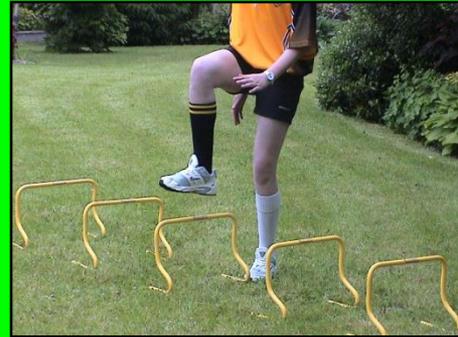




**FUN TO FAME™**



# ***Training to Train***



**Cumann Lúthchleas Gael – Builds Character**



# Train to Train

Free Introduction

Ulster GAA

Coaching & Games Development

[www.ulster.gaa.ie](http://www.ulster.gaa.ie)



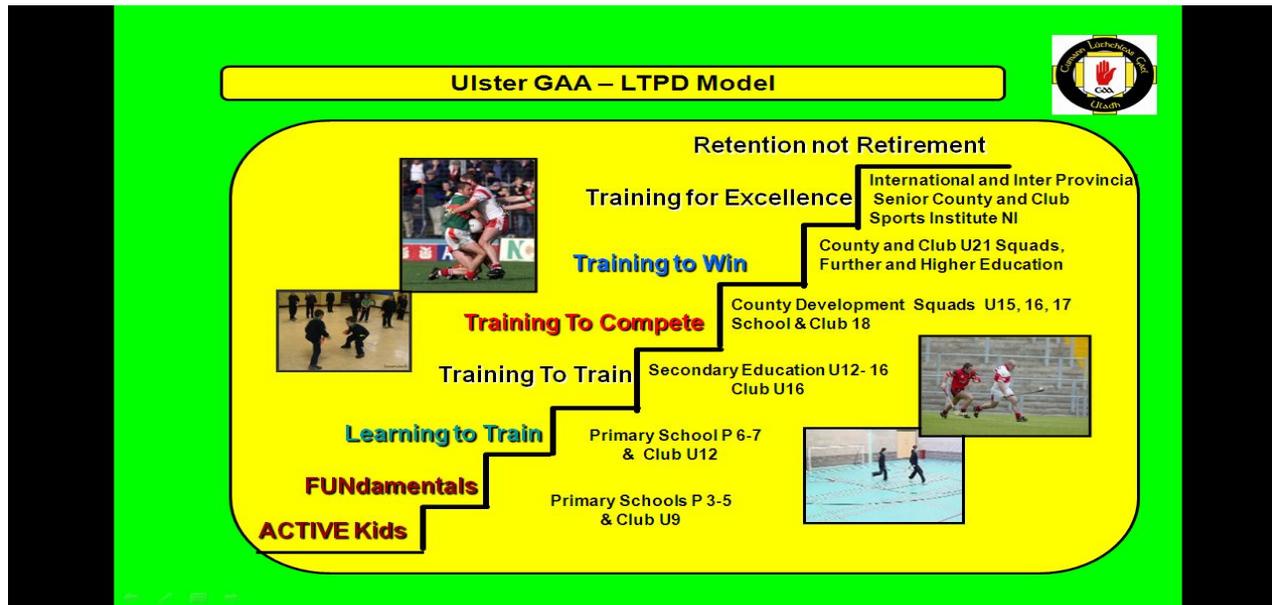
# Ulster GAA Coaching Resources



## 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](http://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

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

## Fundamentals – U.6 to U.9

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



## Learn To Train – U.9 to U.12

<b>Free Introduction</b>	<b>46</b>		
<b>Speed &amp; Aerobic Training &amp; Strength Training</b>	<b>44</b>	<b>Games for better team play &amp; Tactical awareness</b>	<b>26</b>
<b>Nutrition, Hydration &amp; Mental Training</b>	<b>16</b>	<b>Coaching skills &amp; Code of conduct</b>	<b>18</b>
<b>Warm Up &amp; Flexibility Activities</b>	<b>29</b>	<b>The Skills of Gaelic Football</b>	<b>52</b>
<b>Planning for games &amp; Let's Go Games</b>	<b>24</b>	<b>The Skills of Hurling</b>	<b>49</b>



## Train To Train – U.12 to U.14

<b>Free Introduction</b>	<b>13</b>		
<b>Conditioning &amp; Core Strength Activities</b>	<b>37</b>	<b>Speed &amp; Stamina Activities</b>	<b>32</b>
<b>Strength &amp; Medicine Ball Running &amp; Jumping</b>	<b>40</b>	<b>Principles of Play, Football Activities with a Purpose &amp; Technical Development (Football)</b>	<b>56</b>
<b>Lifestyle Issues &amp; Mental Skills Training</b>	<b>21</b>	<b>Principles of Play, Hurling Activities with a Purpose &amp; Technical Development (Hurling)</b>	<b>43</b>

## Declaration



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# Foreword

The Ulster Council is delighted to support this new Resource for coaching. As Inter County Competitions continue to grow in stature, there is a need to focus on the Grassroots. Schools, clubs and counties are now aware of the need to have an efficient and effective structure to ensure continued development. The Training to Train phase is the third step on this long term player development programme. It provides coaches, teachers and parents with material that will help them deliver the key components to help bring young athletes to the next level.

This programme has been developed by physical education specialists working within the Association in Ulster. In particular the Ulster Council would like to thank Dr Eugene Young Director of Coaching and Games for writing this resource. In addition it would like to recognise the contributions made to the hurling section by Paul Callaghan Regional Development Officer for the Ulster Council. We know that you will find this resource insightful, challenging and useful in your coaching practice.

President Ulster Council  
Michael Greenan

Ulster Coaching has taken a big step forward with the development of this Training to Train programme. Continuing with the principles of Long term player development, this programme is again a first to embrace the development process with young players within our county development system, clubs and schools.

It is recognised that from the age of 13 to 16 young players can pick up the habits and good practice that will stay with them through their adult life. This program builds on the earlier building blocks set down in the Fundamentals and Learn to Train stages. The social, physical and mental development at this stage is addressed and the material is referenced throughout.

The Ulster Coaching and Games Development Committee are delighted to endorse the Training to Train programme. It fits neatly with our Provincial and National Coaching and Games Development Strategy and it will be a resource that will support coaching over the next five to ten years.

Chairman Coaching and Games Development  
Naul McCole

*Cumann Lúthchleas Gael – Builds Character*

# Acknowledgements

## FUN to FAME™

Emanating from the High Performance Strategy 2003 – 2007, it became evident that success at the top is heavily dependent on the development systems that underpin performance.

The FUN to FAME™ Programme looks at each stage of the development of players and is based on Bayli's model of Long Term Player Development.

This particular manual looks specifically at the Train to Train (U16) phase of the FUN to FAME™ Model. It focuses specifically on some of the key Areas of development that the coach should concentrate on in developing and retaining talented players in Gaelic Games.

In addition the activities and exercises also contribute to a healthy life style and the ideas presented are focused on retaining healthy individuals within the broader GAA Community.

This stage of the FUN to FAME™ Programme is supported by referenced materials, pictures, descriptors and programmes that can be used in total or in part to develop a healthy ethos within teams and with mentors and to help enhance the performance of players in clubs and development programmes.

We would like to thank our sponsors Musco Lighting, the Ulster Council, the tutors and full-time staff within the Ulster Council, Sports Council Northern Ireland and Dr Istvan Bayli for their continued support in this project.

*Dr. Eugene Young  
High Performance Director*



### *The RACE*

*A children's race; young boys, young men  
How I remember well.*

*Excitement, sure! But also fear  
It wasn't hard to tell.*

*They all lined up so full of hope  
Each thought to win that race.*

*Or tie for first or if not that,  
At least take second place.*

*And one boy in particular  
Whose dad was in the crowd?*

*Was running near the lead and thought:  
"My dad will be so proud"*

*But as they speeded down the field  
Across a shallow dip*

*The little boy who thought to win  
Lost his step and slipped.*

*So far behind the others now,  
The most he'd ever been.*

*Still he gave it all he had  
And ran as though to win.*

*And now when things seem dark  
And difficult to face*

*The memory of that little boy  
Helps me in my race.*

*For all of life is like that race  
With ups and downs and all.*

*And all you have to do is win  
And rise each time you fall.*

*"Quit! Give up! You're beaten!"  
They still shout it in my face.*

*But another voice within me says:  
Get up and win that race!"*

*Anon*

# Contents



Page	
6	Introduction Train to Train (Under 16)
12	General Conditioning
28	Stamina
35	Strength
57	Core Strength
74	Medicine Balls and Jumping
88	Speed
109	Technical Development
114	Drills
183	Principles of Play
188	Lifestyle
202	Mental Skills
	Conclusion
	Bibliography

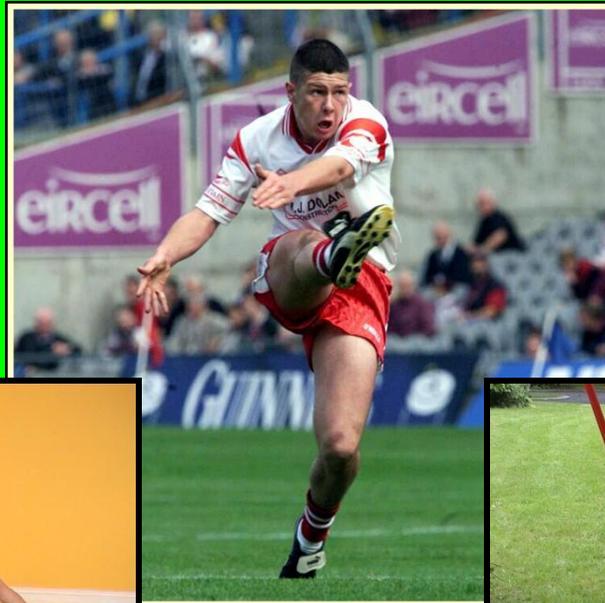


Dr. Istvan Bayli ... World leading expert on Long Term Player Development  
who described our Fundamentals and Learn To Train manual as an “example of good practice world wide”



# Train to Train

12 – 16 yrs



# Train to Train - Introduction

## Ulster Council – LTPD Model



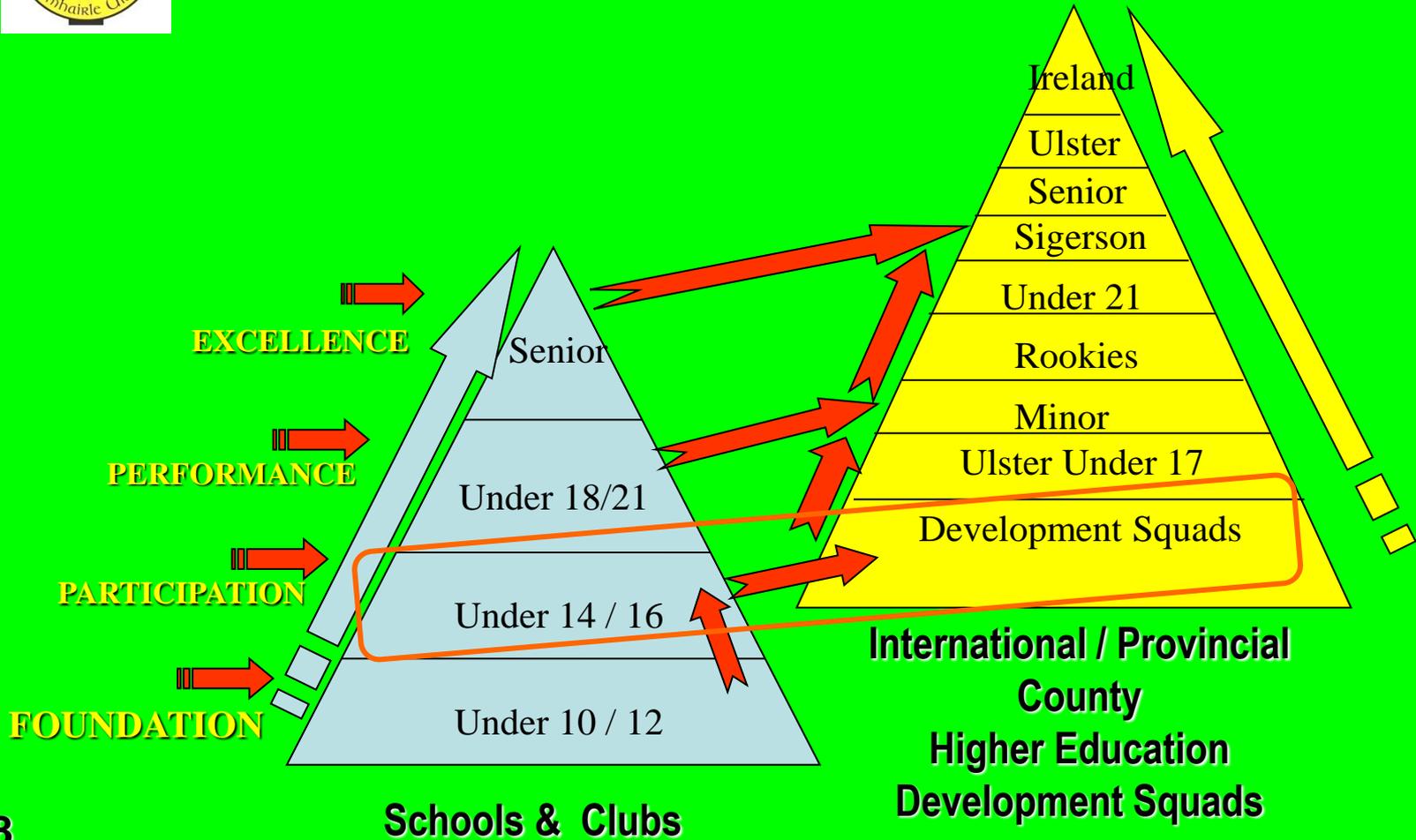
### Retention not Retirement



# Train to Train - Introduction



## Participation and Performance Ladder TRAIN to TRAIN (Under 16)



# Train to Train – Guide to Implementing the LTAD Model

FUNdamentals <b>UNDER 8</b>	Learning To Train <b>UNDER 12</b>	Training to Train <b>UNDER 16</b>	Training to Compete <b>UNDER 18</b>	Training To Win <b>U21 TO SENIOR</b>
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	Chronological-Biological age Males: 16-18 / Females: 15-17	Chronological age Males: 18 + / Females: 17 +
<p>FUN and Participation</p> <p><b>Physical Literacy</b></p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Co-ordination</li> </ul> <p><b>Warm up principles</b></p> <p><b>Athleticism</b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Speed</li> </ul> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>• Catch</li> <li>• Pass</li> <li>• Kick</li> <li>• Strike</li> </ul> <p><b>Tactical</b></p> <ul style="list-style-type: none"> <li>• Spatial awareness</li> <li>• Co-operation</li> <li>• Non invasive games</li> <li>• Simple rules and ethics</li> </ul> <p><b>Mental</b></p> <ul style="list-style-type: none"> <li>• Positive Attitude to Sport</li> <li>• Develop self confidence</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Own body strength exercises</li> </ul> <p><b>Periodisation</b></p> <ul style="list-style-type: none"> <li>• No Periodisation</li> <li>• Well structured programmes</li> <li>• Training / Competition Ratios 50: 50</li> </ul>	<p>Overall sports skills broad base</p> <p><b>Advanced Physical Literacy (PL)</b></p> <ul style="list-style-type: none"> <li>• Incorporate the ball into the key PL components: ABC'S, RJTS, CPKS</li> </ul> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>• Major skill learning phase, All basic sports skills should be learnt before entering next phase</li> </ul> <p><b>Tactical</b></p> <ul style="list-style-type: none"> <li>• Spatial Awareness-light pressure in grids</li> <li>• Small sided games, 5v3– 4v2 – 6v6</li> </ul> <p><b>Mental</b></p> <ul style="list-style-type: none"> <li>• Introduction to mental preparation</li> <li>• Cognitive Development</li> <li>• Emotional development</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Medicine ball, Swiss ball,</li> <li>• Own body strength exercises</li> <li>• Speed &amp; Agility development</li> </ul> <p><b>Ancillary Capacities</b></p> <ul style="list-style-type: none"> <li>• Hydration practices</li> </ul> <p><b>Periodisation</b></p> <ul style="list-style-type: none"> <li>• Single Periodisation</li> </ul> <p>• Training / Competition Ratios 75: 25</p>	<p>Broad base skills &amp; sport specific skills- Major fitness development phase - Anaerobic and Strength, (PHV is the reference point)</p> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>• Advanced Technical Skill development</li> <li>• Skills developed under pressure</li> <li>• Fitness within skills drills</li> </ul> <p><b>Tactical</b></p> <ul style="list-style-type: none"> <li>• Understanding of Principles of Play in grids and small-sided games.</li> <li>• Application of skills in game</li> </ul> <p><b>Mental</b></p> <ul style="list-style-type: none"> <li>• Understand the use of psychology</li> <li>• Use skills based goal setting</li> <li>• Use mental imagery training</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Development of Strength: Introduce lifts</li> <li>• Fitness within the games</li> <li>• Speed &amp; Speed Endurance</li> <li>• Flexibility</li> </ul> <p><b>Ancillary Capacities</b></p> <ul style="list-style-type: none"> <li>• Monitor PHV - posture</li> <li>• Nutritional Awareness</li> <li>• Video Feedback</li> </ul> <p><b>Periodisation</b></p> <ul style="list-style-type: none"> <li>• Single or Double</li> <li>• Training / Competition Ratios 60: 40</li> </ul>	<p>Sports position specific skills</p> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>• Position specific technical playing skills preparation</li> <li>• Skill development within small sided games leading to full games</li> </ul> <p><b>tactical</b></p> <ul style="list-style-type: none"> <li>• Position specific tactical and playing skills under competitive conditions</li> <li>• Refining Games SENSE</li> </ul> <p><b>Mental</b></p> <ul style="list-style-type: none"> <li>• Advanced mental preparation</li> <li>• Mental rehearsal</li> <li>• Focusing and refocusing</li> <li>• Relaxation techniques</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Specific physical conditioning</li> <li>• Light weights</li> <li>• Flexibility</li> <li>• Core Stability</li> </ul> <p><b>Ancillary Capacities</b></p> <ul style="list-style-type: none"> <li>• Optimise Ancillary capacities</li> <li>• Hydration and Nutrition</li> <li>• Managing training loads</li> <li>• Managing Competition load</li> <li>• Performance Analysis</li> <li>• Recovery methods</li> </ul> <p><b>Periodisation</b></p> <ul style="list-style-type: none"> <li>• Double/ Triple Periodisation</li> <li>• Training / Competition Ratios 40: 60</li> </ul>	<p>Position specific and team play skills</p> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>• Further refinement of technical skills</li> <li>• Development within full games</li> </ul> <p><b>Tactical</b></p> <ul style="list-style-type: none"> <li>• Further refinement of position specific tactical and playing skills in full games</li> </ul> <p><b>Mental</b></p> <ul style="list-style-type: none"> <li>• Modelling all possible aspects of training and performance</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Weights program</li> <li>• Core Stability</li> <li>• Flexibility</li> <li>• Build rest into the program</li> </ul> <p><b>Ancillary Capacities</b></p> <ul style="list-style-type: none"> <li>• Training diary</li> <li>• Food diaries</li> <li>• Heart rate monitoring</li> <li>• Fatigue monitoring</li> <li>• Recovery Strategies</li> <li>• Hot and cold / pool</li> <li>• Health Check</li> </ul> <p><b>Periodisation</b></p> <ul style="list-style-type: none"> <li>• Double, triple or multiple</li> <li>• Training / Competition Ratios 20: 80</li> </ul>

## Train to Train – Focus within the LTAD Model

Summary of Train to Train Stage: Framework within which the Coach can work  
Boys 12- 16 years / Girls 11- 15 years

### **Sports Specific Skills:**

- Advanced Technical Skill development, Skills developed under pressure, Fitness within skills drills
- Understanding of Principles of Play, in grids and small-sided games, application of skills in game

### **Major Fitness development stage**

- Aerobic, Strength, (Peak Height Velocity is the reference point)

### **Mental / cognitive and Social / emotional development**

- Understand the use of psychology, Use skills based goal setting,
- Use mental imagery training

### **Introduce free weights**

- Focus on developing core stability and the techniques of lifting

### **Develop further ancillary capacities**

### **Frequent musculoskeletal evaluations during PHV**

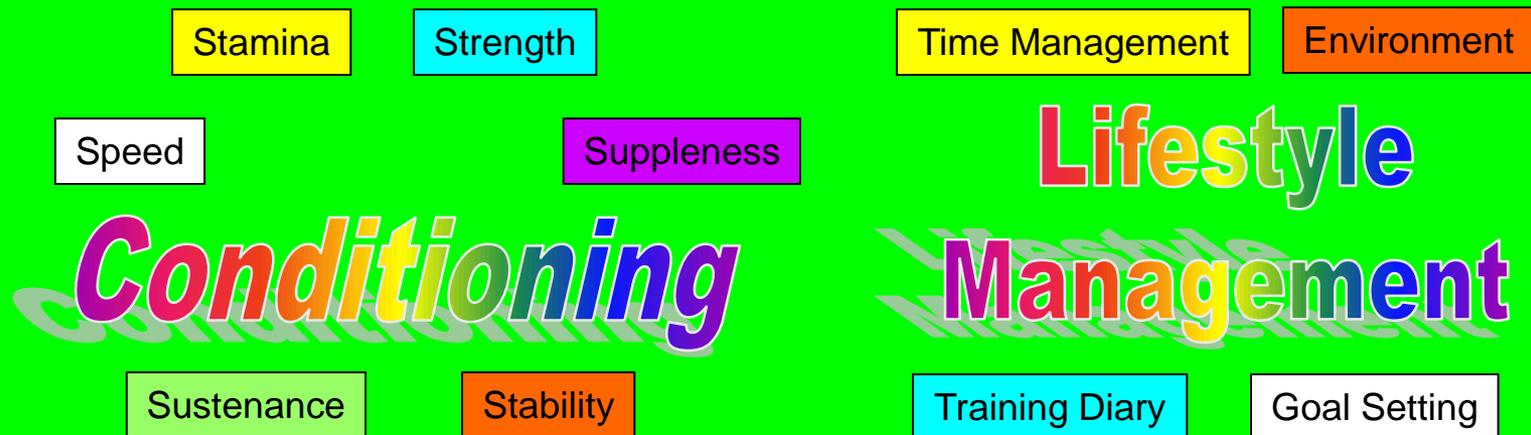
- Selection

### **Single or double periodisation**

### **Sport-specific training, six to nine times per week**

Training / Competition Ratio: 60: 40

# Train to Train – implementation



## WITH THE BALL

