



Teachers Workshop Resource Booklet

*Ladies Gaelic Football
Association*

TABLE OF CONTENTS

Introduction	4
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Coaching Resource (Part One)	General
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IDEAL Principle	6
Head, Hands, Feet Technique	7

LGFA Skill Cards

Hand Pass	8
Fist Pass	9
Punt Kick	10
Hook Kick	11
Chest (body) Catch	12
Overhead Catch	13
Solo	14
Near Hand Tackle	15
Block	16
Evasion – Roll Off	17
Evasion – Side Step	18
Pick Up	19

Coaching Resource (Part Two)	Aimed at Primary School Level
-------------------------------------	--------------------------------------

Warm Up Games – With a ball	21
Warm Up Games – With bibs and cones	23
Warm Up Games – With bibs, cones and footballs	25
Small Sided Games – An Introduction	28
Fun Games (4) Skill Level One	29
Fun Games (17) Skill Level Two	31
Fun Games (11) Skill Level Three	39
Fun Games (6) Skill Level Four	43
Fun Games with Progressions included (4)	46

TABLE OF CONTENTS

Coaching Resource (Part Three)

Aimed at Post Primary School Level

Warm Up Overview	56
Sample Warm-Up	57
Other Sample Warm-Up Drills	59

Sample Coaching Sessions

Session 1 – Hand Pass with Body Catch	62
Session 2 – Kick Pass with Low/High Catch	65
Session 3 – Solo with Pick Up	68
Session 4 – Tackle and Block Down	71
Session 5 – Side Step/Feint/Dummy/Scoring	74

Cool Down	77
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LGFA Development Officer Contacts	79
------------------------------------------	-----------

INTRODUCTION

Welcome to your resource pack for the Teachers Workshop and we hope that you will find this beneficial in planning and designing your PE lessons/coaching sessions. This resource provides you with a number of activities that will enable your students to improve their skills in an enjoyable environment.

Young people want to play games and they will practise their skills in a game situation without much instruction from the teacher. It is important that you, as a teacher, ensure that everyone is involved and these activities will keep all your players busy. The activities in this resource include instructions to modify your games to make them easier or more difficult and they all focus on different skills of Gaelic Football. The key aspect of this resource is to enable you as teachers to teach children through small sided games with the minimal use of equipment. With this in mind the games have been designed to ensure basic equipment usage at all times. These activities will also encourage your students to develop a sense of fair play and sportsmanship and incorporate effective communication skills.

We hope that you enjoy the workshop and that this resource will be a companion for you throughout your teaching year. Enjoy!

Coaching Resource

(Part 1)

- **IDEAL Principle**
- **Head, Hands Feet Technique**
- **LGFA Skill Cards**

IDEAL PRINCIPLE

When coaching a technique or a skill to players there are 5 essential steps:

Step	How to Communicate
1. Introduce the Skill	Verbally introduce the skill, providing a brief description.
2. Demonstrate	Demonstrate the skill; perform it in full at least three times.
3. Explain	Break the skill down, providing teaching points of note for the position of the head, Hands and feet. Repeat the skill in full again
4. Attend	Organise an activity to practice the drill and attend to the participants during the activity
5. Look and Observe	Provide feedback and correct errors as participants are practicing the skill

Head, Hands, Feet for Better Technique*

1. Demonstrate skill yourself or select a child who can do it properly. Be aware of the left-handed kids - Demonstrate using both sides of the body if possible.

2. On the second demonstration ask a few questions and allow them to come up with the Head, Hands, and Feet rules:

HEAD:

Where is the head? (Head up / down)

What about the eyes, where are they looking? (Eyes on the ball / looking up)

Why?

HANDS:

What are the hands doing? (Hands together/apart)

What about the fingers? (Together / apart)

Are the arms straight?

Why?

FEET:

What do you want the legs, knees doing?

How do the feet move, is there a sequence? (E.g. Step then kick)

What shape is the foot when striking the ball?

Which part of the foot do you want to strike the ball with? How far apart do you want your feet to be? Why?

3. Summarise the two or three key points.
4. Demonstrate again and then allow kids to copy the demo within a structure (pairs, a drill etc.).
5. LET the kids practice - you OBSERVE. If there are problems, use the SPOT and FIX rules. Look at the head, hands and feet to identify where the problem is, then suggest and show the child how she could improve.
6. Where more than one issue needs fixed in a child's technique, take it one at a time.

* Ideals from John Morrison and Philip Kerr, FUNDamentals Coaching Course May 2003, Ulster Council GAA and Sports Institute NI



SKILL CARDS



The Hand Pass

The hand pass is a basic technique to pass the ball over a short distance.

Technique

The technique involves supporting the ball in one hand while striking it with the other open hand.

Key Points

1. Support the ball in the palm of your hand about chest height in front of the body
Supporting hand should be steady
Face your team mate receiving the ball
2. Strike the ball using mostly your fingertips
Follow the strike through in the direction of the pass
While striking the ball, step forward

Hands

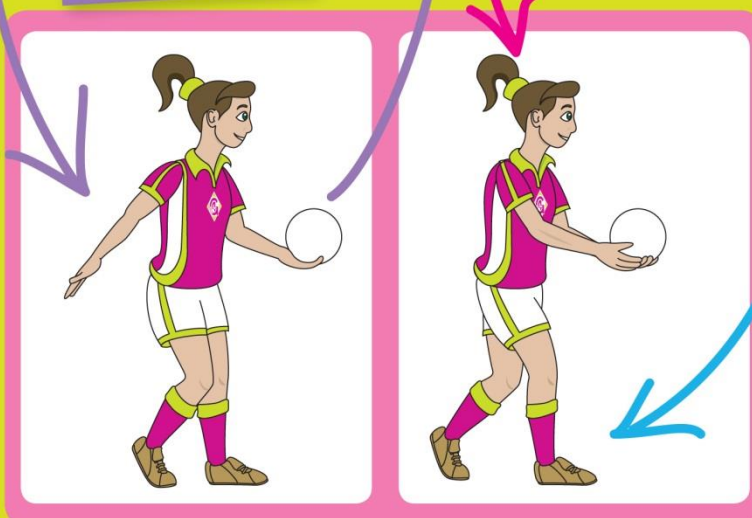
Ball on hand about waist height
Use open hand and strike mostly using fingertips
Follow through in direction of pass

Head

Face your team mate

Feet

One foot in front of the other
Take a step forward when striking the ball



Common Errors

Error 1



Not hitting the ball with the correct part of the hand. Not hitting the ball with the fingertips can cause the ball to drop short of the partner waiting to receive it



To correct this error, ensure that when striking the ball, mostly the fingertips are used

Error 2



Another common error is throwing the ball. This happens when there is no defining strike action taken when hand passing the ball to a team mate.



To avoid this, ensure to strike the ball well with an open hand

Error 3



Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball as it is not under complete control.



This can also lead to misdirection of where the ball should go.



It may lead to difficulty performing the technique while moving



To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.



SKILL CARDS



The Fist Pass

The fist pass is a basic technique used to pass the ball over a medium distance.

Technique

The technique involves supporting the ball in one hand while striking it with the other closed fist.

Key Points

1. Place the ball on the upturned palm of the supporting hand at about waist high and in front of the body
Draw the striking hand backwards and forwards while at the same time forming a fist
Face your team mate receiving the ball
2. Strike the middle of the ball with the fist, using the surface formed by middle bones of fingers, side of thumb and heel of the hand

The striking hand follows through in direction of pass

While striking the ball step forward, placing the thumb over the index finger can also form the fist.

The ball is hit by the surface formed by the thumb and index finger

Hands

Ball on hand about waist height

Form fist with other hand, keep arm straight, draw back and then forward to strike ball

Follow through in direction of pass

Head

Face your team mate

Feet

One foot in front of the other

Take a step forward when striking the ball



Common Errors

Error 1



Not hitting the ball with the correct part of the fist. Not hitting the ball with the area formed by the thumb and index finger can reduce accuracy of the pass to the partner waiting to receive it.



To correct this error, ensure that when striking the ball that area is used.

Error 2



Another common error is throwing the ball. This happens when there is no defining striking action taken when handpassing the ball to a teammate.



To avoid this ensure to strike the ball well with the fist.

Error 3



Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball, as it is not under complete control.



This can also lead to misdirection of where the ball should go.



It may lead to difficulty performing the technique while moving



To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.



SKILL CARDS



The Punt Kick

This kick is used mainly when facing or moving directly towards the target

Technique

The technique involves kicking with the instep (laced part) of the foot in the direction of the target

Key Points

1. Hold the ball firmly with both hands
Keep head down and eyes on the ball
2. Step forward with non-kicking foot and release ball into the hand at the kicking side
Extend opposite arm away from body to keep balance
3. Kick with the instep with toes pointed
Follow through in direction of target

Common Errors



Error 1

Not kicking the ball with the instep causes the ball to travel in the wrong direction



It is important to keep your head down and kick with the laced part of your boot in the direction of the target



Error 2

Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is used to help maintain your balance

Hands

Ball released into hand at the kicking side

It is important to keep your head down and kick with laced part of the boot in direction of the target



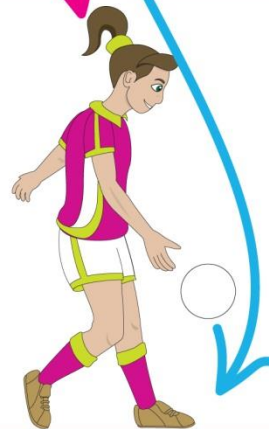
Head

Eyes on the ball at all times

Feet

Step forward with non-kicking foot

Kick ball with instep and follow through in direction of target





SKILL CARDS

The Hook Kick

This kick is mainly used when moving across the direction of the kick to avoid an opponent or to make a better angle.



Technique

The technique involves kicking at right angles to where the player is facing

Key Points

1. Hold the ball firmly with both hands
Keep head down and eyes on the ball
2. Point the shoulder towards the target and step forward with non kicking foot
Release the ball into the hand at the kicking side and extend opposite arm to assist balance
Extend wrist and drop ball onto kicking foot
3. Kick ball with inside of foot
Follow through across body in direction of target with toe pointing upwards

Hands

Ball released into hand at the kicking side

Wrist extended and ball dropped onto kicking foot

Feet

Stand at 90° angles to target, shoulder pointing towards target

Step forward with non-kicking foot

Kick ball with inside of foot and follow through across body in direction of target

Head

Eyes on the ball at all times



Common Errors

Error 1



Turning around to face target before kicking resulting in a punt kick



Point shoulder towards target and kick at right angles to where player is facing. Follow through across body

Error 2



Another common error is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is needed to aid balance



SKILL CARDS



The chest (Body) catch

This catch is used when the ball arrives between leg and head height to the chest area. It is the most common catch.

Technique

The technique involves holding arms out to catch the ball and then pulling ball back into chest.

Key Points

1. Keep head up and eyes on the ball at all times
As the ball approaches the upper body leans forward to receive ball around chest height
Arms are extended out with elbows close together and hands facing up
2. Catch in the arms and cushion the ball into a secure position with both hands
If ball is coming below waist height, crouch to receive ball into the body

Common Errors

Error 1



Arms not close enough together to catch the ball resulting in the ball being dropped



It is important that as ball is caught the upper arms should be close to the body, forearms almost horizontal and less than a ball width apart

Head

Eyes on the ball at all times

Hands

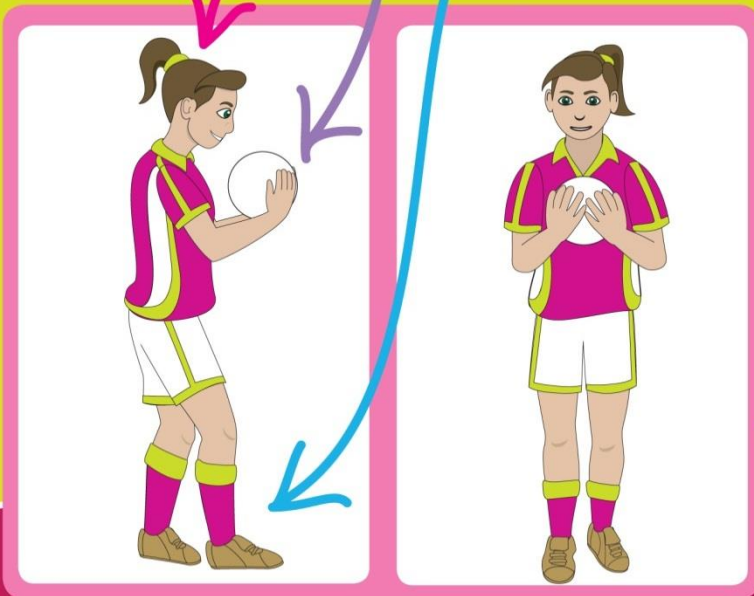
Arms extended and fingers spread

Catch in arms and pull back into chest

Feet

One foot in front of other

Lean towards ball



Error 2



Another common error is allowing the ball to hit off chest instead of cushioning it into chest with your arms.



Keep your eyes on the ball at all times and extend hands and keep fingers apart so ball can be cushioned into chest



SKILL CARDS

The Overhead catch

This catch is used to catch a ball which comes at full reach height or over the players head.



Technique

The technique involves catching ball with fingers spread in front of head and bringing it down quickly.

Key Points

1. Keep eyes on the ball and as the ball reaches highest point assess where the ball is going to land
Approach the ball and move forward
Plant the jumping foot and extend upwards, raise other knee forward
2. Extend arms above head, keep head up and eyes on ball
Reach to catch ball at highest point with fingers spread wide apart and thumbs behind ball ('W' shape)
Catch the ball slightly in front of the head and bring down quickly, cushion the ball and secure into the chest with both hands

Head

Eyes on the ball at all times

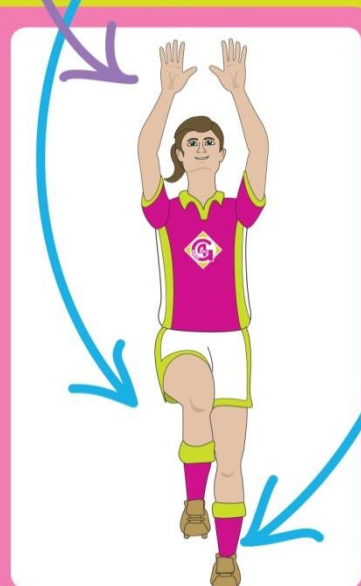
Hands

Arms extended and hands in 'W' shape

Feet

Plant jumping foot and extend

Raise other knee forward



Common Errors

Error 1



Not having hands in correct position to catch the ball



Ensure that hands are in 'W' shape so ball can not slip through hands

Error 2



Another common error is jumping at the wrong time. If player jumps too soon or late the ball will go over the players head and possession will be lost



Ensure to keep eye on flight of the ball and assess where ball is going to land

Error 3



Another error is players closing their eyes and losing the flight of ball



Keep head up and eyes on the ball at all times until ball secured in hands



SKILL CARDS



The SOLO

The Solo is used when a player is carrying the ball down the pitch. The player must solo or bounce the ball after every four steps taken. A player may complete as many solos as they want but can only use one consecutive bounce.

Technique

The technique involves releasing the ball from the hand on the kicking side to the kicking foot and kicking back up into your hands.

Key Points

1. Hold the ball firmly in both hands
Head down and eyes on the ball
2. Step forward with the non-kicking foot and keep your body upright
Release the ball into the hand on the kicking side
3. Drop ball onto the kicking foot and when foot (instep) impacts with ball, flick the toe upwards towards the body
Straighten the leg and extend arms forward to catch the ball
If running maintain a natural stride

Hands

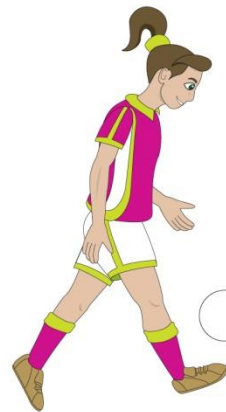
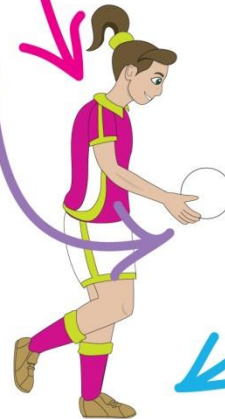
Ball released into hand at the kicking side
Wrist extended and ball dropped onto kicking foot
Hands ready to catch ball as flicked back up from solo

Head

Eyes on the ball at all times

Feet

Step forward with non-kicking foot
Kick ball with instep and flick toe upwards towards body



Common Errors

Error 1

☹️ Not kicking the ball with the instep causes the ball to travel in the wrong direction

😊 It is important to kick with the laced part of your boot otherwise the ball will not come back up into arms

Error 2

☹️ Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot

😊 The ball should be released into the hand on the kicking side and the other hand is needed to aid balance

Error 3

☹️ Some players do not flick their toe upwards causing the ball to go ahead of them instead of back up into arms

😊 When the foot impacts the ball, flick your toe up so ball spins back into hands



SKILL CARDS



The Tackle

The tackle is used to attempt to dispossess an opponent and regain possession of the ball.

Technique

The technique involves moving alongside the opponent and attempting to flick the ball away with the hand nearest the opponent.

Key Points

- Run alongside opponent
- Keep your eyes on the ball
- When opponent's far leg is moved forward, take a step in with your near leg
- Flick the ball away using your hand nearest the opponent when ball is travelling from hand to toe or when being bounced
- Knock the ball away to regain advantage and recover ball to win possession

Common Errors



Error 1

Player using fist to knock ball away and tackling when ball into body of player in possession



To correct this error, ensure the players use the open hand or hands to knock the ball away and do not tackle when player has the ball in their possession into their body



Error 2

Not standing close enough to kicker's leg. It is easier for the kicker to play the ball away without being tackled and also it is more difficult to time the tackle from distance.



Ensure that person tackling gets in close to kicker's leg so they can time the tackle to get hand(s) in as player has ball away from body



Error 3

Another mistake occurs when the player tackling closes her eyes or does not keep eyes on the ball. She is then unable to get a view of where the kicker's foot or the ball is so may be unable to time the tackles or may get caught by the kicking foot.



Ensure that the person tackling keeps eyes open at all times and on the ball to be aware of where the player and ball is.

Hands

Use nearest hand to flick ball away



Head

eyes on ball

Feet

Move nearest leg across opponent's space to get close to ball



SKILL CARDS

The Block

The block is used to attempt to dispossess an opponent and re-gain advantage of the ball.

Technique

The technique involves having your hands in a 'W' shape, held stiffly and keeping your eyes open. You need to get close to the kicker's leg/foot and bring your hands down on the ball to block.

Key Points

1. Hands like 'W' shape
Hold hands stiffly to give more support when blocking
Get close to kicker's leg/foot so you can get near to the ball

Common Errors

Error 1



Not having hands in correct shape. Hands apart trying to block can cause ball to be kicked through arms away or into face



To correct this error, ensure that when blocking 'W' shape is maintained

Error 2



Not standing close enough to kicker's leg. It is easier for the kicker to play the ball away without being blocked and also there is a greater chance that the blocker can get kicked by the kicker's leg as playing the ball away



Ensure that person blocking gets in close to kicker's leg so they can block and dispossess.

Error 3



Another mistake occurs when the player blocking closes her eyes. She is then unable to get a view of where the kicker's foot is so may be unable to block or may get caught by the kicking foot.



Ensure that the person blocking keeps eyes open at all times to be aware of where the player and ball is.

Hands

W' shape

Hold stiffly

Head

Eyes on the ball at all times

Not facing away

Feet

One foot in front of other

In close to kicker's foot





SKILL CARDS



Evasion - The Roll Off

The roll-off is used to evade an opponent while in possession of the ball.

Technique

The technique incorporates a planting your foot and using opponent's shoulder as a hinge to roll off and pivot away in order to avoid the opponent's challenge and maintain possession.

Key Points

1. Solo the ball approaching the opponent
Plant front foot (right) forward towards the opponents left shoulder while transferring the ball to the left side
2. Using their shoulder as a hinge roll off by swinging the left leg around and pivoting on the right foot
3. Plant the left foot on the ground and transfer the ball back to the outside of the body, now the right side
Bring the right leg around and accelerate away
Use a low bounce clearing the opponent



Common Errors

Error 1



Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.



To correct this error, ensure that the weight is transferred from the most forward foot to the planted foot behind just as the first foot is lifted.

Error 2



Another common error is taking too many steps in order to get past opponent.



To avoid this ensure to get into your new path of direction as quick as possible and then bounce the ball and catch to hold possession without ever carrying.

Error 3



Another error is planting the wrong foot first which results in the player pivoting into her opponent instead of around her



To correct this error ensure that left foot is planted first and player pivots on right foot

Error 4



Soloing when reaching the opponent is another fault. It is easier for opponent to get possession if ball soloed in front of her



It is important that the player solos before approaching player so that they can use bounce after pivoting to get away at pace



SKILL CARDS



Evasion - The Side Step

The side step is to evade an opponent while in possession of the ball

Technique

The technique incorporates a step to the side and back again in order to avoid the opponent's challenge and maintain possession.

Key Points

1. Run towards the opponent

When about a metre away from the opponent plant forward foot firmly on the ground

Push hard off the planted foot and transfer your weight to the opposite side

2. Plant the opposite foot and continue forward in the new pathway

Alternate sides

Common Errors

Error 1



Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.



To correct this error, ensure that the weight is transferred from the most forward foot to the planted foot behind just as the first foot is lifted.

Error 2



Another common error is taking too many steps in order to get past opponent.



To avoid this ensure to get into your new path of direction as quick as possible and then bounce the ball and catch to hold possession without ever carrying.

Feet

Plant forward foot in ground in front of opponent

Push hard of planted foot and shift weight to plant other foot in new pathway and continue forward

Head

Face opponent to know where to plant feet and then move in new direction

Hands

Solo before approaching opponent so that ball is safe in hands while doing sidestep





SKILL CARDS



The Pick Up

The pick-up is used in Ladies Gaelic Football to lift the ball from the ground into the body

Technique

The technique involves approaching the ball while moving or static to bring the ball from the ground into the body

Key Points

1. Move to the ball. Bend at the hips and knees. Supporting foot beside the ball.
Head down and eyes on the ball
2. Place same hand as supporting foot in front of the ball and the other hand directly behind the ball
Fingers spread
3. Scoop ball up off the ground and draw the ball into the body

Common Errors

Error 1



Not crouching to lift the ball



Important to bend at hips and knees

Error 2



Picking the ball up while on the ground



Ensure both feet are firmly paced on the ground before attempting the pick up

Hands

Place one hand in front of the ball. Same as supporting leg and other hand behind the ball

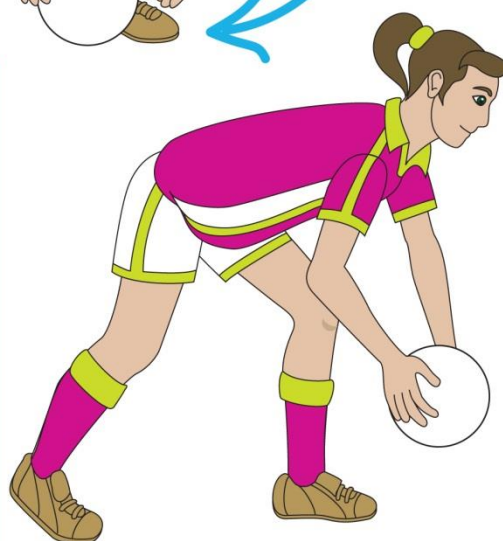
Feet

Place supporting leg beside the ball

Both feet must be on the ground

Head

Eyes on the ball at all times



Coaching Resource_(Part 2) **aimed at** **Primary School Level**

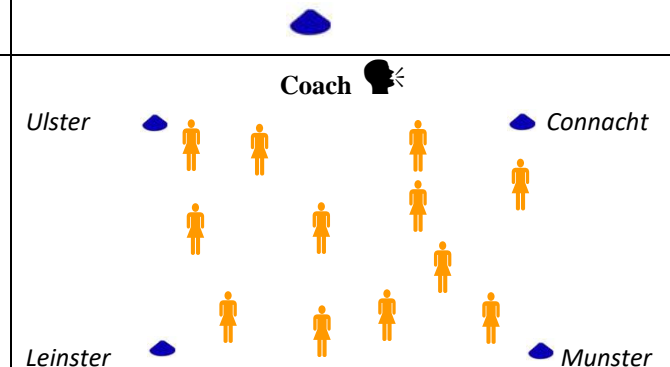
WARM UP GAMES – WITHOUT A BALL

Equipment Required:

Cones  **Football**  **Bibs** 

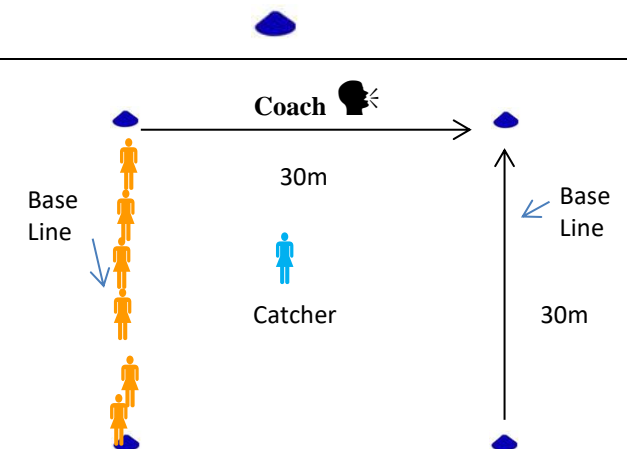
1. Provinces

- Connacht, Leinster, Munster and Ulster - for this game the coach labels different parts of the hall (if no hall mark put a grid 30m x 30m using cones)
- Players jog inside the area until the coach shouts a Province
- If the top left hand corner is Ulster and coach shouts Ulster then the players runs to that corner
- Last person to the corner has to do 5 jumping jacks
- Make the players think so reverse the corners – if coach shouts Connacht they must run to Leinster and vice versa and if coach shouts Munster they must run to Ulster and vice versa.



2. Bull Dog Charge

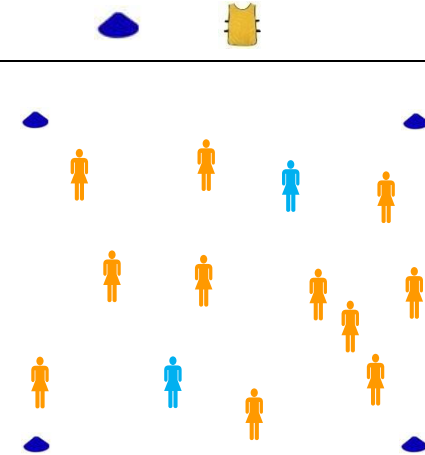
- If 30 people in a group mark out an area 30m x 30m or else use the indoor hall area.
- Coach nominates one catcher to be on.
- The aim of this game is for the players to get from one baseline to the other without getting caught by the catcher.
- If the catcher catches a player then that player is on too so as the game goes on there will be more catchers than players
- Game starts by Coach shouting “bulldog” and the whole group tries to get to the other side without getting tagged. Once they get past the baseline on the other side they cannot be tagged until the next round. They then start again on the other side when the coach calls “Bulldog”
- This continues until there is only one person left and he/she is the winner
- In doing so you are developing a base of fitness and also developing the technique of side stepping & changing direction



WARM UP GAMES – WITHOUT A BALL

3. Flush The Toilet

- Coach uses hall or square area marked out 30x 30 meters
- Area big enough to give players space to run around
- Coach nominates 2 players to be on and gives them a bib (coach can add in a 3rd player if more than 15 players)
- Players are only on for 2 minutes and then the coach switches them so that nearly everybody on
- If player is tagged then they go down on hunkers and hold arm out parallel to the floor
- A player who isn't tagged must sit on hunkers and push arm down towards the floor and "Flush the Toilet" of the tagged player in order to free them
- A person cannot be tagged when they are freeing a person



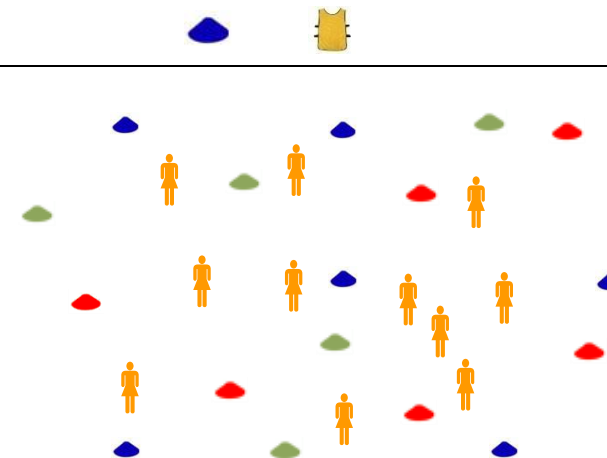
WARM UP GAMES – WITH BIBS AND CONES

1. Remember Your Cone

- Depending on numbers throw out cones on the ground in a wide space in no particular shape and tell each player to stand at their own cone (1 person per cone) and remember where their cone is, what colour it is and who they are beside.
- When coach says GO everyone runs around the area without touching the cones and not around their own cone
- When coach blows the whistle everyone has to get back to their own cone as quick as they can.

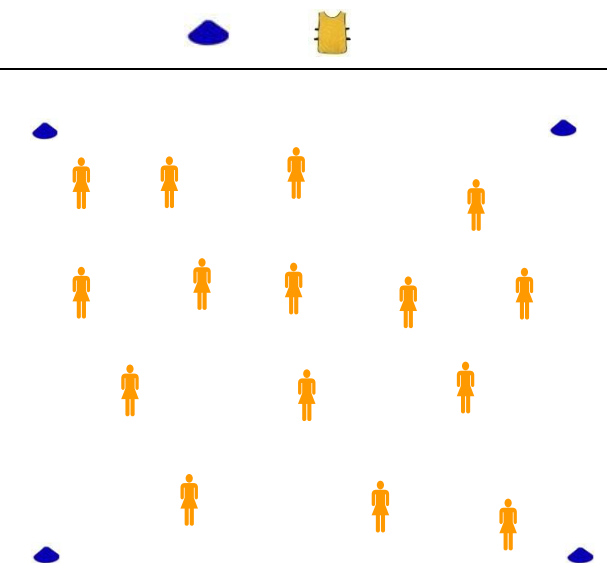
How to adapt?

- Get players to pick a different cone and give them 3 seconds to remember where it is and get them to jog round and when coach blows the whistle they have to find their new cone.



2. Tails

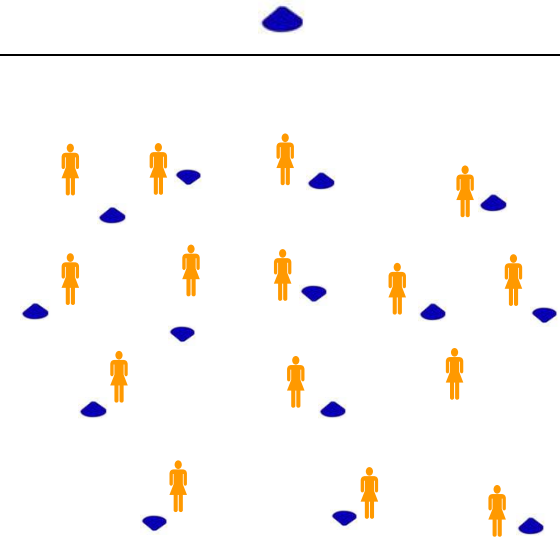
- Mark out an area 30 x 30m depending on number of players
- Give players a bib each (if no bib players can use jumper)
- Put bib inside trousers/skirt and leave it hanging down like a tail
- Players run around the area in all directions and when coach blows the whistle they start collecting tails.
- Players must steal as many tails\bibs as they can while trying to protect their own
- Coach times 1 minute and when time is up, blow the whistle and all players freeze.
- The player with the most bibs at the end of the minute is the winner
- **Challenge:** Reverse the role – The players who have a tail left at the end of the minute – wins.



WARM UP GAMES – WITH BIBS AND CONES

3. Domes and Dishes

- Give each member a cone.
- Half group lay markers on ground normally – these people are the 'domes'. Other half of group put the markers upside down in a space – these people are the 'dishes'
- On whistle players run into grid and 'domes' must try and put all markers normal way, while 'dishes' try and overturn markers
- Have a time limit (e.g. 1 min)



WARM UP GAMES – WITH BIBS, CONES AND FOOTBALLS

1. Cups and Saucers

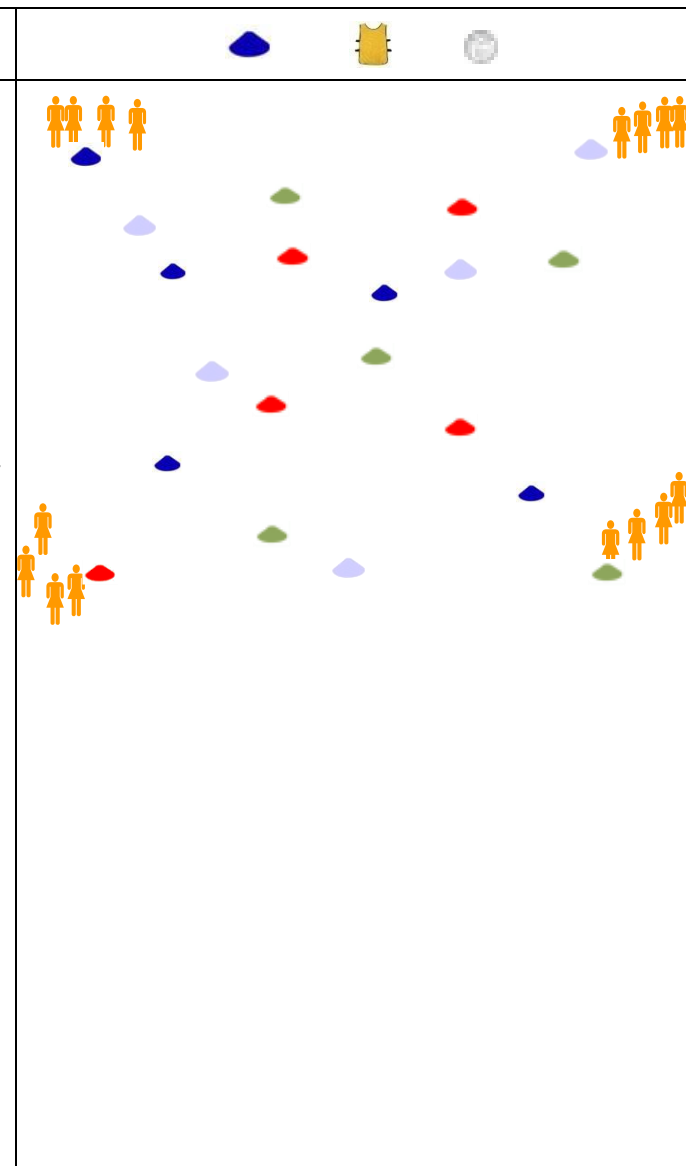
Example 16 players, divide group into four equal numbered teams and assigned each team to a coloured cone at corner of grid maker out as shown in the diagram

- Outside 4 cones of different colours Red, Blue, Grey, Green
- Then on the inside you need 4 of the same colours spread out within the square as shown below.
- Group 1 have to turn over red cones with **right** hand and get back to cone as quickly as they can.
- Group 2 have to turn over blue cones with right hand and get back to cone as quickly as they can.
- Group 3 have to turn over grey cones with right hand and get back to cone as quickly as they can.
- Group 4 have to turn over green cones with right hand and get back to cone as quickly as they can.
- 1 player from each corner goes at the same time and turns over their 4 cones and gets back to their group first gets a point for their team
- **Sequence 2:** When each player has gone once get them to put right hand behind back do it with their **left hand**
- **Sequence 3:** On the third round get players to turn cones with **both hands**
- **Sequence 4:** On the 4th round get players to **bounce the ball and catch it at each cone**
- **Sequence 5:** On the 5th round get players to **put the ball around their waist without dropping it at each cone**




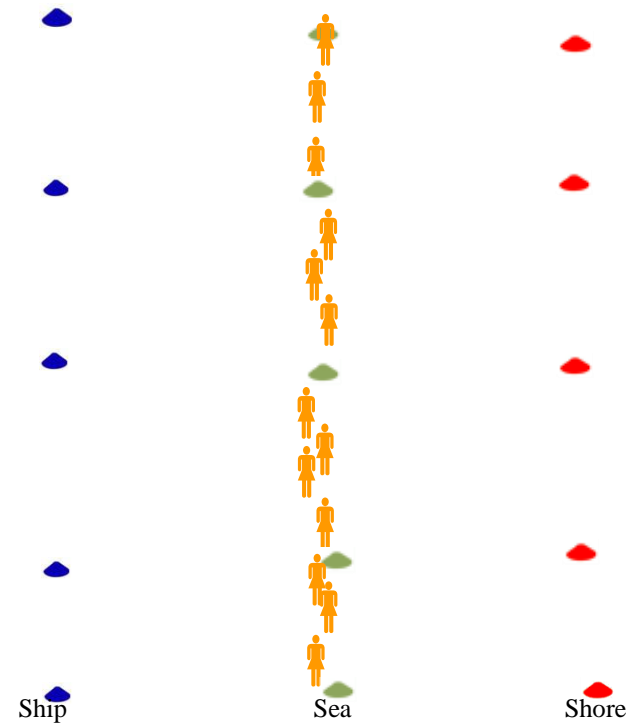
Can use the below in the main body as it is practicing the skill through a fun game.

Activity 2 – Cups and Saucers using solo, bounce and handpass

- Get groups to move one to the right so they are standing at a different coloured cone
- Using the same idea and turning over the colour of the cone in which they are standing at
- Give each group a football
- **Sequence1:** Get each player to **solo with Right Foot** at each cone and hand pass back to next person
- **Sequence 2:** Get each player to **solo with Left Foot** at each cone and hand pass back to next person
- **Sequence 3:** Get each player **bounce at each cone** and hand pass back to next person
- **Sequence 4:** Get each player to **solo with Right and Left Foot** at each cone and hand pass back to next person
- **Challenge:** Tell teams that whatever team does the skill correct and in the quickest time gets a point. Note the player always goes to each cone of their specific colour within the area before returning to their group



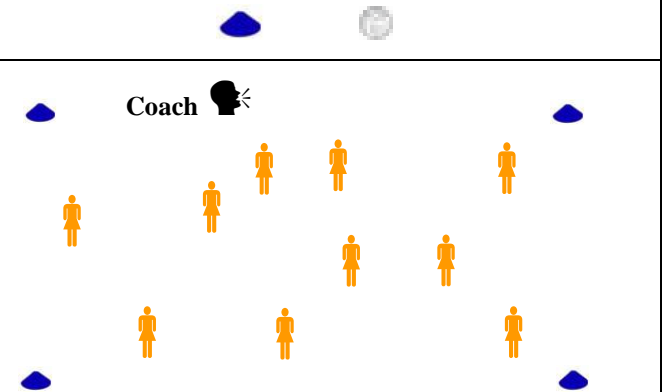
WARM UP GAMES – WITH BIBS, CONES AND FOOTBALLS

2. Ship, Sea, Shore	 
<ul style="list-style-type: none"> • Mark out 3 horizontal lines 10-12 big steps apart • Make the lines long enough to cater for all • Name the lines ship, sea and shore • Get everyone to stand on sea which is the middle line and face the coach • If coach shouts “ship” players run to ship line as quick as they can and wait there for the next call, If coach shouts “shore” players run to shore and wait and if coach shouts “sea” players run to sea • The aim of the coach is to catch the players out and test reactions and help sharpen their footwork • Once they get familiar add in the following calls: • If coach shouts “scrub the decks” get down on hunkers and scrub the decks • If coach shouts “climb the ropes” climb the ropes • If coach shouts “man over board” they hold a person near them <p>Add in the Ball</p> <ul style="list-style-type: none"> • Give each player a ball (If there isn’t enough balls for each player then keep switching after every skill) • If coach shouts “ship” players run to ship line as quick as they can and take a solo, If coach shouts “shore” players run to shore and take a bounce and if coach shouts “sea” players run to sea and solos with other foot. • If coach shouts “scrub the decks” players drops ball on the ground and picks is up. • If coach shouts “climb the ropes” players throw the ball up in the air and catches it • If coach shouts “man over board” players puts the ball around their back 	<div> <div>Ship</div> <div>Coach </div> <div>Sea</div> <div>Shore</div> </div>  <div> <div>Ship</div> <div>Sea</div> <div>Shore</div> </div>

WARM UP GAMES – WITH BIBS, CONES AND FOOTBALLS

3. Numbers Game

- Players run around a fixed area in all sorts of directions. If big area mark out a grid 20m x 20m
- Give each player a football and tell them to jog around the area
- Coach demonstrates 3 skills/activities – Bounce, Around the waist and Pick up
- The coach calls out a number and the skill e.g. “3” Bounces
- Once they have completed that they jog around again and coach calls out “8” Around the Waist and players put the ball around the waist 8 times without dropping it.
- Keep testing the players and changing the skills throughout the 10minutes as this increases the number of touches they get on the ball.



SMALL SIDED FUN GAMES

What are Small Sided Games?

Small Sided Games are games with fewer players competing on a smaller-sized field/ playing area. They are fun games that encourage players to have more contact with the ball because fewer players are playing in a smaller playing area. SSG have a definite developmental impact on younger players. The more confidence that players have in their own ability and the greater the level of enjoyment that they derive from developing and expressing this, the more likely they are to maintain a lifelong involvement in Gaelic Games.

Why should you use these games to coach?

- Promotes full participation by all
- Caters for the development needs of all players
- Maximum enjoyment derived from involvement
- More touches of the ball by all players throughout all areas of the pitch
- More efficient use of facilities (multiple games on pitch)
- Repeated decision making experience
- Emphasis on player development rather than winning and losing
- Better success rate leads to improved quality of play, self-esteem and player retention

How often should you use games during your session?

It is recommended that your complete session contains small sided games. Players will learn more through these games and the fun atmosphere promotes a safe environment for all participants regardless of ability. Fun games ensure all players are provided an opportunity to develop at their own pace. Each station should contain a game focusing on various skill(s).

Remember the Child!








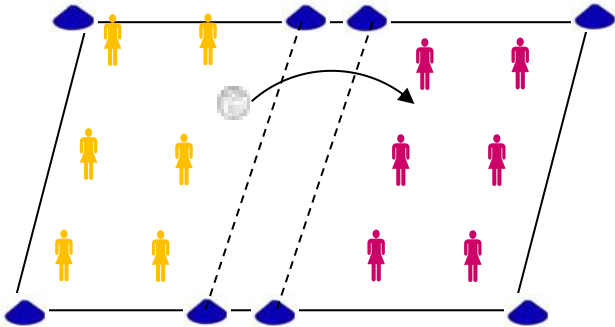
"I don't care if we lose 100-1. If my team goes out there and plays hard, plays fair, and has FUN. We are winners!"





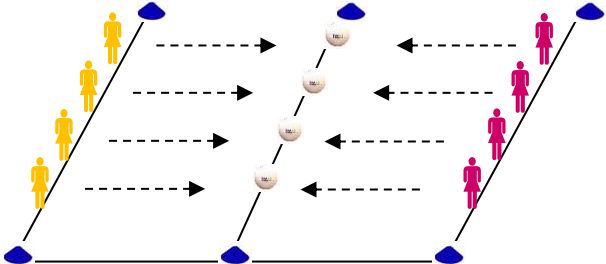
(Ben Eaton)

"Kids don't care how much you know, until they know how much you care."

Skill Level



	Skills The Game Covers:	Equipment Required:
		Cones  Footballs  Bibs 
1. No Man's Land 	Catching, Fist Passing, Kicking	  
<ul style="list-style-type: none">• Divide into 2 teams• Set up area as shown in diagram with 'No Man's Land' separating the teams• Players fist pass ball over 'No Man's Land' into the area of the other team• Team is awarded a point if a ball lands in opposite area without being caught by opposing team• If the ball goes outside area a point is awarded to opposite team• This continues over and back between teams. Can add extra footballs• Area can be made bigger and kick passing used		

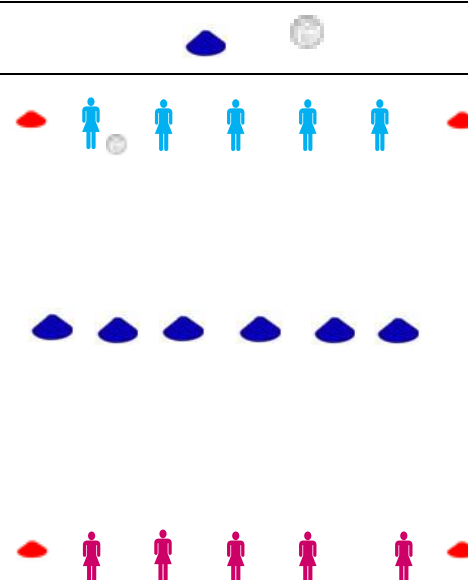
2. Dodgeball 	Fist Passing	  
<ul style="list-style-type: none">• Divide into two teams on either side of grid• On whistle teams run to pick up balls in centre and fist pass to try and hit player on opposite team• When a player gets hit or someone catches the ball she has thrown, player is OUT!• Continue until team has no players left		

3. Hit The Cones



Kicking

- Mark out a grid as shown and place a number of cones across the middle of grid
- Divide group into teams of 3-5 players
- Give 1 or 2 footballs to each team
- The player in possession attempts to strike one of the cones in the middle of the grid using the punt kick
- For each successful strike award one point
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far
- Alternatively points may be awarded for kicking the ball through gaps in the cones instead of hitting the cones

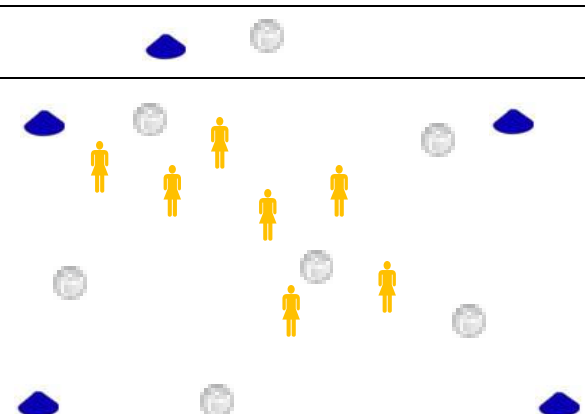


4. Bum Ball




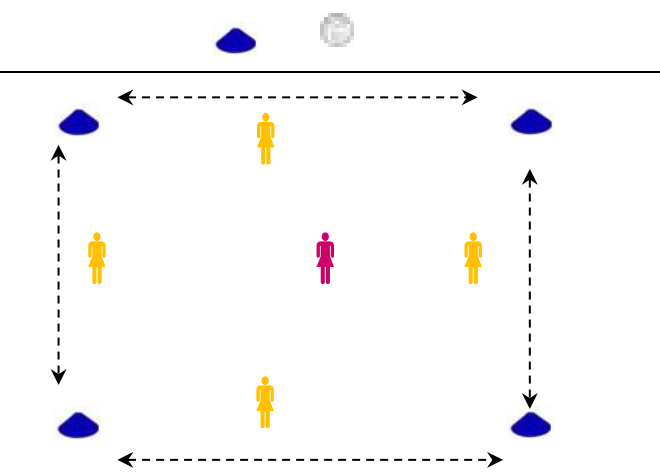
Reactions


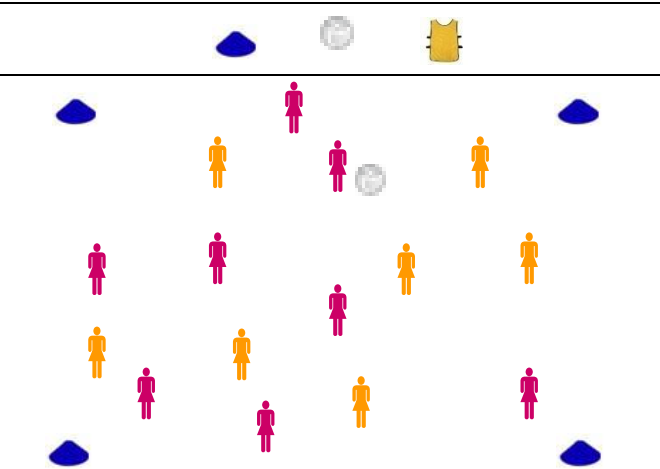
- Set out square using cones
- All players stand in square and there should be one less football than players
- Players start running inside square without touching footballs
- On whistle players must try to sit on a ball
- Player with no football to sit on is out
- Coach removes a football each time until there is a winner



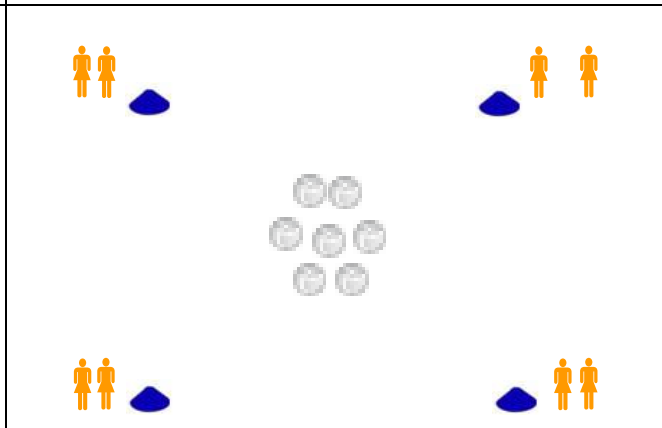




Skill Level



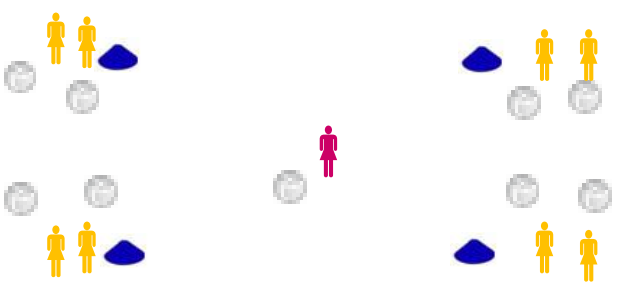



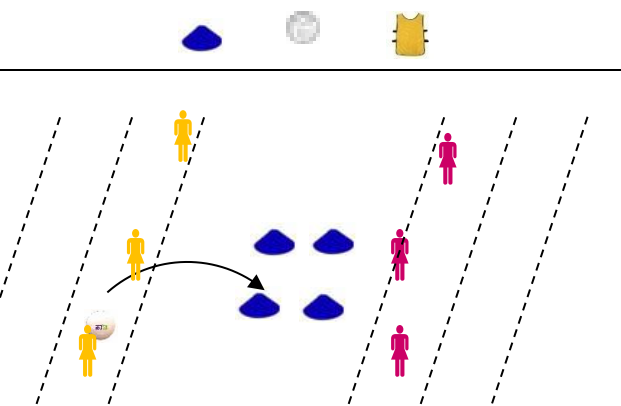
<div>1. Piggy In the Middle</div> <div></div> <div>Fist Pass</div>	<div></div>
<div><ul style="list-style-type: none">• Mark out a grid 5m x 5m using cones• Position one player along each length of the grid• Position the fifth player in the middle of the grid• The outside players must move along the lengths of the grid fist passing the ball to each other to retain possession• The middle player attempts to intercept the ball• If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'</div>	

<div>2. Freeze Ball</div> <div></div> <div>Fist Pass</div>	<div></div>
<div><ul style="list-style-type: none">• Divide players into two equal teams. Each player begins with three lives• Player in possession kicks, fists or throws the ball up in the air and shouts a number or name• The player called has to catch the ball while other players scatter in all directions• On catching the ball the player shouts 'freeze' and all other players must stand still• From a stationary position the catcher must attempt to hit another player with the ball by fist passing the ball at them• Game continues until player has lost all three lives</div>	

<div>3. Rob the Nest</div> <div></div>	<div>Solo</div>	<div></div>
<div><ul style="list-style-type: none">• Split players into 4 teams at four corners• On whistle first player runs to middle and collects a ball and solos back to group (can only take one ball at a time)• Next player in team then runs and repeats collecting another ball• When area in middle is empty players must rob a ball from one of the other teams• Players cannot tackle each other• Team with the most footballs at their corner at end are the winners• Repeat a few times</div>		<div></div>


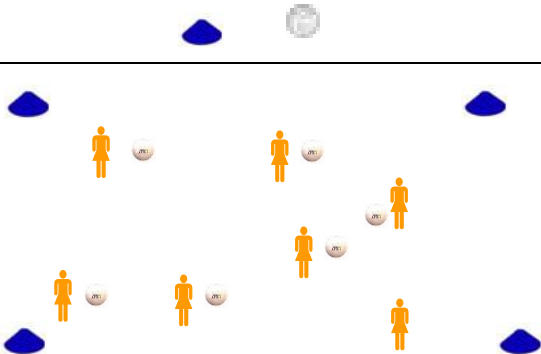
<div>4. Pass the Guard</div> <div></div> <div>Solo</div>	<div></div>
<div><ul style="list-style-type: none">• Mark out a grid 15m x 15m• Players attempt to solo across the grid• Two players act as defenders and attempt to tag the soloing players• Once a player has been tagged they must leave the game• The soloing players continue over and back until all have been tagged• Rotate defenders and repeat game</div>	


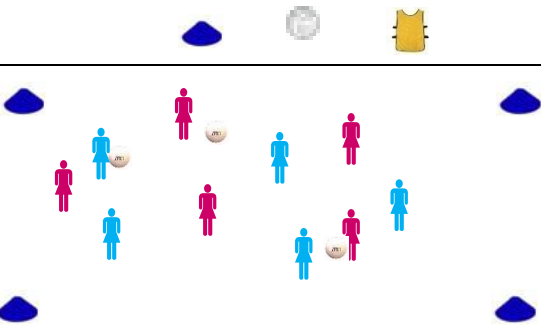
5. Cats in the Corner 	Solo	
<ul style="list-style-type: none"> • Mark off square playing area and place thrower in centre • There are four safe areas in the corners where the cats will be. All players solo a ball around the square • When the thrower shouts 'Cats in the Corner', the players must run to a corner without getting hit by the ball. They can go in any direction to any corner • Any player hit by the ball is out and must solo the ball around the grid or join the thrower in the centre 		



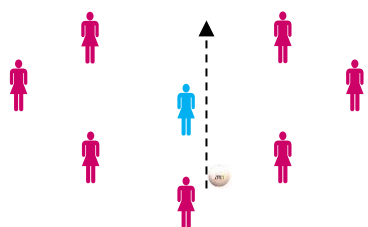
6. Target Ball 	Kicking	
<ul style="list-style-type: none"> • Place four cones in 10m square in centre as shown • Mark out lines of cones at various distance back from square • Divide the players into two groups, one group at either side • Beginning at one side and behind the first line, the players attempt to land the ball in the square • Award 1 point for every kick that lands in the square • Progress the game by moving the players back behind the next lines as they become more proficient 		



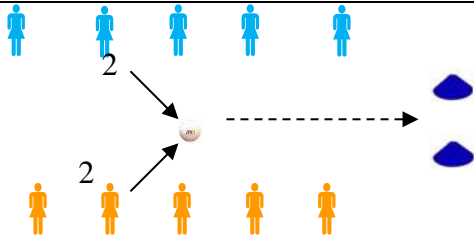
7. Stuck in The Mud 	Reactions	
<ul style="list-style-type: none"> • All players in grid and two players with football • Players with ball solo around grid and fist pass to hit players below the knee • If player caught with ball they must freeze and stand with legs apart • Player can only be freed when another girl crawls through legs • Change catchers after few minutes 		
8. Evasion 	Sidestep, Kicking	
<ul style="list-style-type: none"> • Mark out a channel approximately 10m wide as shown • Mark out a goal area at one end of the channel • Divide players into attackers, defenders and a goal keeper • Each defender enters grid in turn to be approached by an attacker who must perform evasion skill and then shoot for goal • Defender remains stationary providing minimal opposition initially but as the drills progresses the defender increases their resistance 		



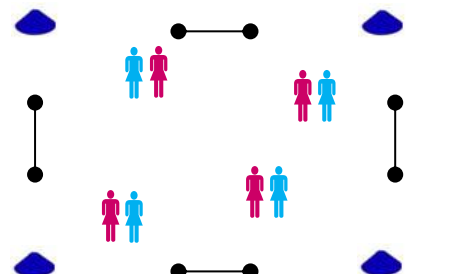
9. Gaelic Rugby 	Handpass, Kicking	
<ul style="list-style-type: none"> • Rule No.1 – no rugby tackles • The aim of the game is to work the ball over the oppositions line within the rules of Ladies Gaelic football • You can vary number of passes teams have to get before crossing line etc. 		


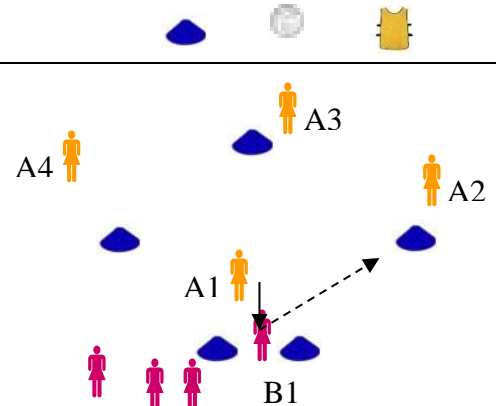
11. Solo Knockout 	Solo, Sidestep	
<ul style="list-style-type: none"> • All players have a ball each • Players solo around inside square • Participants must try and knock ball out of other players hands while also protecting their own football • Can vary rules so players knocked out when ball drops to see who wins. • Player who have their football knocked away can continue practicing the solo around the outside of the square until games finishes 		


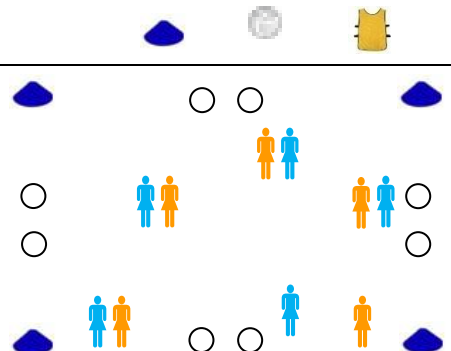
12. Games of Rouges 	Solo, Sidestep, Near Hand Tackle	
<ul style="list-style-type: none"> • The red team begin by soloing inside the grid • The blue team enter the area and try to dispossess any player soloing • Any player that is dispossessed must try and win a ball back • Introduce more or less balls depending on ability 		

<div>13. Bull in the Ring</div> <div></div> <div>Solo, Near Hand Tackle</div>	<div></div> <div></div>
<ul style="list-style-type: none">• All players form a circle while one player stays in middle• The coach throws ball to one player in outside circle and that player must attempt to solo to player opposite without getting dispossessed• If the runner makes it across the circle the player in the middle stays in the middle, if the player in the middle tackles and gets the ball the runner becomes the new tackler in middle and drill continues	

<div>14. War</div> <div></div> <div>Solo, Near Hand Tackle</div>	<div></div> <div></div>
<ul style="list-style-type: none">• Divide players into two groups and line up on opposite lines• Number the players on each side so each have partner on the other team• Place ball in centre and coach calls a number (e.g.) No. 3, both number 3's run to get ball in middle and most try and score between small goals• Player without ball must tackle and block to prevent score	


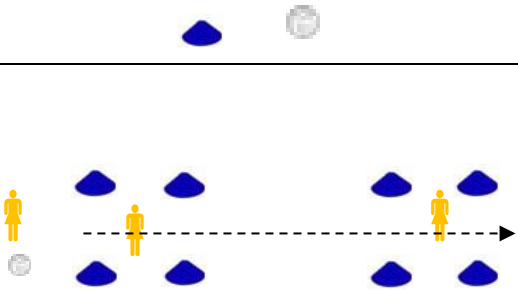


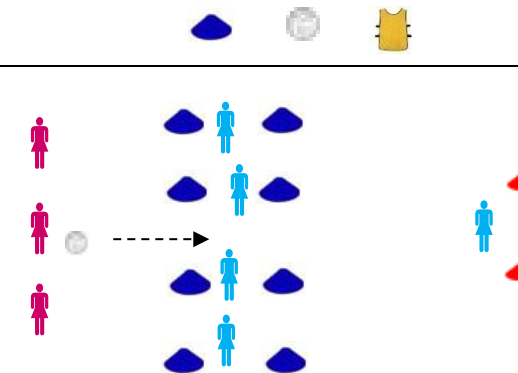
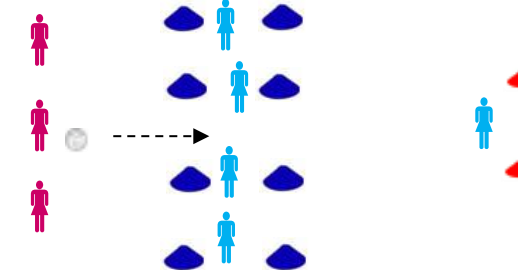

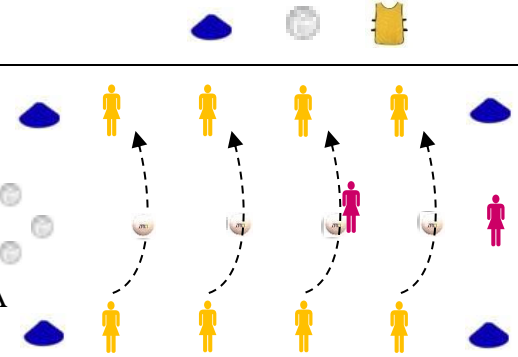
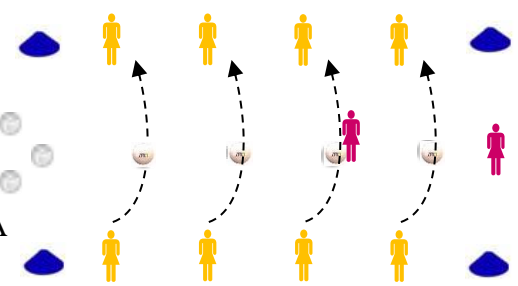
<div>15. Catching Game Captain Ball</div> <div></div> <div>Hand pass, Tackle</div>	<div></div> <div></div>
<ul style="list-style-type: none">• Divide players into two teams. Mark out four goal areas as shown• Two players from each team act as goal keepers on opposite sides of grid• Object of game is for team in possession to hand pass ball to their goalkeeper• After each point, goal keeper must pass the ball to the opposition to restart• Alternate goal keepers	



16. Football Rounders 	Hand pass, Tackle	
<ul style="list-style-type: none"> • Similar rules to ordinary rounders. Two teams – One team fielders, one kickers • A1 hand passes ball and attempts to knock cones in front of B1. If knocked B1 is out. If B1 catches then she kicks into space and runs to first base • If ball is caught by team A before it hits ground then kicker is out • Each player on team gets turn to kick. When they are all out, they go as fielders and team A go as kickers • Fielders move ball by hand passing or kicking. If hit a base before kicker reaches it then kicker is out 		





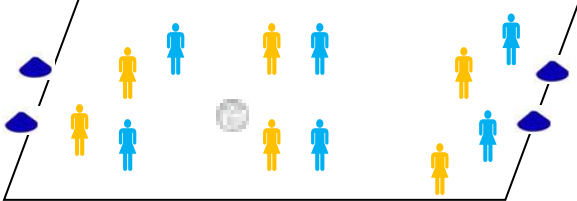
17. Goal Game 	Hand pass, Tackle, Kicking	
<ul style="list-style-type: none"> • Mark out a playing area suitable to the numbers and ability of players and mark a goal on each side of the playing area • Divide the players into equal teams • Possession is retained using the punt kick, hand or fist pass • Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area 		



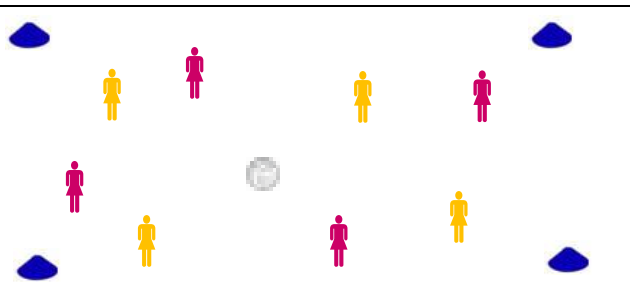
Skill Level





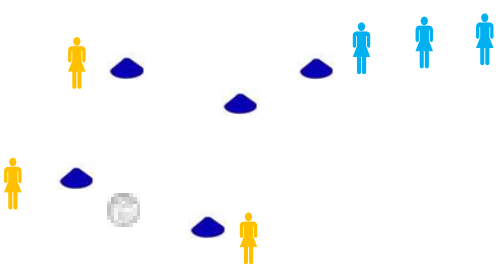
1. Tackling Gladiator 	Solo, Tackle	
<ul style="list-style-type: none"> • Player 1 attempts to solo the ball through the 'Gladiator' Grid <ul style="list-style-type: none"> • The defenders (gladiators) in grids must tackle and try to dispossess Player 1 as she is soloing through the grid • The defender is not allowed outside their square • Change roles and repeat drill 		
2. Check Zone 	Solo, Tackle, Kicking	
<ul style="list-style-type: none"> • Mark out playing area as shown with 10m zone across centre • Three attacking players are positioned at one end of the playing area with a ball • Four defending players are positioned in the centre zone • The attacking players attempt to move through the centre zone playing the ball between them and continue to attempt to score on the goal keeper at the far goal • The defending players tackle the attackers in possession as they pass through the centre zone 		
3. Run The Gauntlet 	Kicking, Catching, Hand passing, Solo	
<ul style="list-style-type: none"> • Set out drill as shown <ul style="list-style-type: none"> • Line players opposite each other on lengths of rectangle with these players hand or kick passing over and back • The players in the middle (pink) have to transfer all footballs from point A to point B, one ball at a time by soloing and evading other footballs • Passers have to get as many passes as possible in the time it takes to transfer all footballs 		



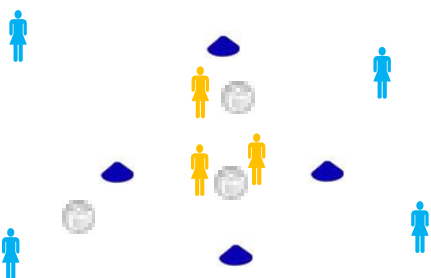
<div>4. Gaelic Croquet</div> <div></div>	<div>Solo, Tackle, Kicking</div> <div></div>
<div><ul style="list-style-type: none">• Mark out a grid• Put players in sets of 3 around playing area with a ball per group (2 attackers, 1 defender)• Set up the area placing 5 sets of cones 2m apart around playing area making small goals• When coach blows whistle the attacker with the ball must solo to a set of goals and kick pass through to their partner without defender blocking the ball• The other attacker must then solo to another set of goals and repeat• Change roles</div>	

<div>5. Fist Pass Game</div> <div></div>	Hand pass, Tackle, Solo	<div></div>
<ul style="list-style-type: none">• Mark out playing area and place two poles/cones at either end to form goals• Divide players into equal team<ul style="list-style-type: none">• There are no goalkeepers• The objective of the game is to score goals against the other team• Only the fist pass can be used to pass the ball and score		

6. Conditioned Hand Pass Game 	Hand pass, Tackle, Solo	
<ul style="list-style-type: none">• Divide into 2 teams• Give different colour bibs to teams• Teams must hand pass to team mates without getting dispossessed• Team awarded point for every 3 passes without losing the ball		

<div>7. Possession Football</div> <div></div>	<div>Kicking, Tackle, Solo</div>	<div></div> <div></div>
<div><ul style="list-style-type: none">• Mark out a grid 25m x 25m and divide players into equal teams• The objective of the game is for the team with the ball to retain possession by punt kicking the ball to one another• If ball hits the ground or a pass is intercepted the other team take possession• The team with the greatest number of consecutive kick passes wins</div>		
<div>8. Solo & Hand pass Game</div> <div></div>	<div>Solo, Hand pass, Kicking, Catching</div>	<div></div> <div></div>
<div><ul style="list-style-type: none">• Divide group into 2 teams• Each team must place a team member in square as shown• Object of the game is to get the ball to team member in the square to score a point• Player who gives final pass to player in square then replaces that player to become the new target• Players must solo every 4 steps</div>		
<div>9. Invasion Game</div> <div></div>	<div>Solo, Tackling, Kicking</div>	<div></div> <div></div>
<div><ul style="list-style-type: none">• Divide the players into two equal teams• The game begins with a punt kick from one team down the field to the other team• The receiving team must solo and hand pass the ball up the pitch• A score is awarded only when a player solos the ball through the opposition goals• Having scored or lost the ball in the tackle the team return to their end line and punt kick the ball for the second team to attempt to score</div>		

<div>10. Beat The Circle</div> <div></div> <div>Solo, Chest Pass, Hand/Fist Pass</div>	<div></div>
<div><ul style="list-style-type: none">• Divide the players into two teams• Team A stands in a circle formation• Team B stand in a line behind a cone outside the circle• In turn the players in Team B solo around the circle while Team A throw the ball around the circle from one to another• Team A count the successful catches completed before the last player in Team B finishes their run• Reverse the roles; the team with the most catches wins</div>	<div></div>

<div>11. Empty The Circle</div> <div></div> <div>Solo, Kicking</div>	<div></div>
<div><ul style="list-style-type: none">• Mark out a circle using cones• Divide players into uneven teams• Put team with greatest number of players outside circle and other inside circle• Players inside circle must try and keep circle clear by punt kicking ball away from circle• Outside players must retrieve balls and place back in circle• Switch roles after set time</div>	<div></div>

Skill Level

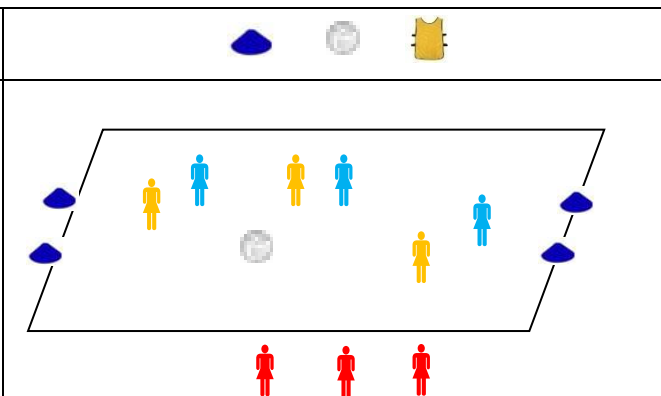


Run for your Life



All Skills

- Divide Players into three teams
- Two teams play match and first to score are winners
- When goal scored, winning team must retrieve ball from goal as quickly as possible and play into opposite goal
- Other team leaves pitch immediately and joins 'queue' to play
- Next team must get into pitch quickly and ensure defending correct goal

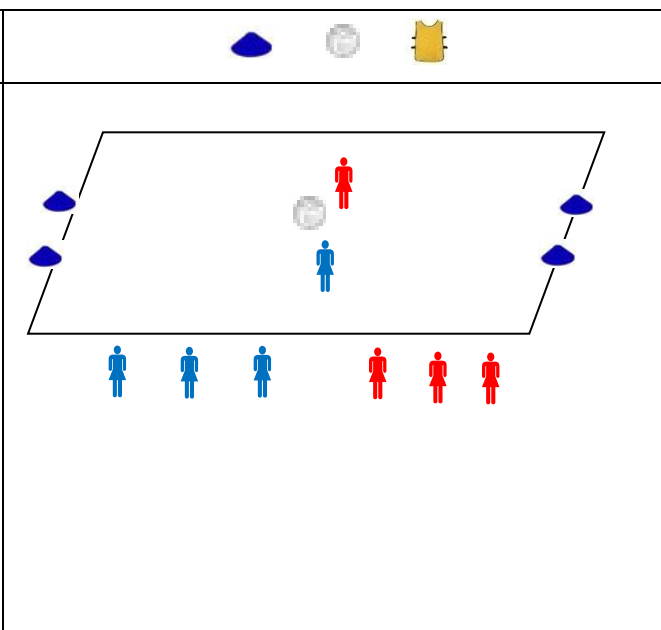


We need Help



All Skills

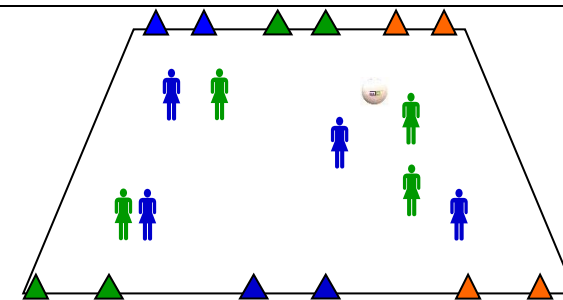
- Divide players into two teams of 4
- Mark out grid with goals at either side
- Play starts with one player from each team going 1v1 trying to score
- Each time a goal is scored the team not scoring adds a player until there is 4 v 4
- After this, each time goal is scored the team scoring takes a player away
- Play ends when one team gets all players off the field
- 1 point – goal with more players
- 2 points – goal with even players
- 3 points – goal with less players
- 5 points – all players off bonus



Conditioned Game



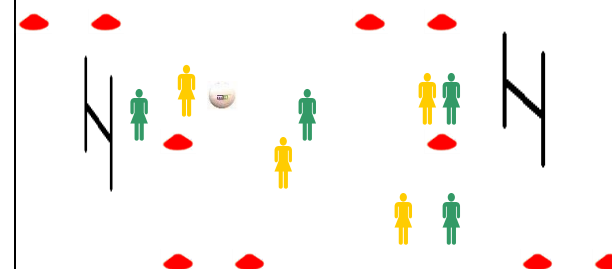
- Divide group into two teams
- Each team defends three goals with no goal keepers
- Award 1 point for scoring in the centre goals, 2 points for wing goals
- Method of scoring could be hand-pass, solo through goal or kick pass through goal



Conditioned Game



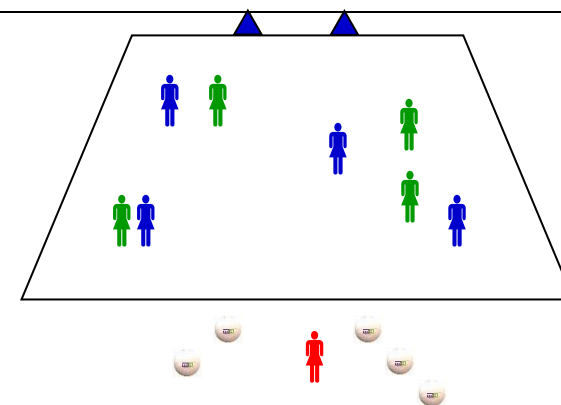
- Divide group into two teams
- Divide pitch into three zones
- Team in possession must work ball into the zone in front of goal
- Players must stay within their own zones at all times



Conditioned Game



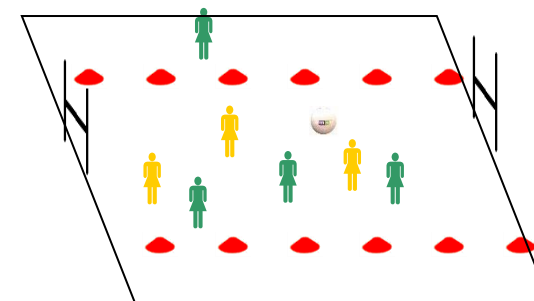
- Divide group into two teams. Coach has 6 footballs
- Attackers are numbered 1 to 6. Coach calls a number and the attacker runs out to pick up the ball
- No other player is allowed to move until the attacker has the ball in possession
- Attackers work the ball in for a score
- If scores or ball goes dead then the coach calls for the next attacker to pick up a ball



Conditioned Game

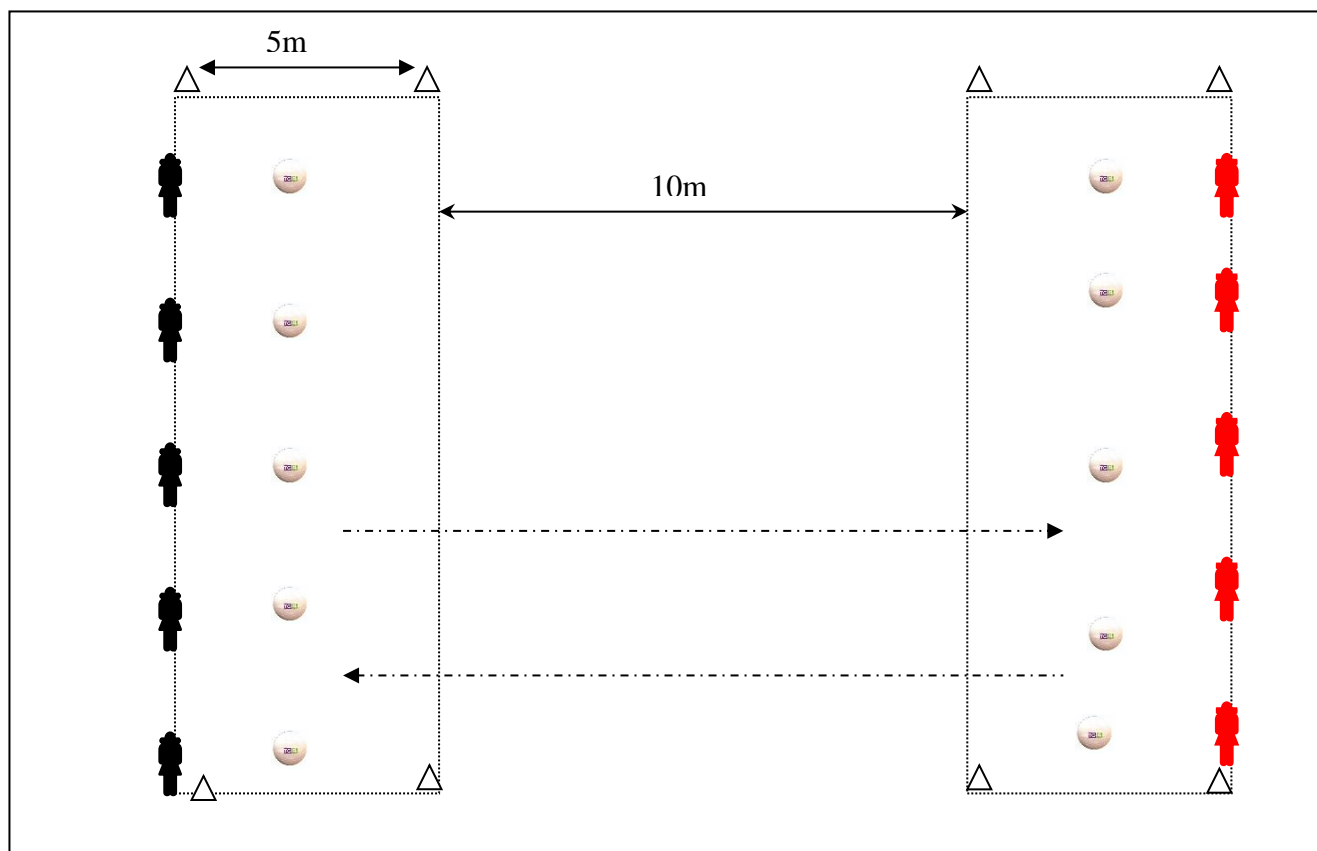


- Set up pitch as shown and divide group into two teams
- Each team places player in wide zone
- Every time a team gets possession they must at least make at least one pass to wide area before they can score
- Coach can allow wide player take the ball into play but must be replaced by another player before they can score



FUN GAMES WITH PROGRESSIONS

Grid Swap



How to Play

- ★ Divide players into two teams of five players
- ★ Mark out grids as shown and place team in each grid
- ★ Place 5 footballs in each grid
- ★ On whistle, first player in each team runs to opposite grid, pick up ball and solos back to own grid
- ★ Player then tags next team mate for them to do the same

Skills Used

- ★ Bouncing
- ★ Soloing
- ★ Pick Up



Did you keep team scores?
Did all players bounce/solo after 4 steps?
Did players wait in grid until tagged?

Grid Swap

SAFETY POINTS

- Watch for players soloing within grid
- Use a softer/ lighter football for younger players

EQUIPMENT

- Footballs
- Markers to set out area

CHECKLIST – Is each player...

- Bouncing/ soloing after every four steps?
- Soloing back to grid?
- Taking one football at a time?

CHANGES TO THE GAME

MAKE IT EASIER

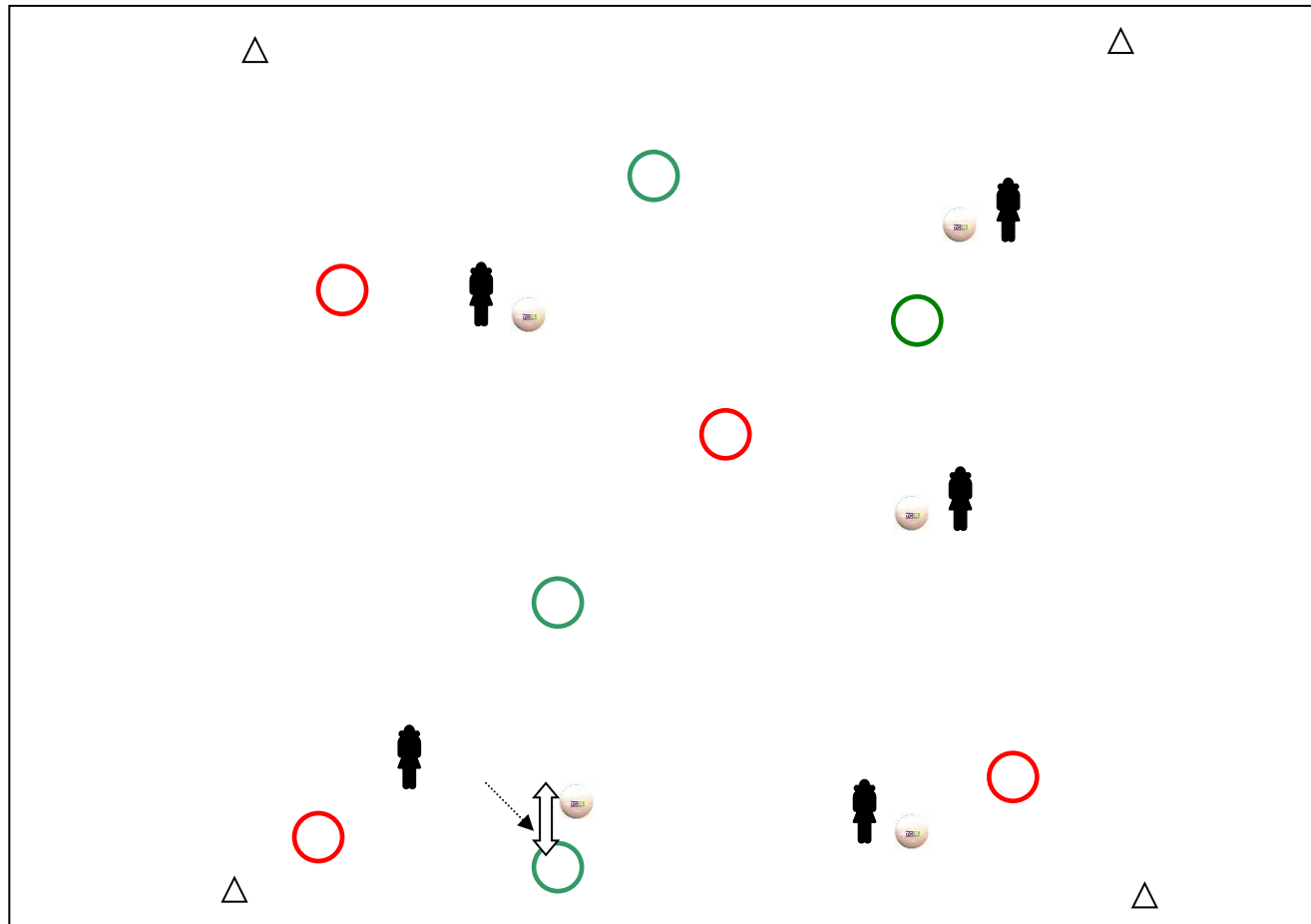
MAKE IT HARDER

SPACE	<ul style="list-style-type: none"> • Shorten distance between grids 	<ul style="list-style-type: none"> • Widen distance between grids
TASK	<ul style="list-style-type: none"> • Can take more than four steps • Can bounce every four steps 	<ul style="list-style-type: none"> • Players allowed defend balls in their own grid
EQUIPMENT	<ul style="list-style-type: none"> • Use lighter/ softer football 	<ul style="list-style-type: none"> • Increase distance between cones
PEOPLE	<ul style="list-style-type: none"> • Less people in each grid so more touches 	<ul style="list-style-type: none"> • Defenders in centre grid preventing soloing across



Wise Words? – Eyes on the ball, same hand same foot, work as a team, four steps

Space Invaders



SAFETY POINTS

- Watch for hoops on ground
- Use a softer/ lighter football for younger players

How to Play

- ★ Mark out a grid 20m x 20m
- ★ Place hoops on ground within grid
- ★ Provide a ball per player or if necessary a ball per pair
- ★ On the whistle, each player moves around grid bouncing ball every 4 steps
- ★ Players must attempt to bounce ball in as many hoops as possible in one minute

Skills Used

- ★ Bouncing
- ★ Soloing
- ★ Hand passing

Space Invaders



Did you keep player scores?
Did all players bounce after 4 steps?
Did players bounce inside circle?

EQUIPMENT

- Footballs
- Markers to set out area
- Hoops

CHECKLIST – Is each player...

- Getting a bouncing after every four steps?
- Bouncing inside circle?
- Counting number of bounces?

CHANGES TO THE GAME

MAKE IT EASIER

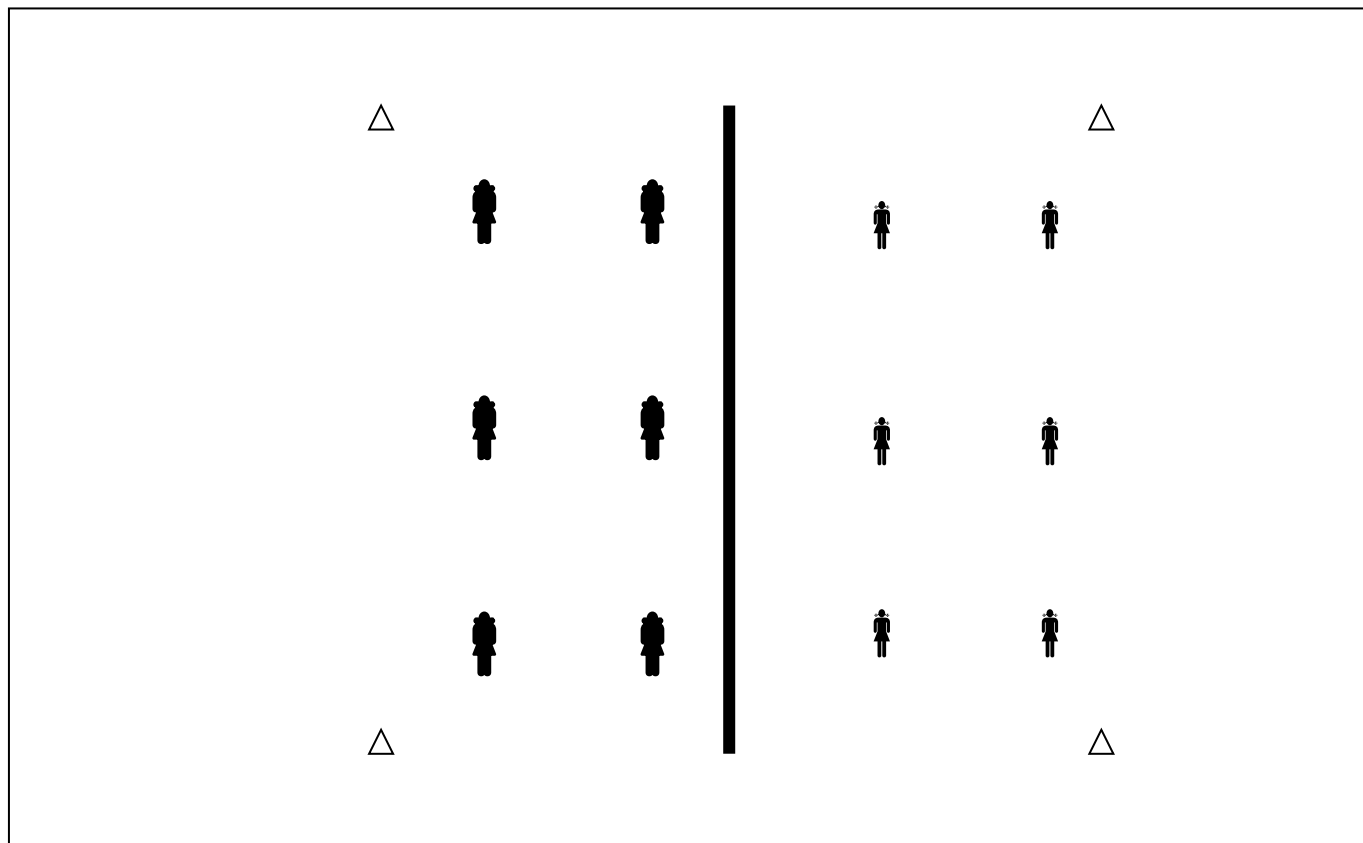
MAKE IT HARDER

SPACE	<ul style="list-style-type: none"> • Allow players closer 	<ul style="list-style-type: none"> • Move players back a distance
TASK	<ul style="list-style-type: none"> • Can take more than four steps 	<ul style="list-style-type: none"> • Players must solo while moving inside square • Allocate different points to different colour hoops • Player must hand pass ball to different player and get another ball back every time bounce in hoop
EQUIPMENT	<ul style="list-style-type: none"> • Use lighter/ softer footballs • Add more hoops as targets 	<ul style="list-style-type: none"> • Increase distance between cones • Use less hoops as targets
PEOPLE	<ul style="list-style-type: none"> • Less people in each square 	<ul style="list-style-type: none"> • Defenders in square preventing points • Divide players into teams and award team points



Wise Words? – Eyes on the ball, same hand same foot, work as a team, four steps

High Catch Volleyball



- ★ Mark a court using cones
- ★ Place a net or dividing line to mark the court into two sections
- ★ Divide the players into two equal teams
- ★ The objective of the game is to field the ball after it has been kicked into your section of the court by the opposing team
- ★ The team who reaches 20 high catches first is the winner

Skills Used

- ★ High Catch
- ★ Hand/ Fist Pass
- ★ Kicking



Did you keep scores?
Did all players get a chance to catch?
Did players use correct technique for high catch?

High Catch Volleyball

SAFETY POINTS

- Watch for footballs in flight
- Use a softer/ lighter football for younger players

EQUIPMENT

- Footballs
- Markers to set out area
- Net (optional)

CHECKLIST – Is each player...

- Getting a chance to catch ball?
- Catching with correct technique?
- Kicking to opposition fairly so they have chance to catch?

CHANGES TO THE GAME

MAKE IT EASIER

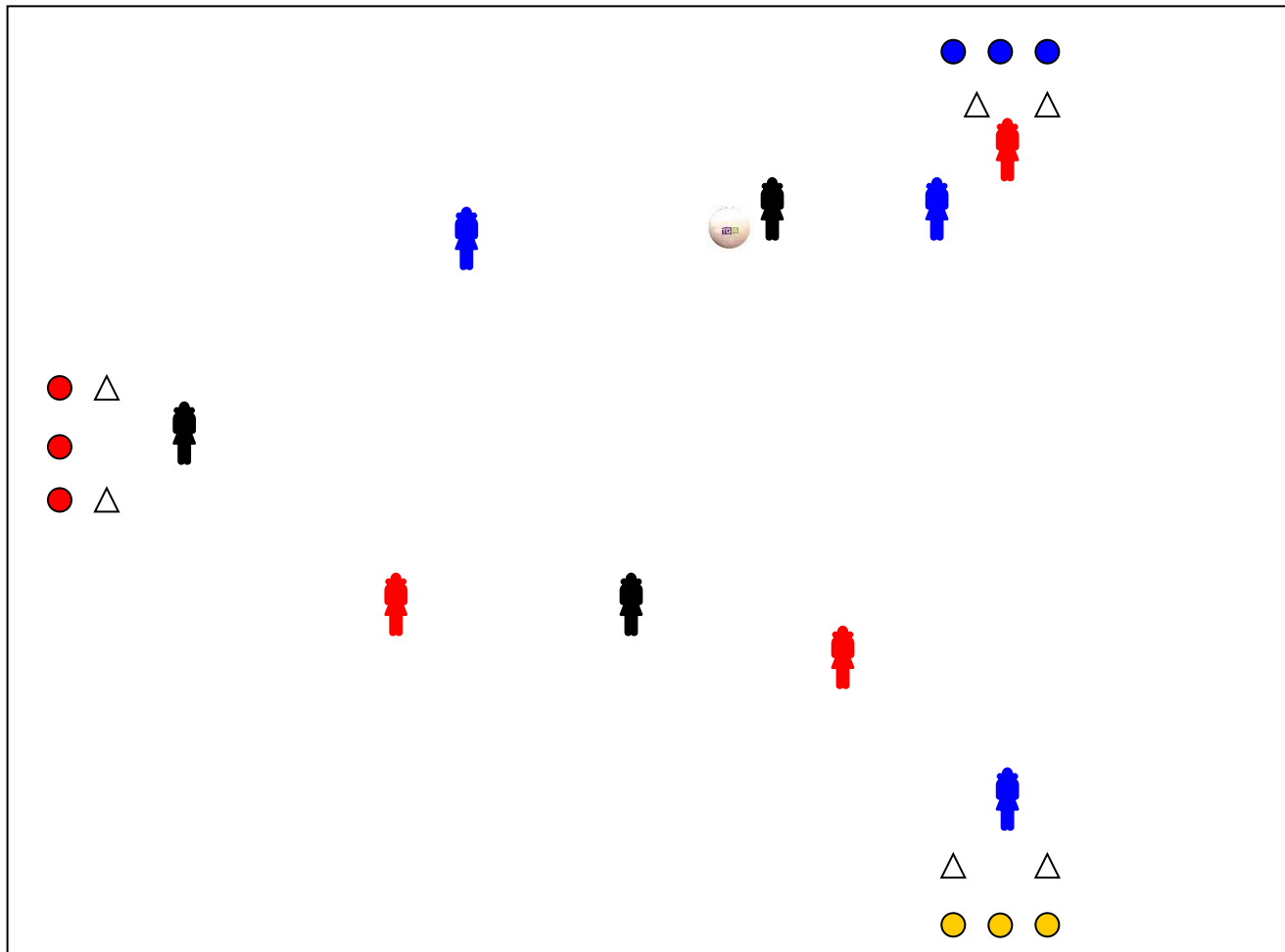
MAKE IT HARDER

SPACE	<ul style="list-style-type: none"> • Narrow the area 	<ul style="list-style-type: none"> • Make the area bigger
TASK	<ul style="list-style-type: none"> • Throw to opposition area instead of kick • Carry ball to net before kicking 	<ul style="list-style-type: none"> • Must pass to another member of team before ball crosses over to opposition • Kick with least preferred foot
EQUIPMENT	<ul style="list-style-type: none"> • Use lighter/ softer footballs 	<ul style="list-style-type: none"> • Add footballs
PEOPLE	<ul style="list-style-type: none"> • Member of own team throws it up for high catch 	<ul style="list-style-type: none"> • If player drops ball they must move to other team • Introduce defender in each area



Wise Words? – ‘W’ shape to catch the ball, knee in air to jump, watch the ball, follow through in direction of target, move into space

Golden Treasure



How to Play

- ★ Divide players into three teams
- ★ Set up three goals as shown
- ★ Place 3 same colour markers behind each goal
- ★ Teams try to score into other teams goal and if they do they claim piece of treasure (marker) from other team
- ★ Team with most markers at end wins

Skills Used

- ★ Solo
- ★ Hand/fist pass
- ★ Punt Kick
- ★ Evasion



Did players solo every four steps?
Did players foul when dispossessing?
Did you keep scores?

Golden Treasure

SAFETY POINTS

- Watch for footballs in flight
- Be careful for players running in various directions
- Use a softer/ lighter football for younger players

EQUIPMENT

- Footballs
- Markers

CHECKLIST – Is each player...

- Soloing every four steps?
- Using correct tackle?
- Taking treasure (marker) when they score?

CHANGES TO THE GAME

MAKE IT EASIER

MAKE IT HARDER

SPACE	<ul style="list-style-type: none"> • Decrease playing area • Make goals wider 	<ul style="list-style-type: none"> • Increase playing area • Narrow goals
TASK	<ul style="list-style-type: none"> • Add more goals 	<ul style="list-style-type: none"> • Use least preferred side • Players must pass after 4 steps – no soloing
EQUIPMENT	<ul style="list-style-type: none"> • Use more markers for extra goals 	<ul style="list-style-type: none"> • Increase number of footballs
PEOPLE	<ul style="list-style-type: none"> • More players per team 	<ul style="list-style-type: none"> • Add goal keeper to each goal



Wise Words? – Same hand same foot/ take a step/ watch the ball/ open hand/ run into space/ pass into space

Coaching Resource (Part 3)

aimed at

Post Primary Level

Warm Up Overview

Benefits of Warm up

- Increased body and tissue temperature
- Increased blood flow through the muscles
- Increased heart rate, preparing the cardiovascular system to work
- Increased rate of energy release from the cells
- Increase speed at which nerve impulses travel, and thus the speed and efficiency with which muscles contract and relax
- Decreased viscosity of joint fluids, improving range of motion by as much as 20%
- Decreased risk of injury to the muscles

Warm Up has **3 phases** to be done in order described, each phase lasting 5 to 10 minutes:

Aerobic Warm Up: Begin with slow aerobic activities such as jogging while gradually increasing the intensity as the warm up progresses.

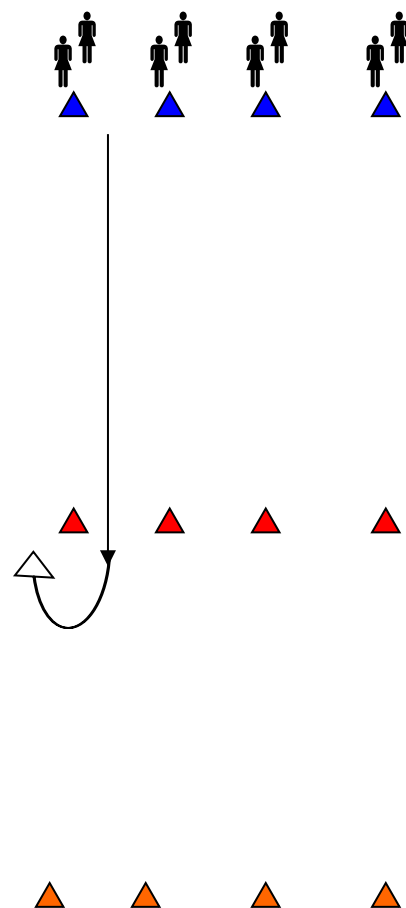
Dynamic Stretching: Always stretch dynamically during this phase as important to warm up the muscles through aerobic activity, not before.

Technical Skill Warm Up: Practice various Gaelic Football activities to exercise specific muscle groups to be used

Sample Warm Up

Before players commence warm up, get them to kick pass ball to each other in groups of three.

Part 1



Line up players into groups behind blue cones as shown

Players perform following Phase 1 exercises: Go to Red cone only

Jog out and back x 3

Out: Jog Back: Shuttle to the side Left leg leading x 3

Out: Jog Back: Shuttle to the side Right leg leading x 3

Out: Jog Back: Shuttle to side changing sides x 3

Out: Jog Back: Carioca with left leg leading x 3

Out: Jog Back: Carioca with right leg leading x 3

Out: Jog Back: Carioca changing sides x 3

Stretch upper body – Neck, shoulders, arms, hips

Players perform following Phase 2 exercises: Go to Red cone only

½ Pace out and back x 3

Out: ½ Pace Back: Gentle Skip x 3

Out: ½ Pace Back: High Knees x 3

Out: ½ Pace Back: Heel Flicks x 3

Out: ½ Pace Back: Jog backwards

Out: ½ Pace Back: Skip Backwards

Stretch Hamstrings and Quadriceps – Perform some squats and lunges

Players perform following Phase 3 exercises: Go to Orange Cone

Start ½ pace but when come to red cone increase to ¾ pace to orange cone and jog back x 3

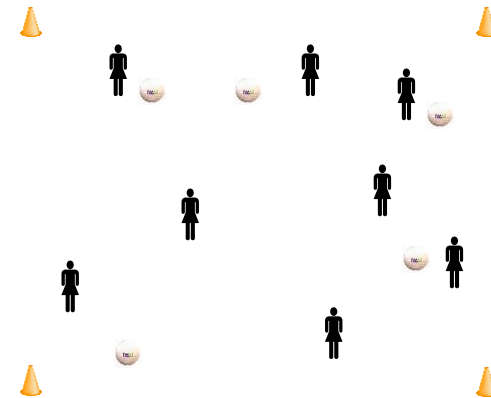
Start ¾ pace but when come to red cone increase to fast pace to orange cone and jog back x 3

Stretch Groin and calves – Perform some straight leg raises

Sample Warm Up

Part 2

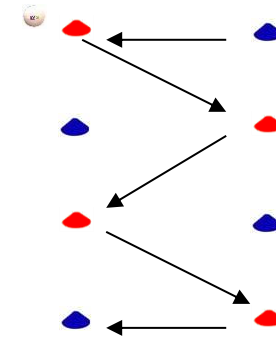
- **Stage 1:** Introduce numerous footballs and players perform the hand pass
- **Stage 2:** Players take a solo and drop ball for another player to pick up and repeats action. On coaches call, Players throw ball in air for another player to perform high catch.
- **Stage 4:** Players perform hand pass once more but players closer together. On coaches demand players change pace. Eg. Jog to $\frac{1}{2}$ pace, to $\frac{3}{4}$ to fast. Do sequence 3 times
- Players stretch various muscle groups dynamically between each phase above. Important to perform exercises like squat, lunge and straight leg raise also.



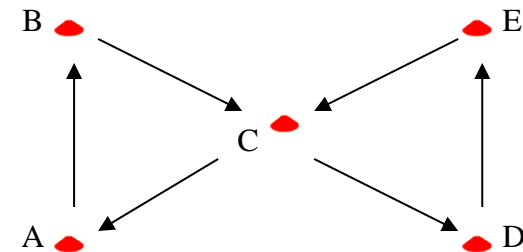
To progress above then you can move onto 1v1, 1 v 2 or 2 v 2 on goals or set up a basic score taking drill.

Other Sample Warm Up Drills

- Players evenly line up behind each of eight cones
- Players at red cones hand passes ball to red cones going in one direction while on way back players at blue cones hand pass ball to players at blue cones
- Players should change pace during drill going from jogging to $\frac{1}{2}$ pace to $\frac{3}{4}$ pace to fast on coaches demand



- A hand passes to B. B hand passes to C
- C turns and hand passes to D
- D hand passes to E. E hand passes to C
- C turns and hand passes to A
- When introduce few footballs, player in middle turns direction ball is coming from
- Phase 1: jogging pace, Phase 2: jogging to $\frac{1}{2}$ pace on coaches demand, Phase 3: jogging to $\frac{1}{2}$ pace to $\frac{3}{4}$ pace on demand, Phase 4: $\frac{1}{2}$ pace to $\frac{3}{4}$ to fast pace
- Players stretch various muscle groups between each phase

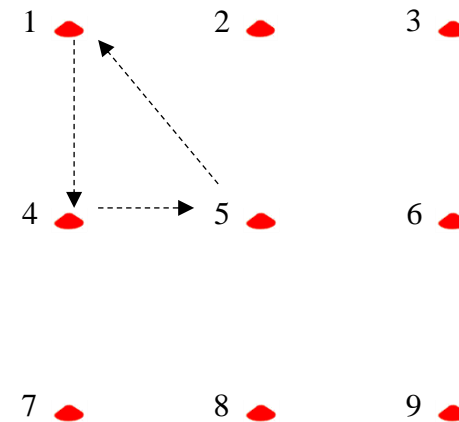


Other Sample Warm Up Drills

- Player at A hand passes ball to player running from cone C
- Player C kick passes ball to player at cone B and follows kick to Cone B
- Player at cone B hand passes to player running from Cone D and then goes behind cone D
- Player coming from cone D kick passes to player at cone A and follows kick to cone A and so on
- Focus on importance of accurate kick pass and timing of run from support player



- Phase 1: Player at cone 1 solos with right leg to cone 4 then to cone 5 and hand passes back for next player to pick up at cone 1
- Phase 2: Player at cone 3 solos with right leg to cone 2 then to cone 5 and rolls back for next player to pick up at cone 3
- Phase 3: Player at cone 9 solos with right leg to cone 6 then to cone 5 and hand passes ball in air for next player to perform high catch on run at cone 9
- Player at cone 7 solos with right leg to cone 8 then to cone 5 and rolls back for next player to pick up at cone 7
- Repeat with left leg in opposite direction
- Players stretch various muscle groups in between phases. Players continually change pace during drill



Sample Coaching Sessions

Session 1 - Hand Pass with Body Catch

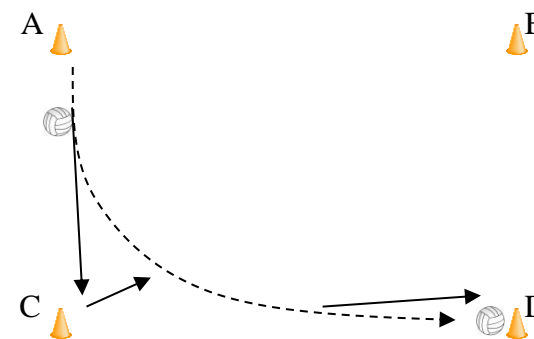
Warm Up – Dynamic Warm Up (see sample)

(10 mins)

Practice Technique Truck and Trailer

(5 mins)

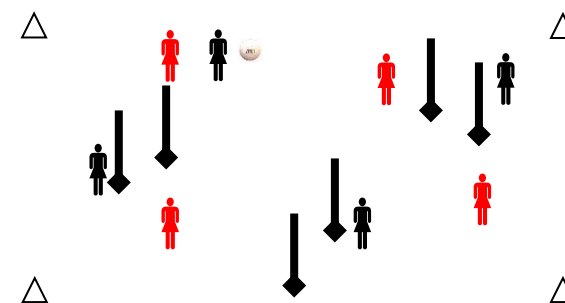
- Divide players up evenly behind each cone
- Football at A and D
- A hand passes to C and continues run. C returns pass to A, A hand pass to D and join D
- D hand passes to C and follows C. hand pass to B and joins B
- Change direction after few minutes. Important players work off both sides of the body



Develop Technique – Drill 1

(10 mins)

- Divide into two teams
- Hand-pass only
- To score attackers (red figure) must hand-pass ball through poles (black downward arrow))
- Give defenders a chance after 1 minute

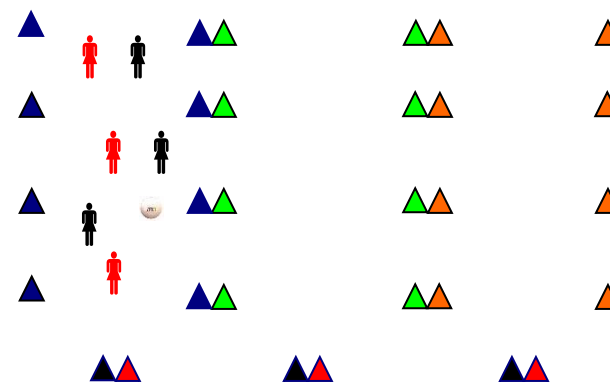


Session 1 - Hand Pass with Body Catch

Develop Technique – Drill 2

(10 mins)

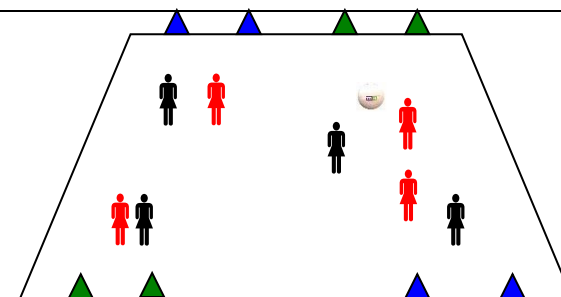
- Divide into two teams
- Hand-pass only
- All players start in Blue zone and ball is kicked into this zone to commence
- Team that wins possession must complete 5 consecutive hand-passes to score in that zone. Coach will topple one of the cones placed along the side of the zone to show that they recorded 5 consecutive hand-passes in this zone
- Once a team has scored in a zone then they must move to the next zone without game stopping and repeat.
- The team that wins is the one that scores in all 3 zones first



Conditioned Game

(10 mins)

- Divide into two teams
- Hand-pass only
- To score teams must hand-pass ball through either of two goals
- To promote chest catch, if player drops ball then ball is given to other team to start attack



Session 1 - Hand Pass with Body Catch

Full Game

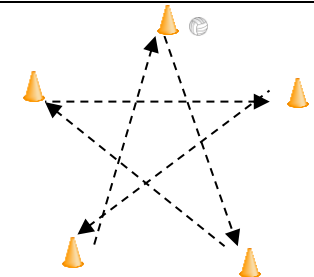
(20 mins)

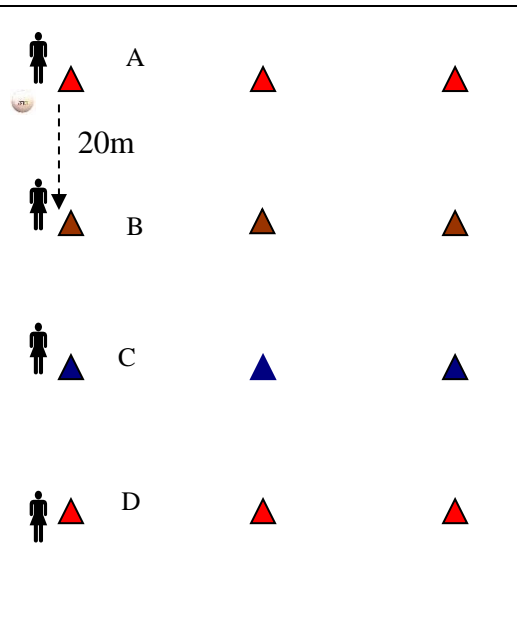
- Conditions
 - Defender must hand-pass 4 times before 45m line
 - Forwards must complete 2 hand-passes before score

Cool Down – Light Jog.....followed by stretching

(10 mins)

Session 2 - Kick Pass with Low/High Catch

Warm Up (Part 1) Dynamic Warm Up (see sample attached)	(5 mins)
Warm Up (Part 2) Revision of Day 1 Skill	(5 mins)
<ul style="list-style-type: none"> • Divide players into 5 groups • First player starts off hand passing skipping group to your right every time • Players follow pass to next cone • On whistle change direction and skip group to left. Can add another football 	

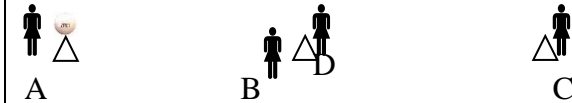
Practice Technique – Drill 1	(10 mins)
<ul style="list-style-type: none"> • Divide players into pairs and get each pair to face each other using the cones. i.e. A to B, C to D • Punt Kick and High Catch - A punt kick to B stationary, C to D. Kick with both feet • Progression - AB and CD line up behind each other <ul style="list-style-type: none"> - A jogs to brown cone and punt kicks low/Chest ball back to B - C jogs to blue cone and punt kicks low/chest high ball back to D - Increase pace after a while and go to third cone. A to Blue, C to Brown • Hook Kick and High Catch – B moves back to blue cone and C back to brown. A hooks kicks to B with B high catching while CD do same • Progression - AB and CD line up behind each other <ul style="list-style-type: none"> - A jogs to blue cone and hook kicks ball back to B who high catches - C jogs to brown cone and hook kicks ball back to D who high catches - Increase pace after a while 	

Session 2 - Kick Pass with Low/High Catch

Practice Technique – Drill 2

(10 mins)

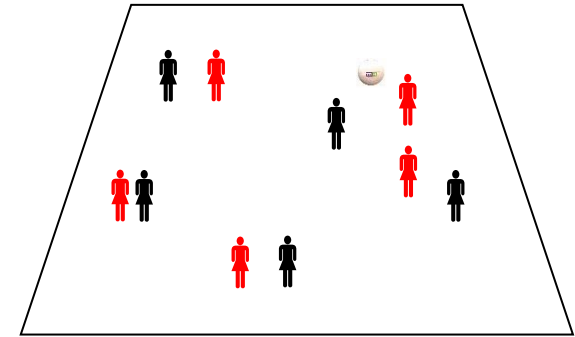
- A Punt Kicks to B. B is shadowed by D and must Hook Kick to C
- Keep changing person in centre at D



Develop Technique – Drill 1

(10 mins)

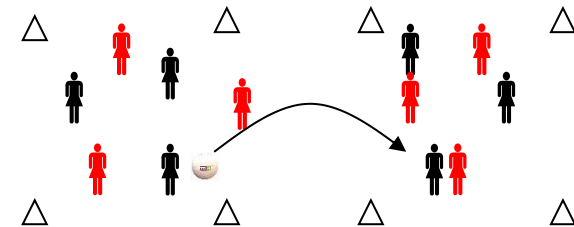
- Mark out a square
- To score players must put kick at least 20m from player and receiving player to chest catch
- If hook kick over 30m and receiving player high catches then reward with double points



Develop Technique – Drill 2

(10 mins)

- Two teams. O's v X's. Forwards in one box defenders in other
- To score defenders must find attackers in opposing box
- Give extra score for high catches

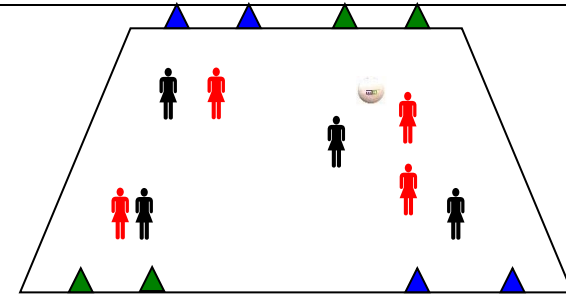


Session 2 - Kick Pass with Low/High Catch

Conditioned Game

(10 mins)

- Divide into two teams
- Alternate Hand pass with Kick Pass
- To score teams must hand-pass ball through either of two goals
- To promote high catch, if player catches ball over the head then extra score is given



Full Game

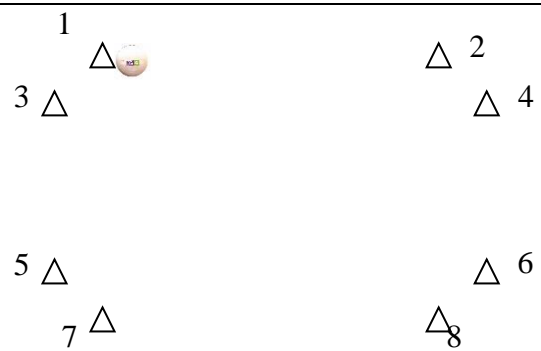
(20 mins)

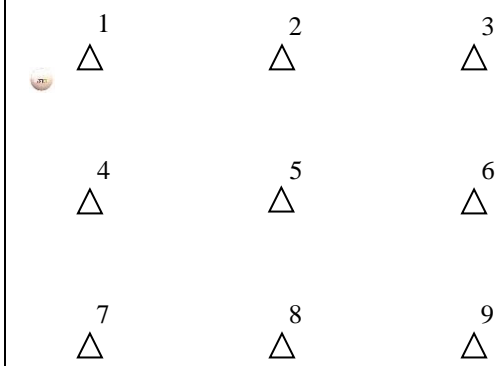
- If player performs high catch and score in an attack then that counts as double score

Cool Down – Light Jog.....followed by stretching

(10 mins)

Session 3 - Solo and Pick Up

Warm Up (Part 1) Dynamic Warm Up (see sample attached)	(5 mins)
Warm Up (Part 2) Revision of Day 1 and 2 Skills	(5 mins)
<ul style="list-style-type: none"> Hand-pass, Kick-pass and Catching 1 KP to 7, 7 HP to 5 and 7 joins group at 5 5 KP to 6, 6 HP to 8 and 6 joins group at 8 KP to 2, 2 HP to 4 and 8 joins group at 2 4 KP to 3, 3 HP to 1 and 3 joins group at 1 To increase intensity add more footballs 	

Practice New Technique – Drill 1	(10 mins)
<ul style="list-style-type: none"> Player at 1 solos with right leg to cone 4 then to cone 5, rolls ball back for next player to pick up at cone 1 Player at 3 solos with right leg to cone 2 then to cone 5, rolls ball back for next player to pick up at cone 3 Player at 9 solos with right leg to cone 6 then to cone 5, rolls ball back for next player to pick up at cone 9 Player at 7 solos with right leg to cone 8 then to cone 5, rolls ball back for next player to pick up at cone 7 Repeat with left leg in opposite direction To Increase distance and speed get players to solo the following <ul style="list-style-type: none"> 1 to 7 to 8 and kick-pass back, 7 to 9 to 6, 9 to 3 to 2, 3 to 1 to 4 	

Session 3 - Solo and Pick Up

Practice Technique – Drill 2


(10 mins)

- Divide Group in fours with 2 players on either side
- Players at pace pick up ball at red cone solo and drop ball at blue cone
- Next player does same on way back
- Introduce competition to increase intensity



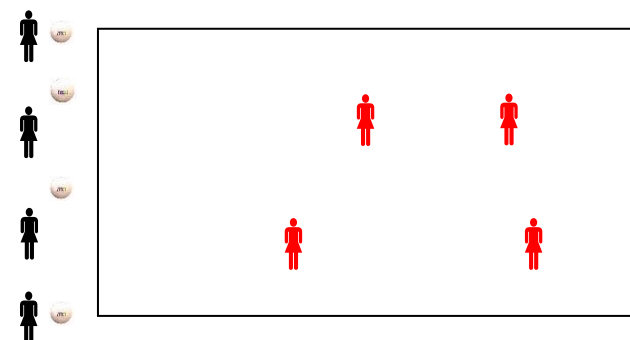
Develop Technique – Drill 1

(10 mins)

- Have more attackers  than defenders
- On coaches whistle, attackers pick up ball and solo into grid with the aim to try and cross the end line
- If a defender dispossess or knocks the ball away from the attacker then that attacker must leave the grid

Start

End Line

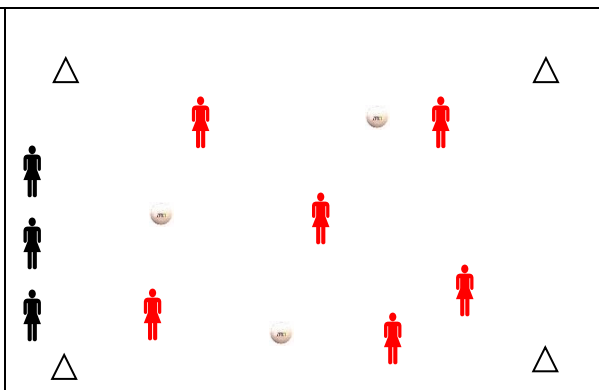


Session 3 - Solo and Pick Up

Develop Technique – Drill 2

(10 mins)

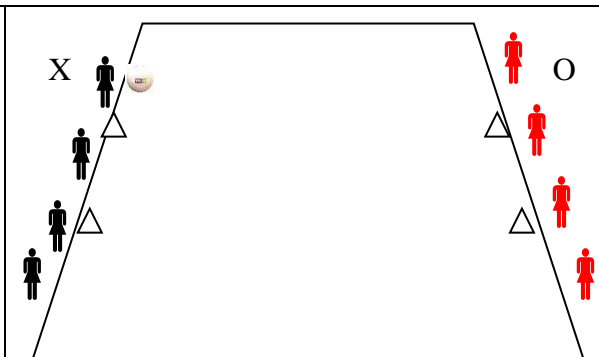
- Leave 3 defenders () out while all other players solo and hand pass three footballs around in marked square area
- When coach blows the whistle the three defenders must try to disposses players inside the area
- If ball drops on ground then that ball is classified as dead and players go to assist other players



Conditioned Game

(10 mins)

- Divide into 2 teams
- The game begins with a team X () punt kicking the ball to team O ()
- Team X must pick up ball, solo and hand-pass ball up the field
- A score is awarded when team X solos ball through two cones
- When ball is lost in the tackle or team has scored game re-starts with both teams on their end line with a punt kick



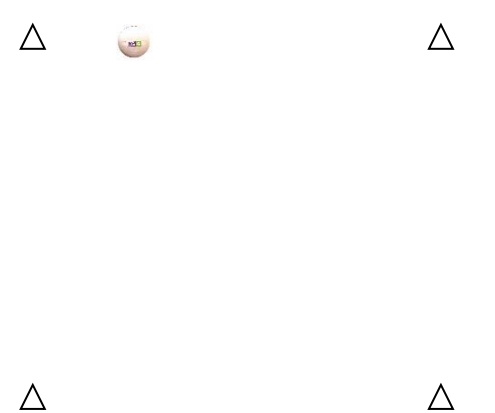


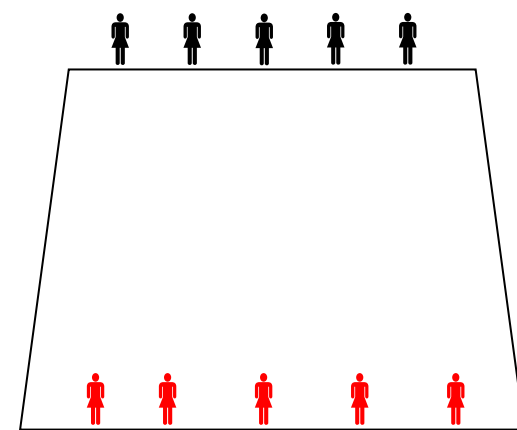
Full Game

(20 mins)

Cool Down – Light Jog.....followed by stretching

(10 mins)

Session 4 – Tackle and Block Down

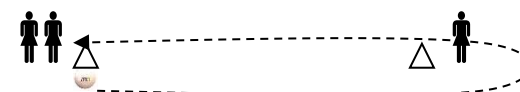
Warm Up (Part 1) Dynamic Warm Up (see sample attached)		(5 mins)
Warm Up (Part 2) Revision of Day 1, 2 and 3 Skills		(5 mins)
<ul style="list-style-type: none"> Mark out square and ask players to jog around randomly and do following commands: Phase 1: Hand-pass / body catch Phase 2: Pick up Phase 3: High Catch (Players throw ball in the air for player to high catch) Phase 4: Kicking (larger square) – Practice both Punt and Hook Kick (Stretch major muscle group in between phases) 		
Practice Tackle Technique – Drill 1		(10 mins)
<ul style="list-style-type: none"> Defenders () line up along the end line. Forwards() line up opposite defenders bout 35m out. Coach gives each player number. When coach calls number, i.e. 1, the forward with this number must get to defenders line without being tapped by defender with same no. Defender works on: Timing of tackle, Defensive footwork After a while Coach calls two numbers. Defenders must communicate in order to ensure that both defenders do not get past Introduce footballs to attackers after a while 		

Session 4 – Tackle and Block Down

Practice Block Technique – Drill 2

(10 mins)

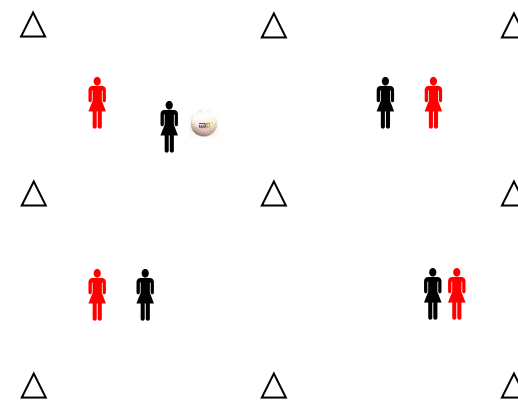
- Players work in threes
- Attacker solos out to and around the defender
- As attacker attempts to kick pass back defender tries to block



Develop Tackle / Block Technique – Drill 1

(10 mins)

- Divide a grid into 4 sections
- Divide players into two teams of four, one player per section
- Players try to retain possession by kick-passing the ball from section to section to a team mate
- The opposing team tries to block the kick attempts
- If kicks is successful then player in other grid must be allowed to retain ball

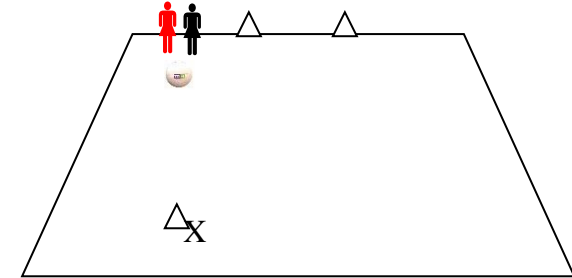


Session 4 – Tackle and Block Down

Develop Tackle / Block Technique – Drill 2

(10 mins)

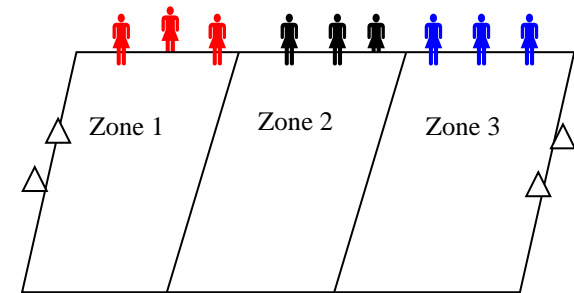
- Defenders and Forwards pair up at end line. Forwards have the ball.
- Both players hand-pass ball out to cone X
- When arrive at cone X, the defender must stop the forward scoring on goal using defensive techniques such as tackle and block



Conditioned Game

(10 mins)

- Divide group into three groups
- Group 1 in Zone 2 must attack Group 2 in Zone to try and score by fisting ball over the bar
- If dispossessed or score then Group 2 attacks group 3 in Zone 1
- Focus on defensive play



Full Game

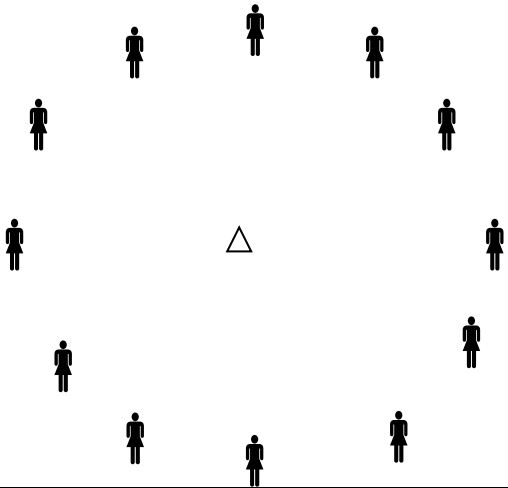
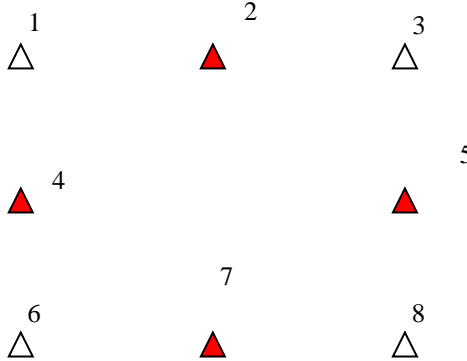
(20 mins)

- Special emphasis on defensive play

Cool Down – Light Jog.....followed by stretching

(10 mins)

Session 5 - Side Step / Feint / Dummy / Scoring

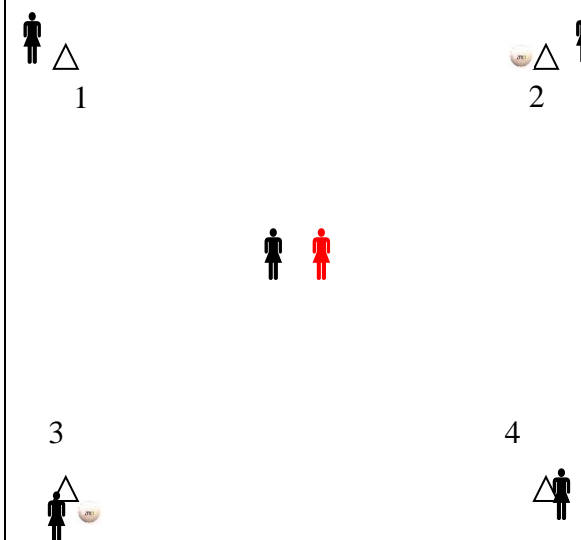
Warm Up (Part 1) Dynamic Warm Up (see sample attached- use all SAQ also)		(5 mins)
Warm Up (Part 2) Revision of Day 1, 2, 3 and 4 Skills		(5 mins)
<ul style="list-style-type: none"> • Players form a circle. • Player jog across the circle and must pass cone before completing the following: • Phase 1: Hand pass/ Body Catch • Phase 2: Solo and drop for next player to pick and solo • Phase 3: Kicking • Phase 4: Tackle - when players hand-passes to player they must close down receiving player • (Stretch major muscle group in between phases) 	 <p>A diagram showing 12 player icons arranged in a circle around a central white triangle (cone). The players are positioned at approximately the 12, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, and 11 o'clock positions.</p>	
Practice New Technique – Drill 1		(10 mins)
<ul style="list-style-type: none"> • Place a defender at cones 2, 4, 5 and 7. All other players line up evenly behind cones 1,3,6 and 8. Give a ball to each group at every corner. • Players work in clockwise position first then after a while go opposite direction. • Act as token pressure while players work on: Side Step, Feint, Dummy Solo • First player at cone 1 takes on defender at cone 4 using one of the above methods. He/she then gives the ball to next player at cone 6 and so on. 	 <p>A diagram showing a square drill layout with 8 numbered cones (1-8) and 4 red triangle defenders. Cones 1, 3, 6, and 8 are white triangles, while cones 2, 4, 5, and 7 are red triangles. The layout is as follows: <ul style="list-style-type: none"> Top row: Cone 1 (left), Cone 2 (center), Cone 3 (right) Middle row: Cone 4 (left), Cone 5 (right) Bottom row: Cone 6 (left), Cone 7 (center), Cone 8 (right) The 4 red triangle defenders are positioned at cones 2, 4, 5, and 7. </p>	

Session 5 - Side Step / Feint / Dummy / Scoring

Practice Technique – Drill 2

(10 mins)

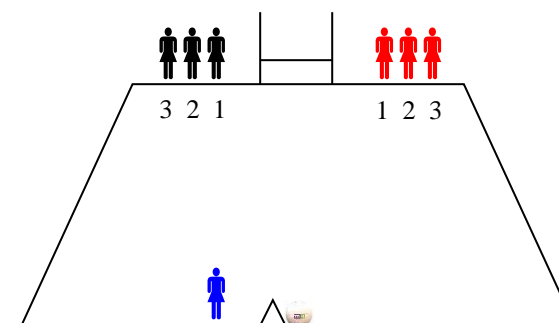
- Place one player at cones 1,2,3 and 4. Give players on cone 2 and 3 a ball.
- Place two players in centre of square – 1 Forward and 1 Back
- Forwards have to receive a pass from cone 2 or 3
- The forward cannot pass the ball back to player he/she received it from but must pass to player without ball on cones 1 or 4 with ball
- The forward must then go to receive other ball.
- The forward continues for certain time frame. The forward must work on various aspects of forward play such as dummy runs, side steps, swerve, etc.



Develop Technique

(10 mins)

- Coach gives Attackers (black icon) and defenders (red icon) a number each
- Coach calls a number. The attacker receives the ball from the Coach. The attacker must score after taking on the Defender.
- Promote attacker to take on the defender through using attacking techniques

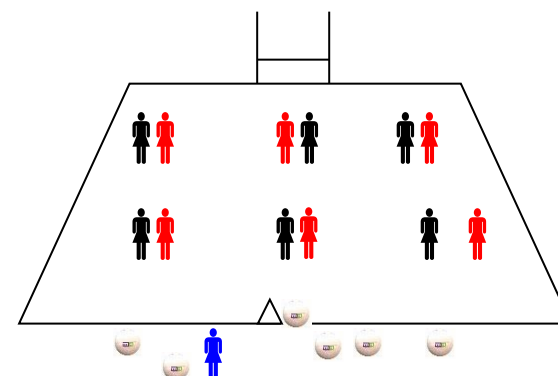


Session 5 - Side Step / Feint / Dummy / Scoring

Develop Technique

(10 mins)

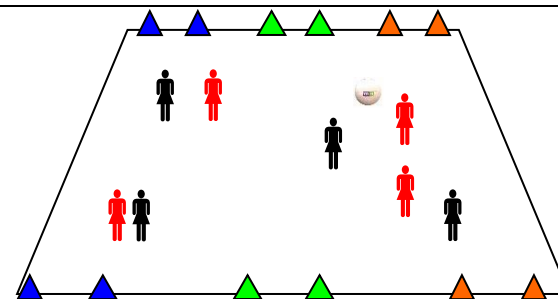
- Divide group into 2 teams depending on numbers. Coach has 6 footballs
- Attackers are numbered 1 to 6. Coach calls number and the attacker runs out to pick up ball
- No other player is allowed to move until attacker has ball
- Attackers must work ball in for a score.
- If scores or ball goes dead, coach calls next attacker to pick up ball



Conditioned Game

(10 mins)

- Divide into two teams
- Each team defends three goals with no goal keepers
- If score in centre goal than score 1 point, 2 points for wing goals
- Method of scoring could be hand-pass, solo through goal or kick pass through goal



Full Game

(20 mins)

- Special Emphasis on attacking play

Cool Down – Light Jog.....followed by stretching

(10 mins)

Cool Down

Cool Down Overview

Cooling down is important and it is part of your role to get players into the habit of cooling down, which becomes more important in later years.

After your training session all athletes should cool down for 10 minutes through light jogging, walking and stretching. Doing this helps remove the lactic acid to speed recovery for the next training session. Cooling down should incorporate a gradual reduction in activity from intense (i.e. running, etc.) to moderate (i.e. jogging and walking).

Benefits of Cool Down are as follows:

- Decrease chance of blood pooling in the lower body causing one to be light headed or dizzy
- Removal of lactic acid from the muscles, which speeds recovery
- Reduce muscle soreness

Cool Down has 2 phases:

Aerobic Phase – The body is gradually brought down to idle speed through low intensity exercise. This exercise is often the same aerobic exercise done to warm up.

Stretching Phase - Muscles that have been contracting repeatedly during exercise remain partially contracted afterward. Stretching helps them return to their optimal length and is also thought to reduce muscle soreness.

Stretching exercises should be conducted in a more static manner and on the ground where possible. Stretches should be held for 10-15 seconds

Notes

Notes