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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 goTechnical 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, lifthands/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 |