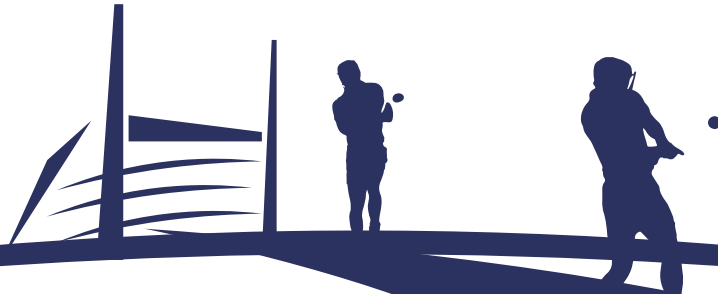


KILDARE HURLING GOALKEEPING PATHWAY



Cill Dara
KILDARE GAA



`A pathway to ensure
the lilywhite hurling
goalkeeper never has
to walk his path alone`.

FORWARD

“Finally, coaches are seeing the benefit of giving their goalkeepers the attention they need and deserve.

This detailed pathway takes the coach through step by step drills to help guide their keeper to reach their full potential. From the importance of footwork to, knowing the correct angles and on to the use of proper communication, every aspect is brilliantly outlined from top intercounty goalkeepers and coaches.”

David Herity

Kildare Hurling Manager and former Kilkenny All Ireland winning goalkeeper



Cill Dara
KILDARE GAA

‘Exceptional, courageous and often lonely souls, who have the guts to be the last man standing’.

Liam Griffin’s description of hurling goalkeepers in his foreword to Christy O Connor’s book Last Man Standing, which gave a unique and award winning insight into the hurling goalkeeper.

This pathway hopes to deal with all aspects of Griffin’s assertion, to laud the exceptional nature of hurling goalkeepers, to promote the courageous nature of the goalkeeper and the person, but to ensure that the isolating nature of the position is no more. The pathway strives to support the Kildare hurling goalkeeper in the formative years from u 14 to u 17 and to aid their development as goalkeepers and people.

The Pathway is to be divided into 2 main categories:

Pathway - The overview of where the process begins through the different stages of development up until U17. This outlines the different pathway age groups and the learning outcomes at each stage to be recognized by both player and coach.

Workshops - This is the upskilling of coaches, players and parents through a workshop model.

Coaches are upskilled as to how to coach the goalkeeper and how to implement the goalkeeping strategies with outfield players.

Players/Goalkeepers are upskilled through various workshops on certain concepts that are then to be incorporated into training/games.

Parents will be informed of the best ways to support the development of the player that is playing in goal and of how the pathway will unfold over the coming years.

By adhering to such an approach from u 14 to u 17, it is envisaged that this will help the goalkeepers to reach their potential in not only the Kildare development squads but to become established as competent, educated and assume leadership roles within their club setting. By incorporating a club element to the workshops, it is also hoped that the keeper pathway can influence and enhance goalkeeping coaching across all clubs in Kildare.

It is often said that if you want to fly you should give up everything that weighs you down. We hope that in some way that this pathway programme can help remove any weights on the goalkeeper and provide tools to allow them to not only fly and reach their potential as a goalkeeper but to develop characteristics and skills which will allow them soar in their personal development.

As Iker Casillas, former Spanish goalkeeper commented after his retirement from the game as one of the world’s most decorated goalkeepers:

‘I don’t want to be remembered as a good goalkeeper, I want to be remembered as a great person’.

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U17 Level	24- 28

Implementation

The implementation of this pathway will be the responsibility of the following parties.

Kildare GAA Coaching and Games- The Hurling Talent Academy Leader (HTAL) will oversee the implementation of this pathway on behalf of the C & G dept.

3 Goalkeeper Development Leaders (GDL) – Will deliver the practical sessions with coaches, players and parents.

Each GDL will be assigned to one of the Talent Academy Squads age groups U14, U15, U16.

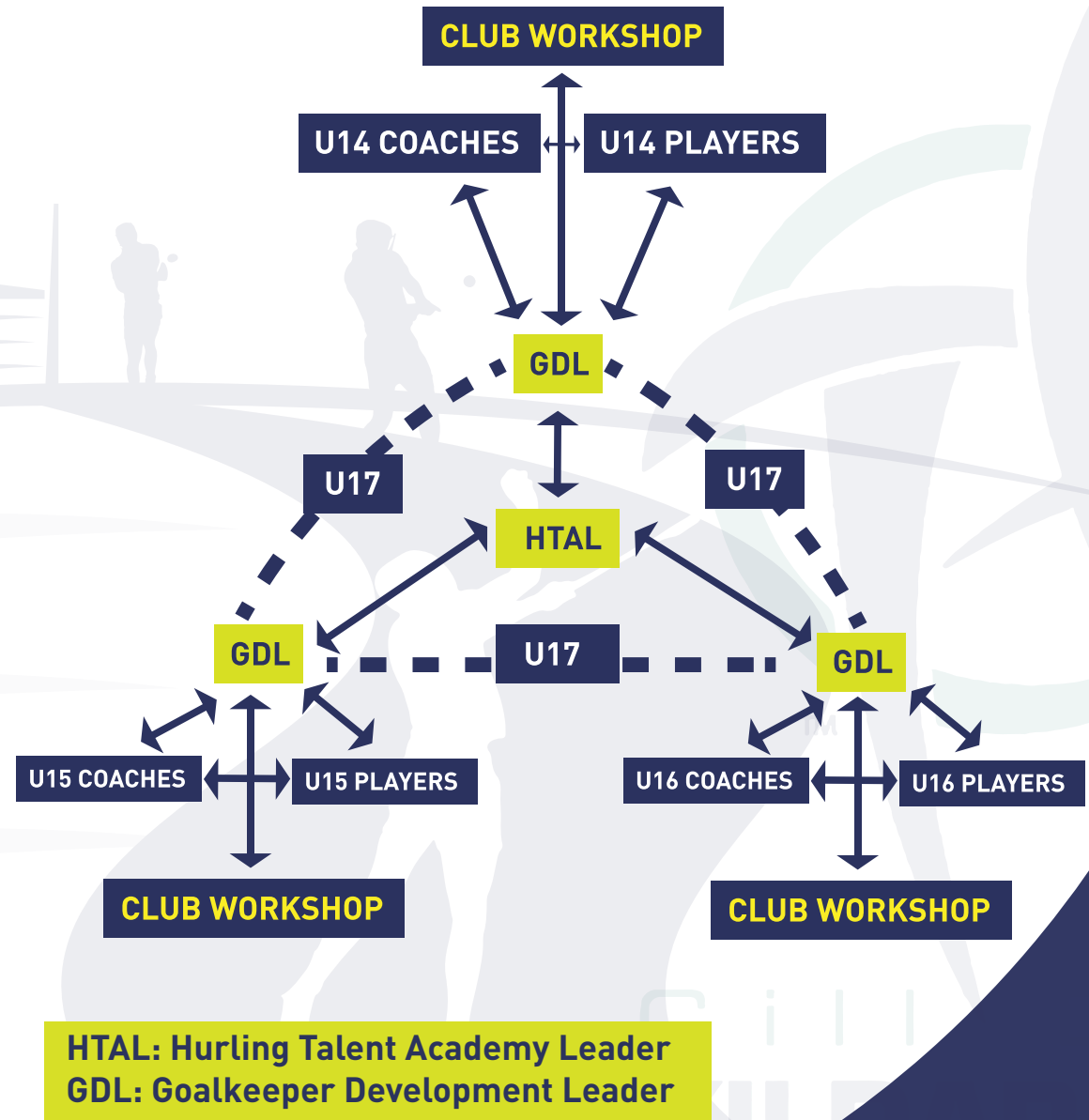
The GDLs will act in an advisory role to the U17 management team and goalkeeping coach.

Throughout the Talent Academy programme season of approx. 4months, each GDL will have 3 contacts with the goalkeepers during regular training.

In addition there will be 2 training days where all Talent Academy goalkeepers will be brought together for a day of learning and training with their peers.

There will be a county club workshop where clubs will be given the opportunity to attend and have a workshop on the pathway. This will allow facilitation on how it could be implemented in a club environment.

Talent Academy Coaches will incorporate the goalkeeping pathway, under the direction of the GDLs, into training sessions and monthly planning.



Implementation: Review

The Pathway will go through a regular review process to ensure the quality of the pathway is maintained.

- 1) The GDLs, after every contact session with the goalkeepers, will hold a review session on how the programme is developing with the Talent Academy Coaches.
- 2) The HTAL will liaise each week with the coaches on how the pathway is progressing.
- 3) The HTAL and the GDLs will meet once a month to review progress.
- 4) On the completion of the Talent Academy Season there will be a review with all parties on all aspects of the Talent Academy season including the Kildare Hurling Goalkeeper Pathway.

Kildare Hurling Goalkeeper Pathway

The Pathway is structured with the different age groups and expected progression in mind. The main age groups catered for are:

U 14 U 15 U 16 U 17

Within each age group there is a subdivision of the pathway into 4 distinct areas:

- Technical Skills
- Strength and Conditioning (S & C)
- Tactical Prowess & Team Play
- Coaching

All these areas should act in a multidisciplinary capacity and should reflect the age group and expected progression. At the beginning of each year there are some elements to consider.

How many goalkeepers per squad?

Generally having 3 goalkeepers per squad allows for a broader range of coaching drills and recognises that different keepers may progress and develop at a varying pace throughout these formative years.

What equipment is needed?

It is vital that keepers have hurls that are appropriate in size and weight for their development. Ideally their hurley maker should be informed of the necessary weight of the hurl that suits each keeper individually. Each keeper should have access to at least 3 similar produced hurls at the start of the year.

Any necessary equipment for drills can be found in the coaching section.

What will a typical goalkeeper session look like?

Goalkeepers do warm up (GAA15 & Skills) with outfield players.
The goalkeepers then train together for 15 minutes on the activities outlined in the coaching section within this document.
The goalkeepers then join the rest of the panel for skills training and game based training for the remaining 50 minutes.

Under 14 level

Technical Skills:

Body position -

Athletic based position, on toes, not heels

Striking (L+R)

- Aim for year is to increase distance of striking
- Accuracy – start process of hitting corner backs, half back line & midfield

Shot Stopping -

Blocking of ball - Hand position on hurl and angle of hurl (Downwards).

Repetition of shots

Handling:

- Hand pass - (L+R) & off hurl
- Catching – everything inside circle (from knees to overhead), start developing chest (belly) catch from high dropping balls.
- Batting – only on balls that do not go above “glass ceiling” i.e if ball trajectory does not go above crossbar & is coming at pace.
- Control with hurl
- Tackling - being able to stand up oncoming forward, slowing the forward down.

S&C:

- Strength
- Power
- Agility
- Change of direction
- Speed
- Reaction
- Flexibility
- Mobility
- Aerobic Power

The components listed above are to be coached in part by the GAA15 warm up, the drills outlined in the coaching section and through the Youth Resistance S&C program delivered to all squad members by the Athletic Development Dept.

Tactical Prowess

- When to batt or catch an incoming ball.
- Positioning in goals - Incoming high ball - left of centre, middle, right of centre.
- When to leave goal line and when to stay.

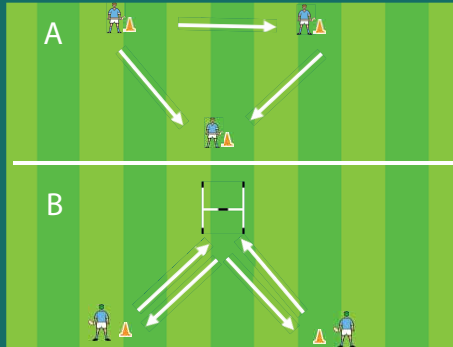
Team Play

- Help goalkeeper develop an understanding of how to read the game. i.e being able to spot opposition key players, what players on his team are playing well or not, what areas are we winning puck-outs or not.
- Goalkeeper must become comfortable with being “loud” & being able to orchestrate his players around the field, particularly his defence. Fun Based Exercises – to achieve this goal.

Coaching

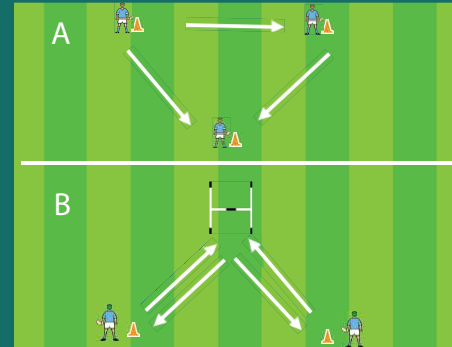
- All coaching activities have an associated 2 minute video clip with each activity performed and explained through voiced over coaching points.

Catching/Handling



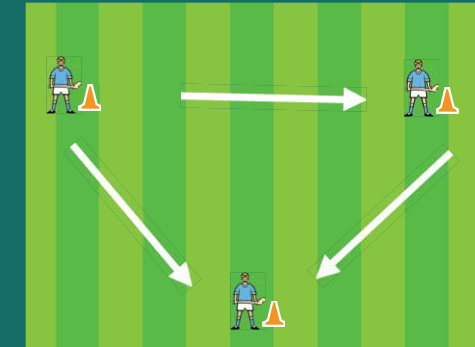
Drill 1

- Catching technique (hand positioning, over hand, under hand, chest/belly catch)
- Put into practice different height of catches...start out of goal.
- Move into goal and repeat.



Drill 2

- Add in call to previous drill (Incorporate games on calling to build confidence and add fun element) and move left/right and hand pass.
- Put into practice outside of goal...call, catch with proper technique, move left/right, hand pass.
- Move into goal and repeat.



Drill 3

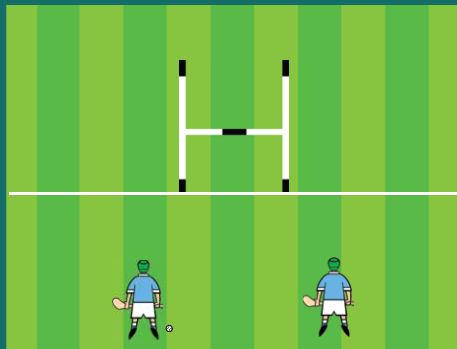
- Play `Last Man Standing` game.
- Set up 3 points about 30/40 yards apart. Players deliver to each other high ball and must execute a clean catch and delivery.
- Failure to do so means the player is `out`. Player that executes the catch and delivery without a drop is the `Last Man Standing`!

Puckouts/Delivery Puckout Development

Analysis Goalkeeper's puckout.

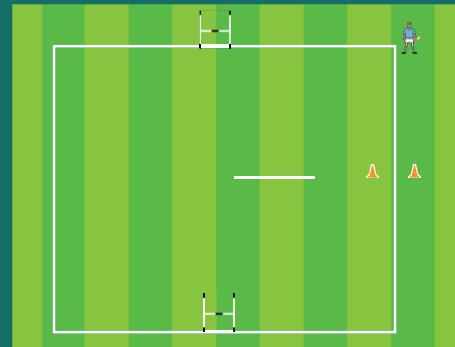
* What are you looking for? height of hands during strike, speed of swing, routine, tension in shoulders, trying to swing too hard, rotation, trajectory, follow through, body & feet position.

Developing Puckout Under 14



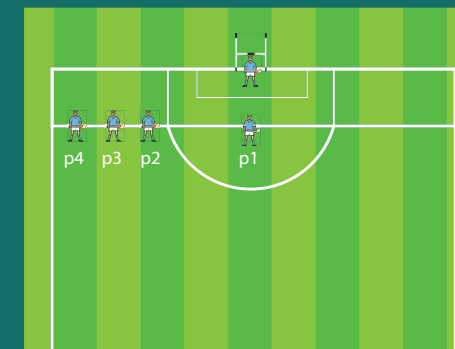
Drill 1

- * Drill 1 - knee striking drill. Keepers strike puckouts while kneeling down. This allows complete focus on upper body movement and follow through without any focus on feet.



Drill 2

- Line striking drill. Bring keeper to a corner of the pitch and place 1 cone each side of the sideline at the half way line about 10m in. Goalkeepers main goal is to land the ball within that 20m area. Coach is looking at all aspects mentioned in analysis goalkeepers puckout on page 10, and in drill 1.



Drill 3

- Short puckout drill. This will be done in the goal as goalkeeper has to get used to the difference in strike from going long and going short. Start drill by placing spare goalkeeper in full back position. Goalkeeper to hit 5 balls straight to spare goalkeeper's hand. Once this is achieved, spare goalkeeper moves 10m along the 21m line. Again goalkeeper hits 5 balls straight to the spare goalkeeper's hand. Repeat this until spare goalkeeper reaches the corner back position. (Coaching point: ensure goalkeeper's routine is correct - body turned side-on to the target, shoulder pointed towards the target, feet facing same way as upper body, strike is clean across the shoulders with follow through.)

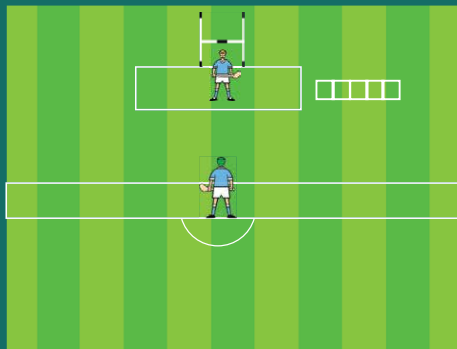
Analysis of goalkeeper's shot stopping

- What are we looking for? Downward facing stick angle, starting position (2/3 feet off the line, slight bend in knees), footwork, quick reactions.

Building foundations- U14

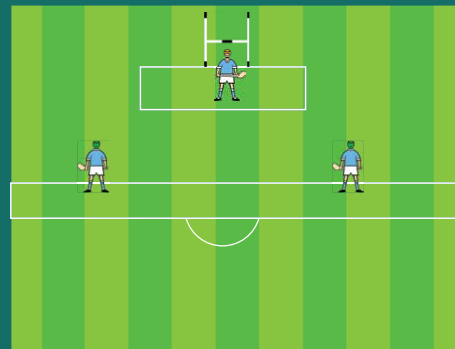
Aims and Objectives- At u14 level the main aims are to establish good habits and build the foundations of shot stopping which will be expanded upon throughout their time in development squads. The main areas we will work on are stick angle, the starting position in goals, footwork and quick reactions. It is vitally important that from this age and all throughout his time in the development squads the goalkeeper is working on saving shots on his left and right side and also saving shots from forwards and not just other goalkeepers.

Building foundations- U14



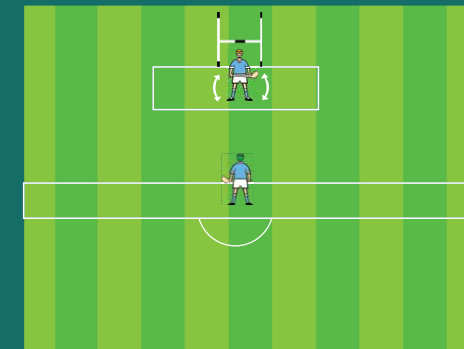
Drill 1 Ladder Work & Shot Stopping

- Focus in this drill is to make sure our stick angle is facing forward, our starting position is 2/3 feet off the goal line and we have a slight bend in the knees while bouncing on our toes. Using quick feet, the goalkeeper must get through a ladder, placed just to side of the goals, get their starting position in the centre of the goals and save 3 shots from between the 21 and 14 yard line.



Drill 2 Saving shots from an angle

- The focus again here is to work the stick angle when saving a shot and also the goalkeeper's starting position when saving a shot from an angle. Place 3 balls on the right hand side of the goal and ensure the goalkeeper takes up a position in the goals which narrows the angle for the forward taking the shot as much as possible. Take each shot quickly to develop the Goalkeeper's reactions.



Drill 3 Back turned to the forward taking the shot

- The starting position for the goalkeeper is with their back turned to the forward who is standing between the 14 and 21 yard lines taking the shot. Once a whistle is sounded or a shout is made the forward takes the shot as the goalkeeper turns quickly and saves the shot. Repeat 5 times for the drill.

The work load for the u14 player is designed to fully instil in them the foundation blocks for the next stages of the pathway.

Under 15 level

Technical Skills:

- Body position – athletic based position. On toes, not heels
- Shot Stopping - Stopping ball and keeping ball within a 6 yard area.
- Diving save
- Handling Increase the catch/control ratio - Goalkeepers to focus on catching incoming ball as opposed to controlling on hurl.
- Tackling - Flick block.
- Striking - Long Strike as U14. Short puck out technique. Body and feet position.

S&C:

- Strength
- Power
- Agility
- Change of direction
- Speed
- Reaction
- Flexibility
- Mobility
- Aerobic Power

The components listed above are to be coached in part by the GAA15 warm up, the drills outlined in the coaching section and through the Youth Resistance S&C program delivered to all squad members by the Athletic Development Dept.

Tactical Prowess

- Directing ball after gaining possession to teammate in best position.

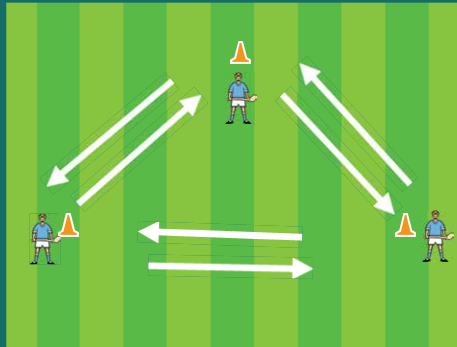
Team Play

- Supporting defenders as an option for pass.
- Sweeping behind defenders for incoming ball.
- Communication to outfield players - keywords instead of instructions.
- Puckouts - balls directed to space to allow players to run into this space and collect attacking ball.

Coaching

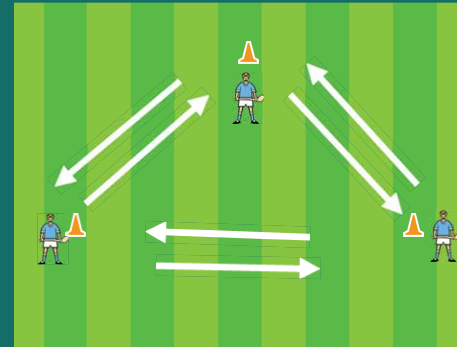
- All coaching activities have an associated 2 minute video clip with each activity performed and explained through voiced over coaching points.

Catching/Handling



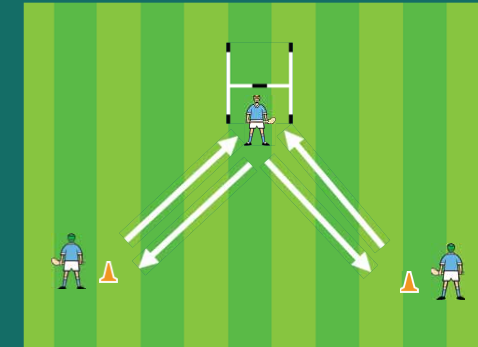
Drill 1

- All 3 keepers in a wide triangle...hit high ball to each point of the triangle. Each keeper catches the high ball and delivers high ball to the next point in the triangle.



Drill 2

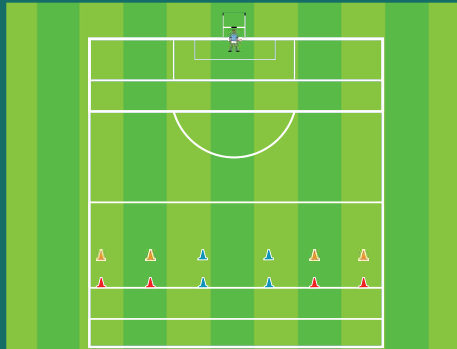
- As in Drill 1 but keepers now add in their call before catching.



Drill 3

- Move one keeper into goal... other 2 keepers on half back line.
- Keeper must deal with a high ball...take steps left or right and then deliver a clearance to the half back line.
- Play a game of Last Man Standing (see Drill 3 -U14 page 9)

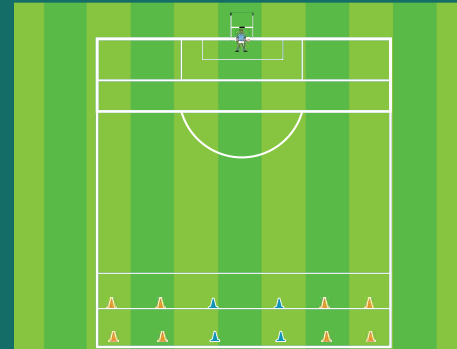
Developing Puckout Under 15



Drill 1

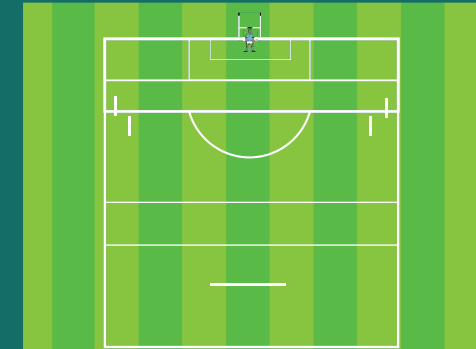
- Following on from U-14 drill 1, which can be used to start off this process again, we now want to develop hitting different zones on the field. Set out 3 20m sq zones between half way & the opposite 65m line. The goalkeeper is to land the ball inside these different zones that represent the half forward line.

[Coaching point: Elements mentioned in analysis goalkeeper's puckout page 10 are still very important in this. Is your goalkeeper still doing each of these correctly? Once the goalkeeper is comfortable hitting the zones play a game where the coach labels each zone and calls them out in different sequences. 2 points for the ball landing and staying inside the zone, 1 point for ball landing inside the zone but rolling out.



Drill 2

- This is similar to drill 1 but we are narrowing the landing area. Bring the cones in to 5m either side of the sideline and put them on the far 65m line. Again all elements from analysis goalkeeper's puckout page 10 stage 1 are assessed here. Goalkeeper's should now have developed their routine and know the process involved in hitting a long puckout.



Drill 3

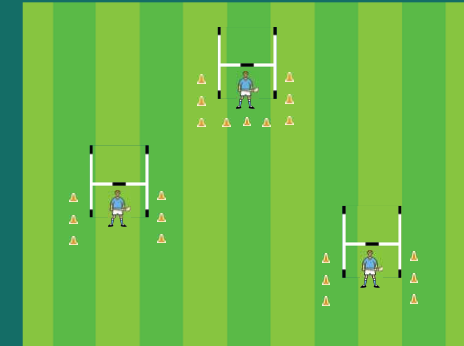
- Short puckout drill. Place 2 poles as gates in both corner back positions. Goalkeepers aim is to strike the ball through the gates while imagining a corner back in that position awaiting the ball. Strike shouldn't hit the ground before the gate. Again this can be made into a game between the goalkeepers.

Shot stopping

Progressing from U14 to U15

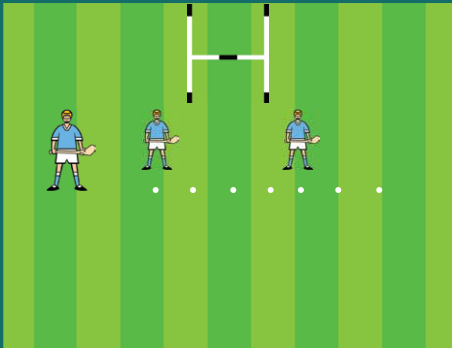
Aims and Objectives-

Aims and Objectives- To work on the goalkeeper's control of the ball after saving a shot and trying to either keep the ball inside 6 yard square or to save it out for a 65. Progressing each of the drills completed at U14 level so the goalkeeper can develop this skill.



Drill 1 Head 2 Head-

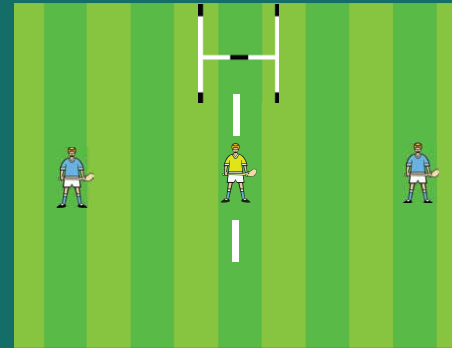
- This drill can be completed with 2 or 3 goalkeepers and entails 2 or 3 goals (depending on number of goalkeepers) facing each other, in a shape of a triangle, and a small 6 yard square at each goal. The aim of the game is for each goalkeeper to try and score on the other goalkeepers. If a goalkeeper successfully saves a shot and keeps the ball inside the 6 yard square they can lift and strike from their hand but if they miss control the shot and the ball lands outside the 6 yard square, they must pull along the ground to shoot. Each goalkeeper can shoot in any direction they choose.



Drill 2

Line Drill

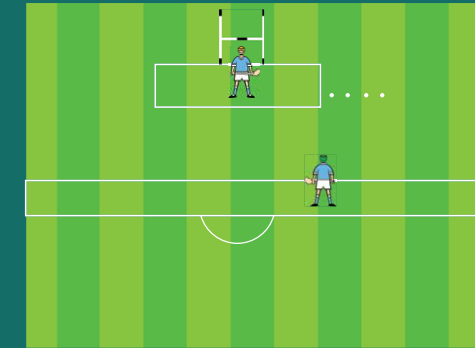
- Place 7 balls in a line 5 feet apart with the goalkeeper starting 15 yards in front. Each of the 7 balls will be shot at the goalkeeper and after each shot, the goalkeeper must tumble on the ground and get back up quickly for the next shot. The focus in this drill is for the goalkeeper to keep moving forward after each save and always be on the front foot and never leaning back.



Drill 3

Piggy In The Middle

- Make a goal using two poles in the middle and two shooters either end of the goal standing 15 yards away. The goalkeeper stands in the goal and takes a shot from one side but must then turn quickly to save a shot from the other end. The goalkeeper can save 4 shots from each end while quickly turning after each shot to save the next shot from the opposite end. The aim for the goalkeeper here is the focus on stick angle and starting position but reacting quickly after each shot to get ready for the next shot.



Drill 4

Starting Position, Save, React

- Progressing each of the 3 drills completed at U14 level to controlling the shot inside the 6 yard square and reacting to it or pushing the ball wide. To progress it further, the person taking the shot can stand closer to the goal.

Under 16 level

Technical Skills:

- **Body position – athletic based position**
On toes, not heels.
- **Shot stopping - Stopping ball and controlling ball rebound - Stick angles.**
- **Diving save**
- **Handling: Increase catch/control ratio - Goalkeepers to focus on catching incoming ball as opposed to controlling on hurl.**
- **Tackling - Holding up forward 1 vs 1. Using physicality.**
- **Striking - Long Strike as U14/U15. Short puck out technique. Body and feet position.**
- **Long strike with low trajectory.**

S&C:

- Strength
- Power
- Agility
- Change of direction
- Speed
- Reaction
- Flexibility
- Mobility
- Aerobic Power

The components listed above are to be coached in part by the GAA15 warm up, the drills outlined in the coaching section and through the Youth Resistance S&C program delivered to all squad members by the Athletic Development Dept.

Tactical Prowess

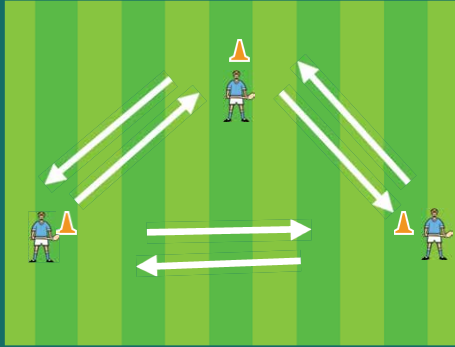
- Deciding when to leave goal line to deal with incoming balls/ oncoming forwards.

Team Play

- Supporting defenders as an option for pass.
- Sweeping behind defenders for incoming ball past defender.
- Communication to outfield players - Organising the defence.
- Puckouts - balls directed to space and to player will increase puckout variety.

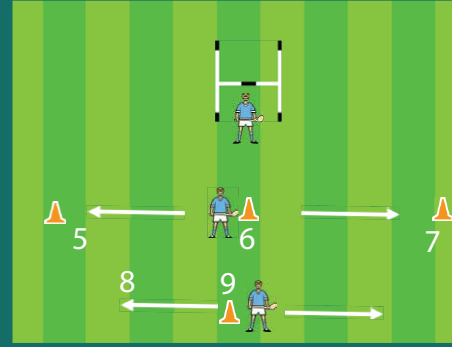
- All coaching activities have an associated 2 minute video clip with each activity performed and explained through voiced over coaching points.

Catching/Handling



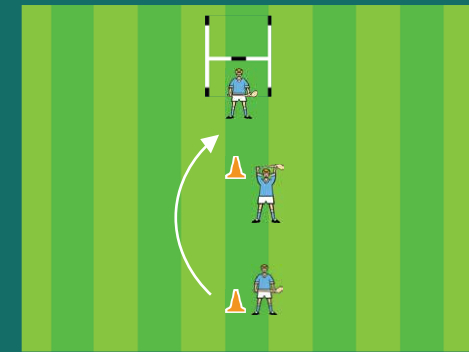
Drill 1

- All 3 keepers in a wide triangle...hit high ball to each point of the triangle. Each keeper catches the high ball and delivers high ball to the next point in the triangle.



Drill 2

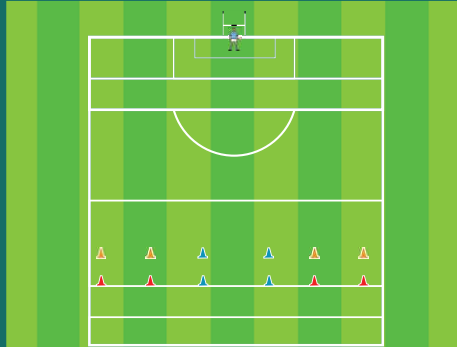
- Bring drill into goal...add delivery element to half back line/midfield.
- Progress this drill by adding all the elements together:
- Incoming high ball/ Keeper call/ Keeper catch/ Keeper movement/ Keeper delivers.



Drill 3

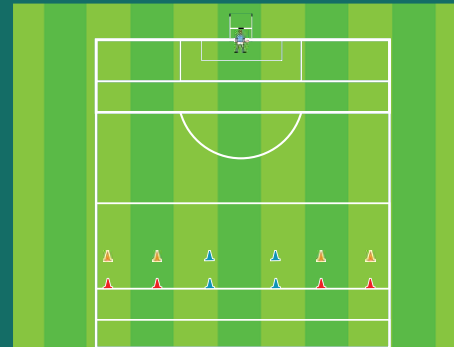
- Bringing in element of distraction
- Put player with hurl high in the air on edge of square...just in line of sight to encourage keeper movement...no physical pressure applied.
- Repeat all elements of previous drills.
- Play a game of Last Man Standing. (see Drill 3 -U14 page 9)

Puckouts/Delivery



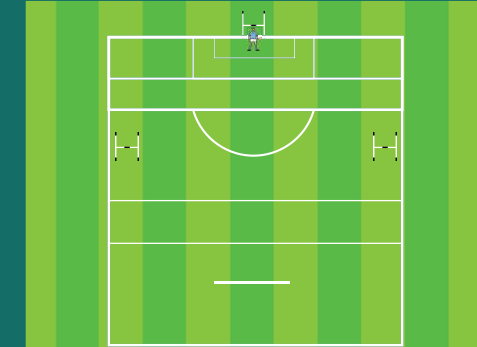
Drill 1

- Developing on from U-15 drill 1, we will now narrow the landing zones and also have a player (can be spare goalkeeper) running into the zone to collect the ball. The trajectory of the ball is now important as the goalkeeper gets older & stronger, they shouldn't need to puck the ball so high into the sky for it to travel the required distance, they should be strong enough now to get the ball to the required area with a lower trajectory. Again this will be important in matches as we look for our goalkeeper's to land the ball in a certain space not on top of our player.



Drill 2

- This is the same as U-15 drill 2 but this time the aim is to land the ball on the sideline itself. Again competition amongst goalkeeper's can take place here. Goalkeeper's routine & process is now crucial for any further development they are going to make.



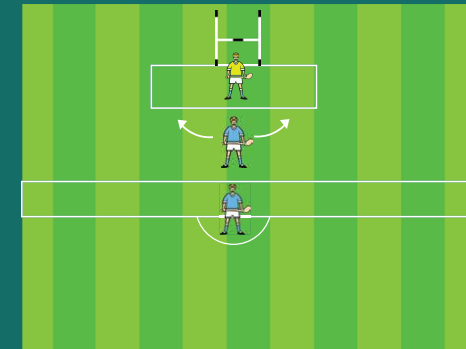
Drill 3

- Short puckout drill. Place 2 underage goals in the 5 & 7 positions. Again this will make the GK use their imagination so that they think there is a halfback awaiting the ball. The ball can't hit the ground before hitting the net of the small goal. Once again there can be a game made out of this amongst the Goalkeeper's. To develop the short puck out further under pressure, have 1 Goalkeeper in the goal with the 2 other Goalkeeper's in both corner back positions with the 2 goals still in the half back positions. The goalkeeper in the goal will have 8 balls & the coach will tell the goalkeeper where to hit each ball. 1 point each for landing it in the corner backs hands or in the small goal nets at half back.

Shot stopping

Progressing from U15 to U16

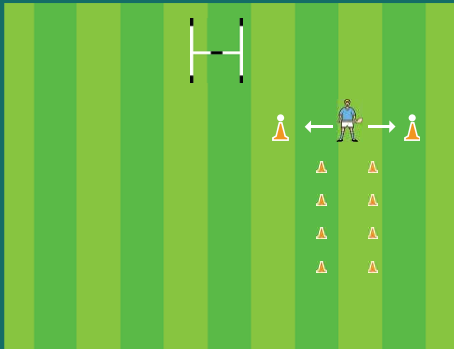
Aims and Objectives- The main aim at this age is for the goalkeeper to learn how to control, react quickly to the shot and also the deal with the pressure of an oncoming forward. We will also develop our blocking, our diving save and shots pulled along the ground. At this age, again, we want the goalkeeper developing his shot stopping off both left and right hand side.



Drill 1

The Block Save

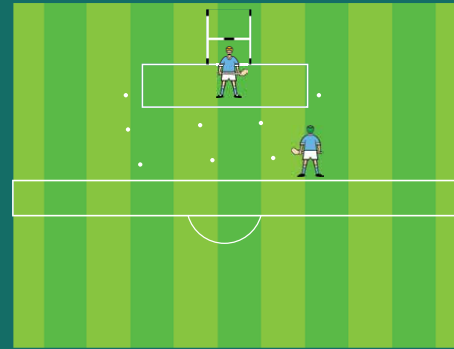
- To develop the goalkeepers blocking technique the most effective drill is to have a forward with his back turned to goals standing just outside the 6 yard square and a player feeding the forward with sliotars. The forward will receive the ball and either strike off left or right without taking more than one step. The aim for the goalkeeper is to be quick off his line and be able to read what side the forward is going to shoot off and to then make the block. Key tips for the goalkeeper is to keep his head up and his eye on the ball and to spread himself big.



Drill 2

The Diving Save

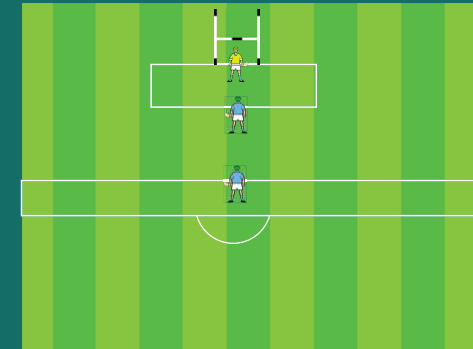
- Place a ladder or poles leading to the middle of two large cones around a goals length apart with a slotar placed on top of each one. The objective of the drill is for the goalkeeper, using quick feet, to get through either the ladder or poles, set themselves in the middle of the goals and push off their leg to make the diving save and knock the slotar off the top of the cone without touching the cone.



Drill 3

Shots being Pulled along the Ground

- Scatter 8/10 slotars all inside the 14 yard line with one shooter and one goalkeeper. The shots come quick and fast are all pulled along the ground. The aim for the goalkeeper is to be able to react quickly and get down low to make the save. To progress the drill further, the shooter can start on the 21 and have a run up before pulling on the ball. This will leave the goalkeeper with the decision of whether to smother the ball, get to the ball quicker than forward and rise the ball or to stay in his position and take the shot.



Drill 4

Starting Position, Save, React, Deal With Pressure

- At this stage of the development we want our goalkeeper to be able to get his starting position quickly, save the oncoming shot, controlling the shot inside the 6 yard square and reacting quickly to the ball while also being under pressure by an incoming forward. By progressing each of the 3 drills done at U14 level to this sequence by adding a forward inside the 14 yard line to try and score from the rebound, the goalkeeper will learn how to react quickly and secure possession while under pressure.

Under 17 level

Technical:

Should be competent in all technical areas as outlined through the pathway from U14 to U16

- Body position – athletic based position
On toes, not heels.
- Catching/handling
- Striking
- Saving

S&C:

- Strength
- Power
- Agility
- Change of direction
- Speed
- Reaction
- Flexibility
- Mobility
- Aerobic Power

Tactical Prowess

- Off Line the line support.
- Game Management - Reading the areas where team is on top.

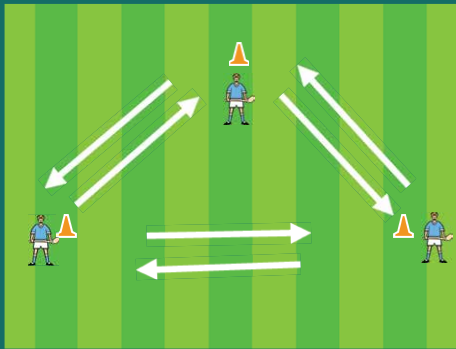
Team Play

- Communication - In total control of defence.
- Organising the defence positions.
- Coordinating the defenders cover of each other.

Coaching

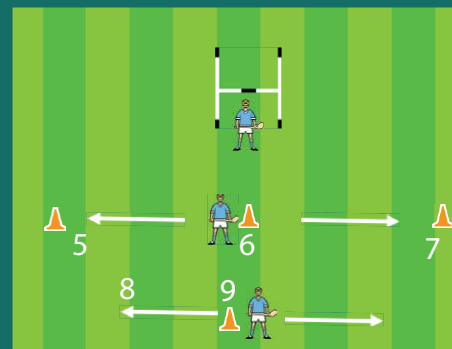
- All coaching activities have an associated 2 minute video clip with each activity performed and explained through voiced over coaching points.

Catching/Handling



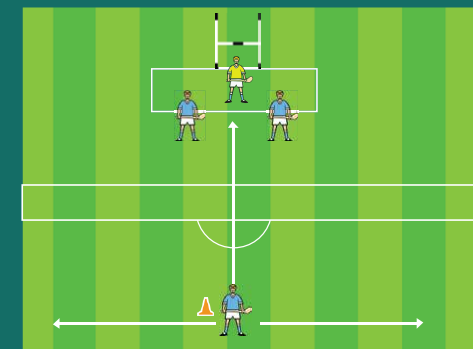
Drill 1

- All 3 keepers in a wide triangle...hit high ball to each point of the triangle. Each keeper catches the high ball and delivers high ball to the next point in the triangle.



Drill 2

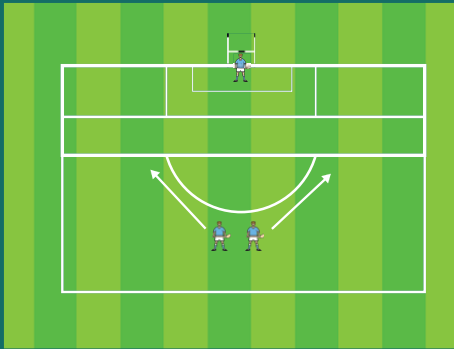
- Bring drill into goal...add delivery element to half back line/midfield.
- Progress this drill by adding all the elements together:
- Incoming high ball/ Keeper call/ Keeper catch/ Keeper movement/ Keeper delivers.



Drill 3

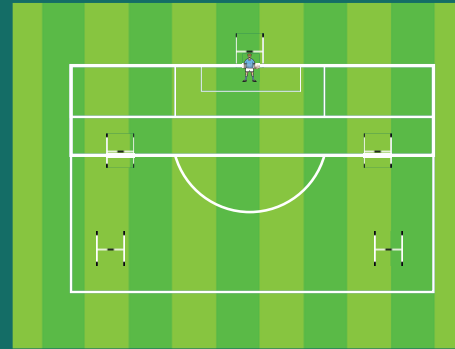
- Bringing in element of distraction
- Put players with hurls high in the air on edge of square...just in line of sight to encourage keeper movement... physical pressure applied.
- Repeat all elements of previous drills.
- Play a game of Last Man Standing. (see Drill 3 -U14 page 9)

Puckouts/Delivery



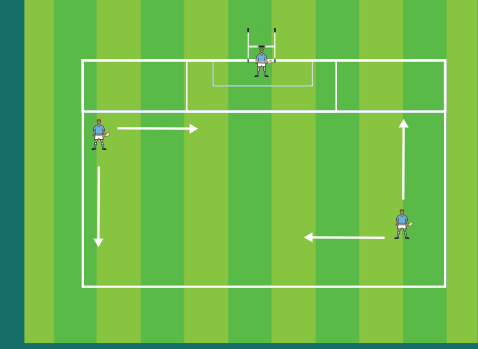
Drill 1

- Progressing on from U-16 drill 1 we now take away the landing zones and have a player run into different areas of the field from half way onwards. The goalkeeper is to really focus on trajectory now as every second counts. Imagination is a big part of this as there are no zones to aim for, the goalkeeper has to be able to put the ball in the area that the forward is running into.



Drill 2

- Short puckout drill. Get 2 juvenile age goals and put one on the near 65m line and the other one 10m in front of that. The aim of this drill is for the goalkeeper to puck the ball over the first goal but land it in the net of the second without the ball hitting the ground. The aim of this is to get the goalkeeper used to pucking the ball over opposition players to get it to one of his teammates.



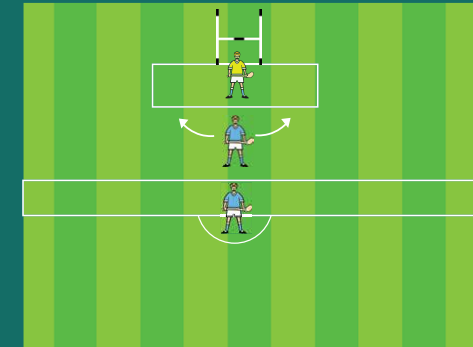
Drill 3

- Working on short puckouts, have the spare goalkeeper moving around the 6 different positions in the back line and have the goalkeeper in goal hitting them. Having the goalkeeper striking the ball to different areas will build confidence.

Shot stopping

Progressing from u16 to u17

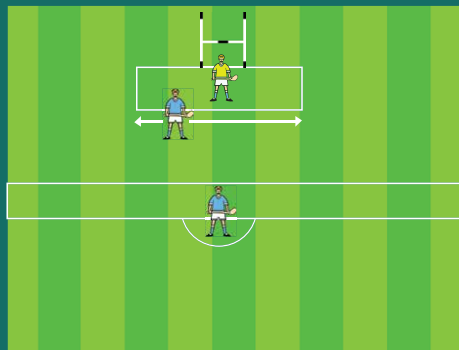
Aims and Objectives- To progress the goalkeeper's skills to the point where they start the attack after a save. We also want to work on shots where the goalkeeper becomes unsighted by a player and also develop their shot stopping ability.



Drill 1

The Block Save

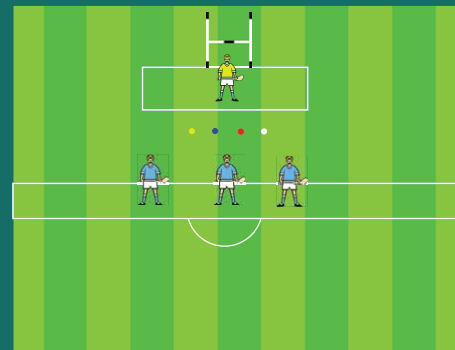
- We will progress this drill done at U16 level to a moving forward. Once the forward receives the ball with their back to goal, they will move both left and right to take their shot. It is for the goalkeeper to work on their footwork to stay close to the forward. The aim for the goalkeeper is to be able to move left or right with the forward and then make the block once the forward is about to strike the ball.



Drill 2

Unsighted Shots

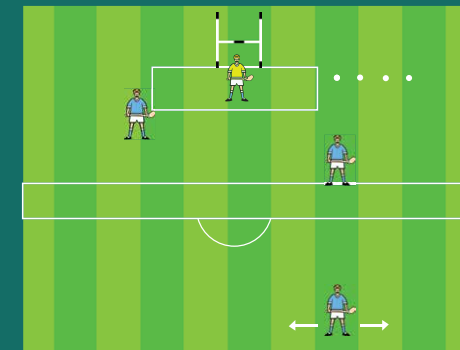
- This is a very important and tough save to make. The goalkeeper may only see a shot in the last 5/6 yards so they must be ready for this. This drill needs one player taking the shots, one player just outside the 6 yard square and the goalkeeper. The objective for the player on the 6 yard square is to unsight the goalkeeper once the shot is taken. To progress the drill further, bottles and poles can be scattered around the goals to unsight the goalkeeper more and make the shots both high and low.



Drill 3

Coloured Balls-

- This drill is great to train the goalkeeper to always keep his eye on the ball once the shot is taken. Make 3 or 4 different coloured dots on 8/10 sliotars and scatter these sliotars between 2 or 3 shooters. The aim for the goalkeeper is once the shot is taken, to call out the colour on the ball before they make the save.



Drill 4

Starting Position, Save, React, Deal with Pressure, Start The Attack

- At this stage in the goalkeepers development it is vital that they understand that they are the player that can start the attack after a save. By progressing each of the 3 drills at u14 level to footwork, make the save, deal with pressure from oncoming forward and then pick a pass to a teammate, the goalkeeper will learn that picking a pass and starting an attack is just as important as making the save. The set up for each of the three drills done at u16 level stays the same but the only addition is there is one player making a run around the 45 yard line to take the pass.

Workshops

- **Talent Academy Coaches - Pathway introduction**
Practicality of rolling out Pathway to players
- **Parents - Information night explaining Pathway.**
- **Players – Upskilling players on the different aspects of the pathway**
through group sessions, pitch training and through the use of pre-recorded coaching clips.
- **County wide goalkeeper workshops**
Show club coaches the different elements of goalkeeping coaching in conjunction with the pathway.

Specialised Player Workshop

Resilience

1. Identifying the fears.
 2. Techniques to deal with them.
Mental preparation - visualising eventualities.
 3. Realisation - Mistakes will happen.
 4. Example of nerves/openness – discussion
- Led by the Goalkeeper development leaders and the Hurling Talent Academy Leader.
 - Group workshop with all Academy Goalkeepers where peer learning is the central focus

Conclusion

To conclude, we hope that this Kildare Hurling Goalkeeping Pathway can provide the necessary support and guidance to coaches and all young Kildare hurling goalkeepers. It should provide the platform for the goalkeeper to develop and progress from U 14 to U 17 level.

This is a multidisciplinary approach and recognises the valuable impact all aspects of a goalkeeper's life plays a crucial role in their development. These include club and inter county coaches, fellow players, teachers and parents. It is for this reason that the specific upskilling workshops are included to support the player on all such fronts. The pathway not only provides support for the goalkeeper in Kildare development squads but also facilitates the nurturing of goalkeepers in hurling clubs throughout the county.

Finally, at the heart of this pathway is the recognition of the formative nature of the player in these years. We have an aspirational aim to develop the player as a goalkeeper but to apply such values to their development as a person. By introducing this goalkeeping pathway we hope that the isolating aspect of the position is no more, but instead transformed into a position of support, leadership and most importantly one of real engagement and enjoyment. It is then that the Kildare Hurling Goalkeeper Pathway can achieve its ultimate goal for every young Kildare player brave enough to step between the posts – a pathway to ensure the lilywhite hurling goalkeeper never has to walk his path alone.

About the Authors

Paul Dermody

Is a secondary school teacher in Scoil Mhuire, Clane. The school under his guidance has become a hurling nursery which has produced many fine hurlers for both county and club.

After many years of playing at the highest level Paul is now the goalkeeping coach with the Kildare senior team.

John Doran

Is the Hurling Talent Academy Director for Kildare GAA Coaching and Games. In this role he has mentored numerous players and coaches of the Talent Academy program. John has played many years for Kildare, starting at U14 and continuing up to senior level.

Mark Doyle

Is a Kildare senior hurling goalkeeper and has come through the current Talent Academy program. Mark has hurled with distinction not only with his county at all levels but also with Maynooth University GAA in the Fitzgibbon Cup.

Paddy McKenna

Is an award-winning Kildare senior hurling goalkeeper. Paddy has also been heavily involved in coaching teams and goalkeepers in his home club, Clane GAA. Throughout the years Paddy has also been involved with the Talent Academy program coaching squad camps with all the squad goalkeepers.

Ian O' Shea

Is a graphic designer who works with Leinster GAA on numerous projects and came on board to design this pathway with his expertise.



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