Young

Dr. Eugene Young - Director of Coaching, Ulster Council GAA

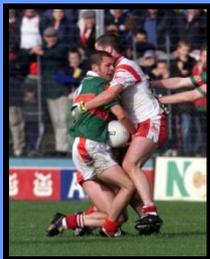


Learn to Train

Introduction

9 – 12 yrs Males

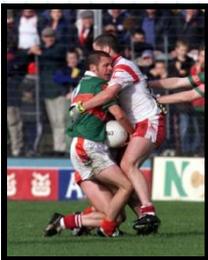
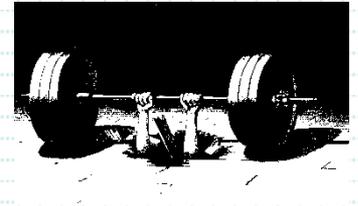
8-11 yrs Females



Learn to Train



Introduction



Introduction to Learn To Train – Focus of the package

The Learn To Train stage has been divided into two phases, the first at under 10 and the second at U12. The first phase will cover the Under 10's and focus on children learning How to Play. The second phase will help Under 12's progress through to the end of the Learn to Train process.

This means these first two stages from 5 to 12 years are structured to maximise participation and playing performance. This will offer all coaches and children:

1. **A programme that enables all to experience personal achievement in terms of competence, enhanced self-worth, social co-operation, maximum participation and skill development in a FUN environment**
2. **Appropriate warm up activities**
3. **A sequential programme of skill development from 8 To 12 yrs.**
4. **Appropriate skill drills and games to suit children of all abilities**
5. **Suitable stimulating sessions full of challenge and enjoyment**
6. **Planned and organised play areas (grids)**

This manual will help you plan and implement a coaching and games Programme within your club or school.



Introduction to Learn to Train - Why Coach The Learn To Train Phase?

It is important at this stage of a young persons development to have structured activity. The following is prevalent at under 12 and below:

- **Children's Sedentary Lifestyles**
- **Lack of Physical Education**
- **Too much emphasis on competitive games too early**
- **Lack of knowledge about the LTPDP**
- **Parents do not facilitate play activities**
- **Coach's lack of knowledge about child development**
- **Administrators lack of competition planning and team numbers**
- **Reluctance to change existing practices– 'It was all right in the past'**
- **Developing Skill should be a key focus**
- **Developing tactical awareness a key focus**
- **Developing the athlete another key focus**
- **Developing the right attitude central to future success**

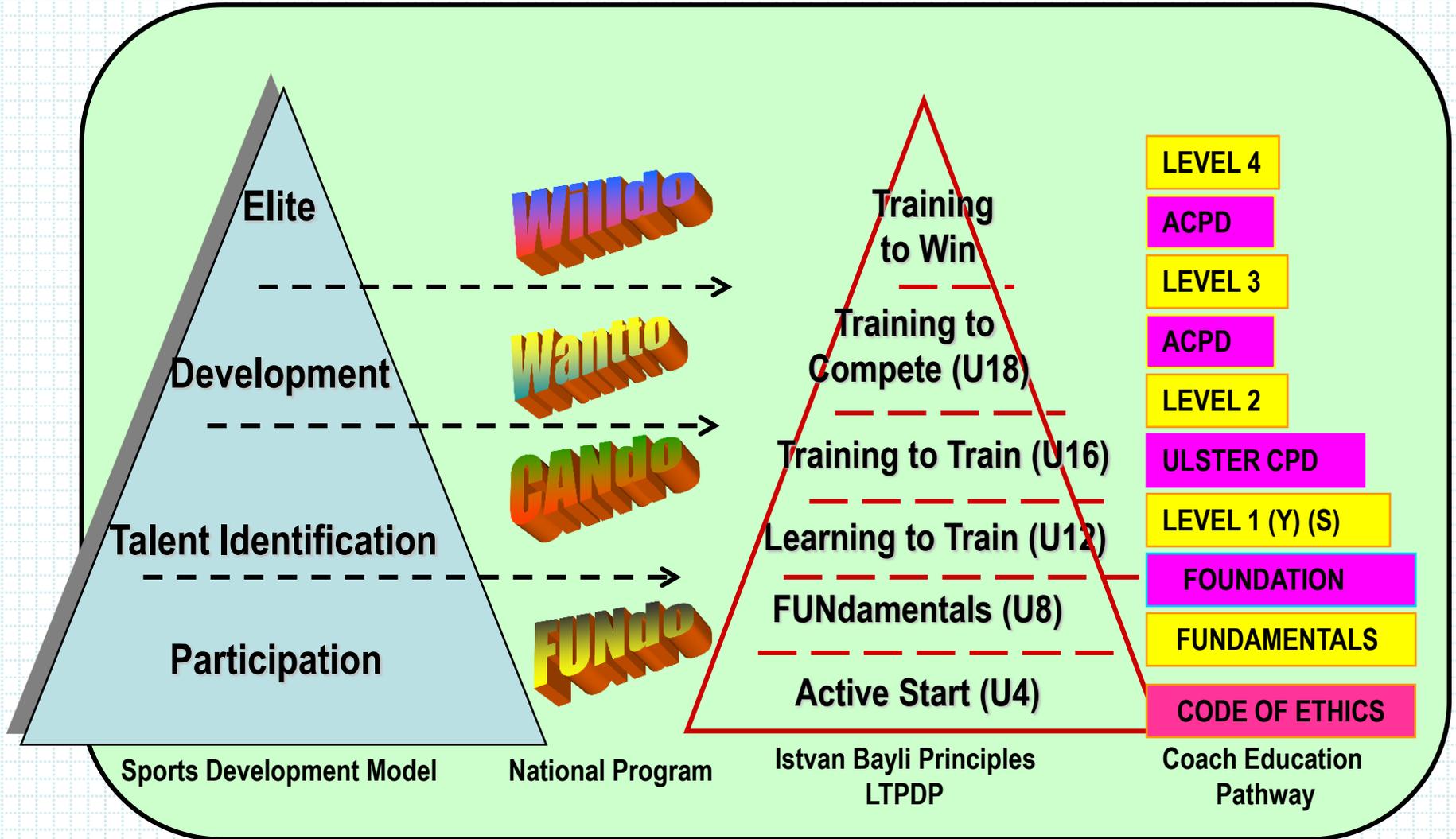


Children now spend up to 5 Hours per day watching TV and computers

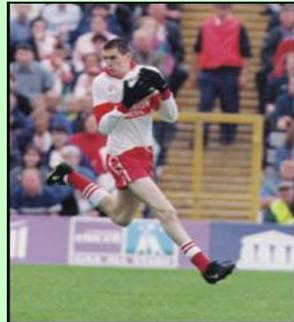


Fundamentals UNDER 9	Learning To Train UNDER 12	Training to Train UNDER 16	Training to Compete UNDER 18	Training To Win U21 TO SENIOR
Chronological age Males: 6 – 9 / Females: 6-8	Chronological age Males: 9-12 / Females: 8-11	Chronological- Biological age Males: 12-16 / Females: 11-15 (Age Ranges Are PHV Dependent)	Chronological-Biological age Males: 16-23 +/- Females: 15-21 +/-	Chronological age Males: 19 +/- Females: 18 +/-
<p>FUN and Participation</p> <p><u>Physical Literacy</u></p> <ul style="list-style-type: none"> • Agility • Balance • Co-ordination <p><u>Warm up principles</u></p> <p><u>Athleticism</u></p> <ul style="list-style-type: none"> • Running • Jumping • Throwing • Speed <p><u>Technical</u></p> <ul style="list-style-type: none"> • Catch • Pass • Kick • Strike <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Spatial awareness • Co-operation • Non invasive games • Simple rules and ethics <p><u>Mental</u></p> <ul style="list-style-type: none"> • Positive Attitude to Sport • Develop self confidence <p><u>Physical</u></p> <ul style="list-style-type: none"> • Own body strength exercises <p><u>Periodisation</u></p> <ul style="list-style-type: none"> • No Periodisation • Well structured programmes • Training / Competition Ratios <p>50: 50</p>	<p>Overall sports skills broad base</p> <p><u>Advanced Physical Literacy (PL)</u></p> <ul style="list-style-type: none"> • Incorporate the ball into the key PL components: ABC'S, RJTS, CPKS <p><u>Technical</u></p> <ul style="list-style-type: none"> • Major skill learning phase, All basic sports skills should be learnt before entering next phase • Spatial Awareness-Creating & Exploiting Space • Small sided games, 5v3– 4v2 Go Games - 6v6 (First Touch), 9v9 (Quick Touch), 11v11 (Smart Touch) <p><u>Mental</u></p> <ul style="list-style-type: none"> • Introduction to mental preparation • Cognitive Development • Emotional development <p><u>Physical</u></p> <ul style="list-style-type: none"> • Medicine ball, Swiss ball, • Own body strength exercises • Speed & Agility development <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> • Hydration practices <p><u>Periodisation</u></p> <ul style="list-style-type: none"> • No Periodisation <p>Training / Competition Ratios 70: 30</p>	<p>Broad base skills & sport specific skills- Major fitness development phase - Anaerobic and Strength, (PHV is the reference point)</p> <p><u>Technical</u></p> <ul style="list-style-type: none"> • Advanced Technical Skill development • Skills developed under pressure • Fitness within skills drills <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Understanding of Principles of Play in grids and small-sided games. • Application of skills in game <p><u>Mental</u></p> <ul style="list-style-type: none"> • Understand the use of psychology • Use skills based goal setting • Use mental imagery training <p><u>Physical</u></p> <ul style="list-style-type: none"> • Development of Strength: Introduce lifts • Fitness within the games • Speed & Speed Endurance • Flexibility <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> • Monitor PHV - posture • Nutritional Awareness • Video Feedback <p><u>Periodisation</u></p> <ul style="list-style-type: none"> • Single or Double • Training / Competition Ratios 60: 40 	<p>Sports position specific skills</p> <p><u>Technical</u></p> <ul style="list-style-type: none"> • Position specific technical playing skills preparation • Skill development within small sided games leading to full games <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Position specific tactical and playing skills under competitive conditions • Refining Games SENSE <p><u>Mental</u></p> <ul style="list-style-type: none"> • Advanced mental preparation • Mental rehearsal • Focusing and refocusing • Relaxation techniques <p><u>Physical</u></p> <ul style="list-style-type: none"> • Specific physical conditioning • Light weights • Flexibility • Core Stability <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> • Optimise Ancillary capacities • Hydration and Nutrition • Managing training loads • Managing Competition load • Performance Analysis • Recovery methods <p><u>Periodisation</u></p> <ul style="list-style-type: none"> • Double/ Triple Periodisation • Training / Competition Ratios 40: 60 	<p>Position specific and team play skills</p> <p><u>Technical</u></p> <ul style="list-style-type: none"> • Further refinement of technical skills • Development within full games <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Further refinement of position specific tactical and playing skills in full games <p><u>Mental</u></p> <ul style="list-style-type: none"> • Modelling all possible aspects of training and performance <p><u>Physical</u></p> <ul style="list-style-type: none"> • Weights program • Core Stability • Flexibility • Build rest into the program <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> • Training diary • Food diaries • Heart rate monitoring • Fatigue monitoring • Recovery Strategies • Hot and cold / pool • Health Check <p><u>Periodisation</u></p> <ul style="list-style-type: none"> • Double, triple or multiple • Training / Competition Ratios 20: 80

Introduction to Learn to Train: Ulster GAA Coaching Model



Introduction to Learn to Train: Long Term Player Development Model: - 8 Steps



Retirement & Retain

COACH
ADMINISTRATOR

Training for Excellence

INTER PROVINCIAL
SENIOR COUNTY AND CLUB
Sports Institute NI

Training to Win

18/19 +
COUNTY and U21 Squads,
F.E. & H.E.

Training To Compete

15/16 To 21/23

Training To Train

Secondary Education /County Development Squads U14/15/16
U.12- 16 Club U.16

Learning to Train

8-12 yrs. Primary School P. 6-7
Sec. Sch. Yr.8
Club U.10/12's

FUNDamentals

6-9 yrs. Primary Schools P 3-5;
First and Second Class & Club U.8's

Active Start

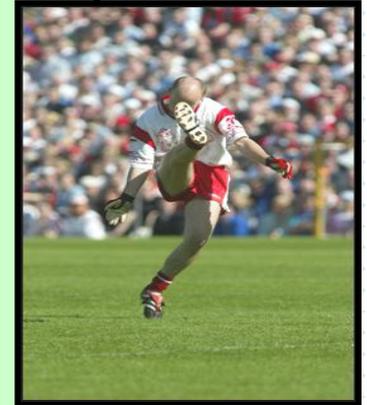
0-6 yrs. Pre School P.1/2
Infants and Higher Infants

Introduction to Learn to Train: Chronological v Biological Age?

- ✓ Chronological age should not be a perfect marker for underage competitions
- ✓ The Training Age i.e. the time the child has been physically active in sport, would be a more appropriate age for children competing in sport
- ✓ There may be a difference of four to five years between early and late maturers
- ✓ Early developers have a distinct advantage because of their size and usually dominate the game from the centre positions e.g. mid field to the detriment of smaller players and results in drop out
- ✓ These players usually drop out later when their peers catch up
- ✓ Late developers emerge as potential champions only when growth has finished after minors e.g. Colum Cooper, Tony Scullion, four time all star from Derry and six time all star Peter Canavan of Tyrone
- ✓ These players usually have a mental toughness built up during their early years where they had to learn to persevere. They achieved their success in spite of the system and not because of it
- ✓ Too much success at a young age for the early developer can be a weakness later in life if success does not come her/his way



Execution is everything



Introduction to Learn to Train: THE GROWTH SPURT

(PHV-Peak Height Velocity) AND Design Of Optimal Training Programmes

- ✓ Research shows that chronological age is a poor basis for developing training programmes, since the muscular-skeletal, cognitive/mental and emotional development of players may vary by as much as 4 years
- ✓ It should be noted that chronological age may be used up to the stage of players reaching PHV (Peak Height Velocity) and that boys and girls can play with and against each other
- ✓ Superimposing a scaled down adult version of training and competition is not a good alternative and is probably the reason why many children drop out of sport
- ✓ Coaches should be using the biological age i.e. maturity or the training age i.e. the number of years the child has been training when drawing up programmes
- ✓ The problem for coaches is how do we know the appropriate time to use the right programme for players



Testing For Height



3 Players
of the same age

Introduction to Learn to Train:

THE GROWTH SPURT

(PHV-Peak Height Velocity) AND Design Of Optimal Training Programmes

- ✓ One way is to use the onset of peak height velocity (PHV) i.e. growth spurt as a reference point for designing training programmes with reference to critical or sensitive periods of trainability during the maturation process
- ✓ The onset of PHV may be used as a focal point for training the player's energy systems and central nervous system (CNS), regardless of chronological age
- ✓ Using simple measurements like having a height measurement tape attached in an appropriate place in all changing rooms so that children can measure themselves at regular intervals
- ✓ The coach must know which systems i.e. endurance, speed, skill, strength and flexibility to train at the appropriate times especially with girls during puberty where the strength to body weight slides towards body weight. For example girls should do more aerobic work and strength work to counter the weight gain.
- ✓ Although all systems are trainable at any time it is during these critical periods that most adaptation will take place if the proper volumes, frequencies and intensities are implemented

Introduction to Learn to Train: LTPD: Investing in Players (IIP) Model

1. **Active Start – Males and Females 0-6 yrs.**
Focus only on the Chronological Age of the player
Learning Movement Skills – PLAY
2. **Fundamental Motor Skills - 6-8yrs Female & 6-9yrs Males (Under 8')**
Focus only on the Chronological Age of the player
Overall Generic Movement Skills
3. **Learn To Train Stage – 8-11yrs Female & 9-12yrs Males (Under 12's)**
Focus on both the Chronological and Biological Age
Overall Sports Specific Skill Development

THE DIFFERENCES IN SIZE, BODY SHAPE AND MATURATION LEVELS BEGINS TO EMERGE AT THIS AGE GROUP DUE TO THE ONSET OF THE GROWTH SPURT

These first 3 Stages encourage Physical Literacy and Sport for All.

If children have these Movement skills they can drop out or into any sport at any time in their sporting lives.



Skipping



Introduction to Learn to Train: LTPD: Investing in Players (IIP) Model

4. **Train To Train Stage: (Under 16)**
(11-15 F. 12-16 M.)
(Age ranges are PHV dependent)
Sport Specific Skill Development
Major fitness development stage:
Aerobic and Strength

5. **Training To Compete Stage:**
(Under 18)
(15-21+/- F. 16-23 +/- M.)
(Age ranges are PHV dependent)
Sports specific skills in a fast moving
match environment, where positional
awareness and team play becomes
important under competitive
conditions



6. **Training To Win Stage: (18+)**
(18 +/- F. 19 +/- M.)
Chronological and Biological Age
High performance modelling all possible
aspects of training and performance

7. **Training for Excellence**
Chronological and Biological Age
May be at an earlier age in females who
can be peaking in senior county
competition at 15 years old.

Stages 4 to 7 focus on Performance

8. **Retirement and Retention**
Active For Life Stage:
Enter at any age: This final stage
encourages Life Long Physical Activity –
Encourages Health and Wellness through
physical activity and staying involved.

Introduction to Learn to Train: LTPD: Investing in Players (IIP) Model

- ✓ **FUN** and Participation remains the emphasis – Consolidate all the Fundamental Skills.
- ✓ Learn the General overall Sports Skills.
 - ✓ Cornerstones of all athletic development
 - ✓ One of the most important periods of Motor Development
- ✓ Specialised **movement skills** – ABC's + RJT
- ✓ Specialised **sports skills** – CPKS; must be coached
 - ✓ Beginning to experiment with the 'mini game' i.e. the Go Games
- ✓ Window of **accelerated adaptation** to:
 - ✓ **Motor co-ordination** – Skill Window extends into this phase
 - ✓ **Strength** - medicine balls and own body weight
 - ✓ **Endurance** – develop through games and relays
 - ✓ **Basic flexibility exercises**
 - ✓ **Speed development** – **Second Window: develop through specific agility, quickness and changes of direction during the warm up**
 - ✓ **Introduction to Mental Preparation**
 - ✓ **70:30 Training to Competition** ratio i.e. Three training sessions to One game
 - ✓ Structure competition to address difference in in training age and abilities

Too much early specialisation in a late specialisation sport like Gaelic can be detrimental to later stages of skill development and refinement of the fundamental skills.



Match the Move (vc)



Use Own Body For Strength Training

Introduction to Learn to Train – LTPD: Investing in Players (IIP) Model

- ✓ The LTDP is a training, competition and recovery programme based on biological age (the maturation level of the player) rather than chronological age (the actual age of the player)
- ✓ It is **player centered**, **coach driven** and **administration, sport science supported**
- ✓ Players who progress through different phases of the model will experience the right training and competition in programmes that consider their biological and training ages
- ✓ LTPD creates an environment where players can reach their maximum sporting potential but all the different agencies must work in harmony i.e. parents, schools and clubs etc.
- ✓ Coaches must use the critical periods of adaptation to training at the LTT (Learn To Train) stage when speed, skill, strength and flexibility can be optimally developed
- ✓ The best coaches should be working at the LTT and TTT (Train To Train) stages
- ✓ LTPD helps to nurture a lifelong participation in sport by highlighting it's value in improving health and well-being and helping players from fun to fame
- ✓ **The successful teams of the future will be a by-product of an effective and efficient LTPD sport system**
- ✓ All of the LTPD stages take into account the phases of development through which all players pass
- ✓ The stages of development through which all pass are the same; the timing and rate of development are what differ between individuals
- ✓ **It is these individual differences that most be taken into account by coaches when drawing up programmes and administrators when organising competitions**

Long Term Player Development - FEMALE		Fundamentals		Learning To Train				Training to Train				Train to Compete		Train to Win		
DEVELOPMENT	Yrs	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Stamina Aerobic Base	F	◆	◆	◆	◆	◆	😊	😊	😊	😊	😊	😊				
Speed Endurance (short – sustained period)	F	◆	◆	◆	◆	◆					😊	😊				
Strength Endurance (repetitions)	F	◆	◆	◆			😊 1	😊 1	😊 1	😊 2	😊 2	😊 2				
Maximum Strength (one rep. maximum)	F	◆	◆	◆	◆	◆	◆	◆	◆	◆		😊	😊	😊	😊	
Speed Strength (Power)	F	◆	◆	◆	◆	◆	◆						😊	😊	😊	
Speed (efforts less than 5 secs)	F	😊 1	😊 1	😊 1			😊 2	😊 2	😊 2							
Flexibility	F			😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊
Coordination/ Agility / Balance	F	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊					
Basic Techniques CPKS	F			😊	😊	😊	😊									
Advanced Technical	F							😊	😊	😊	😊	😊	😊			
Go Games/ Tactical	F	◆	◆		😊 2	😊 2	😊 2			😊	😊	😊				

FEMALES	Not a Priority	Should be Avoided	Moderation	Optimal Training Age	As Needed
		◆		😊 1 and 😊 2	

Long Term Player Development - MALE		Fundamentals			Learn To Train				Training to Train			Train to Compete		Train to Win		
DEVELOPMENT	Yrs.	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Stamina Aerobic Base	M	◆	◆	◆	◆			☺	☺	☺	☺	☺	☺	☺		
Speed Endurance (short – sustained period)	M	◆	◆	◆	◆	◆										
Strength Endurance (repetitions)	M	◆	◆	◆	◆	◆	☺ 1	☺ 1	☺ 1	☺ 1	☺ 2	☺ 2	☺ 2	☺ 2	☺ 2	
Maximum Strength (one rep maximum)	M	◆	◆	◆	◆	◆	◆	◆	◆	◆		☺	☺	☺	☺	
Speed Strength (Power)	M	◆	◆	◆	◆							☺	☺	☺	☺	
Speed (efforts less than 5 secs)	M		☺ 1	☺ 1	☺ 1				☺ 2	☺ 2	☺ 2	☺ 2				
Flexibility	M	☺ 1	☺ 1	☺ 1	☺ 1	☺ 2	☺ 2	☺ 2	☺ 2	☺ 2						
Coordination/ Agility / Balance	M	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺				
Basic Techniques	M			☺	☺	☺	☺	☺								
Advanced Technical	M					☺	☺	☺	☺	☺						
Tactical GO Games	M	◆	◆						☺	☺	☺	☺				

MALES	Not a Priority	Should be Avoided	Moderation	Optimal Training Age	As Needed
		◆		☺ 1 or ☺ 2	