

# Player Tracking Document

for use with County Development Squads



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta

## Striking in the air scoring guide

- 1 - Strike on their 'hurling side' while walking / standing.
- 2 - Strike on their 'catching side' while walking / standing.
- 3 - Strike off 'one side' while running.
- 4 - Strike off 'both sides' while running.
- 5 - Strike accurately on both sides without breaking their stride.

## Handpass scoring guide

- 1 - Handpass from the hurley or hand with 'catching hand' while walking/standing.
- 2 - Handpass from the hurley or hand with 'hurling hand' while walking/standing.
- 3 - Handpass accurately from the hurley with both hands while walking/standing.
- 4 - Handpass accurately from the hurley with both hands while running.
- 5 - Handpass accurately from the hurley while under pressure and running.

## Solo scoring guide

- 1 - Solo the sliotar for 20 metres without dropping.
- 2 - Solo the sliotar for 30 metres without dropping.
- 3 - Solo the sliotar for 20 metres while weaving without dropping.
- 4 - Solo the sliotar for 30 metres while weaving without dropping.
- 5 - Solo the sliotar under warm / hot pressure without dropping.

## Overhead catch scoring guide

- 1 - Catch an overhead ball while stationary
- 2 - Catch an overhead ball while moving
- 3 - Catch an overhead ball with good technique - (with cold pressure - on their own)
- 4 - Catch an overhead ball with good technique - (with warm pressure - token challenge)
- 5 - Catch an overhead ball with good technique - (with hot pressure - full tackle)

## Hooking scoring guide

- 1 - Imaginary hook with good technique while walking / stationary.
- 2 - Imaginary hook with good technique while running.
- 3 - Hook with good technique while walking / stationary.
- 4 - Hook with good technique while running.
- 5 - Hook while running and win the sliotar.

## Frontal block scoring guide

- 1 - Imaginary frontal block (hurling haka)
- 2 - Imaginary frontal block then win the sliotar.
- 3 - Frontal block (cold pressure - block the coach / player while stationary)
- 4 - Frontal block (warm pressure - moving to block a stationary coach / player)
- 5 - Frontal block (hot pressure - moving to block a moving coach / player)

## Lifting the sliotar scoring guide

- 1 - Can lift sliotar on the run 5 out of 10 times (no pressure)
- 2 - Can lift sliotar on the run 7 out of 10 times (no pressure)
- 3 - Can lift sliotar on the run 9 out of 10 times (cold pressure - full sprint no tackle)
- 4 - Can lift sliotar on the run 9 out of 10 times (warm pressure - full sprint possibly with time pressure / token tackle)
- 5 - Can lift sliotar on the run 9 out of 10 times (hot pressure - full sprint and full tackle / pressure)

## Batting down scoring guide

- 1 - Can bat the sliotar down 5 out of 10 times.
- 2 - Can bat the sliotar down 7 out of 10 times.
- 3 - Can bat the sliotar down with direction 7 out of 10 times (cold pressure - no tackle)
- 4 - Can bat the sliotar down with direction 9 out of 10 times (warm pressure - token tackle)
- 5 - Can bat the sliotar down with direction 9 out of 10 times (hot pressure - full tackle)

## Support other players on the ball scoring guide

- 1 - Player is stationary when not in possession.
- 2 - Player is moving but to areas where they are not supporting.
- 3 - Player is moving to areas where they are supporting.
- 4 - After playing the ball their first reaction is to support the team.
- 5 - They always support the player on the ball with intelligent runs and calling.

## First touch control scoring guide

- 1 - On average taking more than 2 touches to gain possession
- 2 - On average taking 2 touches to gain possession
- 3 - Gaining possession with one touch 7 out of 10 times
- 4 - Gaining possession with 1 touch or catching directly 9 out of 10 times
- 5 - Attacking the ball and gaining possession with 1 touch every time

## Shooting or passing accurately over 30 metres scoring guide

- 1 - The player can shoot or pass accurately from 'one side' only (stationary)
- 2 - The player can shoot or pass accurately from 'both sides' (stationary)
- 3 - On the run the player can shoot or pass accurately from 'one side' only.
- 4 - On the run the player can shoot or pass accurately from both their sides.
- 5 - On the run the player can shoot or pass accurately from both their sides and from different angles as well

## Free taking scoring guide

- 1 - The player is capable of rising and striking the sliotar (but are not comfortable - unbalanced).
- 2 - The player is capable of rising and striking the sliotar comfortably 6 out of 10 times.
- 3 - The player is capable of rising and striking accurately (30 metres) 7 out of 10 times.
- 4 - The player is capable of rising and striking accurately (40 metres) 8 out of 10 times.
- 5 - The player is capable of rising and striking accurately (50+ metres) 9 out of 10 times.

## Side line cuts scoring guide

- 1 - The player is capable of rising the sliotar (but has wrong body position).
- 2 - The player is capable of rising the sliotar comfortably with good body position.
- 3 - The player is capable of rising the sliotar with direction (20 metres) 7 out of 10 times..
- 4 - The player is capable of rising the sliotar with direction (30 metres) 8 out of 10 times.
- 5 - The player is capable of rising the sliotar with direction (40+ metres) 9 out of 10 times.