

125

YEARS



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cottages.com Shinty Skills Award Scheme

Candidate Name

(Insert candidate photo)



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cottages.com Shinty Skills Award Scheme

This scheme focuses on coaching and developing the “core skills” of Shinty;

Ready position

Hitting – Shooting and passing.

Dribbling

Tackling – Blocking and Cleaking

Control

Shies/hit ins

Alongside the core skills, the participant’s behaviour, attitude, application and understanding will also be monitored as part of the process.

The scheme is broken down to various levels, where an award for completion of a level will be given to individuals. This gives the individual an incentive to work on these basic skills, while at the same time it will provide the coach with useful information and direction on how to structure their practice/training sessions, and will highlight which skills need practiced most regularly within the group.

The scheme shouldn’t be used in isolation, but as an integral part of a coaching programme, so that over time players will be given opportunities to practice their skills, develop sportsmanship and a sense of commitment to the team or group, foster enjoyment, and it will become an effective method of developing technical skill. Each level will be achieved through a mixture of coach’s observations and technical skills tests. These tests don’t always have to be performed in a strict testing environment, they can be built in to drills where the coach will be analysing the performance without the participant knowing they are being tested – the coach has discretion here and should do what he/she feels is best for the individual/group.

Levels of progression

Under 8’s (P1 – P3) FUNdamentals Phase

Under 10’s (P4 and P5) Play to Learn Phase

Under 12’ (P6 and P7) Play to Develop Phase

Under 14’s (S1 and S2) Learn to compete Phase

Under 17’s (S3 – S5) Train to compete Phase



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Under 8's

Shinty contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get moving and to keep active.

Physical – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.

Technical – The player, the stick, and the ball: Running with the stick in correct ready position, dribbling, controlling, and striking.

Tactical – None

Mental – Fun, fascination, and passion for play



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Under 8's (P1 – P3) FUNdamentals Phase

Focus on play, to create a fun environment where participants can learn basic physical movements. Introduce and learn the basic skills of the sport, towards the end of this phase.

Core Skill	Activity	Method	Date	Coach
Ready Position	You will be observed consistently using ready position in games.	Observation		
Control	You will be observed consistently using 2 feet to control the ball in games.	Observation		
Hitting	Hitting static ball on FH and BH through 5m gate from 5m. x 5 completions each side	Skills test		
Hitting	10m hit x 5 on Forehand side.	Skills test		
Dribbling	10m slalom in straight line, both sides of stick. 3 x under 30 seconds. Cones 1m apart X 10.	Skills test		
Application/behaviour	You will have maintained a good attitude and behaviour from the outset.	Observation		



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Under 10's

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is “Freedom and Fun.”

Physical – Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.

Technical – Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, hitting the ball forward, and shooting on goal.

Tactical – Small children are egocentric – playing the ball is the most important objective. However, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.

Mental – Basic awareness of environment to build game intelligence and decision making.



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Under 10's (P4 and P5)

Play to Learn Phase

Focus on play, to create a fun environment where participants can LEARN the appropriate skills of the sport.

Core skill	Activity	Method	Date	Coach
Tackling	Understand and demonstrate both blocking and cleaking regularly "in drill".	Observation		
Control	Stopping ball with stick above head. 5 x 5m throws.	Skills test		
Hitting	Static ball 15m through 5m gate. 5 x BH and 5 x FH	Skills test		
Hitting	Static ball 20m FH and 15m BH	Skills test		
Dribbling	10m slalom in straight line, both sides of stick. 3 x under 25 seconds	Skills test		
Shies/hit ins	Understand and demonstrate correct technique and throw up, success not necessary yet.	Observation		
Application/GP	Communicating with team mates in game, calling for the ball, using names etc.	Observation		



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Under 12's – Play to Develop

The effect of the role-model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by “doing.” Players move from self-centered to self-critical, and they have a high stimulation level during basic skills training. This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

Physical – This is an optimal window for trainability of speed, flexibility and skills.

Technical – Building a greater repertoire of Shinty related movements; technical skills are developed in training and within the context of basic Shinty games.

Tactical – Developing environment awareness and encouraging decision making: simple combinations, marking and running into space.

Mental – Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.



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Under 12's (P6 and P7) Play to Develop Phase

Focus on play, to create a fun environment where participants can DEVELOP the appropriate skills of the sport.

Core Skill	Activity	Method	Date	Coach
Tackling	Observed regularly performing both 1 and 2 handed blocks and cleaks in games, <u>winning possession of the ball.</u>	Observation		
Tackling	Observed regularly using body and shoulder to win possession of, and shield ball from opponents in game.	Observation		
Control and Hitting	Controlling ball within a 5mx5m box and distributing effectively. 10 x from 10 balls. *Drill card attached.	Skills test		
Hitting - Passing	30m hits, demonstrate ability to hit various trajectory of passes on FH.	Skills test		
Hitting - Passing	5 x FH and 5 x BH accurate 30m passes.	Skills test		
Hitting - Shooting	20m shooting at goal on the move (static ball). 5BH and 5FH, 80% completion. No goalkeeper.	Skills test		
Dribbling	20m dribble, staggered poles. 3 x 30 seconds	Skills test		
Dribbling	20m straight dribble, competing against opponent who is doing a 30m straight sprint. Win x 3	Skills test		
Shies/Hit ins	Perform 5 x 15m shies in a row.	Skills test		
Application/GP	Proficient playing in at least 2 different positions within the team.	Observation		
Application/GP	Demonstrates understanding of tactical elements of game play at set piece situations. Marking, positional play, etc.	Observation		
Application/GP	Actively leading and supporting younger players regularly.	Observation		



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Under 14's

The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.

Physical – Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.

Technical – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.

Tactical – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and competitive matches.

Mental – Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing



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Under 14's (S1 and S2) Learn to Compete Phase

Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.

Core Skill	Activity	Method	Date	Coach
Tackling	Observed regularly performing both 1 and 2 handed blocks and cleaks in games, <u>winning possession of the ball.</u>	Observation		
Tackling	Observed regularly using body and shoulder to win possession of, and shield ball from opponents in game.	Observation		
Control and Hitting	Controlling ball within a 5mx5m box and distributing effectively. 10 x from 10 balls. *Drill card attached.	Skills test		
Hitting - Passing	30m hits, demonstrate ability to hit various trajectory of passes on FH.	Skills test		
Hitting - Passing	5 x FH and 5 x BH accurate 30m passes.	Skills test		
Hitting - Shooting	20m shooting at goal on the move (static ball). 5BH and 5FH, 80% completion. No goalkeeper.	Skills test		
Dribbling	20m dribble, staggered poles. 3 x 30 seconds	Skills test		
Dribbling	20m straight dribble, competing against opponent who is doing a 30m straight sprint. Win x 3	Skills test		
Shies/Hit ins	Perform 5 x 15m shies in a row.	Skills test		
Application/GP	Proficient playing in at least 2 different positions within the team.	Observation		
Application/GP	Demonstrates understanding of tactical elements of game play at set piece situations. Marking, positional play, etc.	Observation		
Application/GP	Actively leading and supporting younger players regularly.	Observation		



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Under 17's

Fulfillment of each player's potential depends on their own efforts, the support of teammates, and the guidance of the coach. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to their limit. Players must have a sound understanding of Shinty principles and concepts, and they should show emotional stability when confronted with pressure situations.

Physical – Further develop flexibility, correct warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest and recovery.

Technical – Refinement of core skills and position specific-skills; continued development of advanced techniques and skills.

Tactical – Decision-making tactical awareness, game appreciation, game analysis, match coaching, productivity, competitive proficiency.

Mental – Increased player concentration, responsibility, discipline, accountability, goal setting, self-confidence, self motivation, will to win, mental toughness, competitive mentality in practice and games; satisfy player's urge for competition; importance of being educated in the game (watch games live and on TV, YouTube channel etc.)



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Under 17's (S3-S5) Train to compete Phase

Core Skill	Activity	Method	Date	Coach
Tackling	Demonstrate understanding of, and perform in drill, aerial blocks which are more often used in Shinty/Hurling.	Drills		
Tackling	Observed regularly using discreet, subtle, small, cleaks to dispossess opponents, both in the air and on the ground.	Observation		
Control	Clearing overhead ball first time x 10. 5/10m clearances from hand feed. * Drill attached	Skills test		
Hitting - Shooting	25m shooting at goal on the move (static ball). 10BH and 10FH, 80% completion. No goalkeeper.	Skills test		
Hitting - Passing	20m hits, demonstrate ability to hit various trajectory of passes on both FH and BH side.	Skills test		
Hitting - Passing	10 x FH and 10 x BH accurate 30m passes.	Skills test		
Shies/Hit ins	Perform 10 x 15m shies in a row.	Skills test		
Dribbling	20m dribble, staggered poles. 3 x 25 seconds.	Skills test		
Dribbling	Regularly observed dribbling the ball in matches, with consistent success at beating opponents using dribbling.	Observation		
Application/GP	Proficient playing at least 2 different areas of the pitch. Eg. 1 x midfield position and 1 x forward position.	Observation		
Application/GP	Demonstrates understanding of tactical elements of game play during open play. Forward formations, using width, 1 on 1 player contests, passing to space. etc	Observation		
Application/GP	Always acting in a positive manner, in all situations, with the best interests of the group at the forefront of everything you do.	Observation		
Application/GP	Displays an unselfish attitude towards the group, understanding that the group as a whole should take priority over individual needs.	Observation		



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SKILLS COMPETITION

For your chance to win a VIP day at the cottages.com MacTavish Cup Final submit your 30 second skills clip to the the cottages.com **skills competition**. All entries should have parental permission and must tag @letwithcottages.com and @camanachd into your submission with the hashtag #shintyskills

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