



County Development Coaches

28th February 2002

A Chara

I hope that this finds you well. I would appreciate your help in trying to implement the following:

- 1. County Contact Sheet.**
I have not yet received exact contact details for the teams listed. One contact person per team would be useful.
- 2. Measuring Player Burnout** – This has been a big issue in all the counties visited has been player burn out. Stephen O’Neill is currently doing some research on this issue. However in addition would you please photocopy the enclosed **Talented Player Training Diary** and ask your **Development Squad** players to complete it over the four-week period and return copies to me before Easter.
- 3. Player profile form and skills tests for your development coaches comments.** If possible could the Development Coaches use the form to complete the **set of skills drills** enclosed and provide me with some feedback. If they could find time to run these tests and feedback the results and any comments or additional drills that may help to provide a battery of skills tests for Ulster at that age group. I will analyse the feedback and send them a copy of the best performance in Ulster and the norms. Again the help of the development squad coaches would be appreciated.

Sorry to keep you all so busy but you are my point of contact in the counties at the moment.

Sincerely

Eugene Young

Cc County Coaching and Games Development Officers



Protocols for the Skills Based Assessment of Gaelic Football Development Squads

by

Dr. Eugene Young





Ulster Gaelic Football
County Development Squads U15 and 16
Skills Based Tests



Aim:

To focus the player's mind on the execution of good technique as a prerequisite to successful outcome in both tactical and team play aspects of the game.

Objectives:

- To create an emphasis on good execution of technique
- To set challenges in a standardised environment that requires the execution of good technique under pressure conditions.
- To benchmark the performance of skills at key stages of player development and during periods of the season.
- To place more value on the coaching of good technique

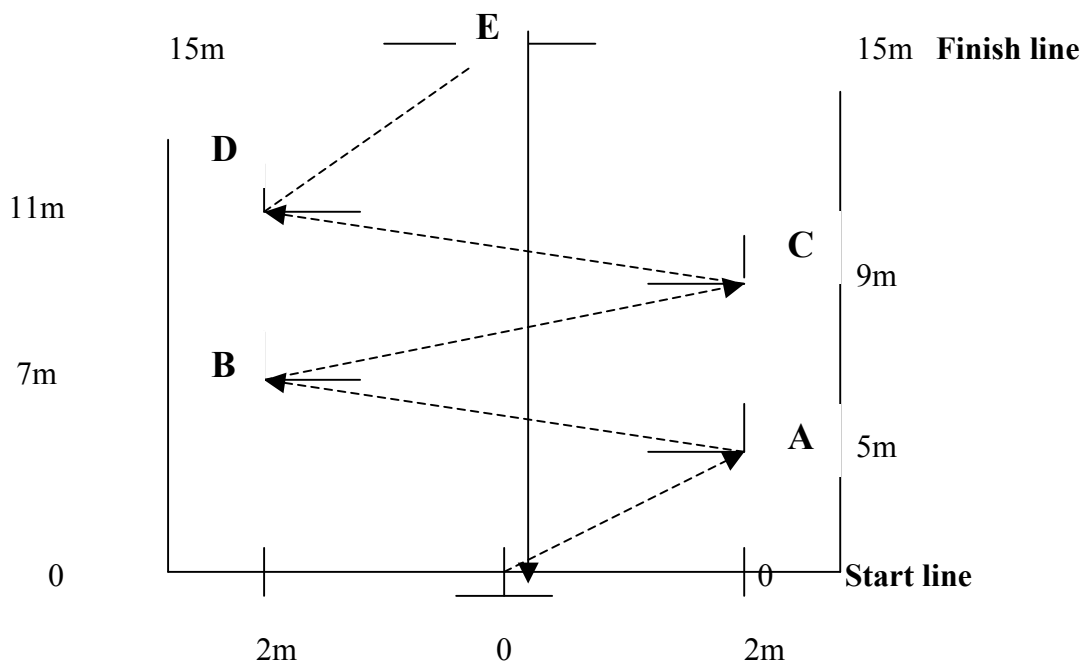
Testing Protocol (Draft)

1. To ensure all tests are completed under the same conditions and therefore to allow comparisons and contribution into a Provincial database, it is important that the skills tests are carried out in a standard format where possible.
2. All skills tests have a target and are timed until the player achieves the target.
3. Tests are carried out indoors to ensure standardisation of environment

Skills Test 1 – Zig- Zag Run

Zig Zag Solo Run –placing one foot over each line – out and straight back twice

Time Recorded:



Cones are 4m apart across
 Player zig-zags out through the cones executing one bounce and one toe tap alternatively. He returns to the start in a straight line and repeats the exercise.
Time Recorded using stopwatch

Skills Test 2 – Straight Run

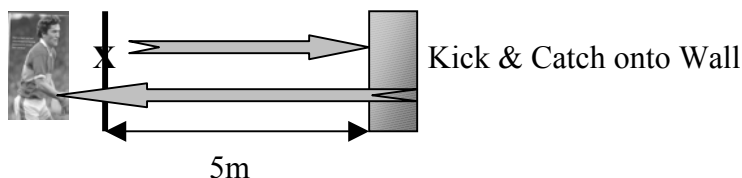
Solo Ball - 20 m turn and return soloing the ball until back across the start line
Time recorded

Using the cones above the player is only allowed to solo the ball out to the 20m mark, turn and solo and bounce the ball alternatively coming back again. Coach monitors steps taken and can penalise by asking the player to repeat if he takes too many steps.
Time Recorded using stopwatch

Skills Test 3 – Stationary Punt Pass

Punt Pass – Stationary- 5m from the wall – make thirty with the right and thirty with the left

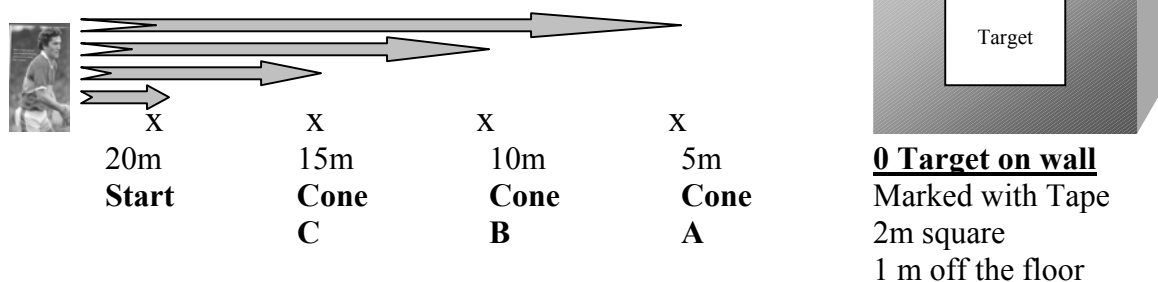
Time Recorded



Skills Test 4 – Punt Pass on the Move

Punt Pass – On The Move – Carry (solo and bounce) and Kick to hit target
 Time to make six hits one with the right and one with the left at each cone

Time Recorded



Player returns to 20m mark (Start) after each kick and after collecting his own ball. He solos first to the 5m-mark and hits target. Goes back to the start and returns to the 5m mark to kick with the other foot.

If he misses he collects ball returns to 20m mark and repeats until successful. To finish the exercise he returns to the start having made six successful hits.

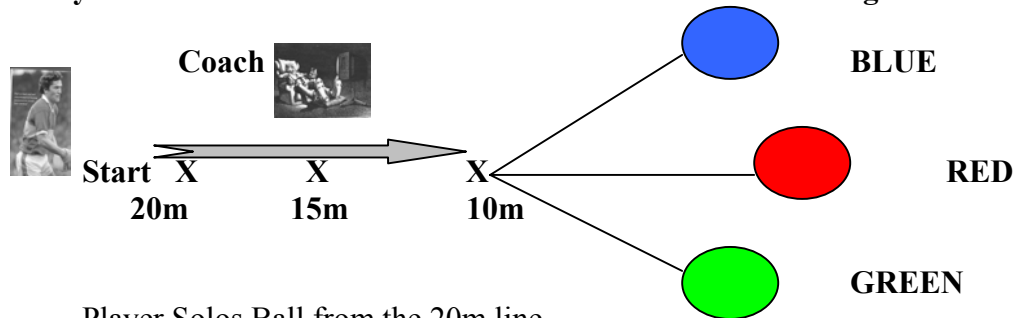
Time is recorded

Skills Test 5 – Decision Making

Decision Making – Using the **Fist Pass** – Collect the ball, solo out from the start and fist to the coloured cone called out by the coach. Coach has predetermined sequence.

Time Recorded

Penalty of 10 Seconds added if ball doesn't land in the circle/caught



Player Solos Ball from the 20m line

Once they cross the 15m line the coach calls a colour.

The player makes the fist pass before they cross the 10m line

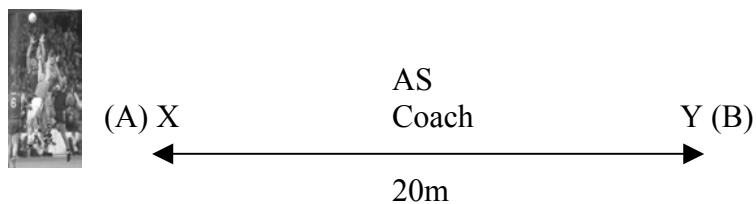
Player lands the fist pass in the circle/ to person at the cone and returns to the start to collect the next ball.

Player has six footballs – he retrieves each from the floor at point A- 20m line Where he misses a ten second penalty is added to his final time.

Time Recorded

Skills Test 6 – High Fielding

Catching - High Field and Fist Pass



Coach stands on a raised bench or stepladder with the Assistant Coach AS beside him on floor

Coach holds the ball out at just above shoulder height (depending on player height – not an exact science)

Player A runs from X – jumps and collects ball and fists to B at cone Y.

Player B returns ball to the Assistant coach who has handed second ball to A.

A has run around marker Y and repeats until they have caught and fist passed twenty footballs.

Time recorded when the final ball is caught by the player on the cone.

Skills Test 7 - Shooting

Shooting - Collect ball – Solo Run and Shoot to hit the target from 20m



Mark and Area on the Wall 2 m from the floor and 8m wide using tape
Player solos the ball from 25m and kicks to hit the target between 20m and 15m. Player retrieves his own ball and returns to the start and continues until he has scored 10 hits on the target

These tests are not an exact science but if you would run them and collect the results and send them to me I will be able to compare across squads and return the norms back to you so you can compare with the norms in Ulster. Your results will be confidential to you and your players.

Return to me by First Week In June and I can circulate some information back with a week. Please give me some feedback re

- suitability of tests, did the put players under pressure
- problems in relation to facilities and equipment
- all comments welcome

Please have a go and feedback some information to me so that I can refine and make the process a worthwhile exercise for players and coaches.

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Protocol for the Skills Based Assessment of Gaelic Footballers

Name: _____ DOB: _____ DATE: _____

Squad: _____ Venue: _____

Record Times for each event

Test	Test1	Test2
1. Zig- Zag Run		
2. Straight Run		
3. Stationary Punt Pass		
4. Punt pass on the move		
5. Decision making		
6. High Fielding		
7. Shooting		

Coach Conducting the Test 1

Coach Conducting the Test 2

Feedback on the tests protocol after test 2