



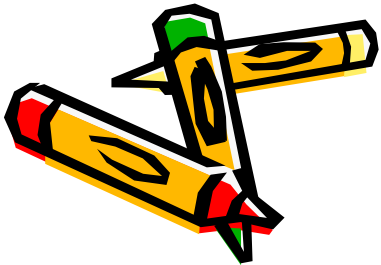
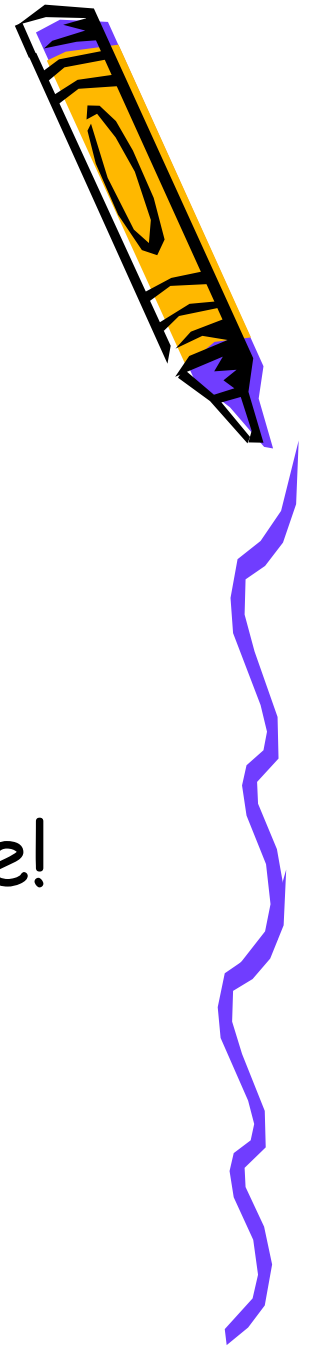
GAA Player Conference 2018

How Can I Improve as a Player

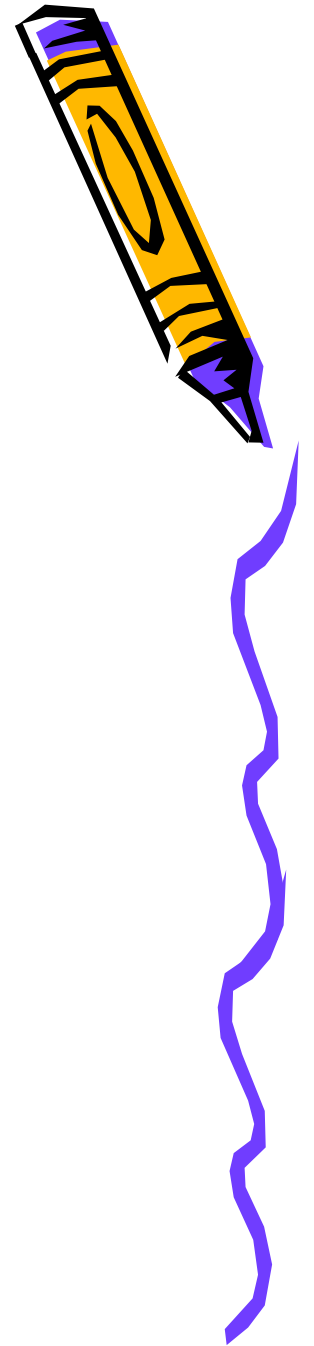


How can I improve as a player?

- Skill Acquisition
- Reaching your potential
- Being as good as you can possibly be!



- What is potential?
- How good can I become?
- We never really know !!!!!



Success

The person that wins

- is not always the favourite.....
- but she / he who wants most
- and works hardest!



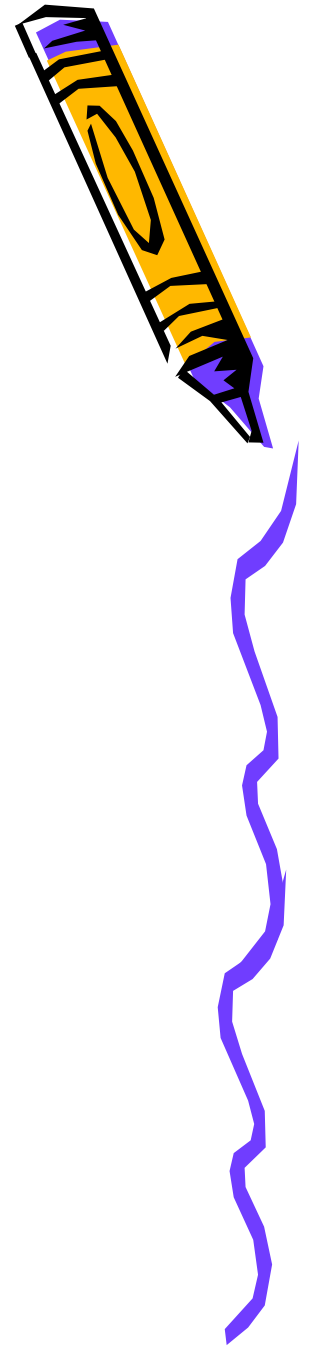
Success

Many of life's failures

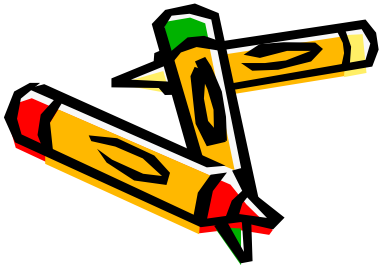
- are people who did not realise how close they were to success
- when they **GAVE UP!**

Success

- One Lost Ball
- can lead to losing a County Final



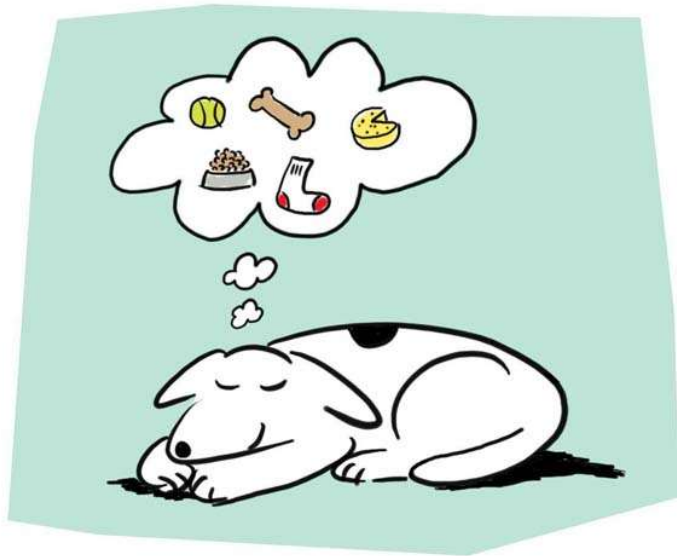
Dream the Dream!





Hurling - The Greatest game in the World





Make the Dream come true

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B
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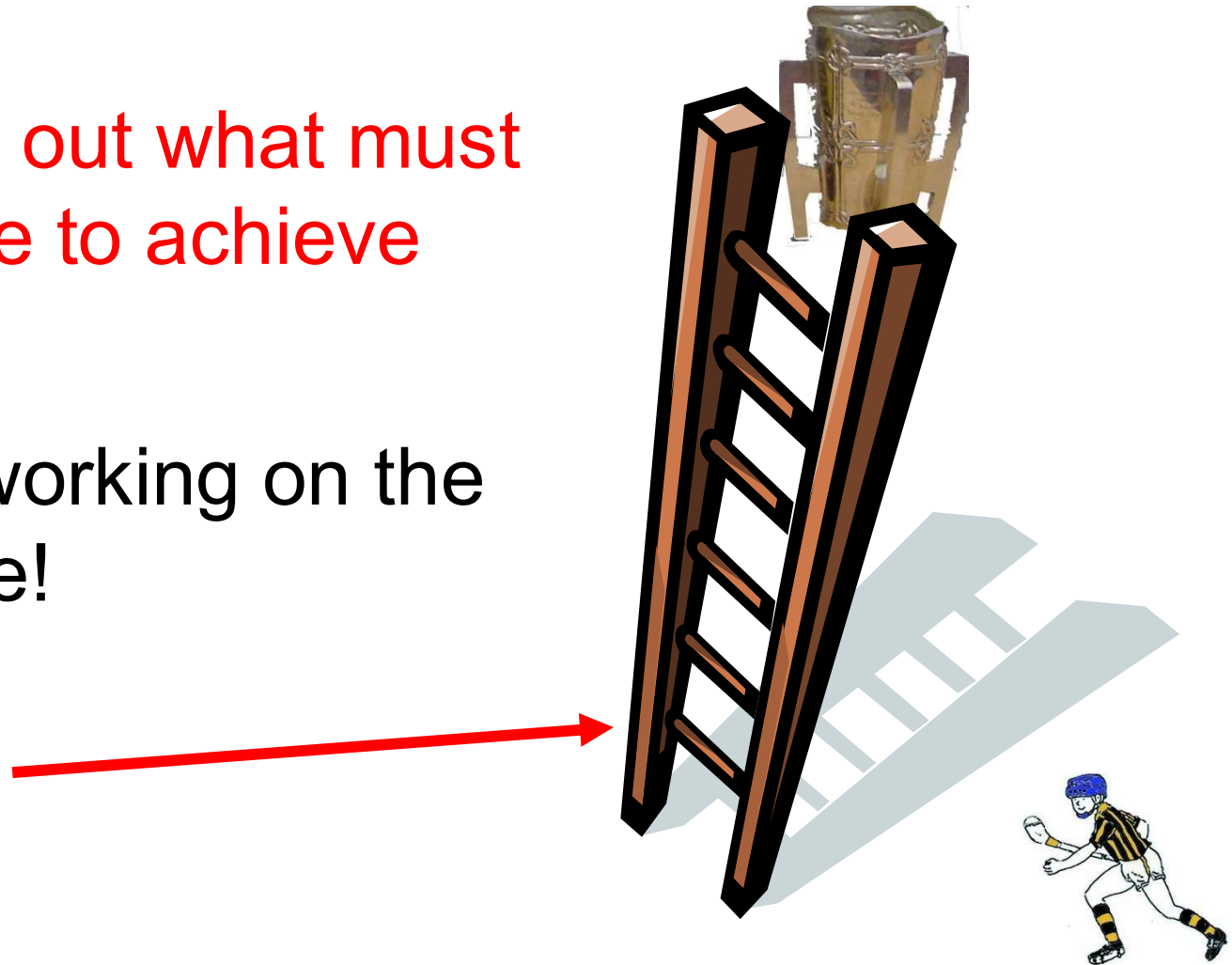
The Dream Come True!!





Set Realistic Targets!

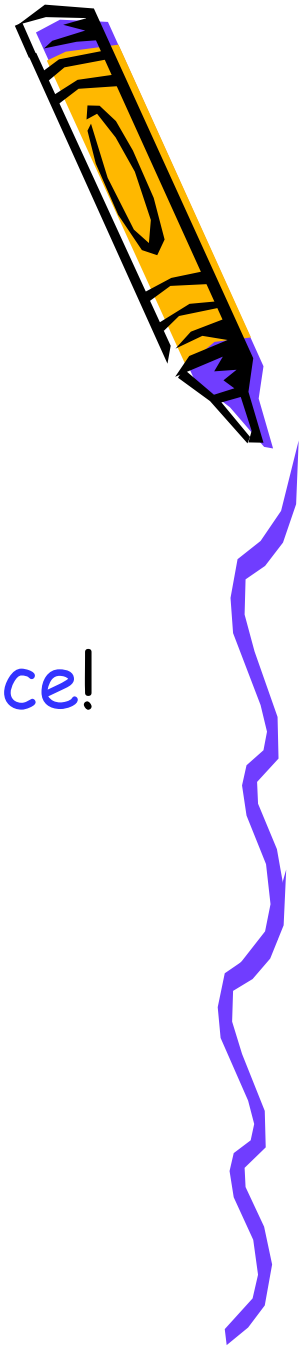
- Figure out what must be done to achieve them
- Start working on the first one!



What is your Target?
Is it this ???



A Persons *Greater Knowledge*
is in their *awareness of their own ignorance!*



Stop Listening

.....stop Learning



Tommy



D.J.



Kilkenny are constantly Learning

The Cats are beaten

Now they are training the
Dogs!

Never too Old Never too Young!



GAA

NATIONAL HURLING DEVELOPMENT

THE GREATEST GAME IN THE WORLD

CAMÁN **Let's Have Ball** **CELTIC CHALLENGE**

GO SKILL CHALLENGES **GO GAMES**

PLAY THE GAME

DRILLS, SKILLS & GAMES

THE GAME IS MOST IMPORTANT
WE NEED SKILLS TO PLAY THE GAME
WE NEED DRILLS TO DEVELOP SKILLS

PRACTICE MAKES PERFECT

SKILL

GET IT RIGHT
GET IT FAST
GET IT FAST UNDER PRESSURE

GAA ACTIVITY PLANNER

100'S OF LESSONS & VIDEOS
LEARNING.GAA.IE/PLANNER

PLAY TO STAY WITH THE ... **GAA**

Master the Skills

GAA **DRILLS** **SKILLS** **SMALL-SIDED GAMES**

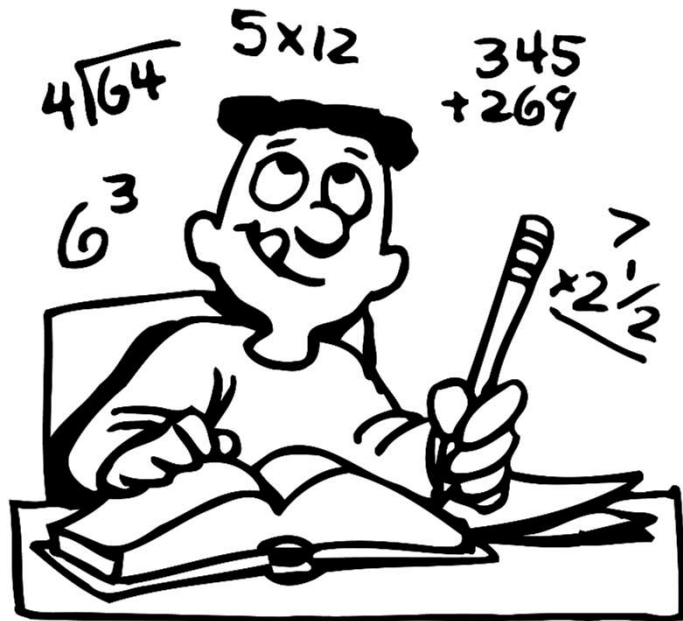
Drills, Skills & Games

- The **Game** is most important
- We need **Skills** to play the **Game**
- We need **Drills** to develop **Skills**
- Skill**
 - Get it Right
 - Get it Fast
 - Get it Fast under pressure

Practice Makes Perfect

Have a Ball NURSERY (Age 4 - 6) YOUTH (Age 12 - 17) ADULT (Age 18+) **GAA**

"The **Game**" is the greatest Skill



Maths Test

- Get 100% in the easy sums!
- Don't rush the simple ones!
- Spend most time on the easy sums!
- Do all the easy sums first!



- Practice all Skills
- **Master** the Skills that that are needed most often
- Make sure of the easy Frees!



What skills are most commonly required / used in a game?

1. Striking

- 1. Ground**
- 2. From Hand**

2. Lift

- 1. Roll Lift**
- 2. Jab Lift**

3. Catch

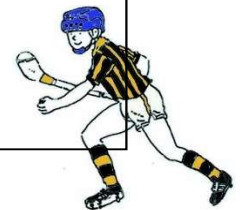
4. Block

5. Hook

Master the Basics

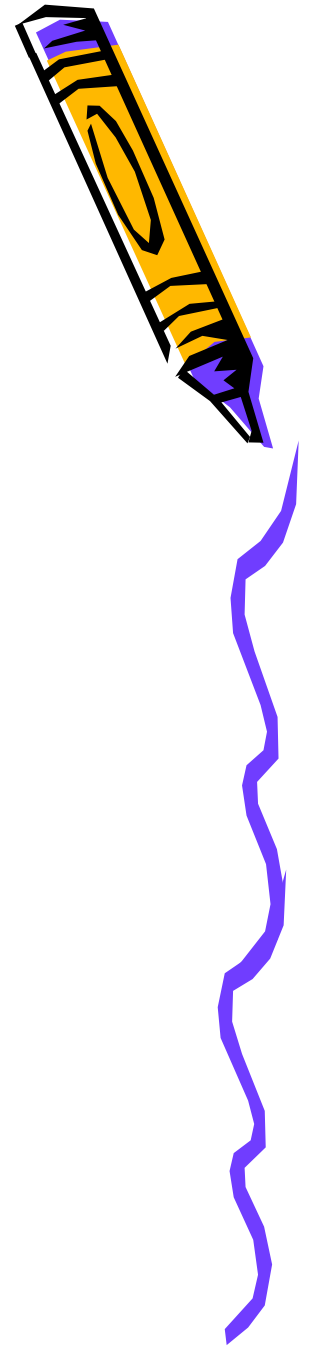
- Grip
- Swing
- Strike
 - Ground
 - From Hand
- Hand Pass
- Stop
 - High
 - Low

- Catch
 - High
 - Low
- First Touch
 - Roll Lift
 - Jab Lift
- Blocking, snig, kill
- Hooking
- Not Fouling



Components of the Game

- Fitness:
 - Speed, Strength, Agility, **Stability**, Reaction, Aerobic, Anaerobic, Recovery,.
- **Hurling**
- Team Work
- Mental Ability





Skills ??

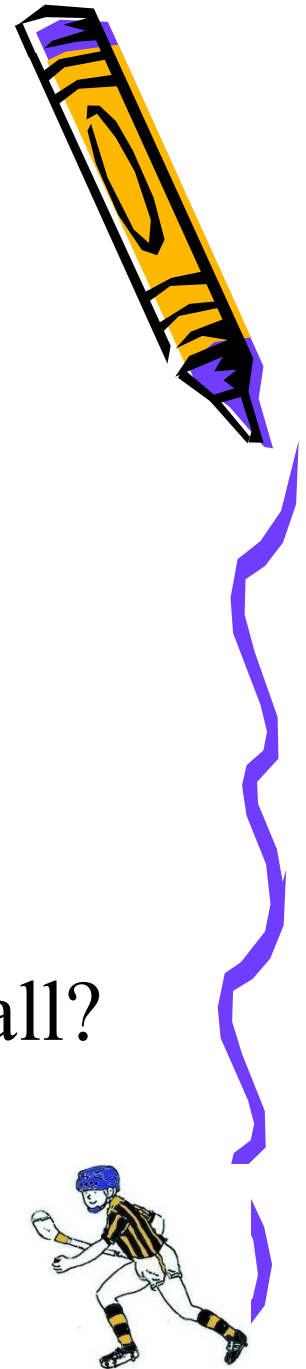
- Fitness
- Shooting
- First Touch
- Reaction
- Not Fouling
- Picking up breaks
- Work Rate
- Positional play
- Holding your ground
- Killing the ball
- Reading the game
- When NOT to Pull
- Snigging



Skills??

- Puck outs
- Frees
- Line Balls
- Tackling
- Attacking
- Defending
- Support play

- Forwards moving
- Quality of ball to Forwards ? Backs ?
- Taking on Backs
- Scoring Goals!!
- Fast delivery**
- Two up for same ball?



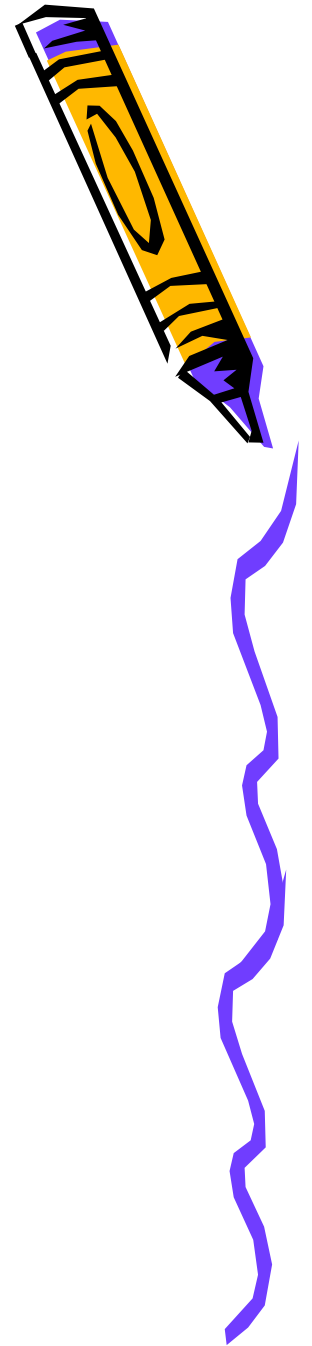
The Basics are not Basic – they are Vital

- Wheels
- Petrol
- Engine
- Key
- Steering Wheel
- Brakes

- Windows
- Wipers
- Radio
- Colour
- Seats
- Doors
- Boot
- Heater



Attention to Detail



If football is a game of inches

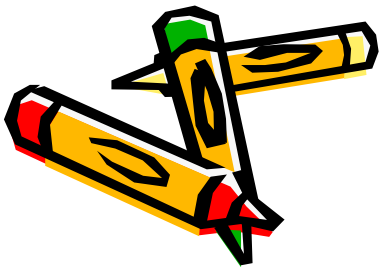


Hurling is a game of millimetres

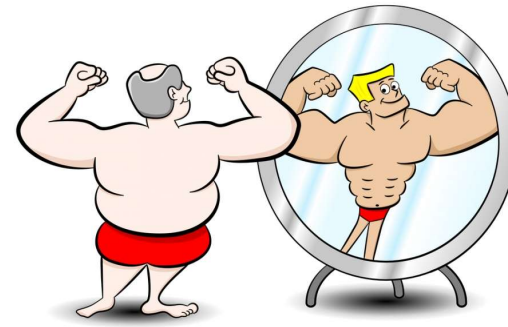


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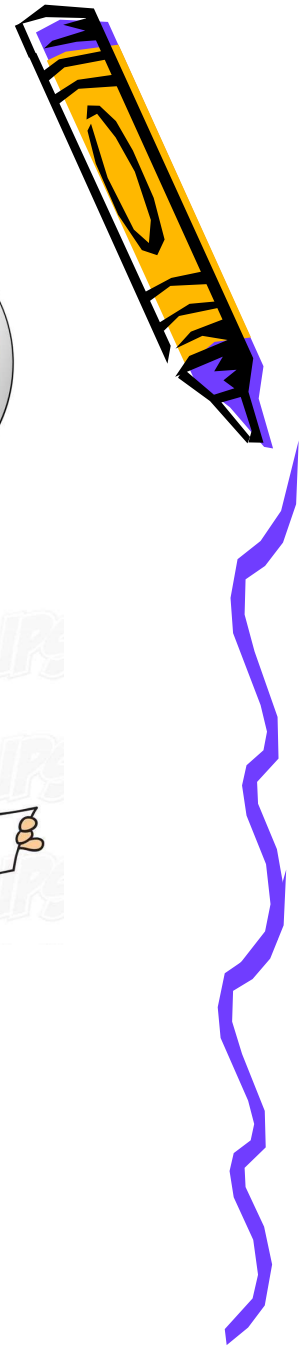
Personal Attributes than can help / hinder
you achieving your potential



To achieve your potential



- Look in the Mirror
- See what is really in there....
- Do not blindfold yourself to reality
- Do not stick your head in the sand



- Balance to training
- Prioritise Areas *****
- Composure
- Control the controllables
- Focus
- Choices
- Know your strengths -
- Know your short comings-
- Back yourself
- Confident - not cocky
- Modesty
- Hard work
- Attention to detail
- Awareness
- Prepared to listen
- Success
- Lack of Success

- Arrogance
- Laziness
- Know it All attitude
- Selfish
- Lack of respect
- Drink ****
- Life style - prioritise
- Too Serious
- Obsessive
- Peer Pressure
- Negativity
- Listening to Negativity
- Fear
- Success
- Lack of Success



The Scoreboard is what counts at the end of a game

- How can you achieve the highest possible score for your team
- The lowest possible score for your opponents
 - SKILL





Working on Key elements of the Game



Martin Fogarty Hurling Development 2018

