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|  | Handling | 1 Hand Catching | Striking | | Sliotar Control | Tackling |
| Age4 & Under | Fun games full of enjoyment helping new players feel welcome and confident as we try to encourage them to give Gaelic games a go  Technical skills above introduced through short & varied circuits with very small groups and significant adult support / guidance | | | | | |
| Age 4 & 5 | Identifying correct camán size, writing hand at top  -Aware of ready, lock, lift  hands/camán positions | Use non-writing to catch a range of balls; tennis, bouncy, sliotair and materials; bean bags etc. | Grip & swing –Make magic ‘C’ with elbows up  -ground strike tyre / static sliotar –nice wristy swing | | Stop bean bag / sliotar on ground with camán  -Bean bag solo walks | Using camán to flick sliotar away from opponent on ground |
| Under7s | Use hands/camán correctly for ready, lock & lift positions | Growing awareness of both the claw (shark’s teeth) / cupped catch –Hand shape | L+R Ground strike tyre/static sliotar whilst on the move using steps above | | Bean bag walk & flicks at greater pace  -Intro. to dribbling | Flick moving sliotar away from opponent on ground -Static hook |
| Under9s | Use hands/camán correctly instinctively for ready, lock, lift positions | Use claw catch for high / chest catches -Cupped catch for low catch | L+R Ground strike moving ball -Jab lift sliotar -Intro. striking ball from hand | | One & two handed dribbling – flicking sliotar into space | Ground clash L&R: shoulder to shoulder,  -Frontal block |
|  | Handling | Striking | | Sliotar Control | | Tackling |
| Under11s | Overhead catch (using camán to protect hand)  -Hand pass L & R to target | Ground strike 15m+ & Strike from hand 20m+ both L+R from static position & on the run | | -Roll & Jab lift moving sliotar  -Stopping / batting high sliotar | | Front block in the air  -Hook on the move  -Ground block |
| Under13s | High, low, chest catch with hand protected  -Hand pass L & R directly off camán to team mate | Ground strike 20m+ & Strike from hand 30m+ both L+R from static position & on the run –striking directly off camán from solo / pick up | | -Solo at greater pace  -Use other hand to shield/protect sliotar  -first touch emphasis | | -Flick sliotar off opponent’s camán  -Frontal block & win back possession |
| Under15s | Performing the skills above whilst on the move & under pressure  -dummy handpass | Striking skills above with greater accuracy when passing / scoring –Distance: ground 30m+ & from hand 40+ -over shoulder & direct from air strikes | | -Dribble to keep possession / protect  -first touch off camán: high/low for best chance of sliotar retention | | Blocking, hooking & flicking sliotar away from opposition in the air & on the ground  -Performed in game scenarios at pace & under increased pressure |
| Under17s | Handling skills above at top pace & under increased pressure | Striking skills above under increased pressure & across a range of game scenarios –Feint & Strike -Comfortable | | -head up soloing at pace with sliotar protected -first touch skills above under game pressure | |