Fun Do



GAA Fun Do

FOOTBALL RESOURCE

CATCH & KICK
COACHING CLASSES

CAN AWARDS

SKILL STAR CHALLENGE

A GAA Games Development Fun Do Initiative

Promoting the GAA Code of Best Practice for Youth Sport

CODE OF BEST PRACTICE FOR YOUTH SPORT

Media Partners
THE IRISH TIMES

Part of the GAA Grassroots to National programme (GNP) supported by the Irish Sports Council (ISC)

THE IRISH SPORTS COUNCIL

ACKNOWLEDGEMENTS

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Printed by
Wood Printcraft, Greencastle Parade
Malahide Industrial Park, Dublin 17

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Images and video footage of all young people have been used with the permission of parents or guardians.

Thanks to:

RTÉ, and the RTÉ Sports Library for their support.
Emma Tormey, Regina Gorman and Aisling Foley for their assistance. Sean Ryan and Ollie McElvaney for their participation.
Aurion Learning.
Comhairle Uladh CLG, Cumann Peile Gael na mBan and Cumann Camogaíochta na nGael for their support.
The Games Development Administrators, Games Promotion Officers and Coaches, in particular Mark King and Colm Burtchill, for their cooperation and assistance.

A particular thanks to the Inter-County Players who participated:

Hurling
Davy Fitzgerald (An Clár), Eoin Kelly, Paul Kelly (Tiobraid Árann), Kevin Broderick, Joe Canning (Gaillimh), Karl McKeegan (Aontroim), Richie Power, Tommy Walsh (Cill Chainnigh)

Football
Aaron Kernan (Ard Mhacha), Alan Brogan, John McCaffrey (Áth Cliath), Conor Mortimer (Maigh Eo), James Masters (Corcaigh), Mickey McVeigh (An Dún), Stephen O'Neill (Tír Eoghain).

Finally a special thanks to all the young players who participated and to the schools, teachers and parents for their cooperation.

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CONTENTS

Introduction 7

COACHING CLASSES U-8 9

Introduction 10
Body Catch 11
Low Catch 17
Punt Kick I 23
Bounce 29
Hand Pass 35
Side Step 41

COACHING CLASSES U-10 47

Introduction 48
Reach Catch 49
Block Down 55
Hook Kick 61
Solo 67
Crouch Lift 73
Checking 79
Fist Pass 85
Side to Side Charge 91

COACHING CLASSES U-12 97

Introduction 98
Punt Kick II 99
High Catch 105
The Roll 111
Near Hand Tackle 117
Feint and Side Step 123

CONTENTS



COACHING CLASSES EXTRA SKILLS 129

Introduction 130
Handling the Ball 131
Kick from the Ground 133
Penalty Kick 135
Shot Stopping 137
Chip Lift 139
Dribble 141
Swerve Kick 143
Dummy 145



COACHING CLASSES SAMPLE SESSIONS 147

Introduction 148
Session 1: The Solo 149
Session 2: The Punt Kick 153
Session 3: The Near Hand Tackle 157
Session 4: The Hook Kick 161
Build your own Session 165



U CAN AWARDS 169

Introduction 170
1 Star: Punt Kick/Body Catch/Hand Pass 171
2 Star: Hook Kick/High Catch/Crouch Lift 172
3 Star: Fist Pass/Toe Tap/Block Down 173
4 Star: Evade & Punt Kick/Catch & Kick/Feint & Pass 174
5 Star: Block Down/Punt Kick for Goal/Free Kick from Ground 175

SKILL STAR CHALLENGE 177

Introduction	178
Challenge 1: Solo Run	179
Challenge 2: Fist Pass	179
Challenge 3: Hook Kick	179
Challenge 4: Punt Kick	180
Challenge 5: Free Taking	180

DVD and DVD-ROM

The Football Resource DVD and DVD-ROM are located in the inside back cover



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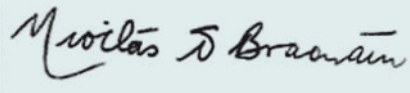
Is cúis mhór áthais dom cúpla focail a scríobh ar fhoilsiú an leabhair thábhachtaigh seo.

The GAA Fun Do Learning Resource Pack is the product of an enormous amount of research and preparation and I want to extend my thanks to all those who have had an input into this vital resource. It is designed to promote participation for all, and to present Gaelic games as a fun recreation for our youth as they learn the skills and techniques of Gaelic games in a healthy, structured and relaxed environment.

The programme is intended to address the social, physical and psychological needs of young players and as such is an exciting and progressive development for the Association. It aims to cater for different levels of development, for differing abilities and needs and to develop a sense of fair play with an overall purpose of encouraging children to reach their full potential.

The GAA has a proud history of innovation in the area of Games Development. I extend my thanks to the countless thousands of coaches, teachers and parents who have been proactive in this area over the years. Their contribution is a large part of the reason that the GAA continues to thrive and develop across the country. This latest initiative has the potential to make an enormous difference to the lives of young people who are attracted to our games and for this reason everyone involved with Fun Do should be extremely proud.

Ráth Dé oraibh go léir,



Nioclás Ó Braonáin

Uachtarán

INTRODUCTION









The GAA Fun Do Learning Resource Pack for Gaelic Football incorporates a number of elements which enable Coaches to assist and challenge players to develop their full playing potential in a fun filled environment.

These elements are as follows:

- Catch & Kick Coaching Classes
- Sample Sessions
- U Can Awards
- Skill Star Challenge

The GAA Fun Do Learning Resource Pack for Gaelic Football consists of 4 Key Elements

The Catch & Kick Coaching Classes provide a range of activities which assist with the full range of Gaelic Football Skills – 27 in total. These are set out on an age appropriate basis - for Under 8's, 10's and 12's – along with a number of optional extras which can be used depending on the underlying level of ability and application of those involved.

Each of these is structured to encompass:

1. The ***Key Points*** to look out for when performing each skill, with images of elite players performing the skill concerned.
2. ***Common Errors*** are identified and details are outlined as to how these can best be rectified
3. A sequential series of activities to ***Practise the Technique*** – ranging from basic to advanced – are incorporated and can be used to master the skills
4. These are complimented by a further series of activities to ***Develop the Skill*** e.g. Fun Games, Conditioned Games and/or Game Play Drills – with a view to ensuring that optimum performance levels prevail.

The Sample Sessions provide coaches with a number of ideas in terms of structuring and/or varying their sessions. A number of blank sessions are also included on the basis that Coaches can utilise these for experimentation purposes. Over time, Coaches will be able to build a bank of quality sessions which reflect and contribute to the implementation of best coaching practice.

The U Can Awards are a progressive series of skills challenges for players, designed to assess and assist with the development of the skills of Gaelic Football. There are 15 Skills Challenges divided over 5 Star levels – One Star, Two Star, Three Star, Four Star and Five Star. Each Star level corresponds to an age or class, but players can also progress at a rate appropriate to their own level of ability and application. Each Star level is made up of 3 Skill Challenges. Awards are made on the basis of proficiency at each challenge.

INTRODUCTION

The U Can Awards Passport is a feature of this scheme which can be used to motivate children – on an intrinsic basis – to practise on their own or with friends and also provides coaches with a measure of qualitative feedback on the progress being made by each participant. For example, the attainment of the 5 Star Gold Award provides conclusive evidence of the fact that the participant has achieved full playing proficiency on the left and right hand side of the body.

The **Skill Star Challenge** is an extension of the U Can Awards which is aimed at players in the 13/14 age bracket. The challenges are more difficult in nature and provide a better measure of the type of playing demands that are experienced by this age group.

The Fun Do Learning Resource Pack provides the complete interactive learning package that embraces Nursery activities, Skill Development activities, Skills Awards and Games. It has been designed to ensure that these are delivered in a manner which facilitates learning and which gives practical expression to the vision and mission of ensuring that people 'Play and Stay with the GAA'.

UNDERSTANDING THE ICONS

Throughout the document a series of Icons are used. Below is what they stand for.

EQUIPMENT ICONS


Coach


Stopwatch


Player


Markers


Whistle


Tackle Bag


Cones


Goalposts


Football


Hoop

DESCRIPTIVE ICONS


Basic Drill


Intermediate Drill


Advanced Drill


Fun Game

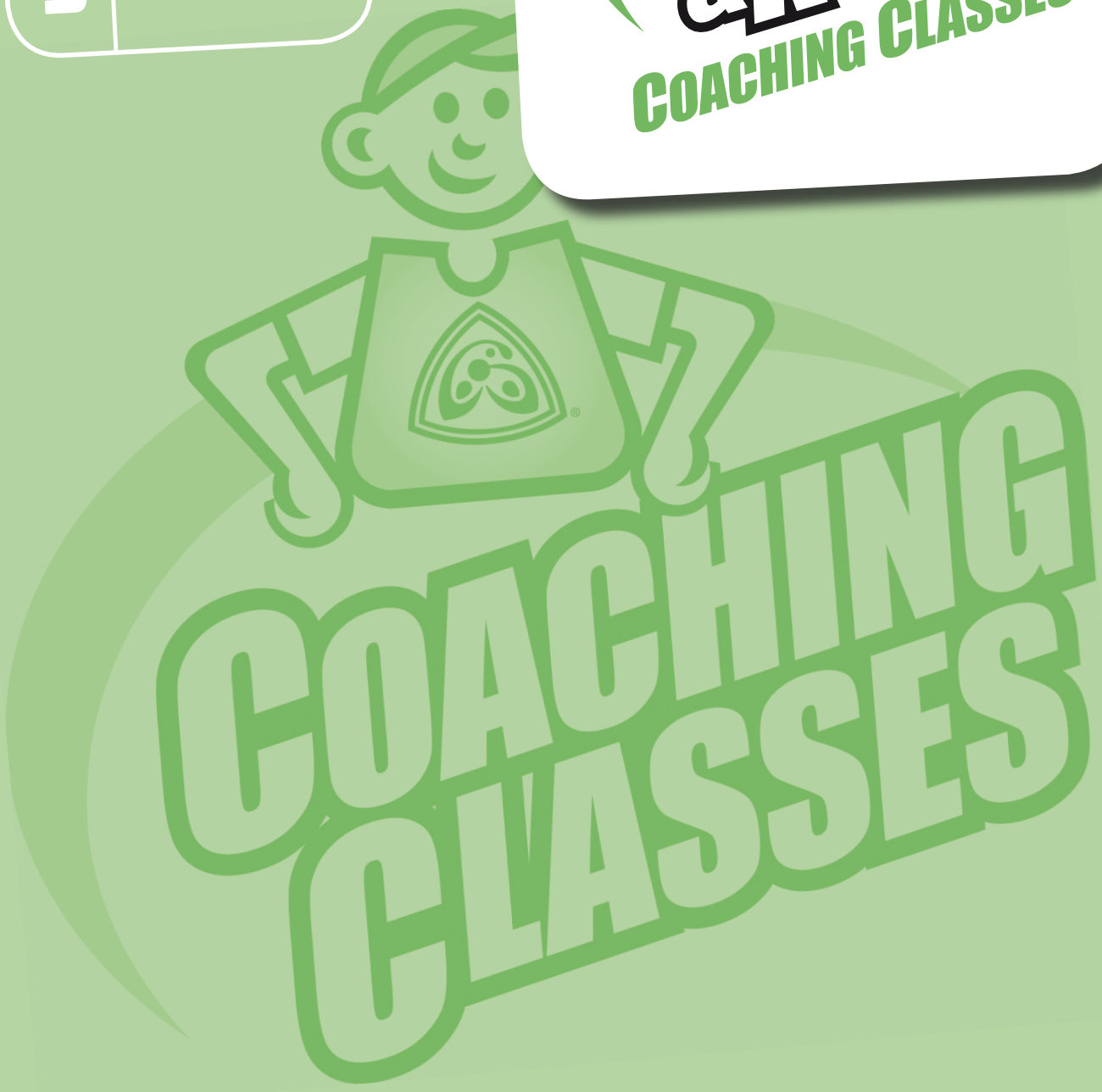

Modified Game


Game Play Drill

UNDER 8

CATCH & KICK

COACHING CLASSES



BODY CATCH / LOW CATCH / PUNT KICK 1 /
BOUNCE / HAND PASS / SIDE STEP

U-8 INTRODUCTION

Welcome to the U-8 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 8. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-10 section of this resource.

BODY CATCH

The Body Catch is a basic technique in Gaelic Football. This type of catch is used when the ball is dropping between waist and head height and the player has time to cushion it into their chest.

LOW CATCH

The Low Catch is a basic technique in Gaelic Football used to receive a pass bouncing low along the ground.

PUNT KICK

The Punt Kick is one of the most common foot passing techniques used in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

BOUNCE

The Bounce is a basic technique in Gaelic Football used to play the ball in order to keep possession without fouling. When in possession it is possible to take a maximum of four steps without playing the ball. After four steps the player has the choice of bouncing the ball, performing a toe tap, or playing the ball away. The ball may not be bounced more than once in succession. However, the ball may be bounced alternately with the toe tap to keep possession as part of a solo run.

HAND PASS

The Hand Pass is a basic technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the open free hand.

SIDE STEP

The Side Step is a basic technique in Gaelic Football used to evade an opponent while in possession of the ball. The technique involves a shift in weight from one leg to the other, tricking the opponent into tackling to one side while the player moves off to the other.

UNDER 8 BODY CATCH

KEY TEACHING POINTS

Here are the Key Teaching Points for the Body Catch

- As the ball approaches, move to receive it between the arms and the chest

  Head up, keep eyes on the ball



- Extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up

  Spread the fingers of both hands to cushion the ball



- Relax the chest on impact to cushion the ball into a secure position with both hands



UNDER 8 BODY CATCH

COMMON ERRORS

Here are the Common Errors for the Body Catch

✗	Closing the eyes: this may result in the player failing to catch or fumbling the ball	
✓	**To correct, keep the head up and eyes open as the ball approaches**	

✗	Leaning back as the ball approaches: this may result in the ball bouncing off the player's chest	
✓	**To correct, move to receive the ball between the arms and the chest, relaxing the chest on impact**	

✗	Keeping the arms and hands too far apart: this may result in the ball falling between the arms	
✓	**To correct, extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up**	

UNDER 8

BODY CATCH
PRACTISE THE TECHNIQUE

DRILL 1 THROW AND BODY CATCH

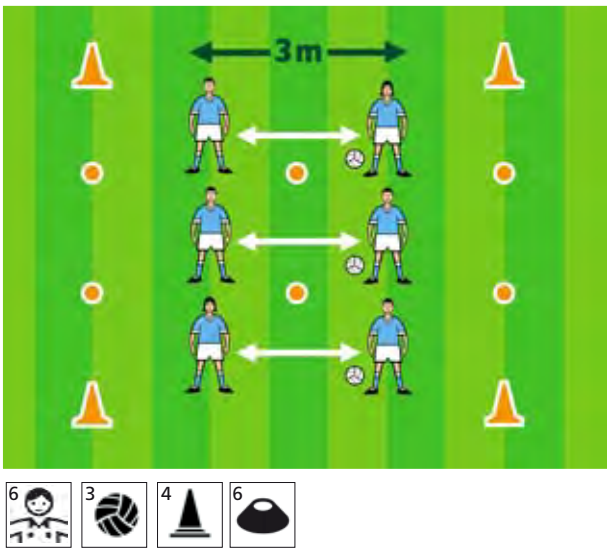
Basic Drill to practise the Body Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball underarm for their partner to Body Catch
- Count the number of successful catches in 30 seconds

VARIATION

- To increase the difficulty increase the distance between the players
- To increase the challenge move the players further apart as their technique improves



DRILL 2 HANDBALL BOB

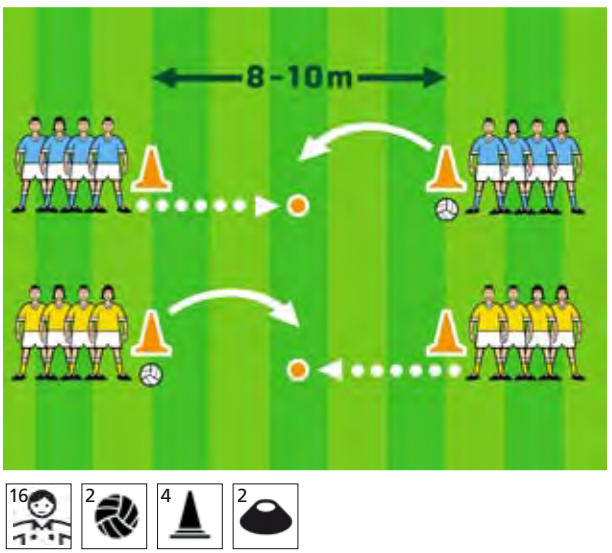
Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Divide the players into groups of 8; one football per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the opposite player to run forward and catch at the halfway marker
- The catching player runs on and hands the ball to the next player to repeat
- Each player follows on to line up at the back of the opposite line

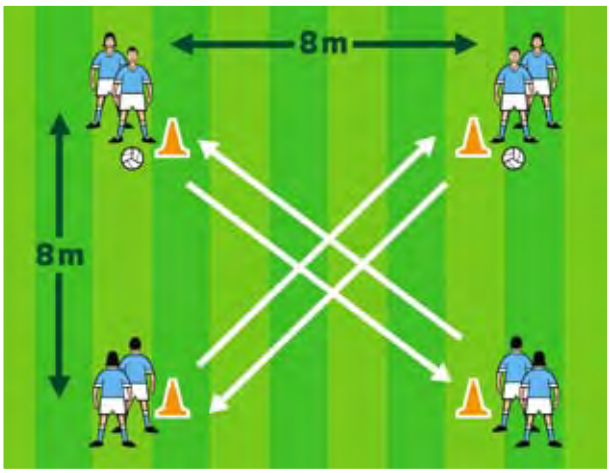
VARIATIONS

- To increase the difficulty increase the distance between the players
- To increase the difficulty throw the ball higher



PRACTISE THE TECHNIQUE

DRILL 3 CROSS RUNNING CATCH



Intermediate Drill to practise the Body Catch technique, requiring the players to catch the ball while crossing the path of other players

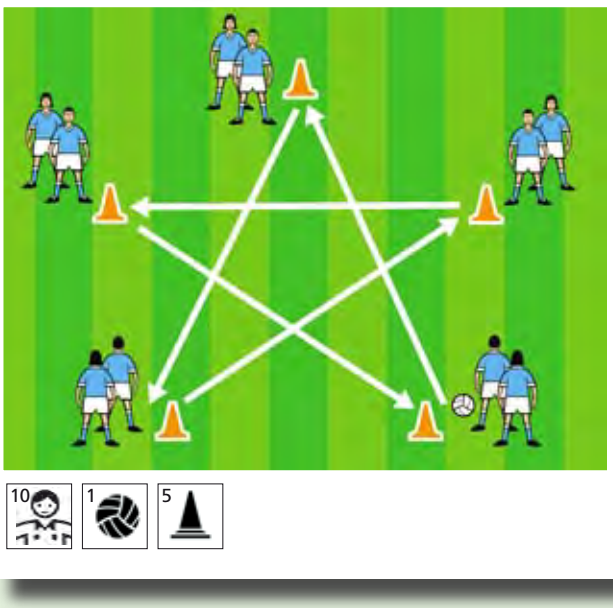
ORGANISATION

- Using cones, mark out a grid approximately 8m X 8m
- Two players line up at each cone
- Each player in turn moves forward and throws the ball for the front player at the opposite corner to attack and catch
- Each player follows their throw to take position at the back of the opposite line
- Encourage the catching players to move forward and jump into the ball as it approaches

VARIATIONS

- To increase the intensity of the drill reduce the space between the cones
- Introduce a second ball to each diagonal as the players technique improves

DRILL 4 STAR DRILL



Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball

BODY CATCH
DEVELOP THE SKILL

ACTIVITY 1 PIGGY IN THE MIDDLE

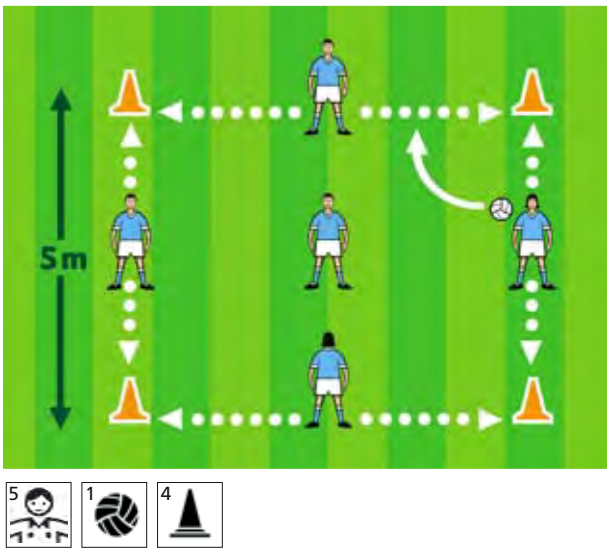
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Divide the players into groups of five
- 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 throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- 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'

VARIATION

- To increase the difficulty, increase the size of the grid



ACTIVITY 2 OVER THE RIVER

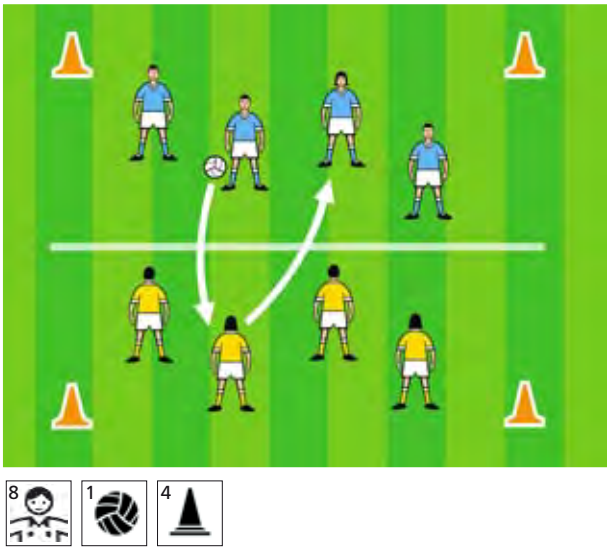
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid or 'court' using cones
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the Body Catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

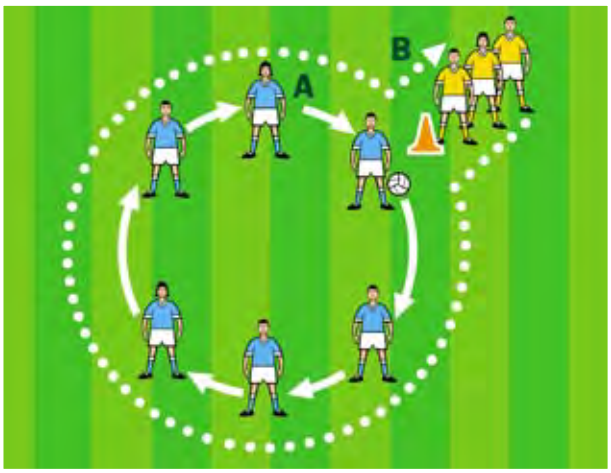
VARIATIONS

- Reduce the number of players on each team to provide more touches on the ball
- To increase the difficulty, introduce a second ball



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Body Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Body Catches completed before the last player in Team B finishes their run
- Reverse the roles; the team with the most Body Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins

UNDER 8 LOW CATCH

KEY TEACHING POINTS

Here are the Key Teaching Points for the Low Catch

- ✔ As the ball approaches, get behind the ball, bending the back and knees

  Head down, eyes on the ball



- ✔ Extend the arms low with the elbows close together and the fingers pointing to the ground



- ✔ Step forward placing one foot alongside the ball

  Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



- ✔ Hold the ball securely with both hands and bring into the chest



- ✔ If possible catch the ball before it bounces securing in to the chest before moving quickly away



COMMON ERRORS

Here are the Common Errors for the Low Catch

✗	Not getting low behind the ball	
✓	**To correct, get behind the ball as it approaches, bending the back and knees**	

✗	Keeping the arms and hands too far apart: this may result in the ball falling between the arms and hands	
✓	**To correct, extend the arms low with the elbows close together and the fingers pointing to the ground**	

LOW CATCH
PRACTISE THE TECHNIQUE

DRILL 1 THROW AND LOW CATCH

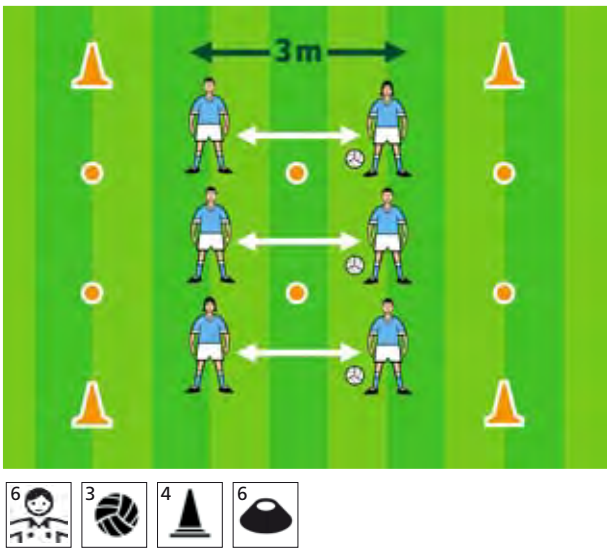
Basic Drill to practise the Low Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball to bounce for their partner to perform the Low Catch
- Count the number of successful catches in 30 seconds

VARIATION

- Move the players further apart as their technique improves



DRILL 2 ISLANDS

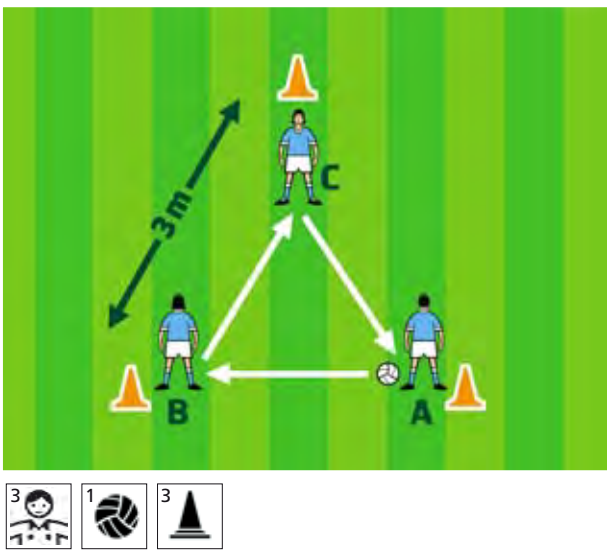
Basic Drill to practise the Low Catch technique

ORGANISATION

- Divide the players into groups of 3, each group in triangle formation approximately 3m apart
- Ensure each group has adequate space to perform the technique
- Player A throws the ball low towards the feet of Player B
- Player B then repeats the drill with Player C and so on around the triangle
- After a set time, change the direction of the drill

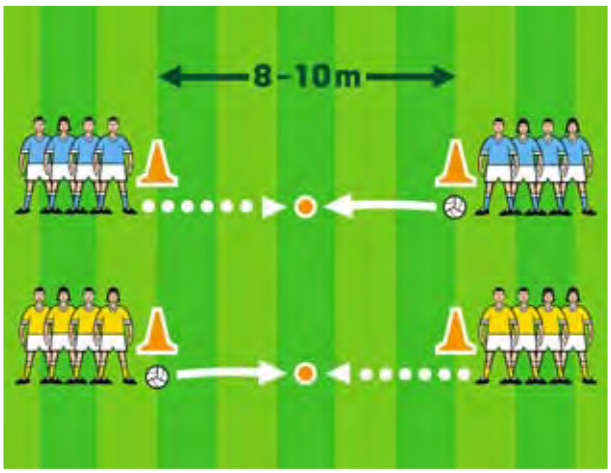
VARIATION

- To increase the intensity of the drill, introduce a second ball



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the Low Catch technique

ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker halfway between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the player opposite
- This player runs forward and catches the ball at the halfway marker, runs on and hands the ball to the next player to repeat the drill
- Each player follows on to line up at the back of the opposite line

VARIATION

- To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player

DRILL 4 STAR DRILL



Intermediate Drill to practise the Low Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball

UNDER 8

LOW CATCH
DEVELOP THE SKILL

ACTIVITY 1 PASS THE GUARD

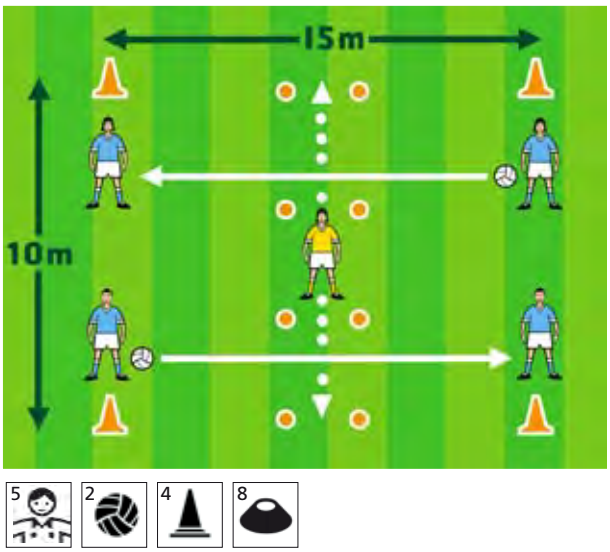
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid approximately 15m X 10m
- Mark a zone approximately 1m wide across the centre of the grid
- Two players are positioned at either end of the grid with one player in the centre
- The outer players attempt to throw the ball low past the centre player
- The centre player attempts to catch the ball using the Low Catch technique without leaving the centre zone
- Only one ball at a time may be thrown
- The centre player receives a point for every ball successfully caught
- Switch the centre player after a set time

VARIATION

- To reduce the difficulty increase the number of centre players



ACTIVITY 2 PIGGY IN THE MIDDLE

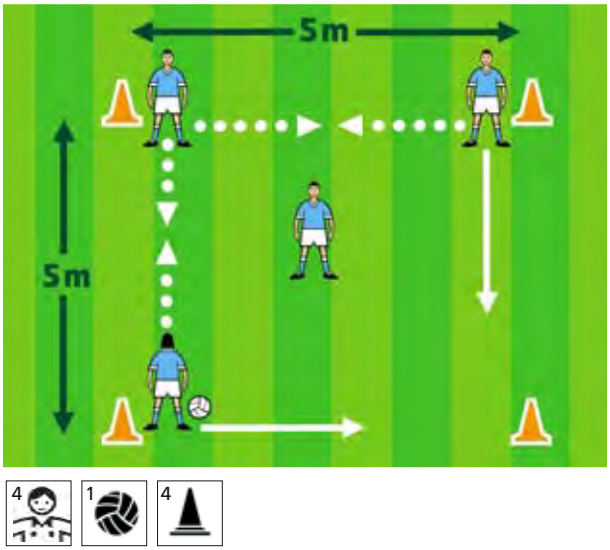
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Position one player at each of 3 corners of the grid
- Position a further player in the middle of the grid
- The outside players must throw the ball along the lengths of the grid to keep possession
- The ball may only be thrown and caught at a cone
- 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'

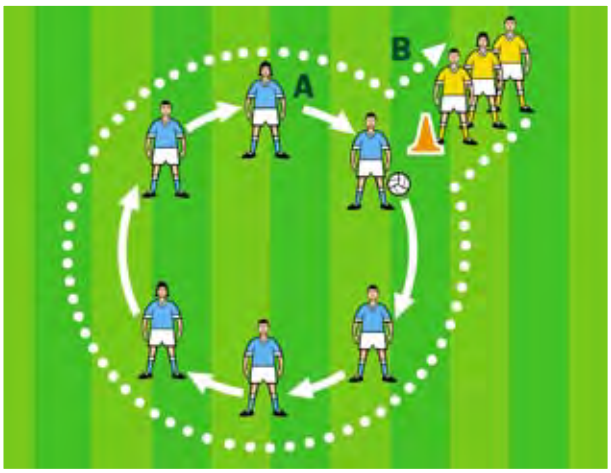
VARIATION

- To increase the difficulty increase the size of the grid



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players' ability to perform the Low Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Low Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Low Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins

UNDER 8 PUNT KICK I

KEY TEACHING POINTS

Here are the Key Teaching Points for the Punt Kick

✔	Hold the ball firmly with both hands Head down, eyes on the ball	
✔	Release the ball into the hand, at the kicking side and extend the opposite arm away from the body to aid balance	
✔	Step forward with the non-kicking foot Extend the wrist and drop the ball onto the kicking foot	
✔	Kick the ball with the instep, that is, the laced part of the boot	
✔	Keep the toes pointed Follow through in the direction of the target	

COMMON ERRORS

Here are the Common Errors for the Punt Kick

✗	Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction	
✓	**To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete**	
✗	Dropping the ball from the opposite hand to the kicking foot: this can lead to the player kicking the ball with the inside of the foot and misdirecting the pass or shot	
✓	**To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance**	
✗	Not keeping the toes pointed and not following through in the direction of the target	
✓	**To correct, keep the toes pointed throughout the kick, following through in the direction of the target**	

UNDER 8

PUNT KICK I
PRACTISE THE TECHNIQUE

CATCH & KICK COACHING CLASSES

DRILL 1 PUNT KICK TO PARTNER

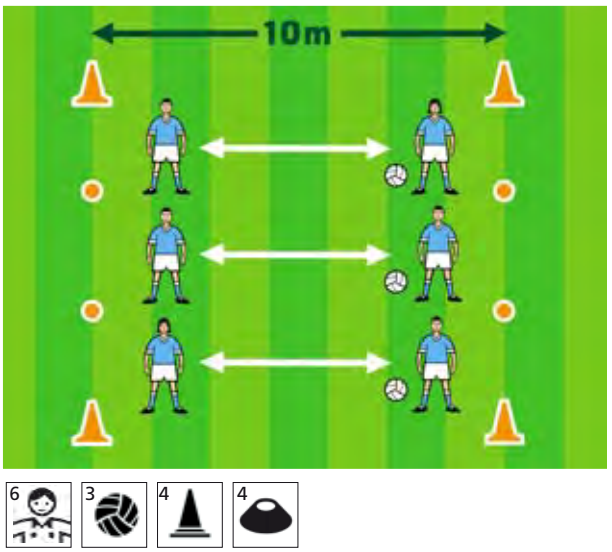
Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs; one football per pair
- Mark out a channel for each pair, who face each other approximately 10m apart
- Each player in turn Punt Kicks the ball to their partner
- To kick with the right leg take the first step with the left leg and vice versa
- It may be necessary to group children on the basis of ability

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 PASS AND FOLLOW

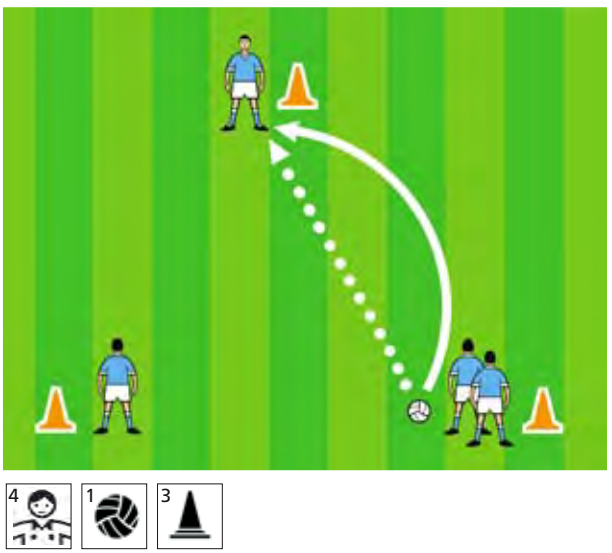
Basic Drill to practise the Punt Kick which requires the player to pass the ball before moving

ORGANISATION

- Mark out a triangle using cones, with approximately 8m between each cone
- Divide the players into groups of four
- Two players begin at one cone, the first with the ball
- Each player in turn Punt Kicks the ball to the next player in rotation before following their pass to the next cone
- Challenge the players to change the direction of the drill and use their other foot to pass the ball

VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 DOWN THE LINE



Intermediate Drill to practise the Punt Kick designed to improve the players ability to kick with accuracy

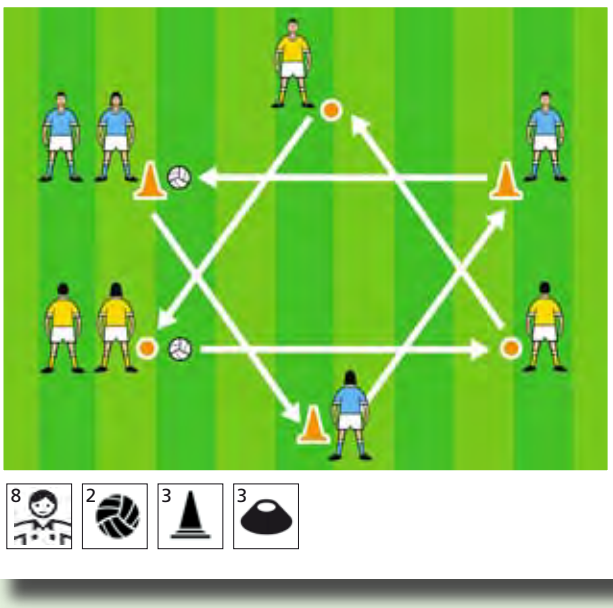
ORGANISATION

- Mark out a channel approximately 10-15m long and 2m wide for each group
- Two players line up at each end of the channel
- Each player in turn moves forward and Punt Kicks the ball to the next player at the far end of the channel
- After kicking the ball the player moves out of the channel and follows on to line up at the far end
- Allow the players to move as far along the channel as necessary to kick the ball accurately

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 SIX STAR DRILL



Intermediate Drill to practise the Punt Kick requiring the players to move and turn before performing the technique

ORGANISATION

- Place 3 cones and 3 markers as shown to make two overlapping triangles
- 4 players play each triangle; 2 at one cone/marker, the first with a ball, and 1 at each of the other cones/markers
- The player in possession passes the ball to the player on the second cone/marker to their right
- They in turn receive the ball before turning to pass to the player on the second cone/marker to their right, and so on
- Each player follows their pass to take position at the far cone/marker
- Encourage the receiving player to move forward into the ball as it approaches

VARIATION

- Challenge the players to play the ball low to bounce, or at chest height or high to catch overhead

UNDER 8

PUNT KICK I
DEVELOP THE SKILL

ACTIVITY 1 EMPTY THE CIRCLE

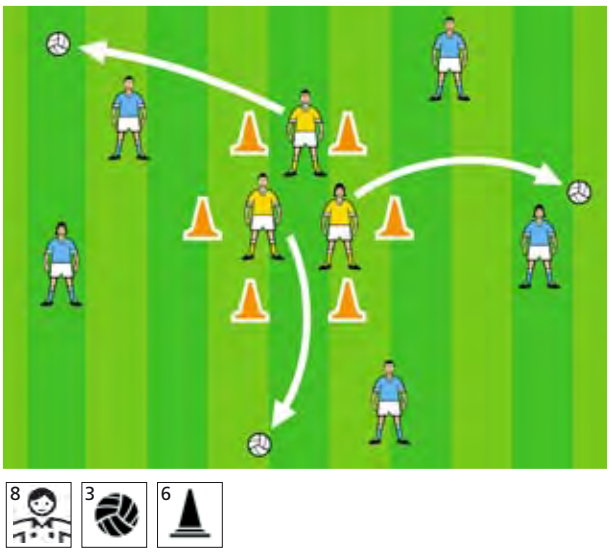
Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside the circle
- The players inside the circle must attempt to keep the circle clear by Punt Kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time

VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle; the inside team clear the circle by rolling the balls away



ACTIVITY 2 HIT THE CONES

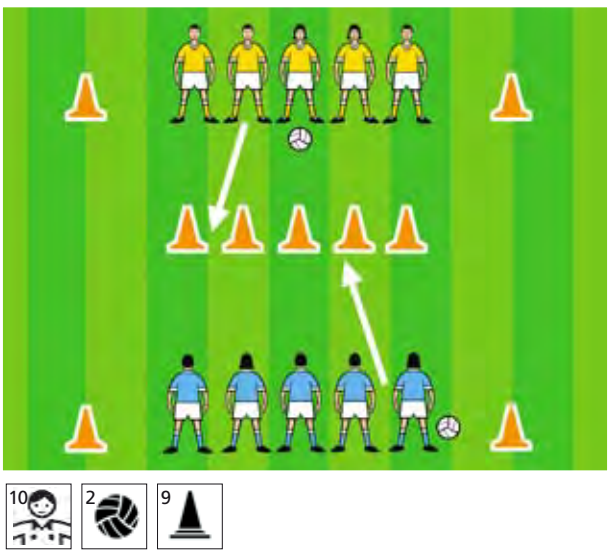
Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a grid 25m X 25m
- Place a number of cones across the middle of the grid
- Divide the 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

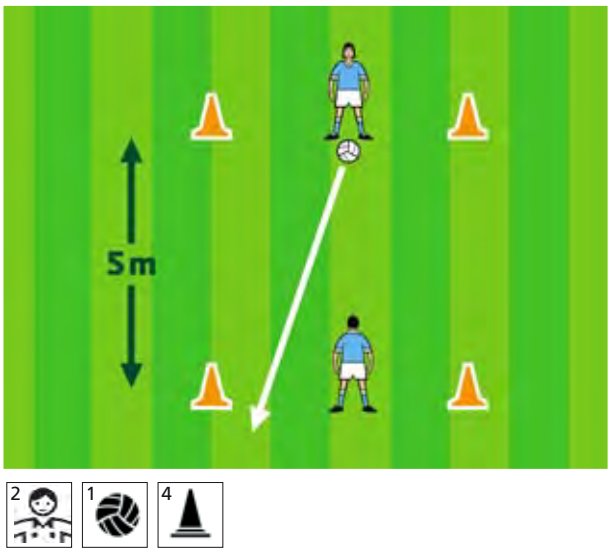
VARIATION

- Alternatively points may be awarded for kicking the ball through gaps in the cones



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



This Fun Game challenges players to score against their partner using the Punt Kick technique

ORGANISATION

- Mark out goals 5m apart using cones
- Divide the players into pairs; one ball per pair
- Each player in turn tries to score a goal by Punt Kicking the ball past their partner
- Repeat the drill for a set time

VARIATIONS

- As the player develops, increase the distance between them
- Increase or decrease the width of the goals based on the ability of the players

UNDER 8 BOUNCE

KEY TEACHING POINTS

Here are the Key Teaching Points for the Bounce

- Hold the ball with both hands

  Head down, eyes on the ball



- Release the ball into one hand, spreading the fingers behind the ball



- Extend the arm, pushing the ball into the ground with the 'bouncing' hand



- Extend both arms towards the ball as it returns into the hands

  Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



- Hold the ball securely with both hands and bring it into the body



COMMON ERRORS

Here are the Common Errors of the Bounce

✗	Bouncing the ball with two hands: this may lead to difficulty performing the technique while running	
✓	**To correct, transfer the ball from both hands to the 'bouncing' hand just prior to the bounce**	

✗	Bouncing the ball too soft or too hard: this may result in the ball not returning from the ground properly	
✓	**To correct, extend the fingers behind the ball to aid control and push through the ball to ensure adequate force is applied**	

✗	Attempting to catch the ball with one hand: this may result in the player failing to catch or fumbling the ball	
✓	**To correct, extend both arms towards the ball as it returns, spreading the fingers of both hands to secure possession**	

BOUNCE
PRACTISE THE TECHNIQUE

DRILL 1 STATIONARY BOUNCE

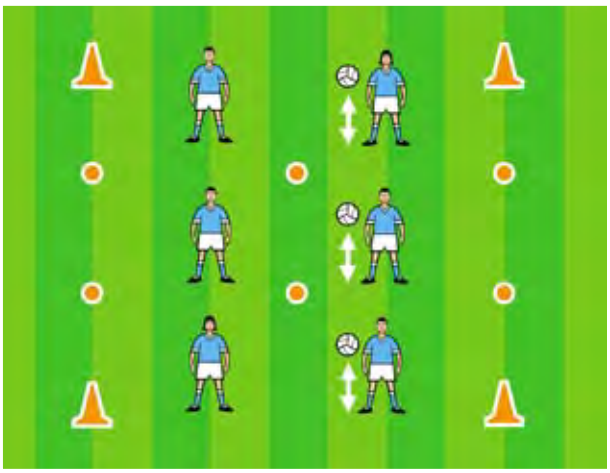
Basic Drill to practise the Bounce technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- Each player in turn Bounces and catches the ball and hands it to their partner
- Alternatively, one player in each pair Bounces the ball repeatedly for one minute, catching the ball securely after each Bounce
- The second player in each pair counts the successful attempts by their partner
- Players switch play after 1 minute

VARIATION

- As the players become more proficient, challenge them to Bounce the ball at an angle for their partner to catch



DRILL 2 BOUNCE ON THE MOVE

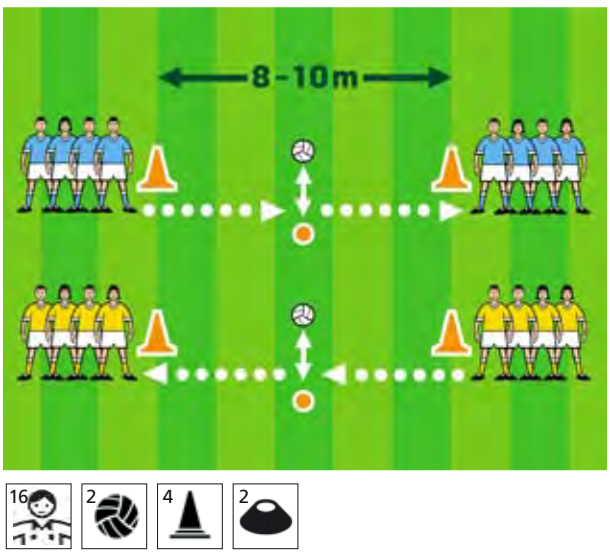
Basic Drill to practise the Bounce technique while moving at walking pace

ORGANISATION

- Form lines of 4 players 8-10m apart
- Place a marker half way between each line
- The player in possession walks forward four steps before Bouncing the ball and catching it again
- The player then walks on and hands the ball to the next player who repeats the drill
- Each player in turn moves to the back of the opposite line

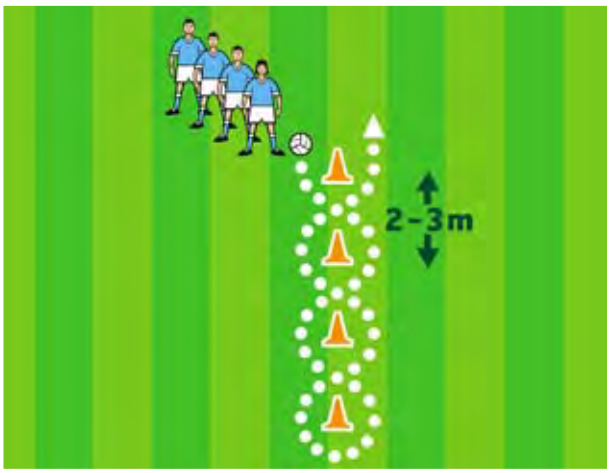
VARIATIONS

- As the players become more proficient, increase the pace to jogging
- Challenge the players to Bounce the ball at an angle for their partner to catch



PRACTISE THE TECHNIQUE

DRILL 3 SLALOM BOUNCE



Intermediate Drill to practise the Bounce technique requiring the players to Bounce the ball using both left and right hands alternately

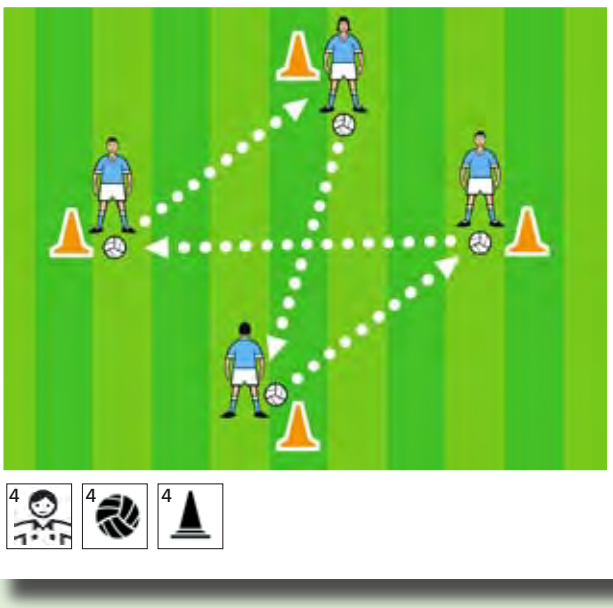
ORGANISATION

- Place four cones in a line at 2-3m intervals
- Line the players up before the first cone
- The first player in the line runs out and back, Bouncing the ball while rounding each cone
- The ball should be Bounced with the outside hand while rounding each cone, i.e. use left and right hands alternately
- Each successive player repeats the drill

VARIATION

- Challenge the players to dribble Bounce the ball in and out between the cones; switch to the outside hand rounding each cone

DRILL 4 BOUNCE AND TURN



Intermediate Drill to practise the Bounce technique

ORGANISATION

- Set up 4 cones in a square formation approximately 4-5m apart
- Position one player, ball in hand, at each cone
- The players move to perform the Bounce technique as they turn around each of the cones randomly
- Encourage the players to use the left hand to Bounce the ball when turning to the right around a cone and vice versa
- The players must be aware of each other to avoid knocking into one another as they cross to each cone

VARIATION

- Divide the players into pairs; challenge each pair to pass simultaneously to each other after rounding each cone

BOUNCE
DEVELOP THE SKILL

ACTIVITY 1 SPACE INVADERS

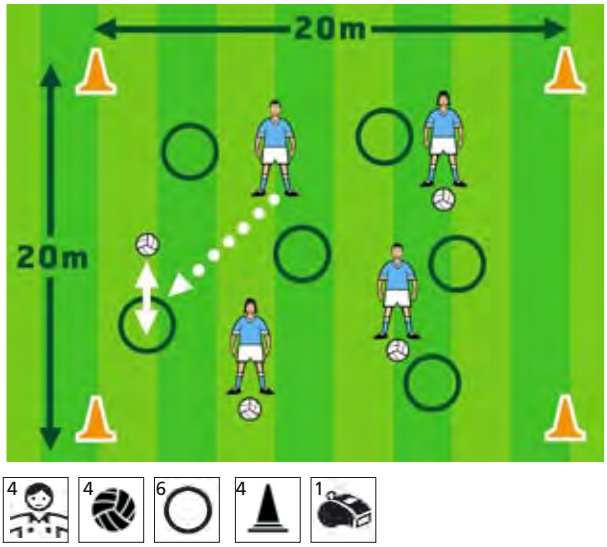
This Fun Game emphasises the development of control, accuracy and speed while performing the Bounce technique

ORGANISATION

- Mark out a grid 20m X 20m
- Place hoops on the ground at various points within the grid
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- Players must attempt to Bounce the ball in as many hoops as possible in 1 minute
- The ball should not be Bounced in the same hoop twice in succession
- The player who Bounces the ball in the greatest number of hoops wins

VARIATIONS

- Allocate different points to different colour hoops
- Divide the players into teams and award team points



ACTIVITY 2 BOUNCE KING

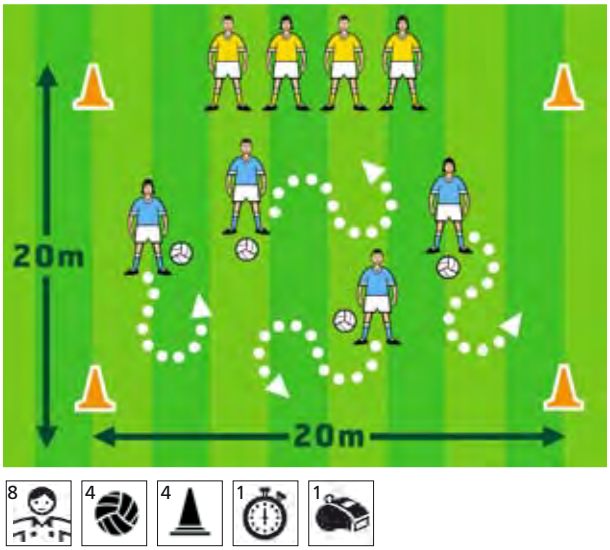
A Fun Game challenging each player to perform the Bounce technique while under pressure from an opponent

ORGANISATION

- Mark out a grid 20m X 20m
- Divide the players into two equal teams
- Team 1 starts inside the grid; each player has a ball
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of Team 1
- The team of players who keeps possession for the longest time wins
- Switch the roles after a set time

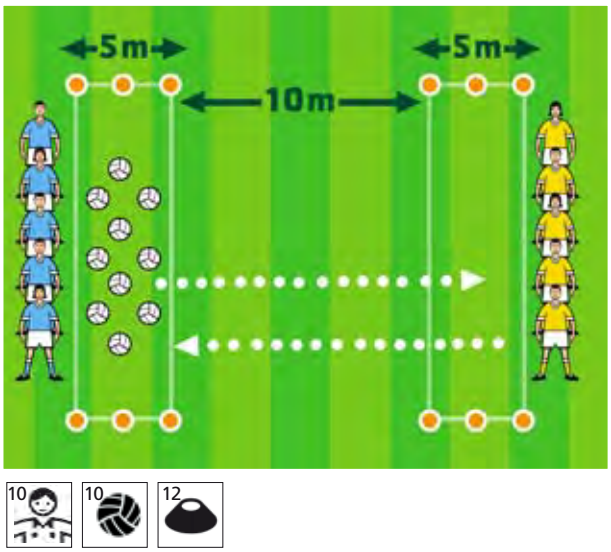
VARIATION

- Play the game on an individual basis awarding the game to the player who keeps possession for the longest time



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Bounce Technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two girds 5m wide with 10m between each grid. Assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward, picks up a ball each and returns it to their own grid, Bouncing the ball along the way. This is done until all the footballs have been moved
- The second team repeat, moving all the footballs back to their grid

VARIATION

- Place all the footballs outside of either grid. Each team must collect the footballs and return them to their own grid by Bouncing them on the way back. The opposing players provide opposition

UNDER 8 HAND PASS

KEY TEACHING POINTS

Here are the Key Teaching Points for the Hand Pass

- ✔ Support the ball in the palm of one hand, in front of the body

  Face the target



- ✔ Swing back and extend the striking hand

  Keep eyes on the ball



- ✔ Lean forward and strike through the middle of the ball with the open hand using mostly the fingertips

  The supporting hand must remain steady



- ✔ Follow the strike through in the direction of the pass



- ✔ While striking the ball, step forward with the foot on the opposite side



- ✔ Note an open-handed hand pass may be struck underhand, with the hand to the side, or overhand



COMMON ERRORS

Here are the Common Errors for the Hand Pass

✗	Hitting the ball with the wrong part of the hand: this may result in the pass being misdirected or not reaching its target	
✓	**To correct, strike the ball using mostly the fingertips**	

✗	Not using a definite striking action: this may be interpreted as a throw, resulting in a free being awarded against the player	
✓	**To correct, keep the supporting hand steady as the ball is being struck**	

UNDER 8

HAND PASS
PRACTISE THE TECHNIQUE

DRILL 1 HAND PASS TO PARTNER

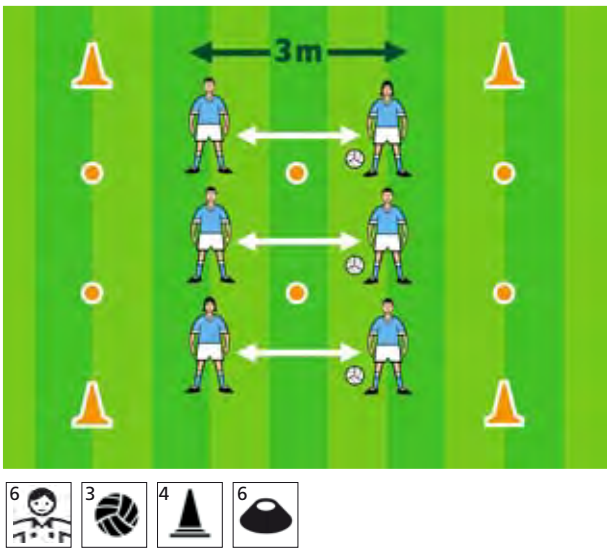
Basic Drill to practise the Hand Pass technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Partners stand approximately 3m apart
- Each player in turn Hand Passes the ball to their partner
- Continue the routine for approximately 1 minute
- This drill may be used to practise the variety of open handed Hand Pass techniques

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 MOVE AND PASS

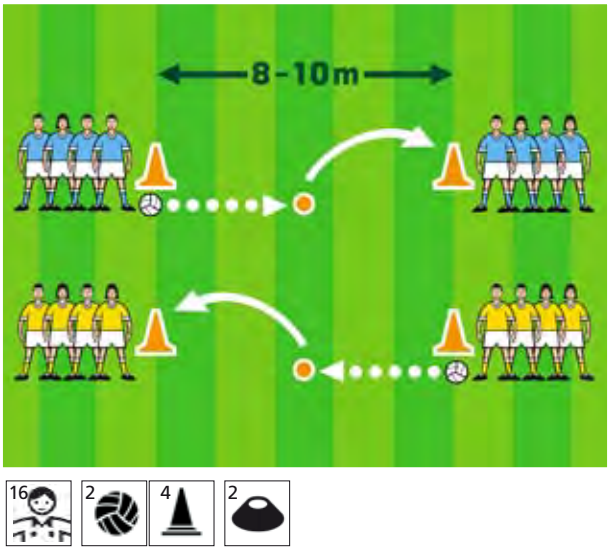
Intermediate Drill to practise the Hand Pass technique

ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- Four players line up at either cone
- The player in possession jogs forward, Hand Passing the ball from the marker to the first player on the far side, who repeats the drill
- Each player follows on to line up at the back of the opposite line

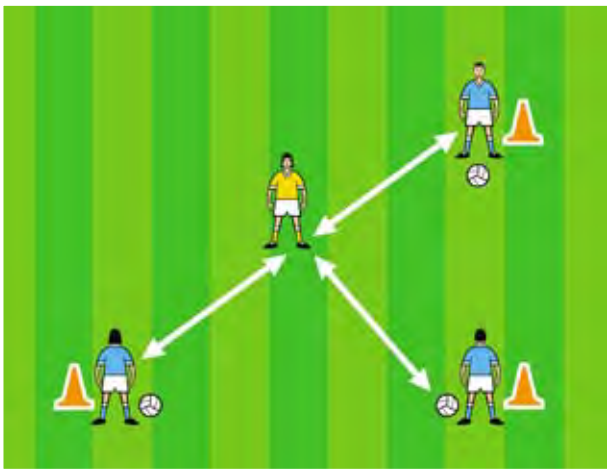
VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Hand Pass technique requiring the players to catch and pass in different directions

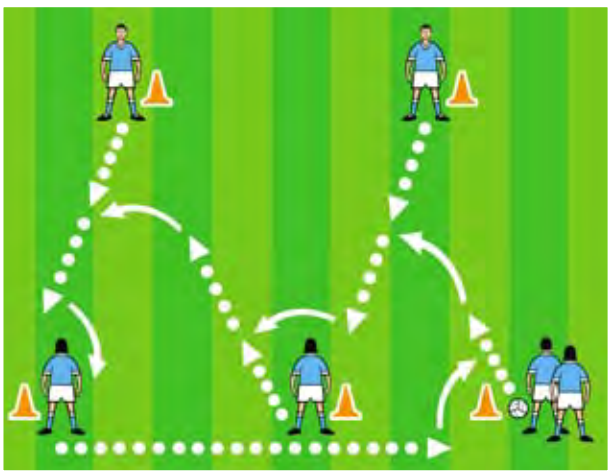
ORGANISATION

- Divide the players into groups of 4, as shown
- Three players act as feeders, with one ball each
- The fourth player acts as the 'central' player
- The 'central' player must take and return a pass from each player in turn for a set period of time, e.g. 30 seconds
- Reverse the roles to provide each player with an opportunity to be the 'central' player

VARIATION

- To increase the difficulty of the drill, the feeder players pass the ball as the 'central' player is returning the previous pass

DRILL 4 ZIG-ZAG PASS



Intermediate Drill to practise the Hand or Fist Pass techniques requiring the players to time and weight the pass so that the receiver can move onto it

ORGANISATION

- Place 5 markers in a zig-zag formation approximately 10m from each other
- Two players line up at the first marker, the first with a ball
- One player is positioned at each of the other markers
- Each player in turn passes the ball in front of the next player so that they must move forward to receive it, before following on to take their position
- The last player plays the ball back to the first marker and so the drill continues
- Encourage the players to use their right hand when the receiver is to the left and vice versa

VARIATION

- To increase the difficulty of the drill introduce a second ball

UNDER 8

HAND PASS
DEVELOP THE SKILL

ACTIVITY 1 KEEP BALL

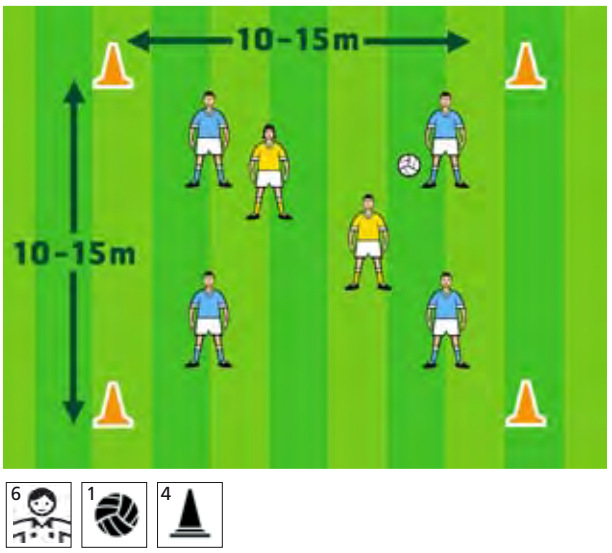
Game Play Drill designed to improve the players' ability to perform the Hand Pass under pressure

ORGANISATION

- Mark out a grid approximately 10-15m square
- Divide the players into uneven teams
- The team with the greater number of players have the ball and must attempt to successfully complete as many Hand Passes as possible in succession
- The opposing players may attempt to intercept the ball by catching or by blocking it
- Possession is also lost by letting the ball fall to the ground or by stepping outside the grid
- Switch the players around after a set time

VARIATION

- To increase the difficulty for the team in possession increase the number of opponents



ACTIVITY 2 AROUND THE SQUARE GAME

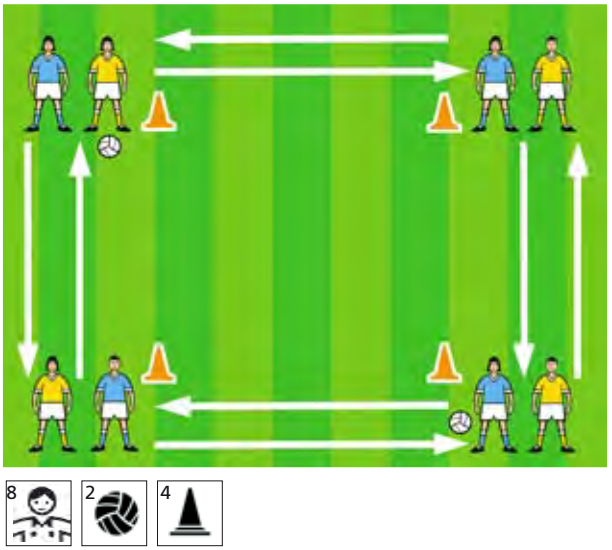
Fun Game to practise the Hand Pass technique

ORGANISATION

- Mark out a square or circle using cones
- Divide the players into two teams, one ball per team
- Position one player from each team at each cone
- One team passes the football in a clockwise direction, while the second team passes the football in an anti-clockwise direction
- The first team to have the football back to the starting player wins
- If the football hits the ground, it must be returned to the starting player to begin again

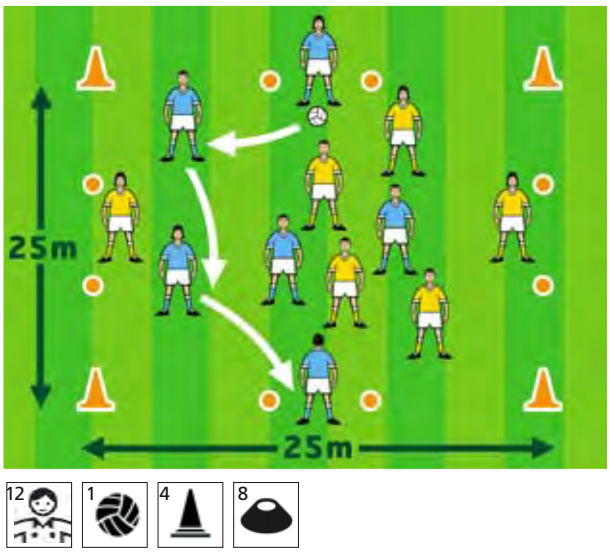
VARIATION

- To increase the challenge; increase the size of the square



DEVELOP THE SKILL

ACTIVITY 3 CAPTAIN BALL



Modified Game to develop the Hand Pass technique

ORGANISATION

- Mark out a playing area approximately 25m X 25m
- Mark out a goal area at the centre of each line of the playing area
- Divide the players into even teams: two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by Hand Passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game

VARIATION

- Set up the game using only two goals and two goalkeepers

UNDER 8 SIDE STEP

KEY TEACHING POINTS

Here are the Key Teaching Points for the Side Step

✔ Run directly towards the opponent	
✔ When about a metre away from the opponent, plant the forward foot firmly on the ground to one side, transferring the body weight to the foot as you do so	
✔ Then, push hard off the planted foot to spring to the other side	
✔ Plant opposite foot and continue forward in the new direction Note that the player should only use 4 steps in which to perform the technique	

COMMON ERRORS

Here are the Common Errors for the Side Step

✗	Not transferring the weight to the planted foot	
✓	**To correct, transfer body weight onto the forward foot in order to spring onto the other foot**	
✗	Playing the ball during the Side Step: this may slow down the player or leave the ball open to interception by the opponent	
✓	**To correct, the ball is played by bouncing or toe tapping before approaching the opponent**	
✗	Taking too many steps to get past the opponent	
✓	**To correct, use only four steps in which to perform the technique**	

SIDE STEP
PRACTISE THE TECHNIQUE

DRILL 1 WALK AND SIDE STEP

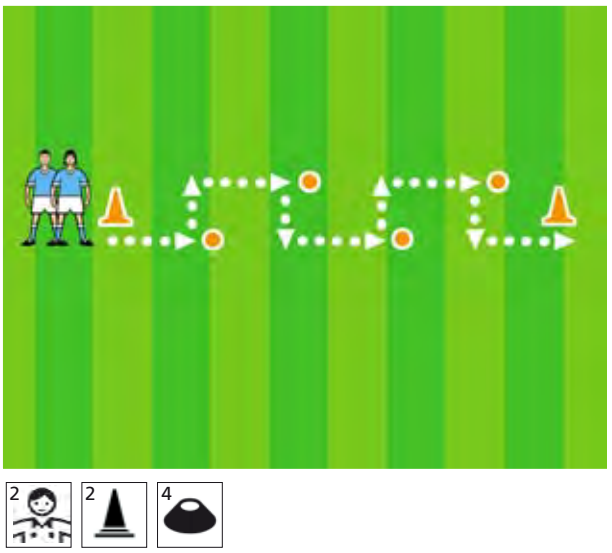
Basic Drill to practise the Side Step technique off both feet

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player walks forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- Continue the drill over and back for a set time

VARIATION

- As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field



DRILL 2 STEP LEFT STEP RIGHT

Basic Drill to practise the Side Step technique off both feet introducing a static opponent

ORGANISATION

- Place 2 cones approximately 10m apart
- Divide the players into groups of 4
- 3 players line up behind one cone; the fourth player is positioned midway between the cones
- Each player in turn must approach and Side Step the middle player and continue to the far cone
- The middle player does not move or attempt to block the side-stepping player
- The players should practise side-stepping off both the left and right feet

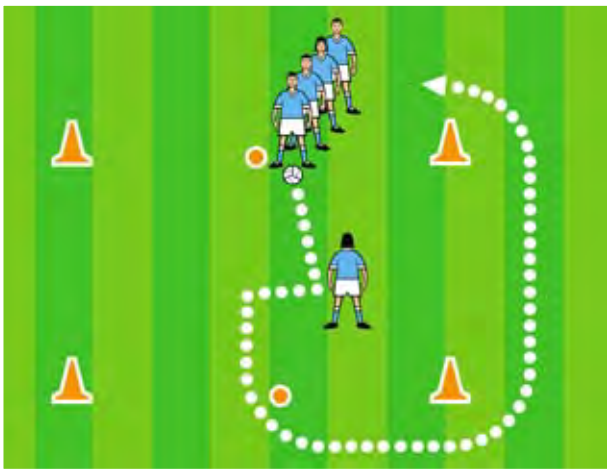
VARIATION

- To progress the drill, introduce a ball; encourage the players to use the outside hand to bounce the ball as they move out of the Side Step



PRACTISE THE TECHNIQUE

DRILL 3 SIDE STEP AND BOUNCE



Intermediate Drill to practise the Side Step technique

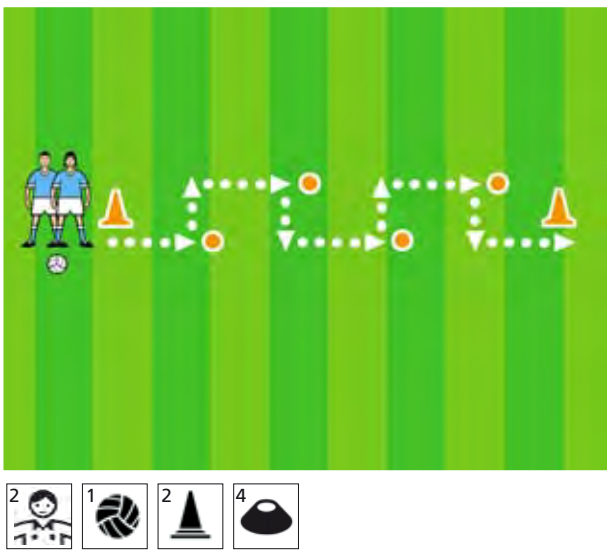
ORGANISATION

- Divide the players into groups of 5: one ball per group
- 4 players line up behind a marker
- The fifth player from each group takes up position approximately 5m from the line of players
- Each player in turn jogs forward, takes one bounce and Side Steps the player in the middle, who does not attempt to tackle
- The jogging player then goes to the end of the channel and returns to the end of the line for the next player to repeat the drill
- After a set time change the player in the middle

VARIATION

- To increase the difficulty challenge the players to perform the drill at a quicker pace

DRILL 4 SIDE STEP SLALOM



Intermediate Drill to practise the Side Step technique

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player jogs forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- As they Side Step each marker the players should use the outside hand to bounce the ball as they move out of the Side Step
- Continue the drill over and back for a set time

VARIATION

- As the players improve challenge them to increase the pace of the drill

SIDE STEP
DEVELOP THE SKILL

ACTIVITY 1 STEP IN TIME

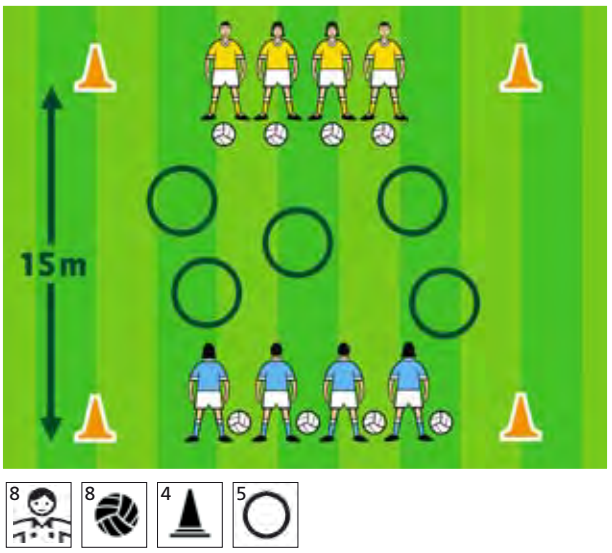
Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 15m long by 10m wide
- Place a number of hoops or obstacles within the grid
- Divide the players into 2 equal teams one at either end of the grid; each player has a ball
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid
- Repeat the drill until all the players have left the grid, or for a set time

VARIATION

- To increase the difficulty of the drill, allow players to tackle for the ball



ACTIVITY 2 PASS THE GUARDS

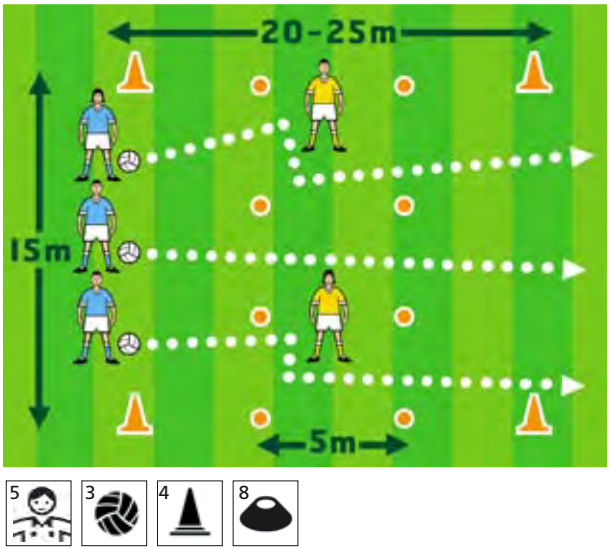
A Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m
- Mark a zone approximately 5m wide across the centre of the grid
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass
- The defending players may move left and right but may not tackle the attacking players or the ball

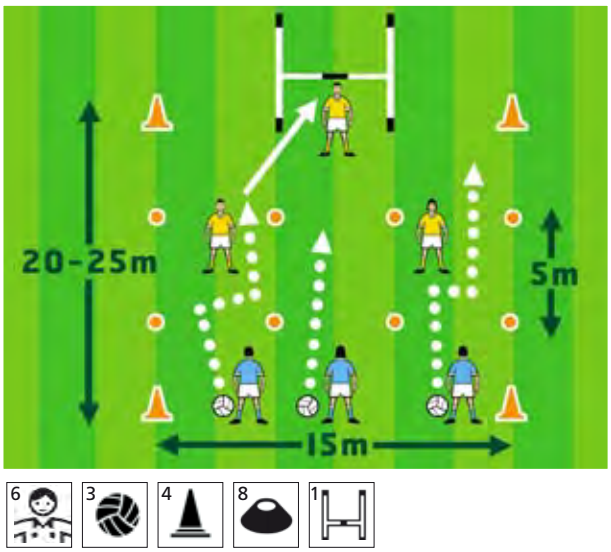
VARIATION

- As the attacking players progress increase the opposition provided by the defending players



DEVELOP THE SKILL

ACTIVITY 3 SIDE STEP, BOUNCE AND SCORE



Game Play Drill to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m: mark a zone approximately 5m wide across the centre of the grid. Place goalposts at one end
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone and a goalkeeper in goals
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass. This is followed by a shot on goal.
- The defending players may move left and right but may not tackle the attacking players or the ball

VARIATION

- As the attacking players progress increase the opposition provided by the defending players

UNDER 10

CATCH & KICK

COACHING CLASSES



COACHING CLASSES

REACH CATCH / BLOCK DOWN / HOOK KICK / SOLO /
CROUCH LIFT / CHECKING / FIST PASS / SIDE TO SIDE CHARGE

U-10 INTRODUCTION

Welcome to the U-10 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 10. Remember that some players progress quicker than others and may have mastered these skills. In this case progress to the skills outlined in the U-12 section of this resource.

REACH CATCH

The Reach Catch in Football is a technique used to catch the ball when it approaches at or above head height. It forms the basic element of the overhead catch.

BLOCK DOWN

The Block Down is a tackling skill used to prevent an opponent shooting for a score or passing to another player. In scoring situations the Block Down is an effective and dramatic defensive skill.

HOOK KICK

The Hook Kick is a kicking technique used in Gaelic Football. It is predominantly used to shoot for points but is also used to pass to a team mate at an angle to the player in possession.

SOLO

The Solo or 'toe tap' in Gaelic Football is a technique used to play the ball in order to keep possession without fouling. It is used to carry possession to a better position or to evade an opponent. A solo run may incorporate a sequence of alternating bounces and toe taps, or just be a series of toe taps.

CROUCH LIFT

The Crouch Lift is a basic skill in Gaelic Football used to lift the ball from the ground into the hands.

CHECKING

Checking (shadowing) in Gaelic Football is a tackling skill used to force an opponent away from goal, into a poor position or onto their weaker side. Performed intelligently it is a very effective form of tackle. It is also known as jockeying.

FIST PASS

The Fist Pass is a variation of the handpass technique in Gaelic Football used to pass the ball over a short distance. The technique involves supporting the ball in one hand and striking it with the closed fist of the free hand. A fisted pass will travel a greater distance than an open-handed handpass. Remember a fisted pass may be used to score a point but an open handed pass may not.

SIDE TO SIDE CHARGE

In addition to mastering the non-contact skills, players must learn the contact skills necessary to participate in game situations. The Side to Side Charge is the basic contact skill required by football players. It may be used when the opponent is in possession of the ball, when they are playing the ball or when both players are moving in the direction of the ball to play it.

UNDER 10 REACH CATCH

KEY TEACHING POINTS

Here are the Key Teaching Points for the Reach Catch

✔	With head up, keep eyes on the ball	
✔	As the ball approaches, extend the arms towards the ball and spread the fingers Keep the thumbs behind the ball forming a 'W' shape with the index fingers	
✔	When the ball approaches from above, catch it slightly in front of the head at its highest point	
✔	On receiving the ball, secure the ball into the chest with both hands	

UNDER 10 REACH CATCH

COMMON ERRORS

Here are the Common Errors for the Reach Catch

✗	Not extending the arms fully: this may result in the ball being intercepted in a game situation as an opponent reaches and catches the ball first	
✓	**To correct, extend the arms fully towards the ball and spread the fingers to receive the ball**	

✗	Catching the ball behind the head	
✓	**To correct, catch the ball slightly in front of the head, at its highest point**	

REACH CATCH
PRACTISE THE TECHNIQUE

DRILL 1 PARTNER CATCH

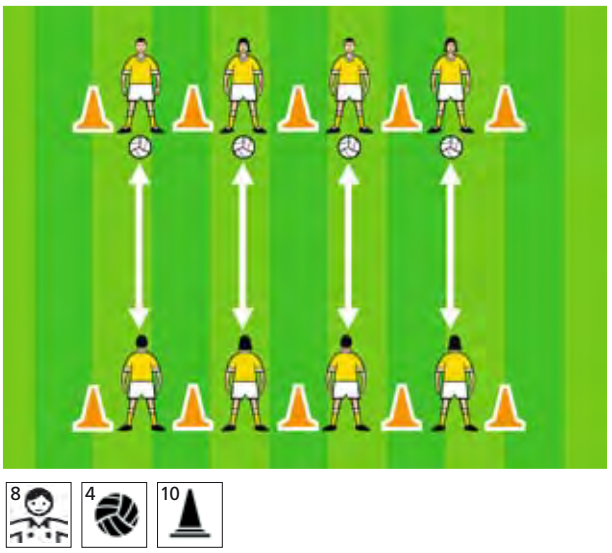
Basic Drill to practise the Reach Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Each player in turn throws the ball above their partner's head for them to perform the Reach Catch overhead
- Continue the drill for a set time
- Each player then fists the ball at head height for their partner to perform the Reach Catch in front
- Again continue the drill for a set period of time

VARIATION

- The ball may be thrown slightly to either side of the catching player to challenge them to reach to each side



DRILL 2 PRESSURE CATCH

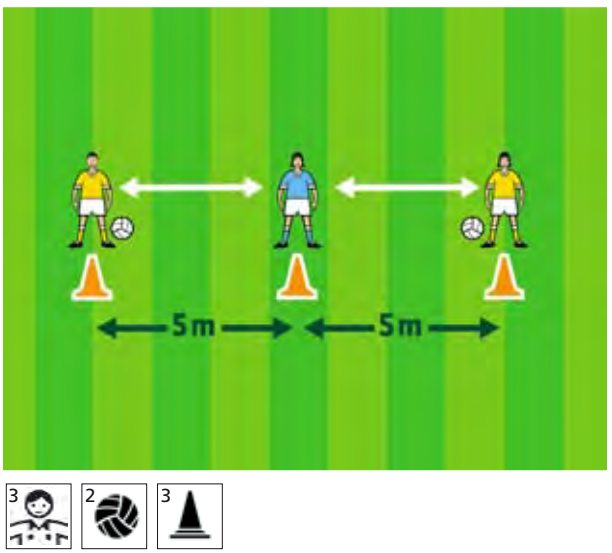
Intermediate Drill to practise the Reach Catch technique requiring the player in the middle to perform the technique as efficiently as possible

ORGANISATION

- Divide the players into groups of three: two balls per group
- Each group of three lines up with 5m between each player
- The players at each end have a ball each and in turn serve to the player in the middle to perform the Reach Catch
- The player in the middle returns the ball to the same server each time
- Begin by throwing the ball above the head and after a set time change to fist passing the ball to head height

VARIATIONS

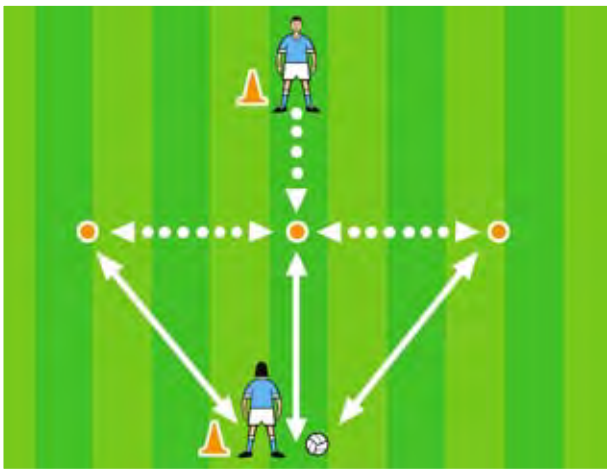
- To increase the difficulty: increase the distance between the players
- A third server may also be used



UNDER 10 REACH CATCH

PRACTISE THE TECHNIQUE

DRILL 3 CROSS CATCH



Intermediate Drill to practise the Reach Catch technique which requires the players to attack and catch the ball while moving in different directions

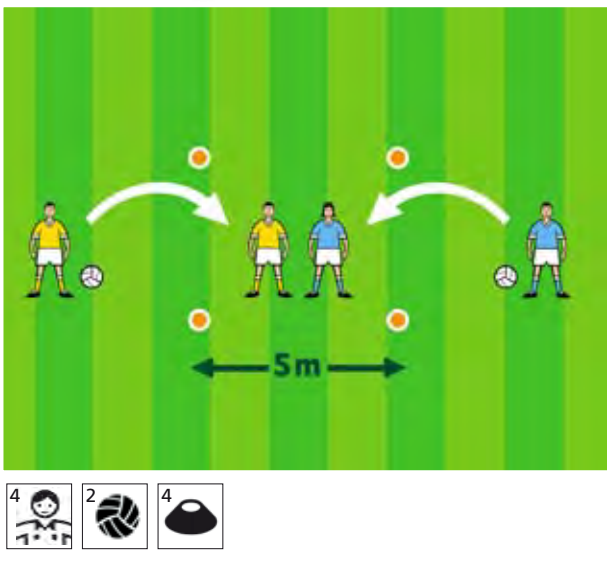
ORGANISATION

- Mark out a cross as shown
- A feeder stands at one point of the cross while the other player lines up directly opposite
- Each player in turn moves to the middle marker and each of the side markers to perform the Reach Catch as the feeder serves the ball
- Alternate between serving the ball above the head and at head height of the catching players
- Encourage the players to attack the ball at pace

VARIATION

- To increase the difficulty of the drill, each player is shadowed by a token opponent as they move to catch each pass

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the Reach Catch technique introducing full opposition

ORGANISATION

- Mark out a grid approximately 8m X 5m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The other two players act as feeders: each feeder is designated a partner
- Each feeder in turn throws the ball for their partner to perform the Reach Catch while the other player provides opposition
- Initially the opposition should be token before eventually progressing to full opposition as the players become more competent

VARIATION

- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

UNDER 10

REACH CATCH
DEVELOP THE SKILL

ACTIVITY 1 PIGGY IN THE MIDDLE

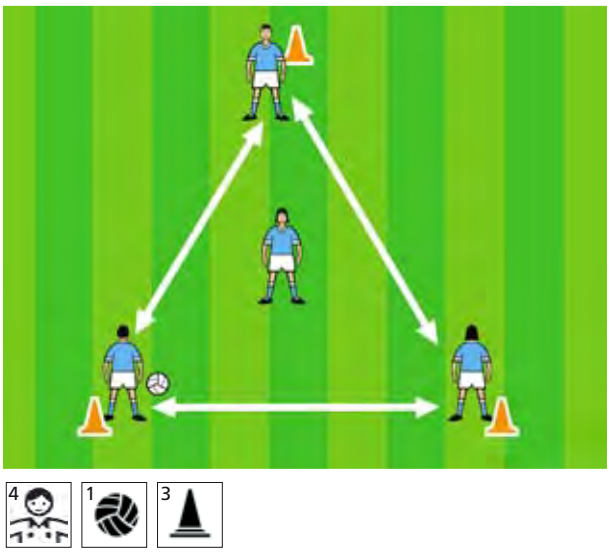
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a triangle using cones as shown
- Divide the players into groups of four; one ball per group
- One player is positioned at each of the cones while the fourth is the 'piggy' in the middle
- Players must pass the ball to each other at an appropriate height, in order for the receiver to perform the Reach Catch
- The player in the middle attempts to intercept the ball
- If successful, the player whose pass was intercepted becomes the new 'piggy' in the middle

VARIATION

- Increase the distance between the outer players to make the drill more difficult



ACTIVITY 2 KEEP BALL

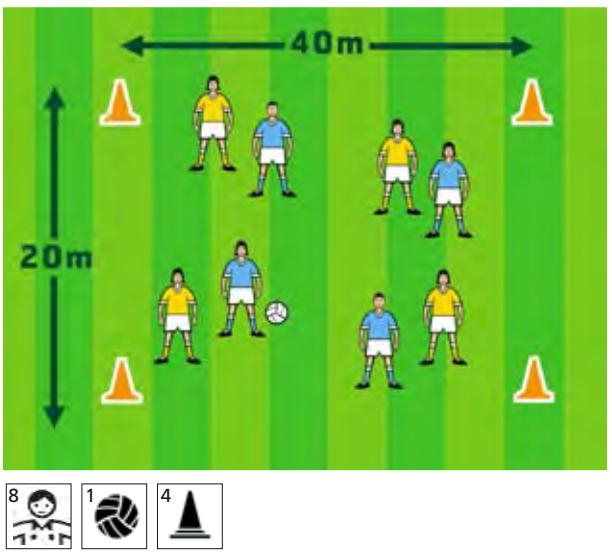
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a grid 40m X 20m
- Divide the players into teams of 4 or 5
- The objective of the game is to retain possession by kick or fist passing to a team-mate
- The players should focus on performing the Reach Catch to receive the ball
- If the ball is intercepted or a pass hits the ground the other team win possession
- Award a point for every Reach Catch performed successfully

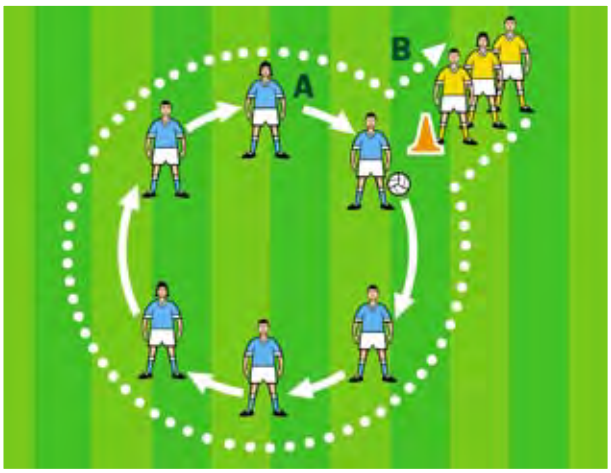
VARIATION

- Alternatively the team who retain possession for the greatest number of passes in sequence wins



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Reach Catch under pressure.

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each players
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Reach Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Reach Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball around the circle twice wins

UNDER 10 BLOCK DOWN

KEY TEACHING POINTS

Here are the Key Teaching Points for the Block Down

- ✔ Stand close to the opponent in the Check position



- ✔ As the opponent prepares to play the ball, reach forward with the arms outstretched and hands close together

  Keep your eyes on the ball



- ✔ Block the ball at the point of contact with the boot

  Move to regain possession ahead of the opponent



COMMON ERRORS

Here are the Common Errors for the Block Down

✗	Shying away from contact	
✓	**To correct, introduce the player to the contact situation in a slow and controlled manner**	
✗	Missing the ball as it passes between the outstretched arms	
✓	**To correct, keep the hands close together, moving confidently to block the ball at the point of contact with the boot**	
✗	Closing the eyes when attempting to perform the Block Down: this may result in the player missing the block as they fail to react to the direction of the kick	
✓	**To correct, keep the eyes open at all times, focusing on the ball at the point of contact**	

DRILL 1 PARTNER BLOCK

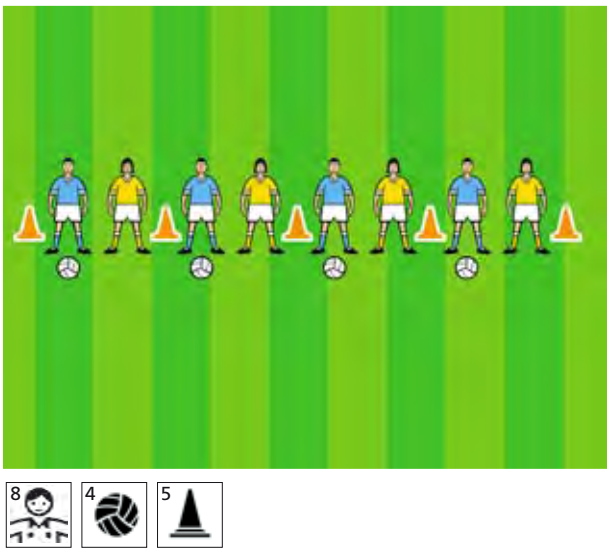
Basic Drill to practise the Block Down technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Player A toe taps the ball for Player B, in a kneeling position, to block as the ball leaves the foot
- Reverse the roles after a designated time
- This drill is particularly effective in improving the confidence of the player in performing the Block Down

VARIATIONS

- Progress the drill by getting Player B to stand
- Challenge the blocker to step into the block from a metre or so away to improve their timing



DRILL 2 MOVE AND BLOCK

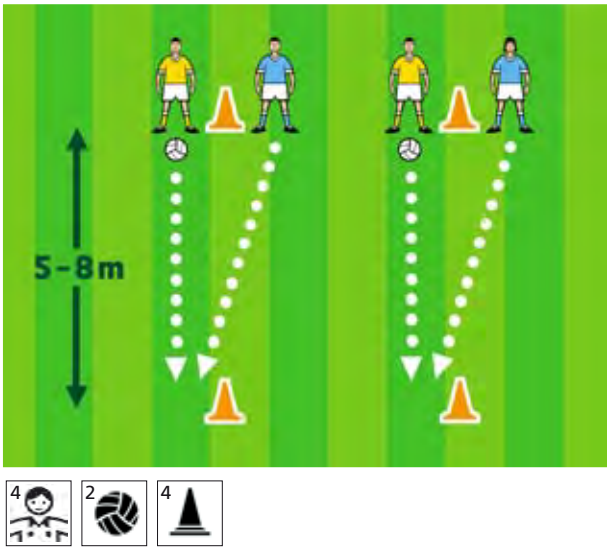
Intermediate Drill to practise the Block Down technique requiring the players to perform the block while moving

ORGANISATION

- Divide the group into pairs; one ball per pair
- Mark out two cones 5-8m apart for each pair
- The player in possession moves forward along the line to kick the ball at the far cone
- The blocking player travels alongside and attempts to block the ball as the ball is kicked
- Providing a target or player for the kicker to aim at will help improve the success of the drill
- Reverse the roles after a designated time

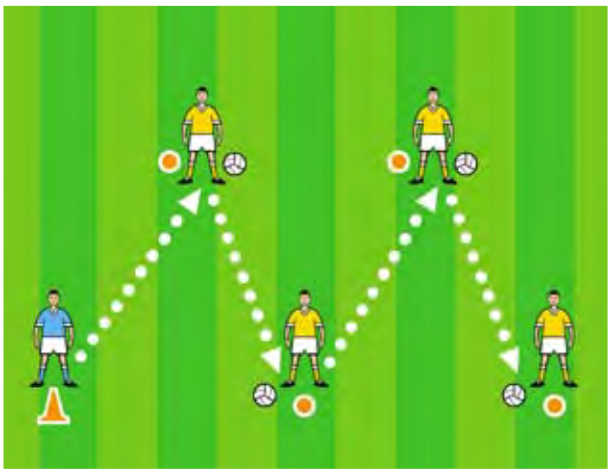
VARIATION

- As the players become more proficient increase the pace of the drill



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG BLOCK



5 4 1 4

Intermediate Drill to practise the Block Down technique requiring the blocker to move in different directions to perform the block

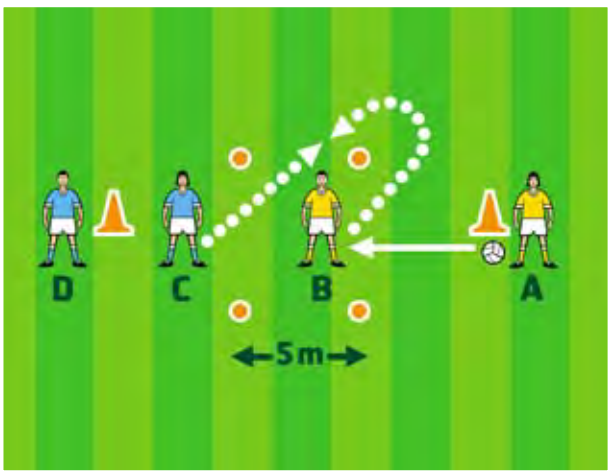
ORGANISATION

- Divide the players into groups of 5
- 4 of the players stand at intervals of 5m apart, one ball per player
- The blocker beginning at one end of the line moves to block each player in sequence
- Rotate the blocker after each run

VARIATIONS

- As the players become more proficient increase the pace of the drill
- As the players become more competent the blocker may be required to dive to block each kick

DRILL 4 HIT THE TARGET



4 1 2 4

Intermediate Drill to practise the Block Down technique

ORGANISATION

- Mark out a grid approximately 5m square using cones
- On a signal Player A, positioned 10m to one side of the grid, kick passes the ball to Player B, positioned in the grid
- Player B must turn around one of the corner cones of the grid before attempting to kick the ball to Player D approximately 10m to the far side of the grid
- Player C attempts to block Player B from completing the pass
- Repeat a set number of times before changing the feeders

VARIATION

- To increase the difficulty of the drill, increase the distance the blocker must travel to block the kicker

UNDER 10

BLOCK DOWN
DEVELOP THE SKILL

ACTIVITY 1 GRID BLOCK

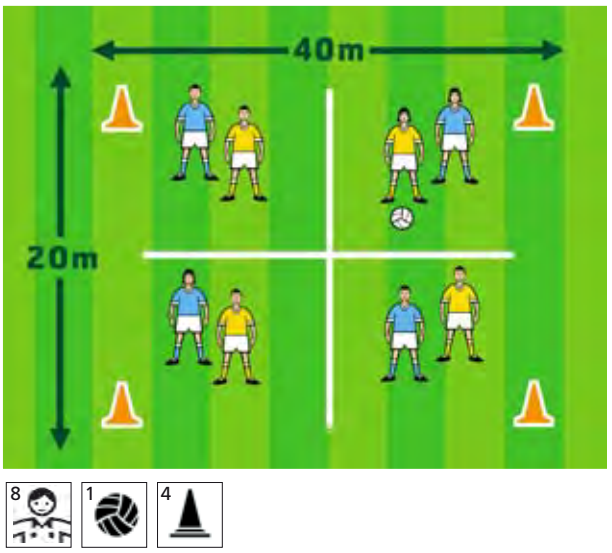
A Fun Game to develop the Block Down

ORGANISATION

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four; one player per section
- The players attempt to retain possession by kicking the ball from section to section
- The opposing team attempt to block the kick attempts
- If the kick is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

VARIATION

- Initially allow the ball to be passed either clockwise or anti-clockwise: as the players progress, allow the ball to be played in any direction



ACTIVITY 2 SHOOT AND BLOCK

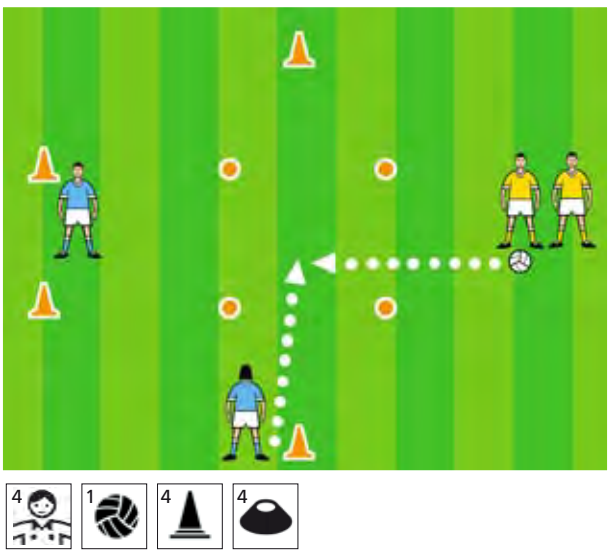
A Game Play Drill to develop the Block Down which requires the players to Block Down attacking players as they shoot for a score

ORGANISATION

- Mark out a defensive zone or grid approx 10-15m from goal
- An attacking player solos from further out the field to kick for a score from inside the defensive zone
- A defensive player enters the zone from either side, to block the attacking player as they attempt to complete their kick
- The defensive player should alternate coming from the right or the left of the attacking player

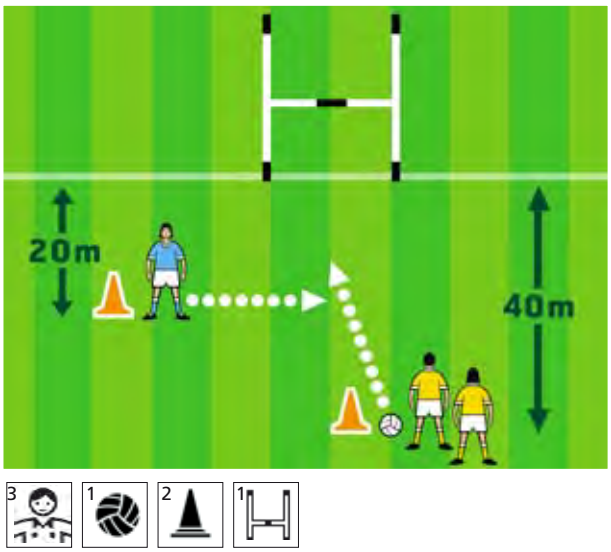
VARIATION

- Both the attacker and defender begin on the 13m line to one side of the goal; rounding a central cone the attacking player shoots as the defending player attempts to block



DEVELOP THE SKILL

ACTIVITY 3 SHOOT AND BLOCK II



A Game Play Drill to develop the Block Down

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs, one defender and one attacker
- Each attacker in turn solos towards goal shadowed by the defender
- Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking

UNDER 10 HOOK KICK

KEY TEACHING POINTS

Here are the Key Teaching Points for the Hook Kick

- ✔ Hold the ball firmly with both hands

  Point the shoulder towards the target



- ✔ Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



- ✔ Step forward with the non-kicking foot

  Extend the wrist and drop the ball onto the kicking foot



- ✔ Kick the ball with the inside of the foot



- ✔ Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards



COMMON ERRORS

Here are the Common Errors the Hook Kick

✗	Not pointing the shoulder towards the target: this may lead to inaccuracy in the pass or shot	
✓	**To correct, point the shoulder to the target before taking the kick**	

✗	Dropping the ball from the opposite hand to the kicking foot: this can lead to the player over hooking the ball and misdirecting the pass or shot	
✓	**To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance**	

✗	Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction	
✓	**To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete**	

HOOK KICK
PRACTISE THE TECHNIQUE

DRILL 1 PARTNER KICK

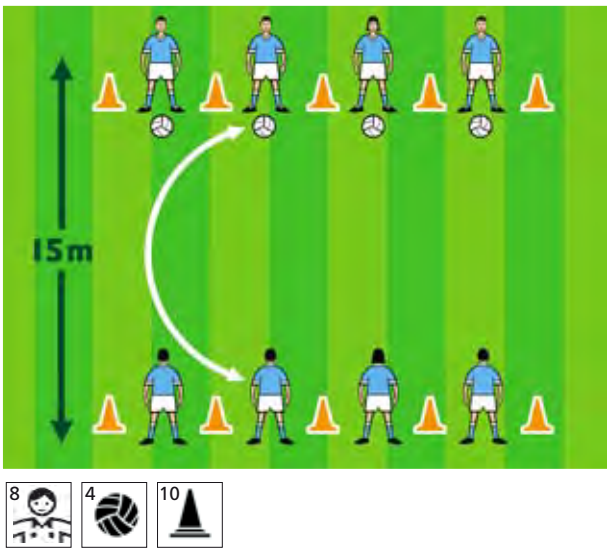
Basic Drill to practise the Hook Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel 5m wide and 15m long for each pair
- Each player in turn Hook Kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

VARIATION

- To increase the difficulty of the drill, increase the distance between the players



DRILL 2 AROUND THE SQUARE

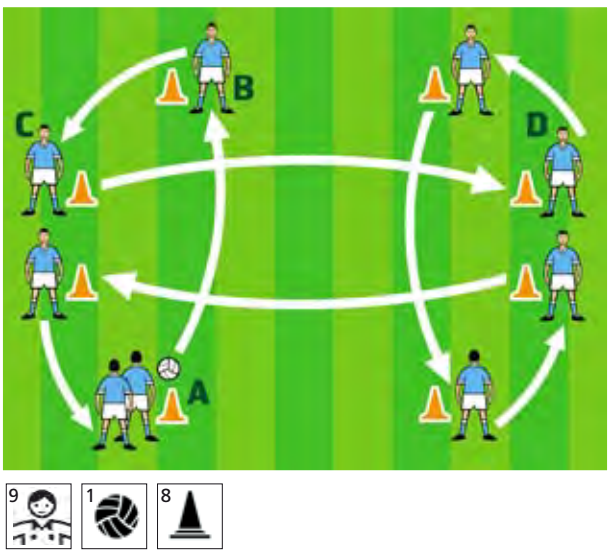
Intermediate Drill to practise the Hook Kick technique that also includes the fist pass

ORGANISATION

- Set up a formation as shown using 8 cones
- Position one player at each cone
- Player A Hook Kicks the ball to player B at the furthest cone to one side
- Player B Fist Passes the ball to Player C alongside
- Player C then Hook Kicks the ball to Player D and so the drill continues
- Rotate the kickers and receivers after three rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg

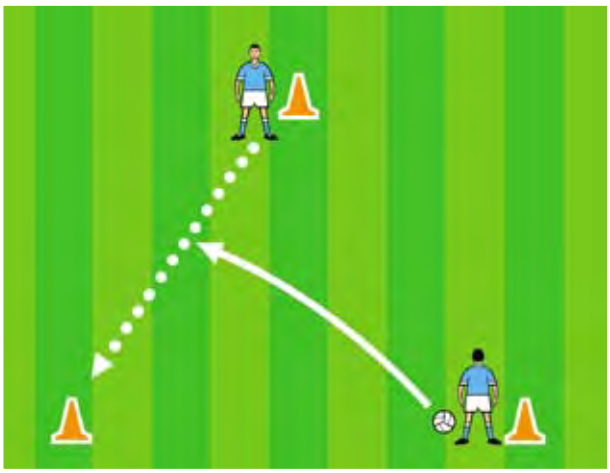
VARIATION

- To increase the intensity of the drill, introduce more footballs



PRACTISE THE TECHNIQUE

DRILL 3 KICK AND MOVE



Intermediate Drill to practise the Hook Kick technique

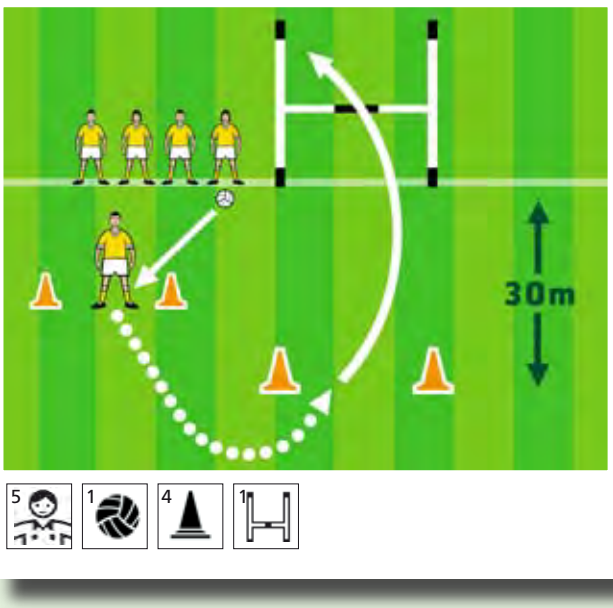
ORGANISATION

- Divide the players into pairs, one ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player Hook Kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player Hook Kicks the ball from a stationary position to their partner who is moving along the far length of the triangle
- Third, each player Hook Kicks the ball on the run to their partner who is also moving
- Change the direction of the movement to kick off the alternate side

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 KICK AND SCORE



Intermediate Drill to practise the Hook Kick technique that requires the players to kick for a score

ORGANISATION

- Place 2 cones 6-8m apart 30m from goal
- All the players except one begin behind the goal
- Position the other player at a cone 20m from goal to one side
- The first player from behind the goal solos towards the cone and fist passes to the waiting player, taking over their position
- That player solos to round the nearest 30m cone and Hook Kicks for a point
- The next player behind the goal repeats the drill
- Continue the drill for a set time and repeat from the opposite side

VARIATION

- To increase the challenge; increase the distance from which the players kick

HOOK KICK
DEVELOP THE SKILL

ACTIVITY 1 BULL'S EYE

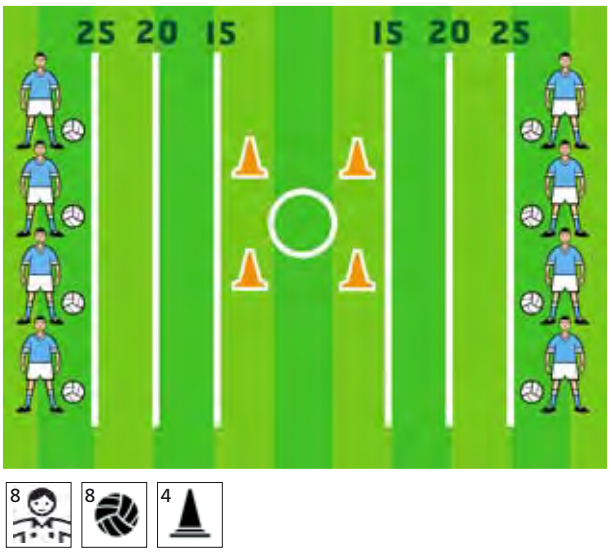
A Fun Game to develop the Hook Kick

ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups: one group at either side
- Beginning at one side and behind the 15m line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

VARIATION

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient



ACTIVITY 2 HOOKED

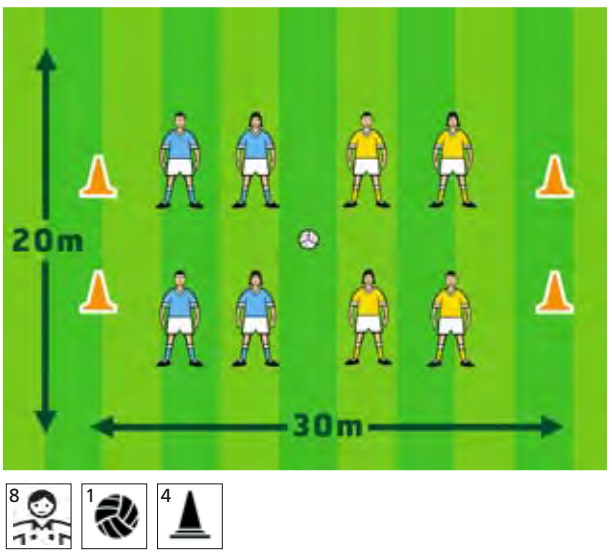
Modified Game to develop the Hook Kick technique

ORGANISATION

- Mark out a playing area 20m X 30m
- Mark out a goal area at either end
- Divide the players into two equal teams
- A permanent goalkeeper is not allowed
- The players may only Solo and Hook Kick the ball
- A score is awarded only when a player Hook Kicks the ball through the cones

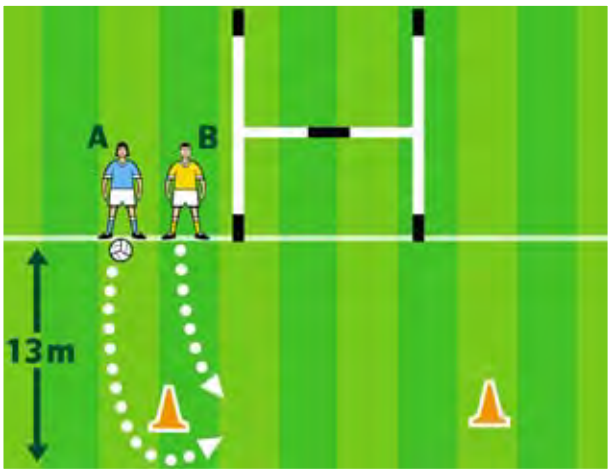
VARIATIONS

- Divide the playing area into zones to prevent crowding; players must stay within their designated zones
- Allow players to Fist Pass and Punt Kick to pass the ball; scores must be with a Hook Kick



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



A Game Play Drill to develop the Hook Kick requiring the players to Hook Kick for a point while under pressure from an opponent

ORGANISATION

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A Solos to the cone to Hook Kick the ball for a point
- Player B follows and attempts to block
- Award points for a successful Kick
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

VARIATION

- Increase or decrease the distance the player has to shoot from, depending on their ability

UNDER 10 SOLO

KEY TEACHING POINTS

Here are the Key Teaching Points for the Solo

- Hold the ball firmly with both hands
- Keep the torso upright



- Release the ball into the hand at the kicking side
- Head down, eyes on the ball



- Step forward with the non-kicking foot
- Extend the wrist and drop the ball onto the kicking foot



- When the foot impacts the ball, flick the toe upwards towards the body
- Straighten the leg



- Extend the arms forward to catch the ball



COMMON ERRORS

Here are the Common Errors of the Solo

✗	Dropping the ball with both hands or dropping the ball to the foot with the wrong hand: this may lead to difficulty keeping control of the ball, particularly, when attempting to Solo at speed	
✓	**To correct, drop the ball toward the kicking leg with the hand at the same side**	
✗	Throwing the ball to the kicking foot	
✓	**To correct, the ball is dropped and not thrown from the release hand**	
✗	Not using a straight leg to flick the ball upwards towards the body: this may result in the player failing to control the ball	
✓	**To correct, kick the ball at the end of the stride, flicking the toe upwards to bring the ball back into the body**	
✗	Soloing the ball too high	
✓	**To correct, ensure the ball is cushioned back by flicking the toe upward on impact**	

DRILL 1 STATIONARY TOE TAP

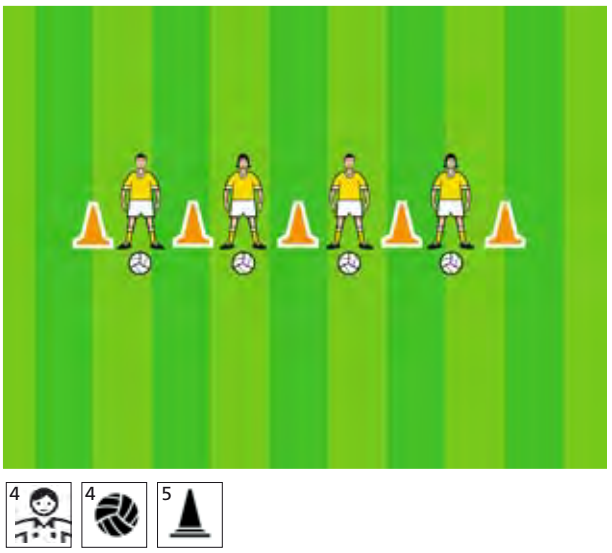
Basic Drill to practise the Solo technique

ORGANISATION

- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players Solo the ball on the spot
- The players count how many times they can Solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

VARIATION

- Organise the drill in pairs with the partners counting for each other



DRILL 2 TOE TAP, TURN AND PASS

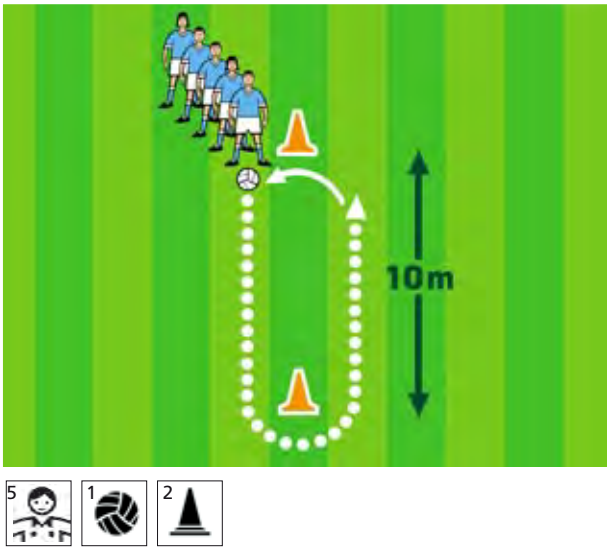
Intermediate Drill to practise the Solo technique that requires the players to Solo around a number of obstacles

ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5, one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, fist passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

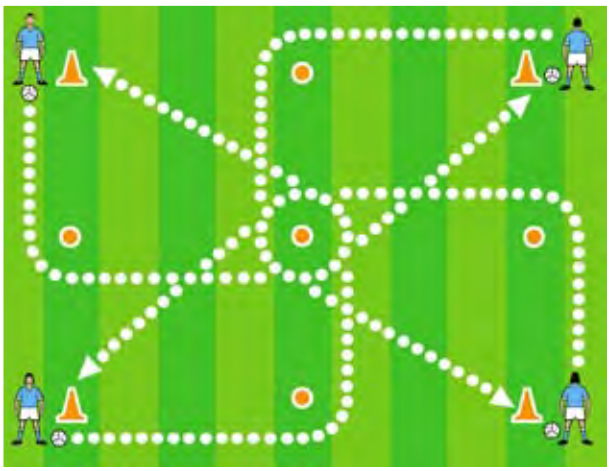
VARIATION

- Increase the speed of the drill as the players become more proficient



PRACTISE THE TECHNIQUE

DRILL 3 CRAZY SOLO





Intermediate Drill to practise the Solo technique that challenges the peripheral vision of the players

ORGANISATION

- Mark out a grid using cones and markers as shown
- Place a further marker in the centre of the grid
- Position a player at each corner cone
- Each player Solos with the ball in an anti-clockwise direction around the first marker, then the centre marker and back to their corner
- Each player in turn repeats the drill
- The players must be aware of each other's movements as they round the centre marker

VARIATIONS

- Allow the players to attempt to knock the ball from the other players as they round the centre marker
- Try with teams of three or four at each corner cone

ACTIVITY 1 TOE-TAP TAG

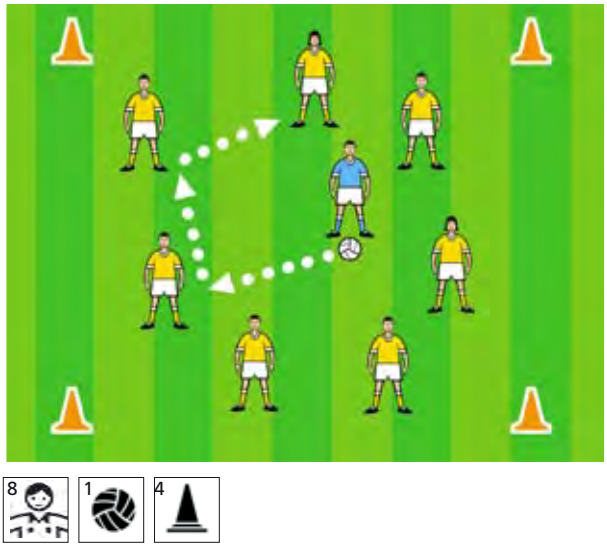
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball must Solo around and attempt to tag the other players
- The player must Solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

VARIATION

- Increase the number of 'taggers' to reduce the difficulty of the game



ACTIVITY 2 PASS THE GUARD

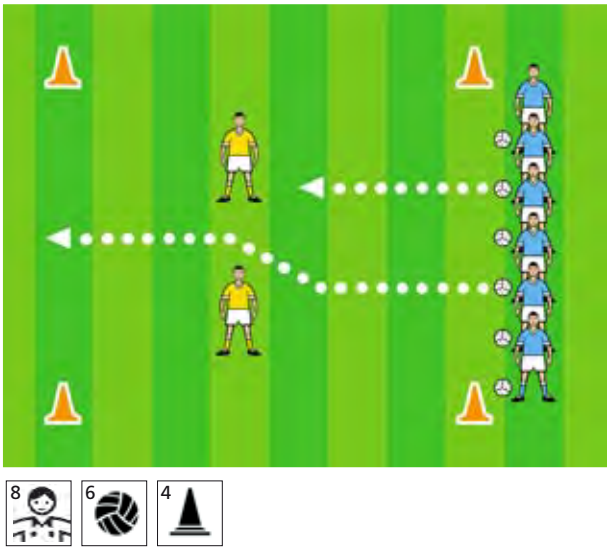
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- Six 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 the defenders and repeat the game

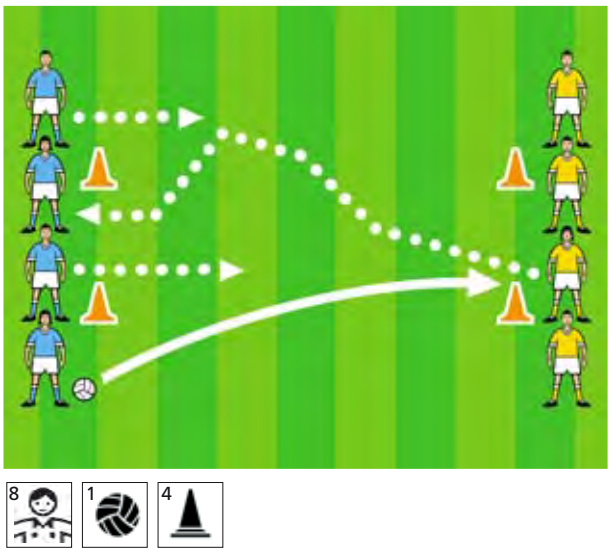
VARIATION

- Increase the width of the grid to reduce the difficulty for the soloing players



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT INVASION GAME



Modified Game to develop the Solo technique

ORGANISATION

- 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 then Solo and Hand Pass the ball up the field
- 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 endline and Punt Kick the ball for the second team to attempt to score

VARIATION

- To reduce the difficulty of the game for the attacking team reduce the number of defenders for each play

UNDER 10 CROUCH LIFT

KEY TEACHING POINTS

Here are the Key Teaching Points for the Crouch Lift

- ✔ Move to the ball

  Bend the back and knees, placing the supporting foot alongside and a little ahead of the ball



- ✔ Place the hands in front of the ball in a cupped position with the fingers spread



- ✔ Bring the lifting leg forward, scooping the ball forward into the cupped hands



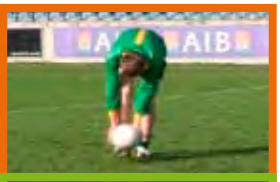
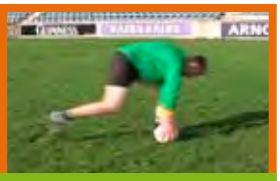
- ✔ Draw the ball into the body to secure possession



UNDER 10 CROUCH LIFT

COMMON ERRORS

Here are the Common Errors for the Crouch Lift

✗	Not crouching to lift the ball: this may result in the player kicking the ball forward rather than lifting it into the hands	
✓	**To correct, bend the back and knees to Crouch Lift the ball**	
✗	Not placing the hands in front of the ball or leaving too much of a gap between the hands: this may result in the ball slipping through the player's hands and failing to secure possession	
✓	**To correct, place the hands in front of the ball in a cupped position with the fingers spread**	
✗	Touching the ball on the ground: this may result in a free being awarded against the player	
✓	**To correct, bring the lifting leg forward to scoop the ball into the cupped hands**	
✗	Not planting the support foot beside the ball: this may leave the player off balance and stumbling over or result in the ball being kicked ahead instead of lifted into the hands	
✓	**To correct, judge the stride length as you approach the ball and plant the support foot to the side of the ball as the lifting foot comes through to scoop the ball into the hands**	

CROUCH LIFT
PRACTISE THE TECHNIQUE

DRILL 1 LIFT AND DROP

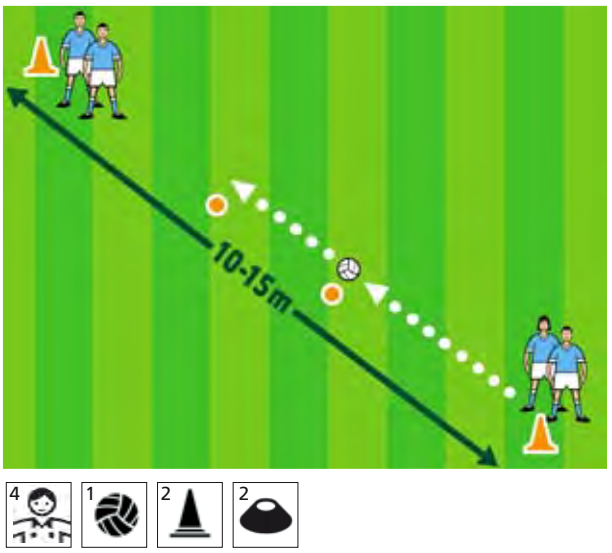
Basic Drill to practise the Crouch Lift technique that requires the players to lift and drop the ball within a short distance

ORGANISATION

- Place 2 cones and 2 markers in a line at equal distances over approximately 10-15m
- Divide the players into equal groups, positioned at each of the outer cones
- Place a ball at one of the centre markers
- The front player nearest the ball jogs forward to Crouch Lift the ball
- Continuing forward they place the ball at the next marker for the first player opposite to repeat the drill, and so on
- The players continue to the end of the opposite line

VARIATION

- To increase the difficulty of the drill reduce the space between the centre markers



DRILL 2 BRIDGE BALL

Intermediate Drill to practise the Crouch Lift that requires the players to perform the technique as the ball moves away from them

ORGANISATION

- Divide the players into pairs; one ball per pair
- The player without the ball finds space and stands still with their legs wide apart
- Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away

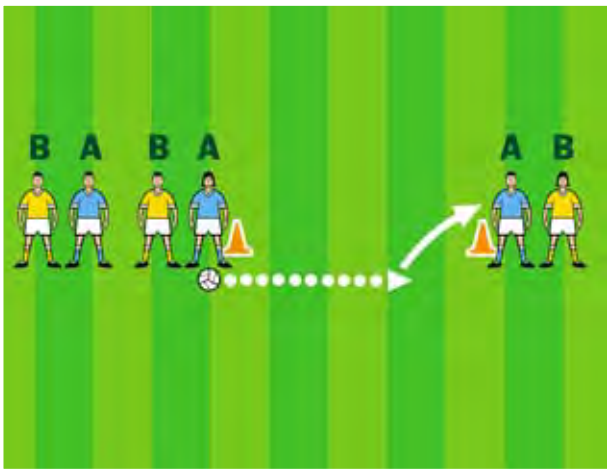
VARIATION

- To increase the difficulty of the drill the player with the ball rolls it through from in front of their partner so that they must turn before chasing and lifting the ball



PRACTISE THE TECHNIQUE

DRILL 3 OPPOSED LIFT



Advanced Drill to practise the Crouch Lift technique

ORGANISATION

- Divide the players into groups of 3 pairs, one ball per group
- Mark out a distance of approximately 10m using cones
- Beginning with the first pair, Player A throws the ball out in front, chasing to Crouch Lift the ball into the hands
- Player B provides opposition without physically tackling the player or the ball
- Player A then passes the ball to the next pair who repeat
- The lifting players must retain focus on the technique while under simulated pressure from their partner
- Continue the routine for approximately 1 minute

VARIATION

- To increase the difficulty of the drill, allow the opposition players to tackle the ball

DRILL 4 TUSSLE AND LIFT



Advanced Drill to practise the Crouch Lift technique that requires the players to contest the ball with an opponent

ORGANISATION

- Divide the players into pairs, one of each pair lined up approximately 5m apart
- On a signal the Coach rolls the ball forward from behind each pair who chase and contest for the ball
- The players switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

ACTIVITY 1 A RACE AGAINST TIME

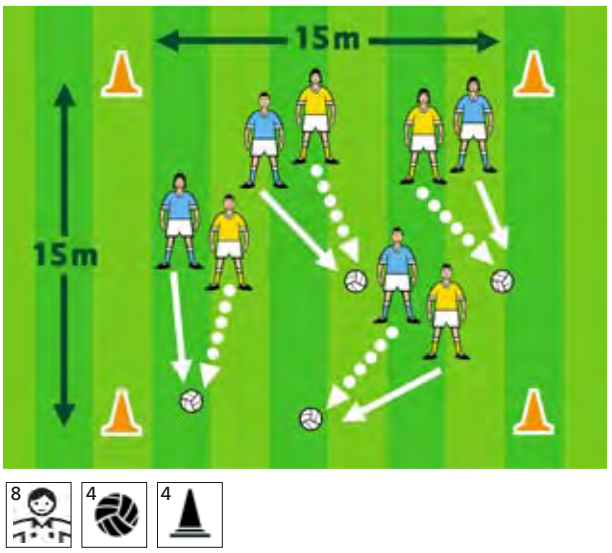
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into pairs, one ball per pair
- On a whistle, the player in possession rolls the ball forward for their partner to chase and pick up using the Crouch Lift technique
- Encourage constant changes of direction
- Ensure each player practices securing the ball after the lift, before rolling it for their partner
- Count how many successful lifts each pair can do in a set time

VARIATION

- To increase the difficulty of the drill, the second player may attempt to tackle the ball as the first player attempts the Crouch Lift. Mark each player against their partner



ACTIVITY 2 SCATTER AND LIFT

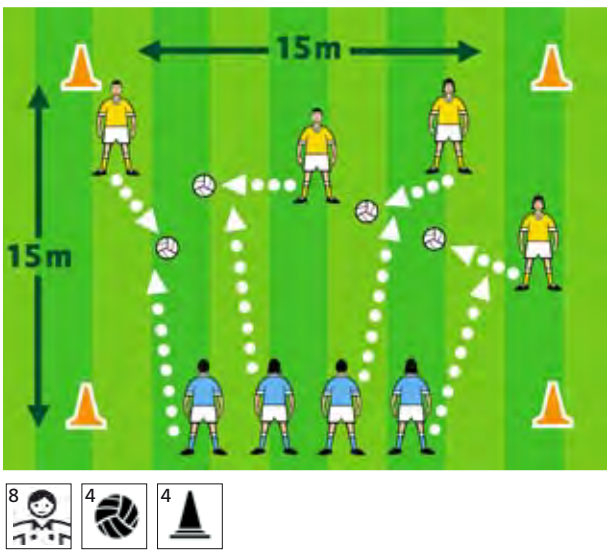
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into two equal teams; one the attacking team and one the defending team
- Place a number of balls randomly throughout the grid
- On the whistle, the attacking team must pick up as many balls as possible in 30 seconds
- The defending players may pressurise the attackers, but may not guard the ball
- The teams switch roles after 30 seconds
- The team that completes the most Crouch Lifts wins

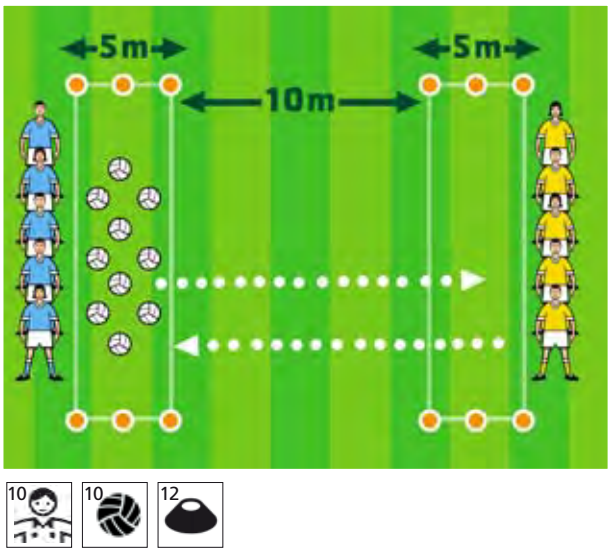
VARIATION

- The Coach can further heighten the intensity of the game by reducing the number of balls



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Crouch Lift technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid; assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward Crouch Lifts a ball each and returns it to their own grid. This is done until all the footballs have been moved
- The second team repeat the drill, moving all the footballs back to their grid

VARIATION

- Place all the football outside of either grid. Each team must collect the footballs using the Crouch Lift technique and return them to their own grid. The opposing players provide opposition.

UNDER 10 CHECKING

KEY TEACHING POINTS

Here are the Key Teaching Points for the Checking technique

✔	Position the body between the opponent and the goal Keep the feet wide and bend the knees
✔	Lean slightly forward
✔	Extend the arms to either side with fingers spread
✔	Use short steps to shadow the opponent and avoid crossing the legs
✔	Keep one foot slightly ahead of the other to aid stability and enable a quick change of direction
✔	Once the ball is in sight, or as the ball is being played, attempt to intercept it with an open hand

COMMON ERRORS

Here are the Common Errors for the Checking technique

✗	Poor positioning: this may result in the player failing to contain the opponent or being caught off balance	
✓	**To correct, take up position between the opponent and goals; keep the feet wide and bend the knees, leaning slightly forward**	
✗	Reaching in and losing balance	
✓	**To correct, keep the knees bent with one foot slightly forward for stability and quick movement**	
✗	Crossing the legs: this may result in the player being unable to change direction with the opponent	
✓	**To correct, keep the feet wide and use short steps to shadow opponent**	

DRILL 1 HANG ON

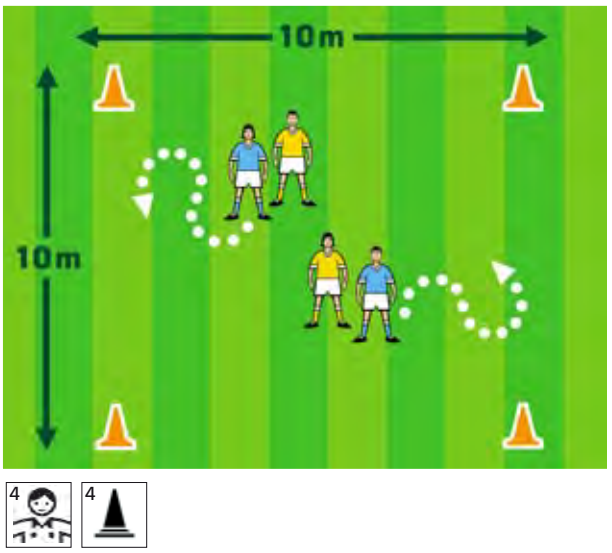
Basic Drill to practise the Checking technique

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the players into pairs
- One player is the defender and one the attacker
- The defender must try to remain in contact with the attacker using one arm at all times
- The defender is not allowed to hold or pull the attacker
- After a set time change roles

VARIATION

- Use a harness to keep the players together



DRILL 2 ZIG-ZAG CHECK

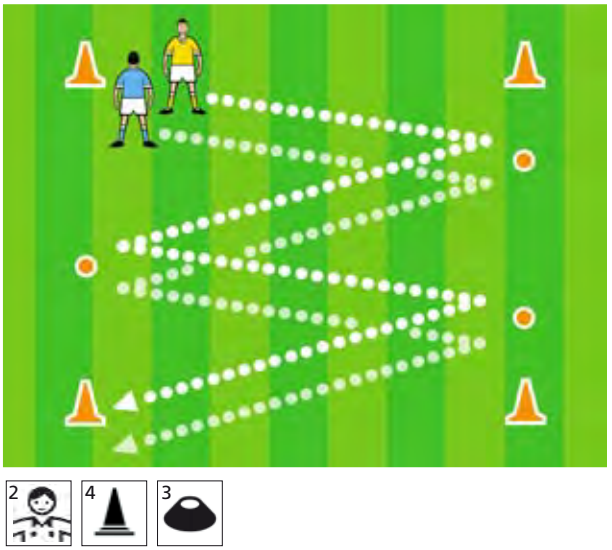
Basic Drill to practise the Checking technique that focuses on the movement of the feet

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A runs in a zig-zag manner from one side of the grid to the other until they reach the end of the grid
- Player B facing Player A, attempts to maintain the 'check' position throughout
- Change roles and then repeat the drill

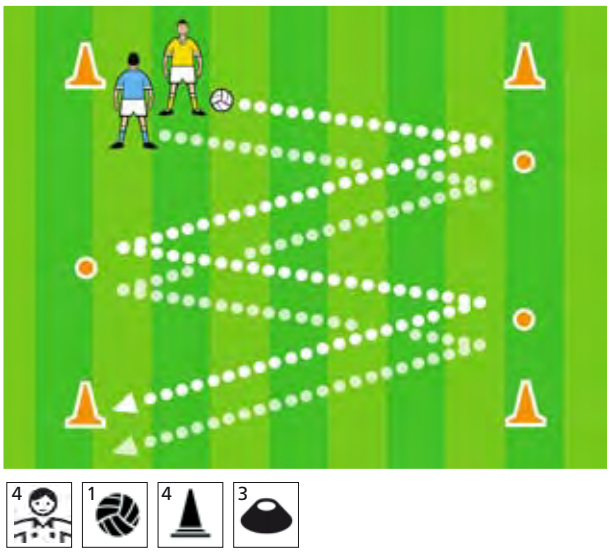
VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand across the front of the body and the outside hand high



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG CHECK (WITH BALL)



Intermediate Drill to practise the Checking technique introducing the ball

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A Solos in a zig-zag manner from one side of the grid to the other
- Player B facing Player A, attempts to maintain the 'check' position throughout, but may not tackle the ball
- As the players become more proficient, allow Player B to attempt to tackle the ball
- Players should attempt dispossession when their opponent is soloing or bouncing the ball

VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand close to the ball and the outside hand high

DRILL 4 GRID CHECK



Advanced Drill to practise the Checking technique

ORGANISATION

- Mark out a grid 8-10m square using cones
- Divide the group into pairs; one player is the attacker, the other the defender
- On the whistle, each pair race around the near corners of the grid
- Rounding the cone the attacking player must attempt to pass the defender to reach the far end of the grid
- The defending player attempts to Check the player to delay their progress
- The defending player may not touch the attacking player

VARIATION

- As the players become more proficient, allow one player to attempt to tackle the ball: dispossession should be attempted during the Solo or Bounce

ACTIVITY 1 CHECK MATE

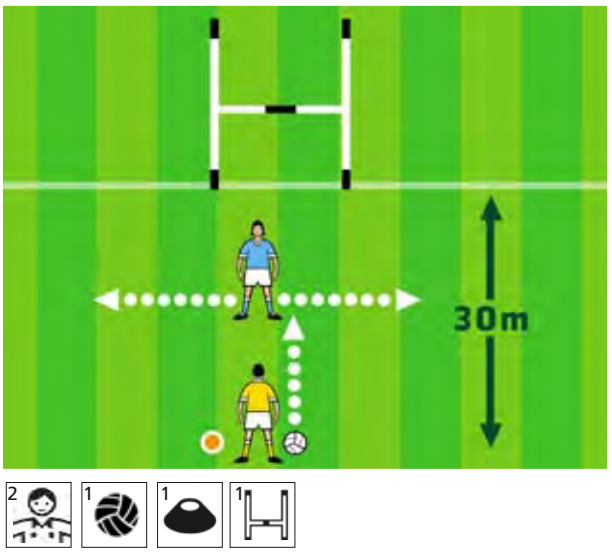
Game Play Drill to develop the Checking technique

ORGANISATION

- Divide the group into pairs; one player is the attacker, the other the defender
- Beginning 30m from goal, the attacking player must attempt to round the defender and kick for a score
- The defending player attempts to Check the player to delay their progress and to flick or palm the ball away as the attacking player Solos the ball
- Change roles and then repeat the drill

VARIATION

- Mark a channel to restrict the movement of the attacker, this will reduce the difficulty for the defender



ACTIVITY 2 CHECK ZONE

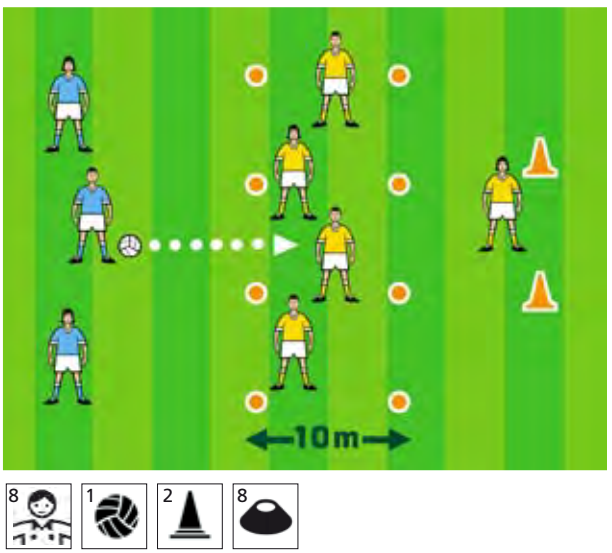
Fun Game to develop the Checking technique

ORGANISATION

- Mark out a playing area 40m X 20m
- Mark a zone approximately 10m wide across the centre of the playing area
- 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 goalkeeper at the far goal
- The defending players use the Checking technique on the attacking player in possession as they pass through the centre zone

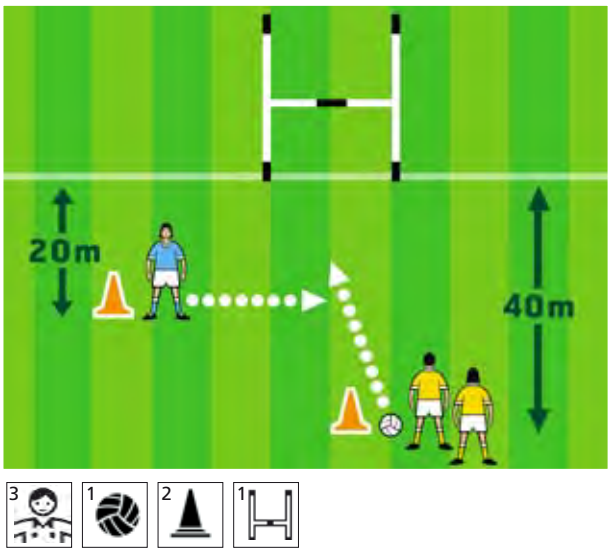
VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders
- The Coach can pass the ball to the attacking team at random



DEVELOP THE SKILL

ACTIVITY 3 PREVENT THE SCORE



A Game Play Drill to develop the Checking and Block Down techniques

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs: one defender and one attacker
- Each attacker in turn Solos towards the goal
- The defending player attempts to Check the attacking player to delay their progress
- The defending player may not touch the attacking player
- Once within shooting range the attacker attempts to shoot for a point and defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking

UNDER 10 FIST PASS

KEY TEACHING POINTS

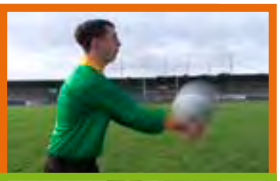
Here are the Key Teaching Points for the Fist Pass technique

✔	Support the ball in the palm of one hand in front of the body Face the target	
✔	Swing back and extend the striking hand Keep eyes on the ball	
✔	Lean forward and strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand Keep the supporting hand steady	
✔	Follow the strike through in the direction of the pass	
✔	While striking the ball, step forward with the foot on the opposite side	

UNDER 10 FIST PASS

COMMON ERRORS

Here are the Common Errors for the Fist Pass technique

✗	Striking the ball from underneath; this may result in the pass being too high	
✓	**To correct, strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand**	
✗	Throwing the ball from the supporting hand before the fist makes contact: this may result in the player making no contact with the ball or the player losing control and power in the pass	
✓	**To correct, hold the ball in the supporting hand until the fist makes contact**	
✗	Failing to keep the holding hand stationary: this may result in a free being awarded against the player for not using a definite striking action, or for throwing the ball	
✓	**To correct, keep the supporting hand steady throughout the technique to show a clear striking action**	
✗	Holding the ball too near or too far from the body: this may lead to poor contact when striking the ball	
✓	**To correct, hold the ball in the palm of one hand, with the elbow bent, to position the ball in front of the body at about waist height**	

FIST PASS
PRACTISE THE TECHNIQUE

DRILL 1 STATIONARY PASS

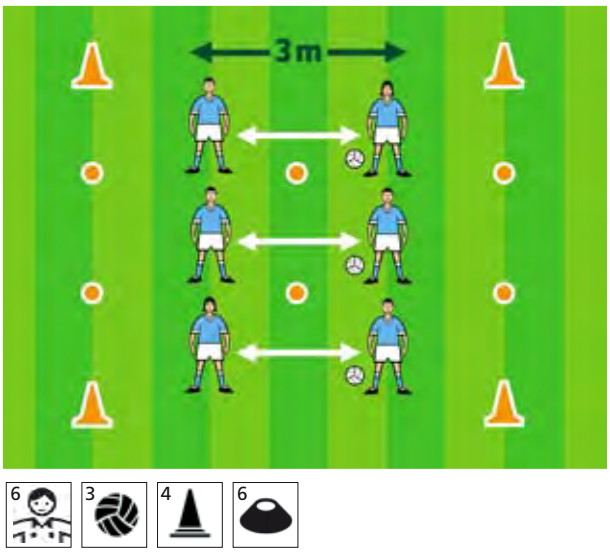
Basic Drill to practise the Fist Pass technique in a stationary position

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Players stand approximately 3m apart
- Each player in turn Fist Passes the ball to their partner
- The routine is continued for approximately 1 minute
- Remember both left and right hands should be used to practise the Fist Pass

VARIATION

- To increase the difficulty, increase the distance between the players



DRILL 2 MOVE AND PASS

Intermediate Drill to practise the Fist Pass technique that requires the players to pass the ball while moving

ORGANISATION

- Divide the players into groups of four, one ball per group
- Mark out a distance of 5m using cones
- The players line up two facing two
- The player in possession walks forward and Fist Passes to the first player in the opposite line, who repeats
- The players join the end of the opposite line each time

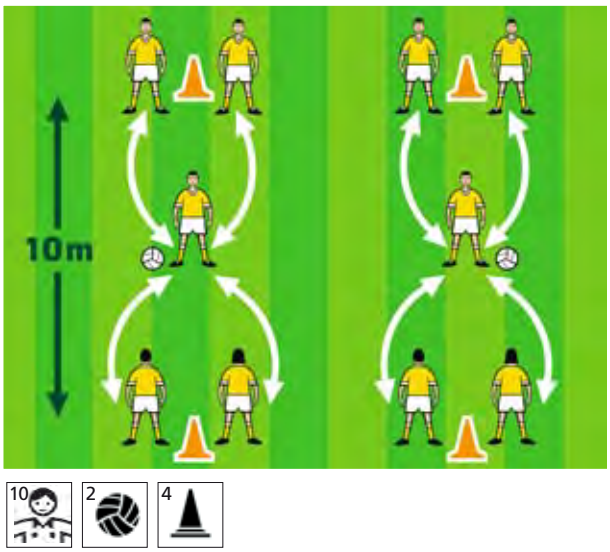
VARIATIONS

- To increase the difficulty, gradually increase the pace of the drill
- Encourage the receiver to move forward to take the pass so that the passer must time their pass more accurately



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Fist Pass technique

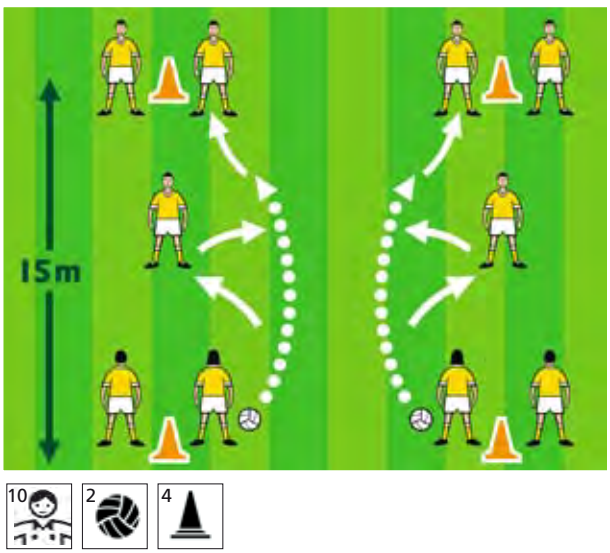
ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of 10m using cones
- Two players stand at either cone, side by side
- Position the fifth player, ball in hand, in the middle
- The middle player passes the ball to each of the side players in turn, first to one side and then the other, over and back
- Encourage the middle player to move with the ball

VARIATION

- Vary the drill by challenging the end players to move in and out in turn for the pass

DRILL 4 MOVE AND PASS II



Intermediate Drill to practise the Fist Pass technique on the move

ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of approximately 15m using cones
- Two players line up at each cone
- The fifth player is positioned midway between the cones
- Each player in turn Fist Passes the ball to the central player, moves to receive the return and Fist Passes to the next player at the far cone
- When running to the right of the central player the right hand should be used to pass and vice versa

VARIATION

- To increase the difficulty; the coach signals to which side of the central player each runner must pass

FIST PASS
DEVELOP THE SKILL

ACTIVITY 1 KEEP BALL

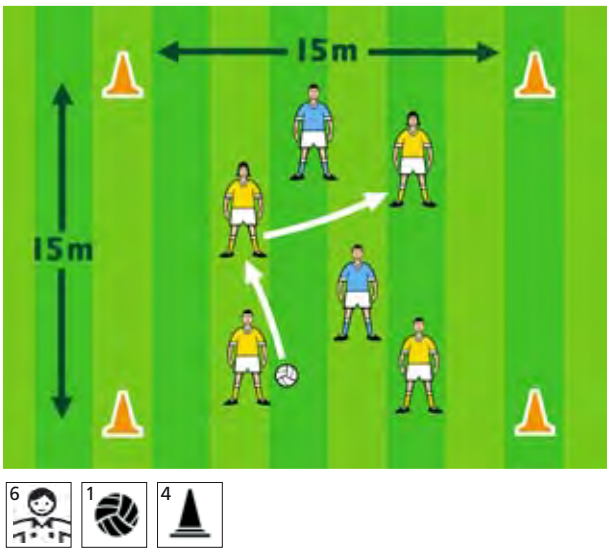
Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a grid 15m X 15m
- Divide the players into a team of 4 and a team of 2
- The team with 4 players has the ball
- The team with 2 players are defenders and must try to get the ball
- The team with the ball must try to keep the ball away from the other team using only the Fist Pass
- Rotate the players on each team after a set period of time

VARIATION

- To increase the difficulty on the team in possession; increase the number of defenders



ACTIVITY 2 DODGE BALL

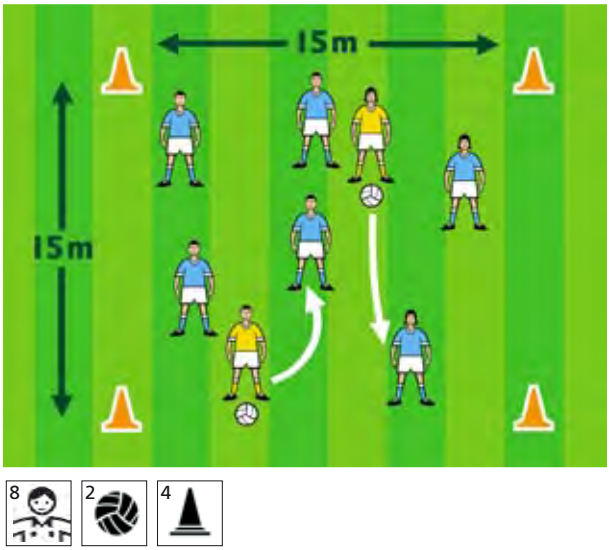
This Fun Game to develop the Fist Pass technique should be played with extra care

ORGANISATION

- Divide the players into a team of 6 and a team of 2
- The team of 2 players must try to score 'hits' by striking the other team with the ball using the Fist Pass; a hit is awarded only for striking the torso of a player
- Award one point for each hit, or alternatively the player who is hit must leave the game
- Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated

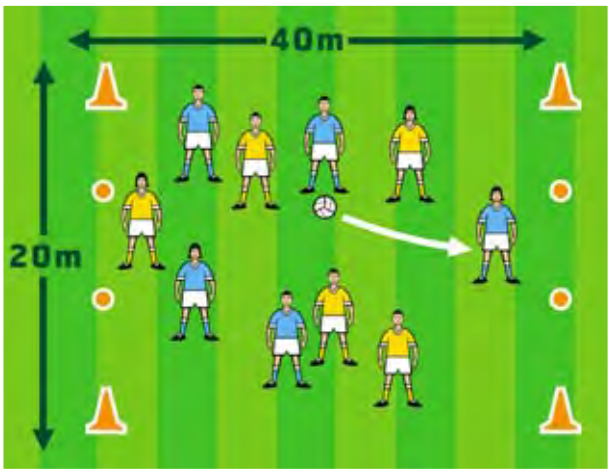
VARIATION

- Use a sponge ball when playing the game with young players



DEVELOP THE SKILL

ACTIVITY 3 GOALS GALORE



Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a playing area 20m X 40m
- Place two markers at either end to form goals
- Divide the players into equal teams, 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

VARIATION

- To increase the difficulty, introduce goalkeepers

UNDER 10 SIDE TO SIDE CHARGE

KEY TEACHING POINTS

Here are the Key Teaching Points for the Side to Side Charge

✔	Move into position alongside the opponent	
✔	Plant at least one foot on the ground Keep the upper arm tight to the body, flexing the elbow to bring the forearm out and across the torso	
✔	Shift the body weight towards the opponent, charging the opponent side to side	

UNDER 10 SIDE TO SIDE CHARGE

COMMON ERRORS

Here are the Common Errors for the Side to Side Charge

✗	Not shifting the body weight adequately toward the opponent: this may be because the player lacks confidence in the tackle situation	
✓	**To correct, introduce the player to the contact situation in a slow and controlled manner**	
✗	Charging the opponent in the front or in the back: this is a breach of the rules and may be penalised as an aggressive foul	
✓	**To correct, move into position alongside the opponent before performing the charge**	
✗	Not keeping at least one foot on the ground	
✓	**To correct, approach the opponent in a controlled manner and plant at least one foot on the ground before charging the opponent**	

SIDE TO SIDE CHARGE
PRACTISE THE TECHNIQUE

DRILL 1 IMITATION CHARGE

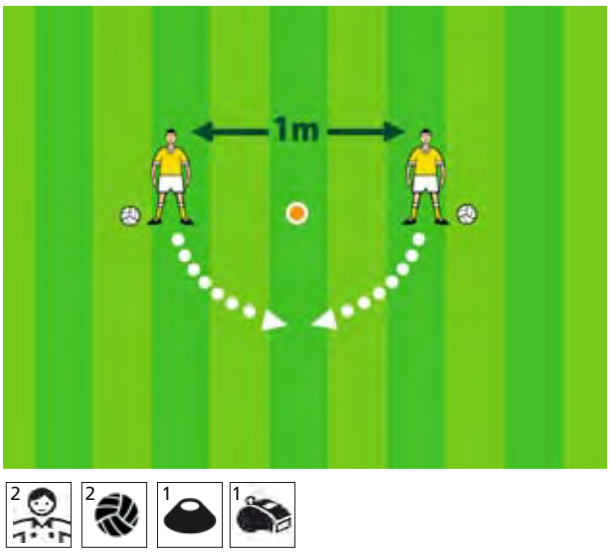
Basic Drill to practise the Side to Side Charge technique

ORGANISATION

- Players pair off and stand approximately 1m apart side to side
- Each player has a ball to help them focus on keeping their arms in a good position
- On the whistle both players step towards each other and perform the Side to Side Charge in a slow and controlled manner
- Switch sides after a set number of goes
- Ensure that the players are matched equally and that each takes due care when performing the technique

VARIATIONS

- As the players become comfortable in the contact situation increase the distance between them and allow them to walk into the charge
- As they develop further increase the pace to a jog



DRILL 2 TACKLE BAG CHARGE

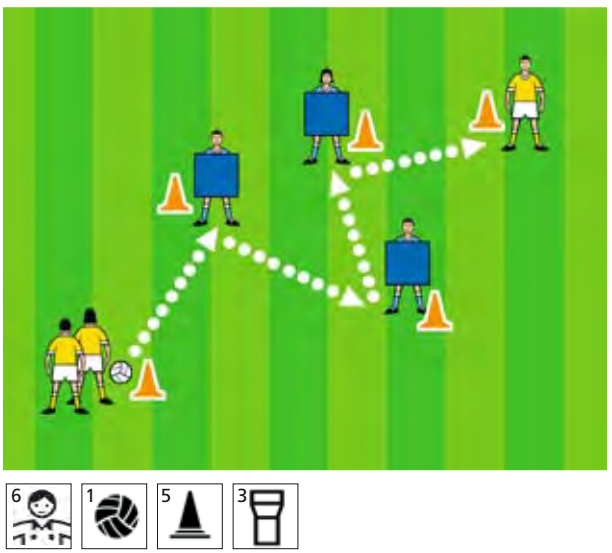
Intermediate Drill to practise the Side to Side Charge technique

ORGANISATION

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- Each player in turn jogs through the formation practicing the Side to Side Charge with the right and left shoulder at each alternate tackle bag

VARIATION

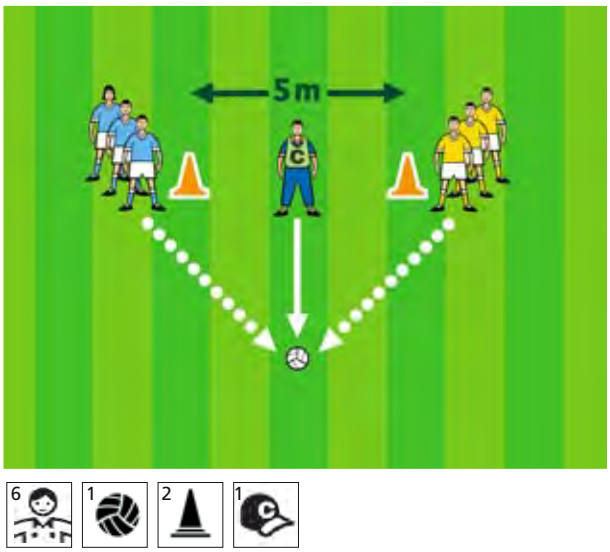
- Initially the players may not be required to play the ball: as they become comfortable encourage them to use the Solo as they approach each tackle



UNDER 10 SIDE TO SIDE CHARGE

PRACTISE THE TECHNIQUE

DRILL 3 CHARGE AND LIFT



Advanced Drill to practise the Side to Side Charge requiring the players to charge an opponent in a contest for possession

ORGANISATION

- Divide the players into pairs, the players approximately 5m apart
- On a signal the coach rolls the ball forward from behind each pair who chase and contest for the ball using the Side to Side Charge
- It is important to ensure that the players are matched equally and that each takes due care when performing the technique
- The players should switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

SIDE TO SIDE CHARGE
DEVELOP THE SKILL

ACTIVITY 1 CHARGE ZONE

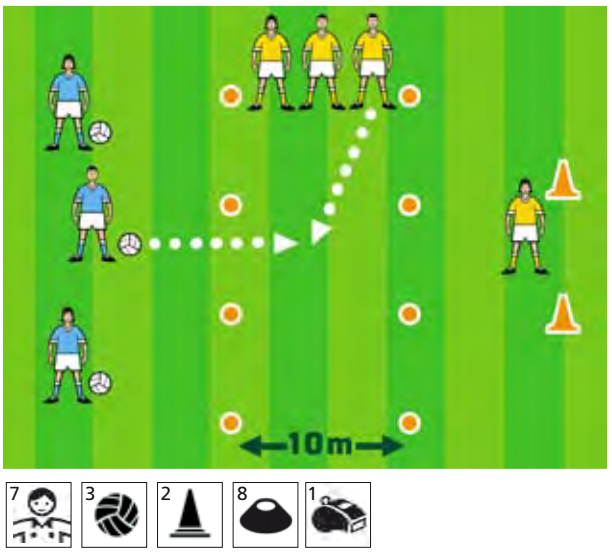
Fun Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking player in possession as they pass through the centre zone

VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders



ACTIVITY 2 ONE ON ONE

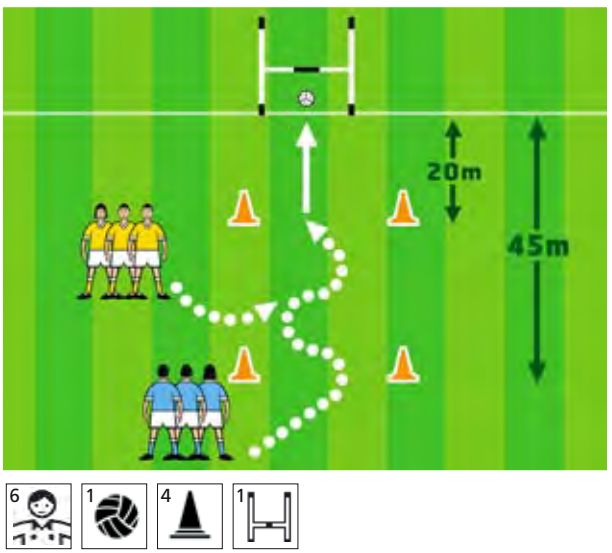
A Modified Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking players as they advance
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- Reverse the roles and repeat the drill

VARIATION

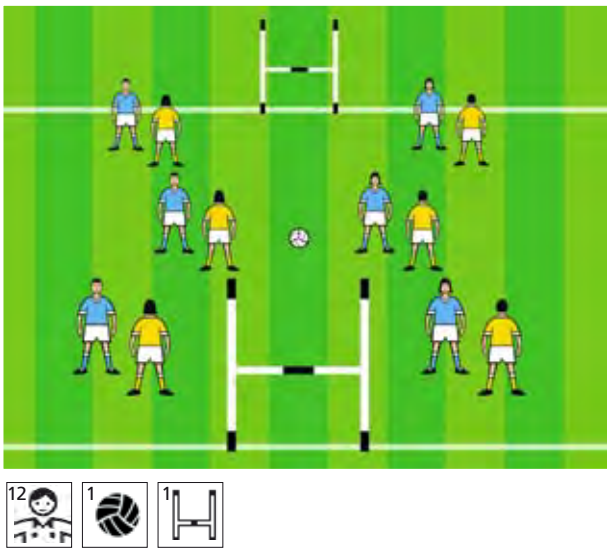
- Remove the channel and allow players free movement



UNDER 10 SIDE TO SIDE CHARGE

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



This Modified Game to develop the Side to Side Charge awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Side to Side Charge

VARIATION

- To ensure plenty of Side to Side Charges, permit players to Bounce or Toe Tap the ball after 4 steps

UNDER 12

CATCH & KICK

COACHING CLASSES



COACHING CLASSES

PUNT KICK II / HIGH CATCH / THE ROLL /
NEAR HAND TACKLE / FEINT AND SIDE STEP

U-12 INTRODUCTION

Welcome to the U-12 section of the Coaching Classes. The skills outlined here have been identified as appropriate for players under the age of 12.
Remember that some players progress quicker than others and may have already mastered a number of these skills.

PUNT KICK

The Punt Kick is a foot passing technique used in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

HIGH CATCH

The High Catch is one of the most spectacular techniques in Gaelic Football and is used to field the ball from the air. It is used in particular to win possession from a kick out or long pass.

THE ROLL

The Roll is an evasion technique used in Gaelic Football when the player in possession goes into contact with an opponent. To perform the technique the player in possession uses the contact to roll away from the opponent and change direction.

NEAR HAND TACKLE

The Near Hand Tackle is a tackling technique in Gaelic Football used to knock the ball from an opponent's possession with the open hand.

FEINT AND SIDE STEP

The Feint and Side Step is a technique used to evade an opponent while in possession of the ball or to lose an opponent in order to find space. The objective of the technique is to disguise the intended direction of movement in order to move into a more advantageous position.

UNDER 12 PUNT KICK II

KEY TEACHING POINTS

Here are the Key Teaching Points for the Punt Kick

- ✔ Hold the ball firmly with both hands

  Head down, eyes on the ball



- ✔ Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



- ✔ Step forward with the non-kicking foot

  Extend the wrist and drop the ball onto the kicking foot



- ✔ Kick the ball with the instep, that is, the laced part of the boot



- ✔ Keep the toes pointed

  Follow through in the direction of the target



COMMON ERRORS

Here are the Common Errors for the Punt Kick

✗	Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction	
✓	**To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete**	
✗	Dropping the ball from the opposite hand to the kicking foot: this can lead to the player kicking the ball with the inside of the foot and misdirecting the pass or shot	
✓	**To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance**	
✗	Not keeping the toes pointed and not following through in the direction of the target	
✓	**To correct, keep the toes pointed throughout the kick, following through in the direction of the target**	

PUNT KICK II
PRACTISE THE TECHNIQUE

DRILL 1 PARTNER KICK

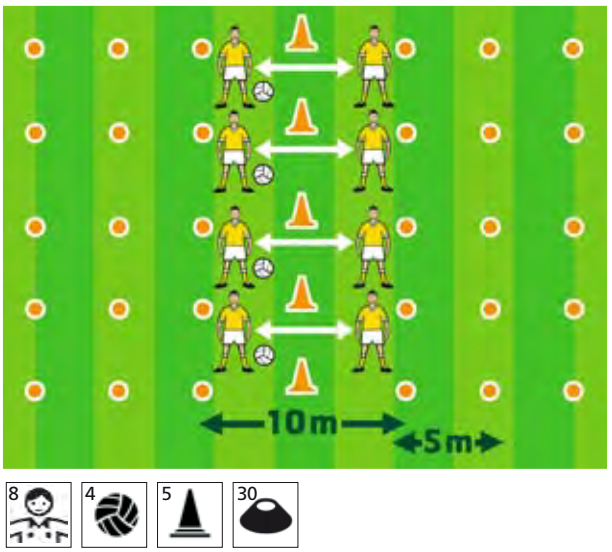
Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel for each pair through which the ball must pass
- Beginning approx 10m apart each player in turn Punt Kicks the ball to their partner
- Encourage the players to practise Punt Kicking with both left and right feet

VARIATION

- As the players become more competent increase the distance the players are required to kick the ball



DRILL 2 ALONG THE LINE

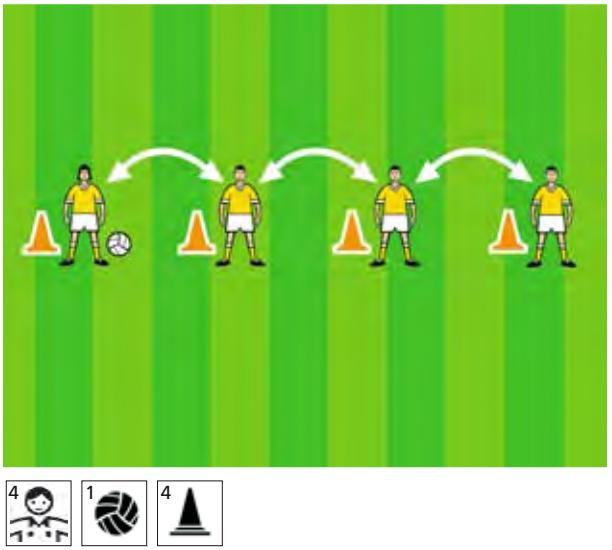
Intermediate Drill to practise the Punt Kick technique

ORGANISATION

- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- The ball is Punt Kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the inside players

VARIATION

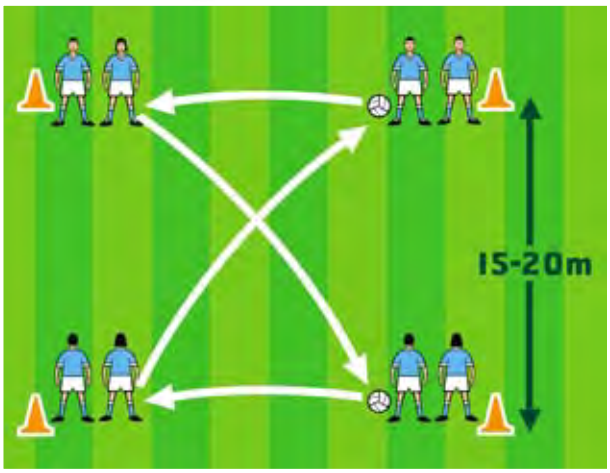
- To increase the difficulty of the drill further introduce an opponent for each player to provide token opposition



UNDER 12 PUNT KICK II

PRACTISE THE TECHNIQUE

DRILL 3 TURN AND KICK



Intermediate Drill to practise the Punt Kick technique which requires the players to adjust their position to face the target player before passing the ball

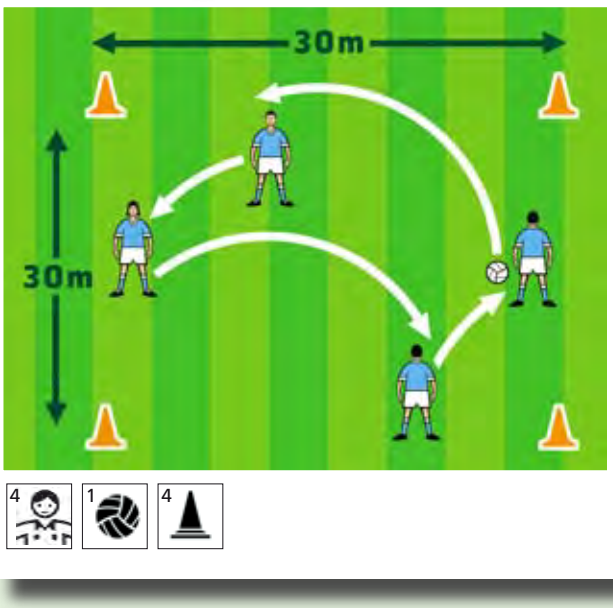
ORGANISATION

- Mark out a grid approximately 15 X 20m square using cones
- Position 2 players at each cone
- The ball is passed along a length of the grid and then across a diagonal from player to player
- Each player follows their pass to the end of the opposite line

VARIATION

- The drill should be conducted in both directions with players practicing off both right and left legs and varying the height and weight of the pass

DRILL 4 CATCH AND KICK



Advanced Drill to practise the Punt Kick technique

ORGANISATION

- Mark out a grid approximately 30m X 30m
- The players work in two pairs
- The player in possession must kick to their partner in the opposite pair who must field the ball using the High Catch
- The second player in the opposite pair provides token opposition
- On receiving the pass the ball is transferred to the other player in the pair who in turn Punt Kicks back to their partner
- Encourage the kicker to place the ball to either side of the receiver requiring them to move into position to field the pass

VARIATION

- To increase the difficulty of the drill the opponent may provide full opposition to the receiver

PUNT KICK II
DEVELOP THE SKILL

ACTIVITY 1 TARGET MAN

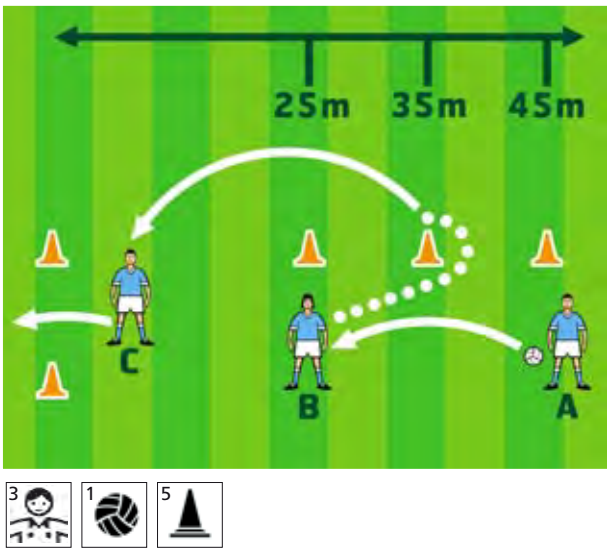
Fun Game to develop the Punt Kick technique which requires the players to pass the ball to a moving target

ORGANISATION

- Mark an attacking zone between the goal and the 13m line
- Place a cone at approximately 25, 35 and 45m from goal
- Player A at the 45m line kick passes the ball for Player B at the 25m line to attack and receive, before turning around the 35m cone and Punt Kicking a pass to Player C in the attacking zone
- Player C should make a run within the attacking zone and call for the ball

VARIATION

- To progress the drill include a defending player to shadow Player C increasing the difficulty of making a successful pass



ACTIVITY 2 CHASE AND SCORE

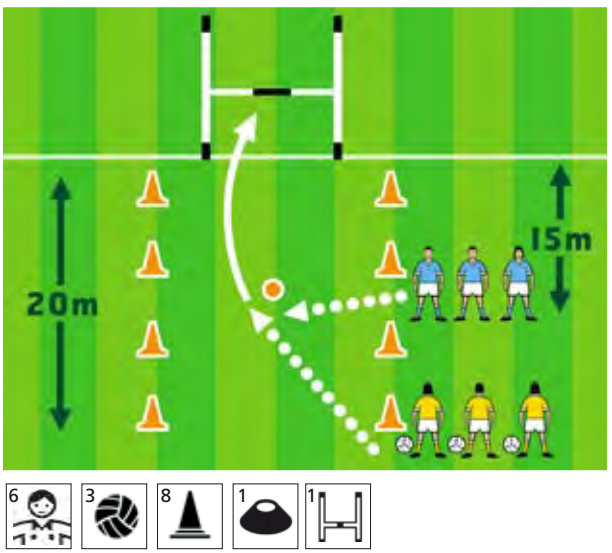
Game Play Drill to develop the Punt Kick requiring the players to Punt Kick for a point while under pressure from an opponent

ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards a marker directly in front of goal and Punt Kicks the ball for a point
- The defender gives chase and attempts to dispossess the attacker

VARIATION

- Allow the attacking players to Solo in any direction and shoot at any time



DEVELOP THE SKILL

ACTIVITY 3 4 GOAL GAME



Modified Game to develop the Punt Kick technique

ORGANISATION

- Mark out a playing area suitable to the numbers and ability of players
- Using portable goalposts, cones or markers, 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
- This also gives an advantage to the team in possession as players will find it easier to create space

VARIATION

- Require a team to make 2 or 3 passes in succession before scoring

UNDER 12 HIGH CATCH

KEY TEACHING POINTS

Here are the Key Teaching Points for the High Catch

- ✔ Adopt a starting position down the line of the oncoming ball

  Approach the ball as it begins to descend



- ✔ Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg forward



- ✔ Extend the arms fully above the head

  Head up, keep eyes on the ball



- ✔ Spreading the fingers to form a 'W' shape behind the ball, catch the ball slightly in front of the head



- ✔ Cushion the ball and secure to the chest with both hands



UNDER 12 HIGH CATCH

COMMON ERRORS

Here are the Common Errors for the High Catch

✗	Not swinging the non-jumping leg forward: this may result in the player not jumping to their full potential and being out fielded	
✓	**To correct, swing the opposite leg forward as they begin their jump**	

✗	Not extending the arms fully: this may result in the ball being intercepted in a game situation as the player fails to take the ball at the highest possible point	
✓	**To correct, extend the arms fully towards the ball as it approaches**	

✗	Not securing the ball into the chest: this may result in the ball being knocked from the players hands as they land	
✓	**To correct, secure the ball to the chest with both hands**	

✗	Jumping too early or too late: this may lead to the player missing the catch or leaving the ball open to interception	
✓	**To correct, watch the flight of the ball closely, jumping to catch the ball at the highest, safest point**	

DRILL 1 PARTNER CATCH

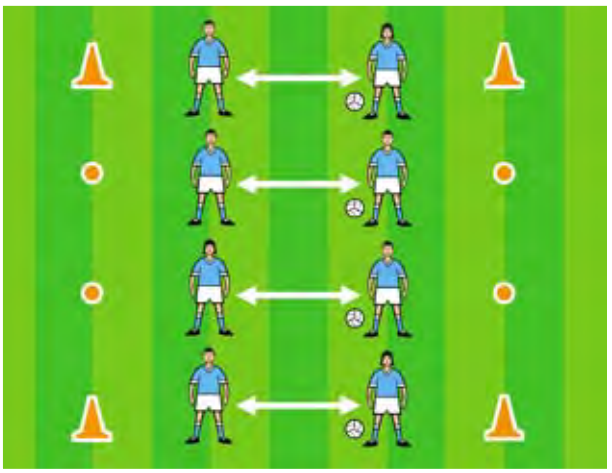
Basic Drill to practise the High Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Each player in turn throws the ball above their opponents head for them to perform the High Catch
- Initially the catcher jumps off both feet from a stationary position, bend the knees and extend the arms backwards before springing up and extending the arms forward and up to catch the ball
- To progress the drill the catcher takes one step forward to jump while swinging the other leg forward. Concentrate on gaining as much height as possible with the swinging leg

VARIATION

- As the players become more competent allow the catcher to jog forward to jump for the ball



DRILL 2 MOVE AND BLOCK

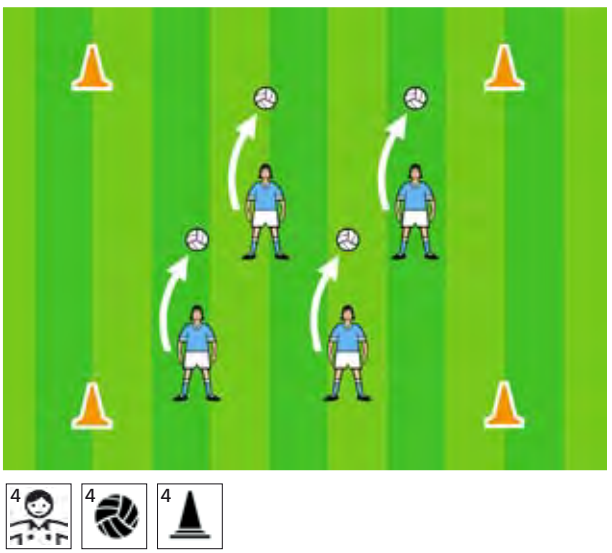
Basic Drill to practise the High Catch technique

ORGANISATION

- Mark out a grid appropriate to the number of players
- While remaining within the grid each player throws a ball high above their heads to perform the High Catch
- Continue the drill for a set period of time

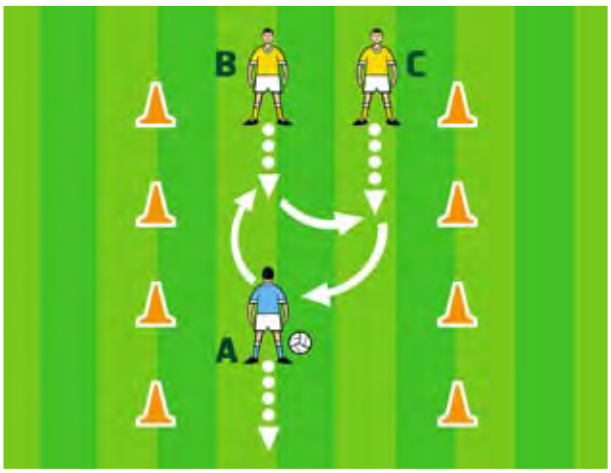
VARIATION

- Adapt the drill by requiring the players to kick the ball up to perform the High Catch



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the High Catch technique

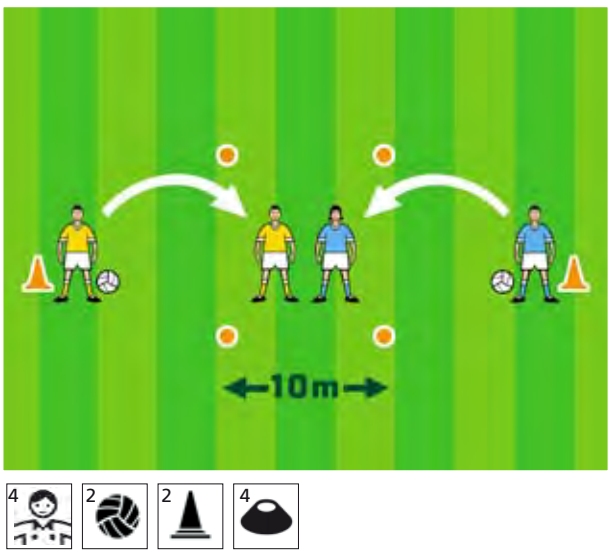
ORGANISATION

- Mark out a channel with cones
- Divide the players into groups of three: one ball per group
- Beginning at one end of the channel Player A jogging backwards throws the ball for Player B to move forward and perform the High Catch
- On landing Player B fist passes the ball to Player C who in turn fist passes the ball to Player A to repeat
- Rotate the players and repeat the drill

VARIATION

- Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards
- Allow Player C to provide token opposition to the catcher

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the High Catch technique introducing an opponent

ORGANISATION

- Mark out a grid approximately 10m X 10m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The other two players act as feeders
- Each feeder is designated a partner
- Each feeder in turn throws the ball for their partner to perform the High Catch while the other player provides token opposition

VARIATIONS

- As the players become more competent allow both players to contest for the ball
- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

HIGH CATCH
DEVELOP THE SKILL

ACTIVITY 1 PRISONER BALL

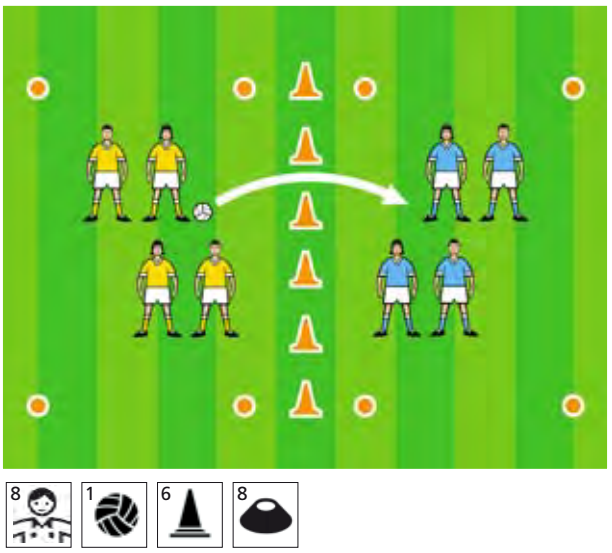
Fun Game to develop the High Catch technique

ORGANISATION

- Mark out a court using markers
- Mark out a centre net or barrier using cones to divide the court into two sides
- Divide the players into 2 equal teams
- The objective of the game is to kick the ball into the opponents section of the court
- If the ball is caught it is returned in the same way, but if the ball is not caught, the player who dropped it or who was nearest must surrender as 'prisoner' to the other side, effectively increasing their numbers
- The game is over when all the players of one team have been taken prisoner by the other

VARIATION

- Require the catcher to Fist or Hand Pass to a team mate immediately on landing before the ball can be kicked back to the opposite side



ACTIVITY 2 ONE ON ONE

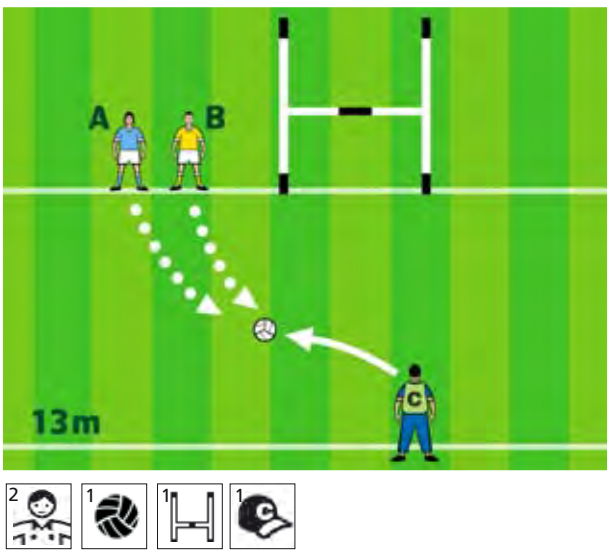
Game Play Drill to develop the High Catch technique in a contest situation

ORGANISATION

- Divide the players into two teams, designate one the attacking and one the defending team
- Both teams line up beside each other in pairs on the end line
- The Coach is positioned on the 13m line
- On the whistle, the first pair jog out from the end line
- The Coach throws the ball up for the attacking player to High Catch and shoot for goal
- The defending player attempts to block the shot or knock the ball clear

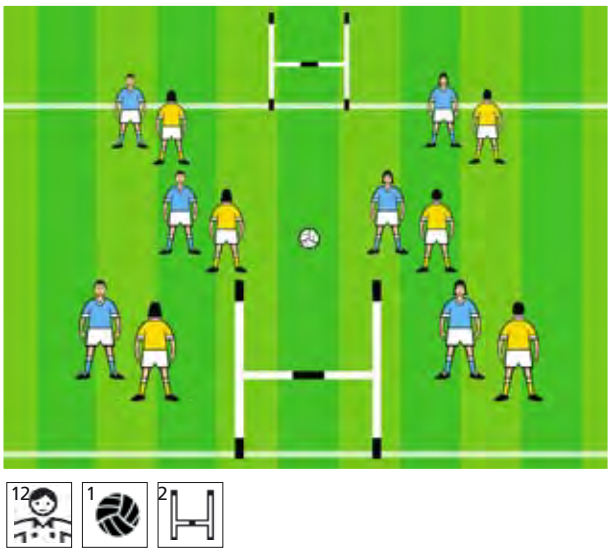
VARIATION

- As the players become more proficient, increase the distance from the goal



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the High Catch that awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful High Catch and 2 points for a goal

VARIATION

- To ensure plenty of High Catches, do not permit players to Bounce or toe tap the ball

UNDER 12 THE ROLL

KEY TEACHING POINTS

Here are the Key Teaching Points for The Roll technique

- ✔ Run directly towards the opponent



- ✔ Plant the right foot forward, towards the opponent's left shoulder while transferring the ball to the left side



- ✔ Engage the opponent in a Side to Side Charge

  Using their shoulder as a hinge, roll off by swinging the left leg around and pivoting on the right foot



- ✔ Plant the left foot on the ground and transfer the ball back to the outside of the body, now on the right side



- ✔ Bring the right leg around and accelerate away

  Use a low bounce clearing the opponent



COMMON ERRORS

Here are the Common Errors when performing The Roll technique

✗ Using a bounce as opposed to a toe tap going into the tackle; this may result in the player fouling the ball coming out of the tackle as they must toe tap the ball and may not have sufficient time or space	
✓ **To correct, toe tap the ball when in space approaching the opponent**	
✗ Planting the 'wrong' foot and leading off the wrong shoulder	
✓ **To correct, plant the opposite foot to that of the opponent, as in a Side to Side Charge**	
✗ Rolling across the front of the opponent: this may also leave the ball exposed to a tackle	
✓ **To correct, plant the opposite foot to that of the opponent and roll back to back with their opponent**	
✗ Not protecting the ball during the tackle: this may result in the opponent knocking the ball away	
✓ **To correct, continue to transfer the ball to the outside of the body throughout the tackle**	

THE ROLL
PRACTISE THE TECHNIQUE

DRILL 1 PARTNER ROLL

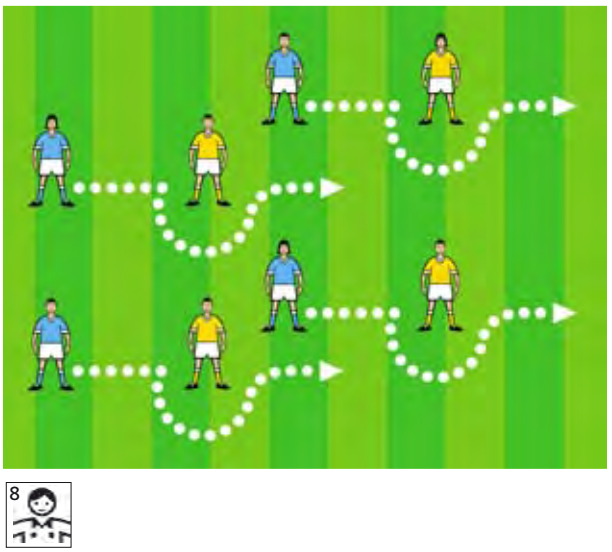
Basic Drill to practise The Roll technique

ORGANISATION

- Divide the players into pairs
- One player from each pair performs The Roll technique off their partner without a ball
- The technique should be performed at a walking pace initially allowing the players to focus on planting the correct foot and rolling in the correct direction
- The players should practise the technique off both sides
- After a set number of attempts reverse the roles

VARIATIONS

- As the players become more competent the pace should be increased gradually
- As the players develop introduce a ball; encourage the players to toe tap approaching their partner and Bounce the ball as they move away



DRILL 2 GRID ROLL

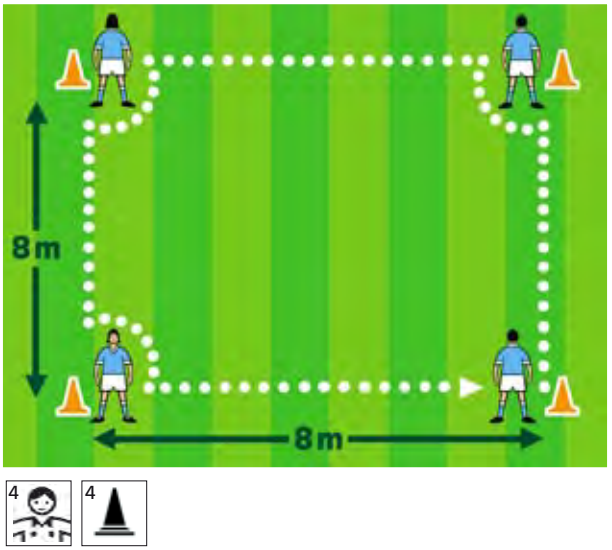
Basic Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position one player at each cone
- Each player in turn moves around the grid engaging shoulder to shoulder with the other players to perform The Roll technique
- The stationary players should face away from the grid
- Change the direction of movement after each player has had a turn
- When moving anti-clockwise the moving player should roll off the left shoulder and vice versa

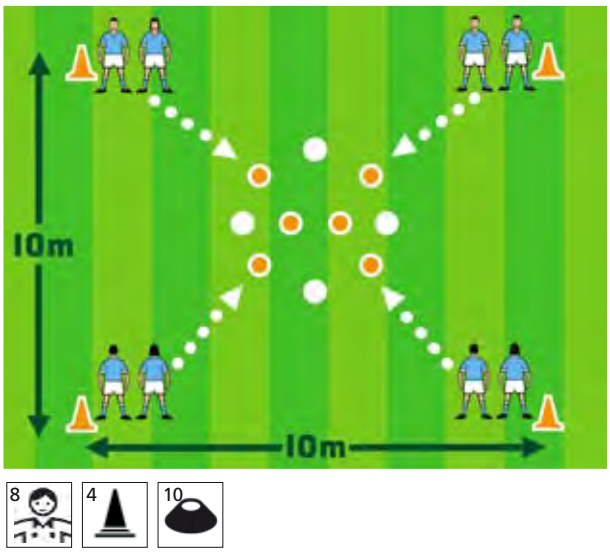
VARIATION

- As the players develop, introduce a ball; encourage the players to toe tap approaching the stationary players and Bounce the ball as they move away



PRACTISE THE TECHNIQUE

DRILL 3 DANCING FEET



Intermediate Drill to practise The Roll technique

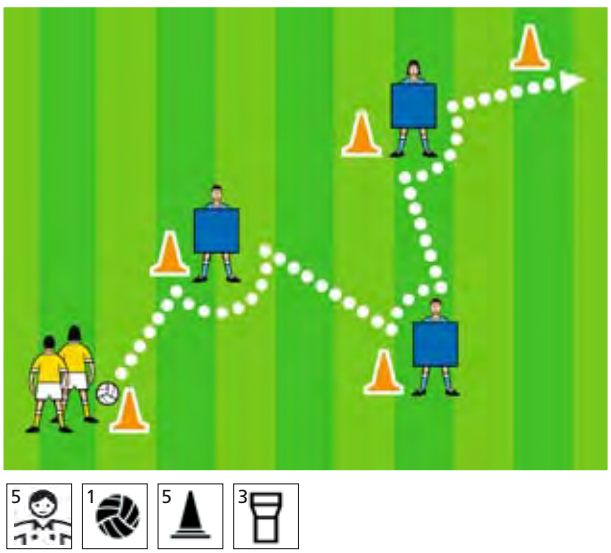
ORGANISATION

- Mark out a grid approximately 10m square using cones
- Place markers of two colours evenly spaced out throughout the centre
- Two players are positioned at each cone
- One of each pair enter the grid simultaneously to perform a Roll at each of the markers
- The players roll off the right foot at markers of one colour and off the left foot at markers of the other colour
- Switch the players after a set time

VARIATION

- To progress the drill, require the players to carry a ball

DRILL 4 TACKLE BAG ROLL



Intermediate Drill to practise The Roll technique

ORGANISATION

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- The remaining players line up at one end of the formation
- Each player in turn jogs through the formation practising The Roll with the right and left shoulder at each alternate tackle bag

VARIATION

- As the players become more comfortable encourage them to play the ball, particularly focusing on using the Bounce as they move away from each tackle

ACTIVITY 1 ROLL AND SHOOT

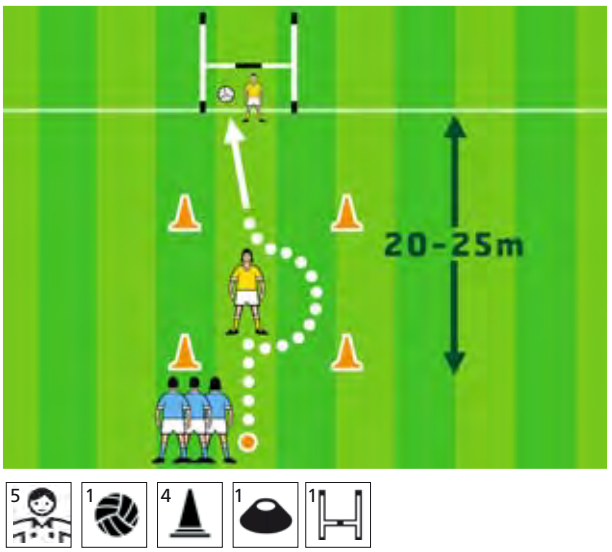
Game Play Drill to develop The Roll technique

ORGANISATION

- The attacking players line up approximately 20-25m from goal
- A defending player is positioned in a grid midway between the attacking players and the goal
- Each player in turn Solos forward to engage the defending player before rolling to one side and attempting to score
- The players should toe tap as they approach the defender and use the outer hand to Bounce the ball as they roll away towards goal

VARIATION

- To increase the difficulty of the drill allow the defensive player to tackle for the ball



ACTIVITY 2 ROLL AND PASS

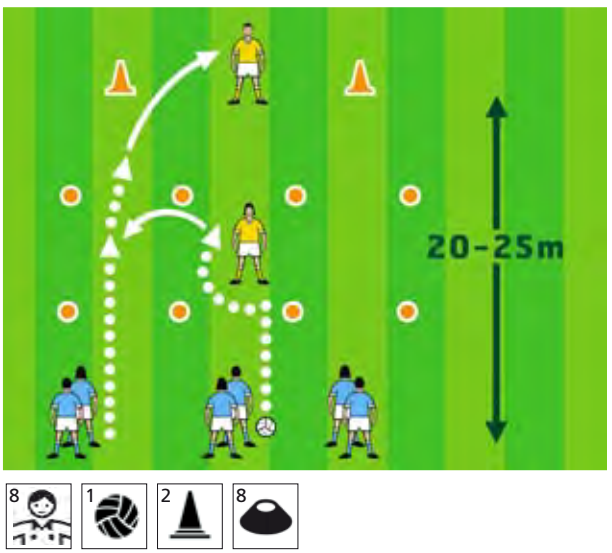
Game Play Drill to develop The Roll technique that requires the players to work together

ORGANISATION

- Attacking players line up in threes approximately 20-25m from goal
- A defending player is positioned in a defensive zone midway between the attacking players and the goal
- The attacking players move forward together with the central player in possession of the ball
- Having rolled off the defensive player the central attacking player lays off the ball to the outside player at that side using the Hand Pass technique
- Focus on transferring the ball to keep it in the outside arm throughout The Roll
- The players should use the right hand when passing to the right and the left hand when passing to the left

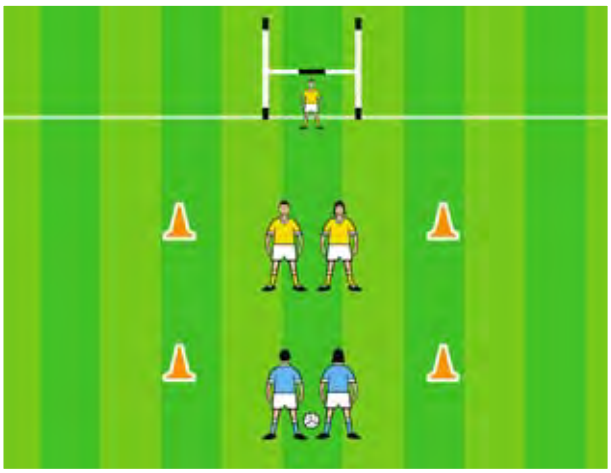
VARIATION

- To increase the difficulty of the drill allow the defensive player to tackle for the ball



DEVELOP THE SKILL

ACTIVITY 3 2 V 2



Game Play Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 10-15m square
- Position the grid 10m from the goal
- Divide the players into attackers and defenders, with one goalkeeper
- The attackers enter the grid with the ball, which may be passed between them. They must perform The Roll before shooting on goal
- Rotate the players after a set number of goes

VARIATION

- Increase or decrease the difficulty by varying the degree to which the defender can tackle

UNDER 12 NEAR HAND TACKLE

KEY TEACHING POINTS

Here are the Key Teaching Points for the Near Hand Tackle technique

✔	Move alongside or level with the opponent Keep eyes on the ball	
✔	When the opponent's far leg is forward step across their space with the near leg	
✔	Flick the ball away with the hand nearest the opponent when the ball is free in the solo or bounce	
✔	Recover the ball to win possession	

UNDER 12 NEAR HAND TACKLE

COMMON ERRORS

Here are the Common Errors of the Near Hand Tackle technique

✗	Tackling from behind by not getting shoulder to shoulder with the opponent: this may result in the player fouling their opponent by pushing or charging them in the back	
✓	**To correct, make ground to be level with the opponent before making the tackle**	
✗	Leading with the outside leg and hand: this leads to poor balance and may result in the near hand being placed on the opponent's back or used to pull the opponent back thus committing a foul	
✓	**To correct, step in with the near leg and hand when the opponent's far leg is forward**	
✗	Not targeting the ball leads to the player committing an aggressive foul by pushing, pulling or charging his opponent	
✓	**To correct, remain disciplined, keeping the eyes focused on the ball at all times**	
✗	Not timing the tackle to coincide with the ball being free: this may make the tackle more difficult to complete and may again lead to the player committing a foul	
✓	**To correct, be patient and focus on the instant the ball is played by the opponent in an attempt to bounce, toe tap or pass**	

NEAR HAND TACKLE
PRACTISE THE TECHNIQUE

DRILL 1 ON THE BALL

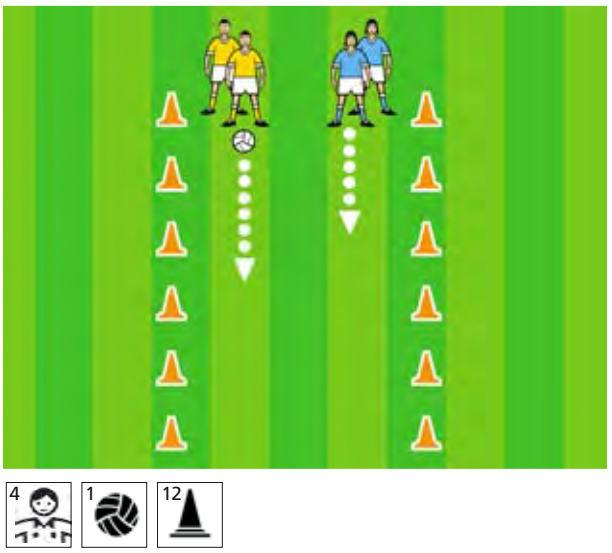
Basic Drill to practise the Near Hand Tackle technique in a controlled situation

ORGANISATION

- Divide the group into pairs
- Mark out a channel approximately 5m wide using cones
- Each pair walk side by side through the channel with Player A attempting to step across and execute the Near Hand Tackle
- Player B should toe tap or Bounce the ball on every stride to afford the tackling player a number of chances to practise the tackle
- Change roles after a number of attempts

VARIATION

- Increase the pace gradually beginning with a jog as the players become more competent



DRILL 2 AROUND THE BLOCK

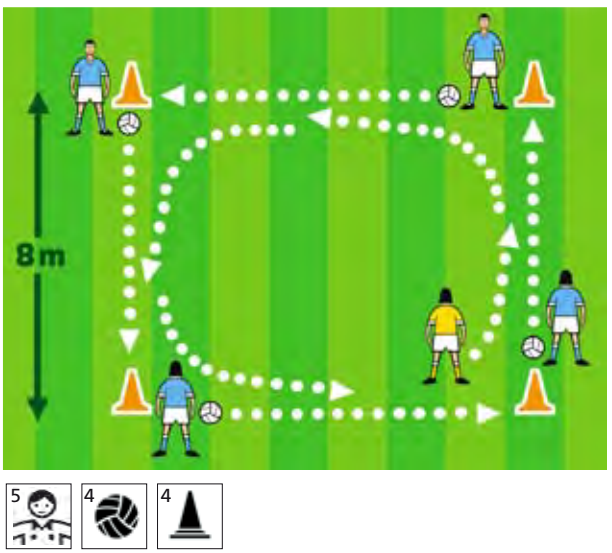
Basic Drill to practise the Near Hand Tackle technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position one player at each cone with a ball and a tackling player at one of the cones
- The tackling player runs alongside each of the other players in turn attempting to perform a Near Hand Tackle as they travel a length of the grid
- The Coach may assist the drill by signalling when each player in possession should begin to move
- Switch the tackling player after each circuit of the grid
- The drill should be conducted in both directions

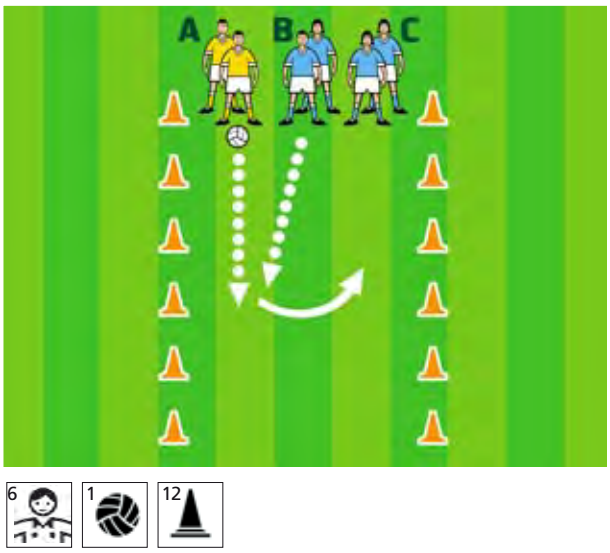
VARIATION

- Increase the lengths of the grid to allow the tackling player more time to perform the technique



PRACTISE THE TECHNIQUE

DRILL 3 TACKLE TO TEAM-MATE



Intermediate Drill to practise the Near Hand Tackle technique requiring the tackling player to knock the ball to a team mate

ORGANISATION

- Divide the players into groups of 3
- Mark out a channel approximately 5m wide using cones
- Player A on the right of the group Solos forward
- Player B in the middle attempts to perform the Near Hand Tackle and knock the ball to Player C in the process
- Change roles after a number of attempts

VARIATIONS

- Player B is in possession and Player C attempts to perform the Near Hand Tackle and knock the ball to Player A
- As the proficiency of players improves, increase the pace of the drill

NEAR HAND TACKLE
DEVELOP THE SKILL

ACTIVITY 1 GRID TACKLE

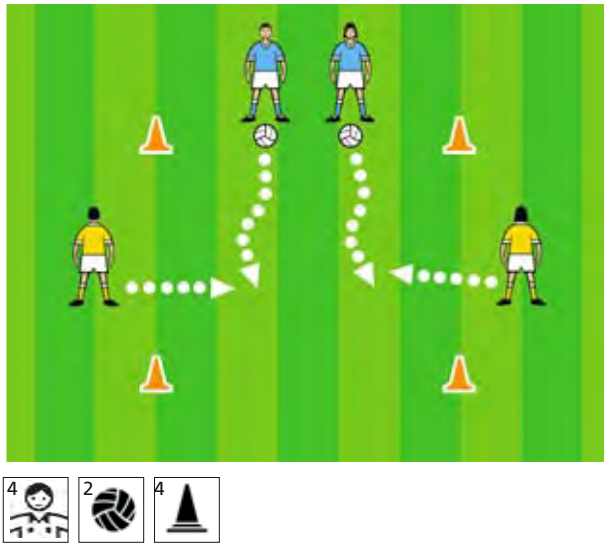
Fun Game to practise the Near Hand Tackle in open space

ORGANISATION

- Mark out a grid 15m X 15m
- Two players with a ball each enter the grid from one side
- Two tackling players enter the grid from each adjacent side
- The players in possession continue to Solo around the grid as the tackling players attempt to perform the Near Hand Tackle
- After a set time reverse the roles

VARIATION

- Increase the number of players in possession giving the tackling players a number of targets



ACTIVITY 2 LAST MAN STANDING

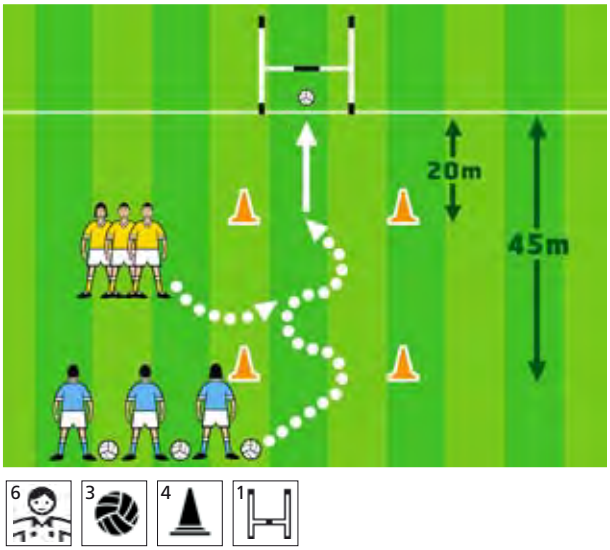
Game Play Drill to develop the Near Hand Tackle technique

ORGANISATION

- Mark a channel from approximately 20-45m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- In turn each attacker and defender enter the channel
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- The defenders may only use the Near Hand Tackle to dispossess the attacker

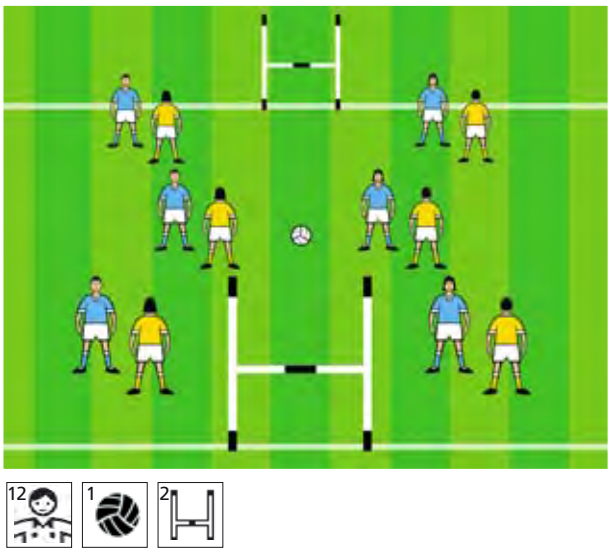
VARIATION

- Increase the number of defenders on each go to reduce the difficulty of the drill



DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Near Hand Tackle that awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Near Hand Tackle and 2 points for a goal

VARIATION

- To ensure plenty of Near Hand Tackles, permit players to Bounce or toe tap the ball after taking four steps

UNDER 12 FEINT AND SIDE STEP

KEY TEACHING POINTS

Here are the Key Teaching Points for the Feint and Side Step

✔	Run directly towards the opponent
✔	Feign movement to one side by shifting body weight in that direction Accentuate the feint by dropping the shoulder at that side simultaneously
✔	Quickly change direction by shifting your body weight back and pushing hard off the planted foot When using a ball, the feint may be further accentuated by showing the ball before pulling the ball back rapidly as you change direction
✔	Accelerate quickly away





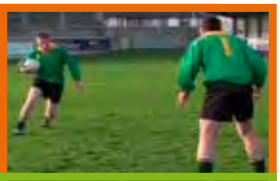




UNDER 12 FEINT AND SIDE STEP

COMMON ERRORS

Here are the Common Errors for the Feint and Side Step

✗	Stepping to one side to plant the foot too early: this may allow the opponent to read the intention of the movement and recover quickly	
✓	**To correct, move to 1 to 2m from the opponent before beginning the feint**	

✗	Not transferring to one side	
✓	**To correct, feign movement to one side by shifting body weight in that direction and dropping the shoulder to the same side**	

✗	Accelerating away too slowly after changing direction: this may result in the player failing to lose their opponent	
✓	**To correct, concentrate on moving away from the opponent as quickly as possible after changing direction**	

✗	Showing the ball too early: this may allow the opponent to read the intention of the movement and recover quickly	
✓	**To correct, move to 1 to 2m from the opponent before beginning the feint**	

FEINT AND SIDE STEP
PRACTISE THE TECHNIQUE

DRILL 1 AROUND THE MAN

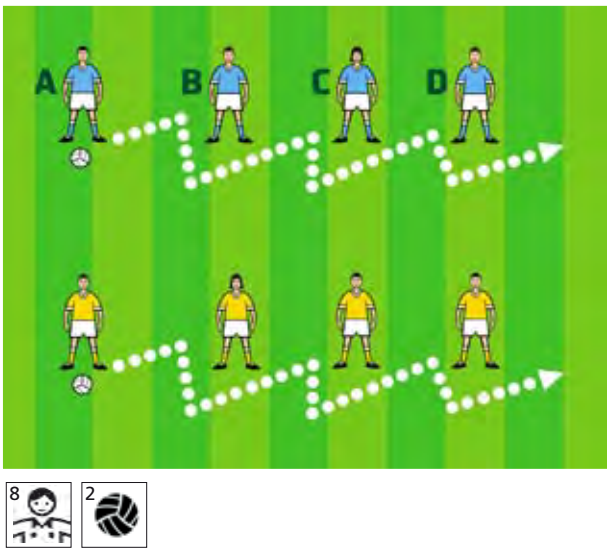
Basic Drill to practise the Feint and Side Step technique

ORGANISATION

- Divide the players into groups of 4
- The players form a line approximately 3-4m apart, the first player facing the others
- Player A, with ball in hand, feigns past each player in turn while walking
- Players B, C and D remain stationary throughout
- Once player A reaches the end of the line all the players move forward and the ball is passed to Player B to repeat the drill
- Each player in turn moves to the top of the line and repeats

VARIATION

- As the players become proficient introduce jogging to increase the speed of the drill



DRILL 2 IN AND OUT

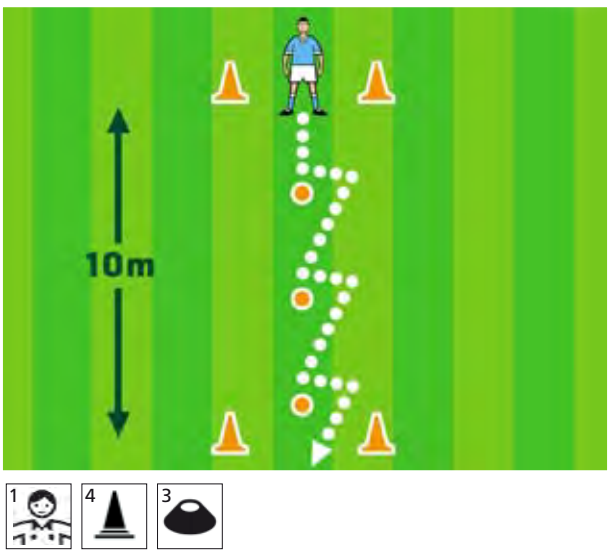
Basic Drill to practise the Feint and Side Step technique

ORGANISATION

- Place 3 markers 1-2m apart down the centre of a channel
- Beginning at one end of the channel each player in turn feigns around each cone
- Initially the players should be encouraged to perform the technique slowly to focus on each of the key points

VARIATION

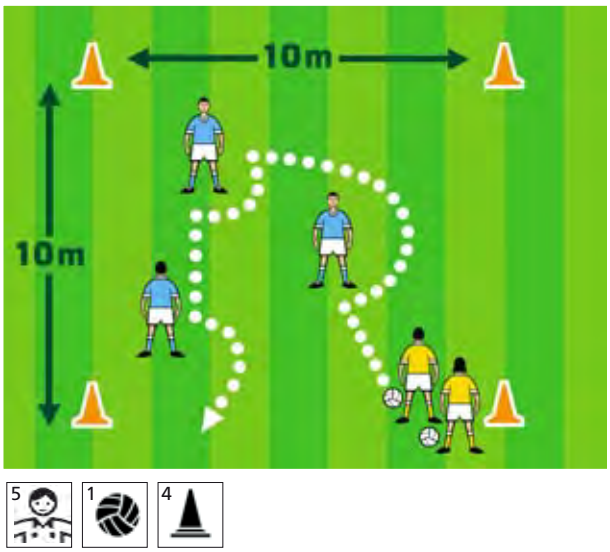
- As the players become more competent the pace should be increased, first to a jog and eventually to running speed
- Introduce a ball once the players are comfortable performing the technique without a ball



UNDER 12 FEINT AND SIDE STEP

PRACTISE THE TECHNIQUE

DRILL 3 1, 2, 3, FEINT



Intermediate Drill to practise the Feint and Side Step technique requiring the players to feint around three stationary opponents in succession

ORGANISATION

- Mark out a grid 10m X 10m using cones
- Position 3 defending players within the grid as shown
- The remaining players line up outside the grid each with a ball
- Each player must enter the grid in turn, approach each of the defending players, feign and accelerate away
- Change the defending players at frequent intervals
- Continue the drill for a set period of time

VARIATION

- To increase the difficulty, allow the defending players to tackle the ball while remaining in their positions

DRILL 4 ALONG THE LINE



Advanced Drill to practise the Feint and Side Step technique introducing a moving opponent

ORGANISATION

- Place 6 markers 1-2m apart down the centre of a channel
- Divide the players into pairs; one attacker and one defender
- On the whistle the attacking player moves forward along one side of the cones
- The defending player shadows the attacker from the other side of the cones
- The attacking player must feign and pass the defending player, accelerating through the cones to the other side
- Reverse the roles after a set number of attempts

VARIATION

- As the players become competent introduce a ball

UNDER 12

FEINT AND SIDE STEP
DEVELOP THE SKILL

CATCH & KICK COACHING CLASSES

ACTIVITY 1 TAG

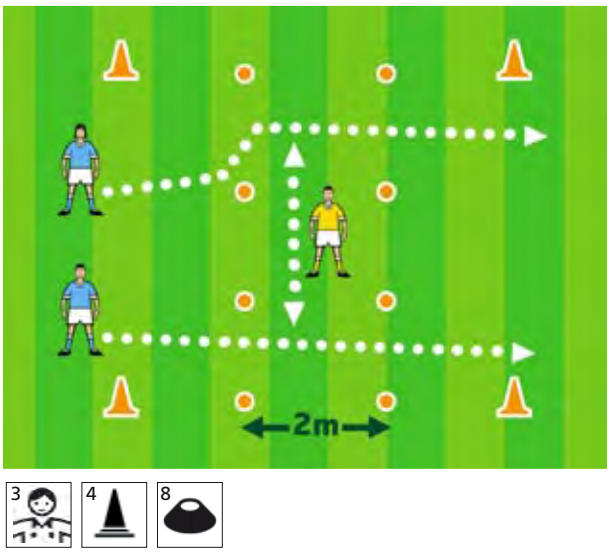
Fun Game to develop the Feint and Side Step technique

ORGANISATION

- Mark out a grid 15-20m X 10m
- Mark a zone approximately 2m wide across the centre of the grid
- Two attacking players are positioned at one end of the grid; one defending player in the centre zone
- The outer players must run forward together and pass through the centre zone while avoiding the defending player
- The defending players use the Checking technique to block the attacking players
- The attacking players lose one life every time they are tagged by the defending player
- When an attacking player loses all their lives they become the defending player

VARIATION

- To increase the difficulty allow only one attacking player run at a time



ACTIVITY 2 PASS THE GUARDS

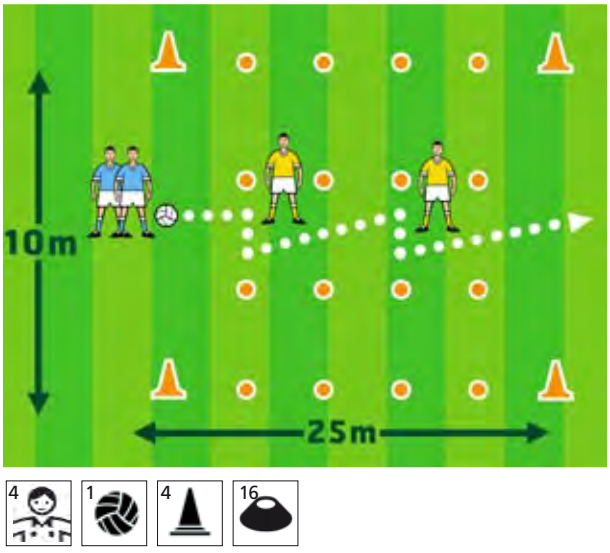
Fun Game to practise the Feint and Side Step technique. It also helps develop defensive skills like Checking and the Near Hand Tackle

ORGANISATION

- Mark out a grid of approximately 25m X 10m wide
- Mark 5 equal zones along the length of the grid
- Position a defender in the 2nd and 4th zones
- In turn, attacking players attempt to get to the far end of the grid without losing possession
- The defending players may only challenge the attacking players within their defensive zones

VARIATION

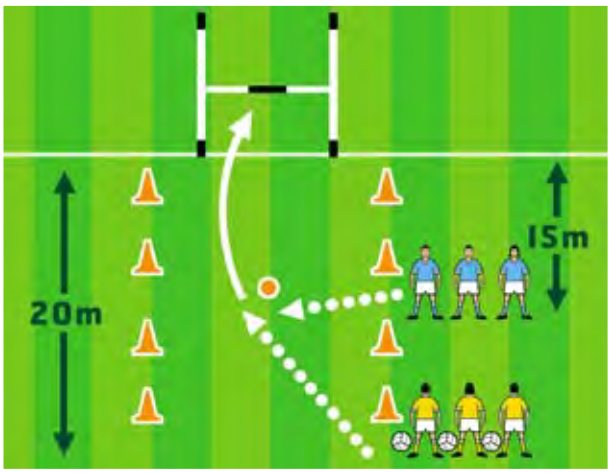
- Place a goal at the end of the grid and require the players to shoot for goal having successfully passed the defenders



UNDER 12 FEINT AND SIDE STEP

DEVELOP THE SKILL

ACTIVITY 3 CHASE AND SCORE



This is a Game Play Drill to develop the Feint and Side Step technique requiring the players to avoid an opponent and kick for a point

ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards an opponent. The attacker must Feint and Side Step the opponent and kick for a point
- The defender gives chase and attempts to dispossess the attacker

VARIATION

- Allow the attacking player to Solo in any direction and shoot at any time

EXTRA SKILLS

CATCH & KICK
COACHING CLASSES



COACHING CLASSES

HANDLING THE BALL / KICK FROM THE GROUND / PENALTY KICK / SHOT STOPPING / CHIP LIFT / DRIBBLE / SWERVE KICK / DUMMY

EXTRA SKILLS INTRODUCTION

EXTRA SKILLS

The following skills have been identified as specialist skills, which can be incorporated into any coaching session.

HANDLING THE BALL

Handling the Ball properly is essential to perform many of the catching and passing skills of Gaelic Football.

KICKING FROM THE GROUND

Kicking the Ball from the Ground is used to restart play after a score or wide and may also be used to take a free or sideline kick.

PENALTY KICK

A Penalty Kick is awarded when an opponent commits a technical foul inside the small square or an aggressive foul inside the large square.

SHOT STOPPING

Blocking or Stopping the Ball is the primary function of the goalkeeper. It requires great reflexes, agility, and bravery.

CHIP LIFT

The Chip Lift is used to gather possession on the run without breaking stride. It is particularly effective in wet weather. Players also use the assisted lift to speed up the attack, flicking the ball into the arms of an on-running team-mate.

DRIBBLE

The Dribble is a technique used to maintain possession while moving the ball along the ground. It is also used to move the ball into a better position before lifting the ball into the hands.

SWERVE KICK

The Swerve Kick involves striking the ball with the outside of the foot and is predominantly used when attempting to score from an angle to the goal posts.

DUMMY

The Dummy is a technique used to deceive an opponent and create space. It can be performed by faking a kick or Hand Pass.

EXTRA SKILLS

HANDLING THE BALL

KEY TEACHING POINTS

Handling the Ball properly is essential to perform the many skills of Gaelic Football.

✔ To develop a confident grip, the thumbs should almost touch at the back of the ball with the fingers spread around the sides



✔ Bouncing and toe tapping the ball will gradually help familiarise the player with the ball making them more comfortable holding and playing it



✔ Once the ball is gripped, bring it into the chest and keep the fingers around it.



HANDLING THE BALL

PRACTISE THE TECHNIQUE

- In pairs back to back: in turn hand the ball overhead, under the legs or around the side for partner to grip

VARIATION

- Form two lines facing each other 1m apart: each player in turn grabs the ball from the grip of the player opposite and moves to the back of the opposite line.



EXTRA SKILLS KICK FROM THE GROUND

KEY TEACHING POINTS

Kicking the Ball from the Ground is used to restart play after a score or wide and may also be used to take a free or sideline kick

✔	Place the ball well
✔	Stand a few strides back and at an angle to the ball Look up to check the position of, and distance to, the target
✔	Moving towards the ball, extend the arm on the non-kicking side for balance
✔	Plant the supporting foot alongside the ball Head down, eyes on the ball
✔	Strike through and underneath the ball with the front part of the foot to achieve maximum loft
✔	Follow through in the direction of the target

KICK FROM THE GROUND

PRACTISE THE TECHNIQUE

- Take a series of Free Kicks from different distances and positions to score

VARIATION

- 1 v 1; Hold a Free Kick competition against another player



EXTRA SKILLS

PENALTY KICK

KEY TEACHING POINTS

A Penalty Kick is awarded when an opponent commits a technical foul inside the small square or an aggressive foul inside the large square.

✔	Place the ball well
✔	Take 6-8 paces back and stop
✔	Decide where you are going to place the ball Head down and begin running forward
✔	Place the non-kicking foot beside the ball, extending the arm at that side out for balance Keep the head down
✔	Strike the ball with the laces of the boot for power or the instep for accuracy
✔	Follow through in the direction of the target

PENALTY KICK

PRACTISE THE TECHNIQUE

- Take a series of Penalty Kicks into an empty goal; aim for different areas of the goal

VARIATION

- Introduce a goalkeeper



EXTRA SKILLS SHOT STOPPING

KEY TEACHING POINTS

Blocking or Stopping the Ball is the primary function of the goalkeeper. It requires great reflexes, agility, and bravery.

- ✔ Stand on the balls of the feet
  Keep eyes on the ball



- ✔ As the ball approaches adjust the feet to move behind the ball



- ✔ Push the hands to intercept the ball, bracing and spreading the fingers to prevent the ball forcing through the hands



- ✔ At distance the shot should be deflected away from the goal area
  If possible get the body behind the ball, catch the ball and secure it by bringing it into the chest



SHOT STOPPING

PRACTISE THE TECHNIQUE

- In turn, players kick for goal from a central position approx 13m from the goal

VARIATION

- In turn players strike for goal from various distances and positions



EXTRA SKILLS

CHIP LIFT

KEY TEACHING POINTS

The Chip Lift is used to gather possession on the run without breaking stride. It is particularly effective in wet weather. Players also use the assisted lift to speed up the attack, flicking the ball into the arms of an on-running teammate.

- ✔ Approach the ball at pace
  Keep the back straight
  Head down eyes on the ball



- ✔ Striding into the ball, wedge the toes underneath the ball to chip it upwards
  When the toes are wedged under the ball it will rise sharply



- ✔ Extend both hands downwards to receive the ball and secure it into the chest



- ✔ The assisted chip lift is a variation on the technique that is used to play the ball to an oncoming teammate
  As the ball approaches chip it for the oncoming player to receive at chest height



EXTRA SKILLS CHIP LIFT

PRACTISE THE TECHNIQUE

- In pairs: in turn roll the ball gently towards partner to Chip up into the hands

VARIATION

- With the hands behind the back run towards a stationary ball and attempt to Chip it up to contact the chest



EXTRA SKILLS

DRIBBLE

KEY TEACHING POINTS

The Dribble is a technique used to maintain possession while moving the ball along the ground. It is also used to move the ball into a better position before lifting the ball into the hands.

✔	Use the arms to maintain balance	
✔	Play the ball with the instep, outstep and front of the foot	
✔	In a game situation it is important to look up to be aware of the direction you are travelling, the space around you and any opponents or teammates	

EXTRA SKILLS DRIBBLE

PRACTISE THE TECHNIQUE

- Place a number of cones in a straight line approximately 1-2m apart; each player in turn Dribbles in and out around each cone

VARIATION

- Place the cones in a zig-zag formation, again each player in turn Dribbles in and out around each cone



EXTRA SKILLS

SWERVE KICK

KEY TEACHING POINTS

The Swerve Kick involves striking the ball with the outside of the foot and is predominantly used when attempting to score from an angle to the goal posts.

✔	Face slightly across the goal Head down, eyes on the ball	
✔	Hold the ball firmly with both hands	
✔	Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance	
✔	Step forward with the non-kicking foot Extend the wrist and drop the ball onto the kicking foot	
✔	Kick the ball with the outside of the foot to swerve the ball, curling it between the goalposts Keep the toes pointed	
✔	Follow through in the direction of the target.	

SWERVE KICK

PRACTISE THE TECHNIQUE

- Take a series of Kicks from different distances and positions to score: begin central to the goalposts, gradually moving to lesser angles to increase the challenge



VARIATION

- In pairs 20-40m apart; pass the ball over and back to each other using the Swerve Kick, vary the strength to include or exclude a Bounce

EXTRA SKILLS

DUMMY

KEY TEACHING POINTS

The Dummy is a technique used to deceive an opponent and create space. It can be performed by faking a kick or Hand Pass.

✔	Head down, eyes on the ball	
✔	Release the ball into the hand at the kicking side, raising the opposite arm for balance in an exaggerated way	
✔	Step forward with the non-kicking foot Extend the wrist and drop the ball onto the kicking foot	
✔	When the foot impacts the ball, straighten the leg and flick the toe upwards towards the body to bring the ball back into the arms Move quickly away in a new direction	

DUMMY

PRACTISE THE TECHNIQUE

- In pairs; with no opposition attempt to perform a Dummy kick/Hand Pass on one side before turning and passing to the other player off the opposite side



VARIATION

- 1 v 1; In turn attacking players run at goal, Dummy an oncoming defender and shoot for a score; switch roles continually

SAMPLE SESSIONS

CATCH & KICK
COACHING CLASSES



COACHING CLASSES

SAMPLE SESSIONS INTRODUCTION



This section provides the coach with information on how to plan a session using the activities outlined in this resource. As a guide there are a number of Sample Sessions outlined which contain activities from the ABC and Have a Ball Nursery Programmes, the Coaching Classes and the Go Games. There are also a number of blank Sample Session planners that can be photocopied and used to plan future sessions.

The suggested session structure for each session is :

SESSION THEME

Each session should have a session theme i.e. a particular skill that is worked on. Deciding on a theme for a session will not only help to guide the choice of activities for the session, but will also ensure that there is a logical purpose for the session. This will allow the coach to ensure that over the course of a season each skill can be worked on.

EQUIPMENT LIST

This section lists the equipment needed for a session. The list is not exhaustive and if certain equipment is not at the coaches' disposal, games can be played by substituting equipment that is available with what is advised on the list. For example, if hoops are listed as equipment needed and there are no hoops available, cones can be placed in the shape of a circle to achieve the same effect.

WARM UP

The warm up section will contain the first activity of the session which will aim to get the participants moving and warmed up. It is important to always warm up before entering into more challenging activities. It is recommended that activities from the ABC and Have a Ball Nursery Programmes be used as warm up activities.

PLAY A GAME 1

After the warm up it is advisable to begin a game-based activity. The game may reflect the theme of the previous session thereby offering players the chance to practise previously introduced skills. It also affords the coach the opportunity to see if skills practiced previously have been retained. Choose activities from the Develop the Skill section of the Coaching Classes.

INTRODUCE/REVISE A TECHNIQUE

Introducing a new technique or revising a technique previously coached early in the session allows the coach to set the theme for the session. It is important to be familiar with the key points for the technique to be coached – but remember that the coach does not have to demonstrate the technique. Use a player or another coach to demonstrate. Refer to the key points section of each skill for specific coaching points.

PRACTISE THE TECHNIQUE

The Practise the Technique section allows the coach to lay out activities for participants to practise the theme of the session. It is important not to spend too much time on any one activity as children of this age group can get bored easily. Use tips outlined in the Coaching Information Section to assist with varying the challenge or varying any activity. Choose activities from the Practise the Technique section of each skill.

DEVELOP THE SKILL

This section allows the coach to lay out game based activities so that participants can develop their skill in a more open environment. It is important to progress to activities which Develop the Skill within each session as game based skills such as spatial awareness and the use of team mates and opponents can be developed. Use tips outlined in the Coaching Information Section to assist with varying the challenge or varying any activity. Choose activities from the Develop the Skill section of each skill.

PLAY A GAME 2

A game should be played in each training session. The Go Games provide an ideal opportunity for players to develop their skills in a game situation. The game may be adapted to reflect the theme of the session thereby offering players the chance to further practise their skills. It also affords the coach the opportunity to see if skills practiced previously have been retained, or if particular skills are lacking and need to be incorporated as the theme of future sessions. Choose activities from the Go Games section.

SESSION REVIEW

The session review section is for coaches to evaluate how their session went. It can be used to record what activities went well, what activities may not have worked and why not, what may need to be practised further etc. This will prove an excellent tool for the developing coach, allowing them to reflect on their own performance as well as that of the participants.

SAMPLE SESSION 1
THE SOLO

SESSION THEME

- DEVELOP THE SOLO

EQUIPMENT LIST



WARM UP BOUNCE PASS (HAVE A BALL / CATCHING & PASSING / LEVEL 2)

ORGANISATION

- The players work in pairs approximately 5m apart
- In turn Bounce the ball for your partner to catch



KEY POINTS

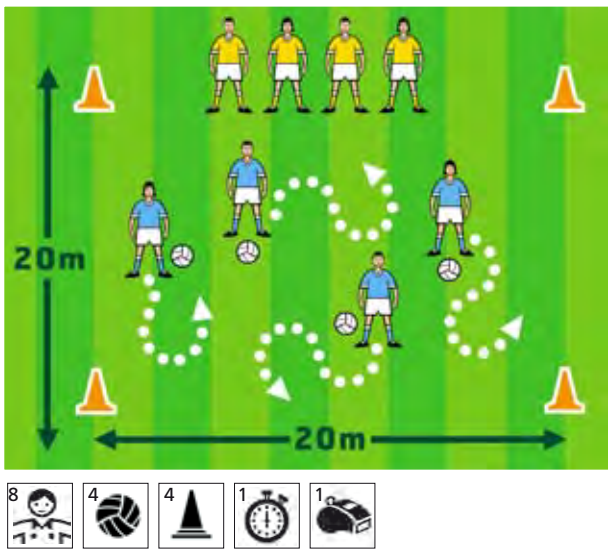
- Extend the arm behind the ball as you bounce it: aim for approximately midway between you and your partner
- Extend the arms towards the ball to catch it

GAME 1 BOUNCE KING (CATCH & KICK / BOUNCE / U-8)

Fun Game challenging each player to perform the Bounce while under pressure from an opponent

ORGANISATION

- Mark out a grid 20m X 20m
- Divide the players into two equal teams
- Team 1 starts inside the grid: each player has a ball
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- After a short time, each member of Team 2 enters the grid, attempting to dispossess a member of Team 1
- The team of players who keeps possession for the longest time wins
- Switch the roles after a set time



VARIATION

- Play the game on an individual basis awarding the game to the player who keeps possession for the longest time

SAMPLE SESSION 1

REVISE A TECHNIQUE

KEY POINTS THE SOLO (CATCH & KICK / SOLO / U-10)

Here are the Key Teaching Points for the Solo

✔	Hold the ball firmly with both hands Keep the torso upright	
✔	Release the ball into the hand at the kicking side Head down, eyes on the ball	
✔	Step forward with the non-kicking foot Extend the wrist and drop the ball onto the kicking foot	
✔	When the foot impacts the ball, flick the toe upwards towards the body Straighten the leg	
✔	Extend the arms forward to catch the ball	

PRACTISE THE TECHNIQUE

DRILL 1 TOE TAP, TURN AND PASS (CATCH & KICK / SOLO / U-10)

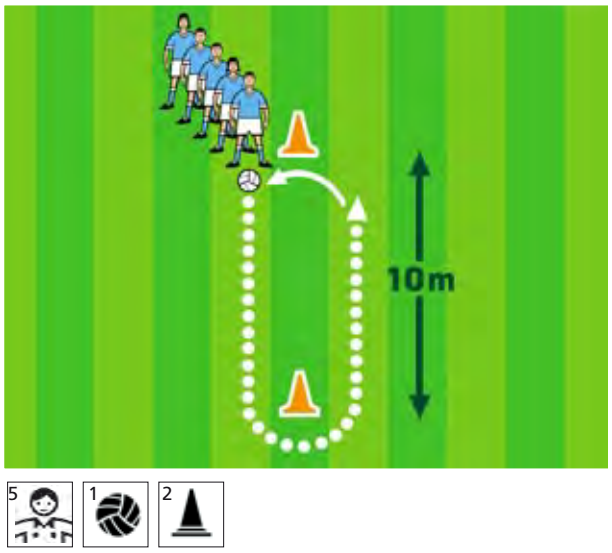
Intermediate Drill to practise the Solo technique that requires the players to Solo around a number of obstacles

ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5: one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, fist passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

VARIATION

- Increase the speed of the drill as the players become more proficient



DEVELOP THE SKILL

ACTIVITY 1 PASS THE GUARD (CATCH & KICK / SOLO / U-10)

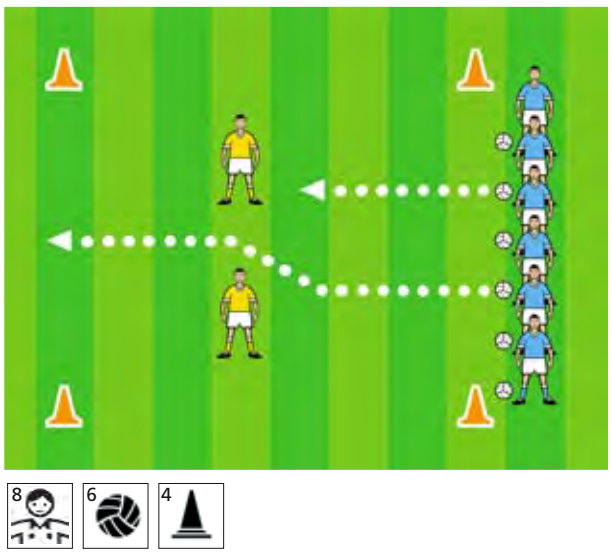
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- Six 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 the defenders and repeat the game

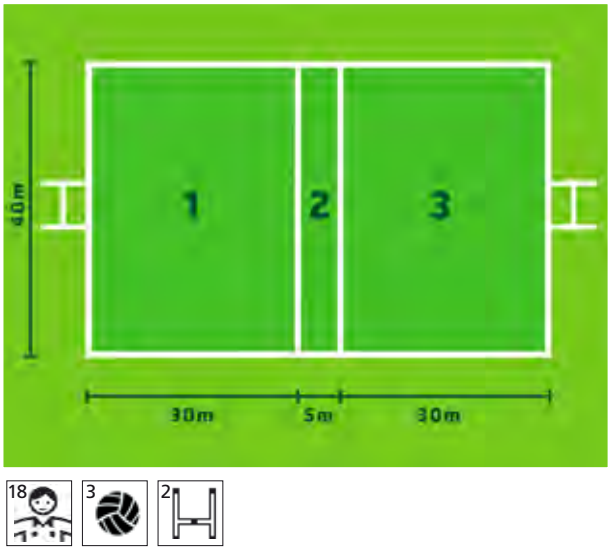
VARIATION

- Increase the width of the grid to reduce the difficulty for the soloing players



SAMPLE SESSION 1

GAME 2 QUICK TOUCH (GO GAMES / GO FOOTBALL / U-10)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 9 v 9
- 4 quarters - 8 minutes per quarter
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Play commences with a kick out from the hands
- The ball may be caught in the hands and played away by kicking it or striking it with the fist.
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free
- 2 points when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- Wear Velcro bands or a different coloured sock to identify non-dominant leg
- 3 Quick Touch (Size 2) footballs – one placed behind each goal and one in play

SESSION REVIEW

SAMPLE SESSION 2
THE PUNT KICK

SESSION THEME

- DEVELOP THE PUNT KICK

EQUIPMENT LIST



WARM UP BOUNCE AND KICK (HAVE A BALL / KICKING / LEVEL 3)

ORGANISATION

- Each player has a ball
- In a stationary position drop the ball allowing it to bounce
- Kick the ball as it returns from the ground



KEY POINTS

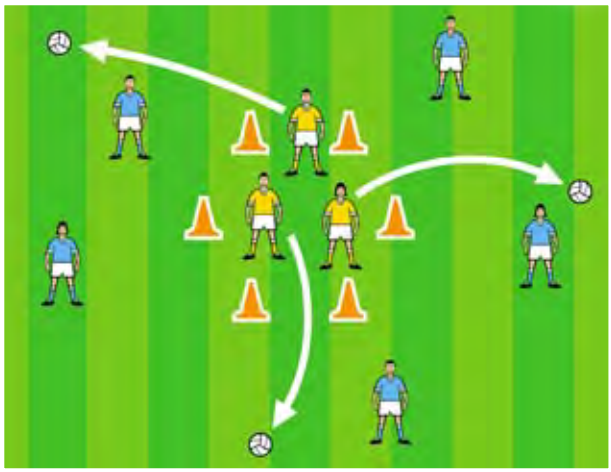
- Drop the ball from the hand on the kicking side
- Plant the non-kicking (supporting) foot beside the ball as it bounces

GAME 1 EMPTY THE CIRCLE (CATCH & KICK / PUNT KICK / U-8)

Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside the circle
- The players inside the circle must attempt to keep the circle clear by Punt Kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time





VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle. The inside team clear the circle by rolling the balls away

SAMPLE SESSION 2

REVISE A TECHNIQUE

KEY POINTS THE PUNT KICK (CATCH & KICK / PUNT KICK / U-8)

Here are the Key Teaching Points for the Punt Kick

✔	Hold the ball firmly with both hands Head down, eyes on the ball
✔	Release the ball into the hand, at the kicking side and extend the opposite arm away from the body to aid balance
✔	Step forward with the non-kicking foot Extend the wrist and drop the ball onto the kicking foot
✔	Kick the ball with the instep, that is, the laced part of the boot
✔	Keep the toes pointed Follow through in the direction of the target

PRACTISE THE TECHNIQUE

DRILL 1 ALONG THE LINE (CATCH & KICK / PUNT KICK / U-12)

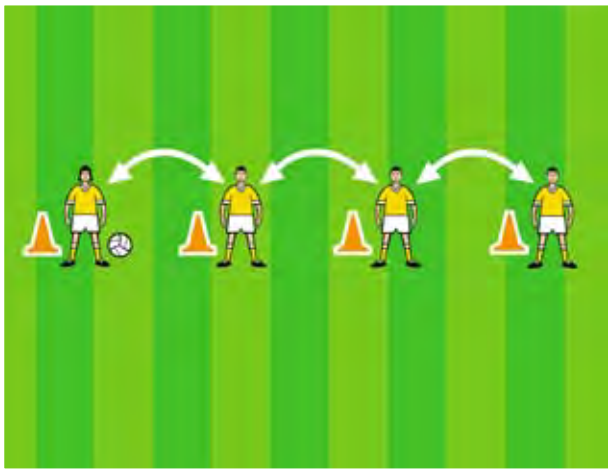
Intermediate Drill to practise the Punt Kick technique

ORGANISATION

- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- The ball is Punt Kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the inside players

VARIATION

- To increase the difficulty of the drill further introduce an opponent for each player to provide token opposition



DEVELOP THE SKILL

ACTIVITY 1 TARGET MAN (CATCH & KICK / PUNT KICK / U-12)

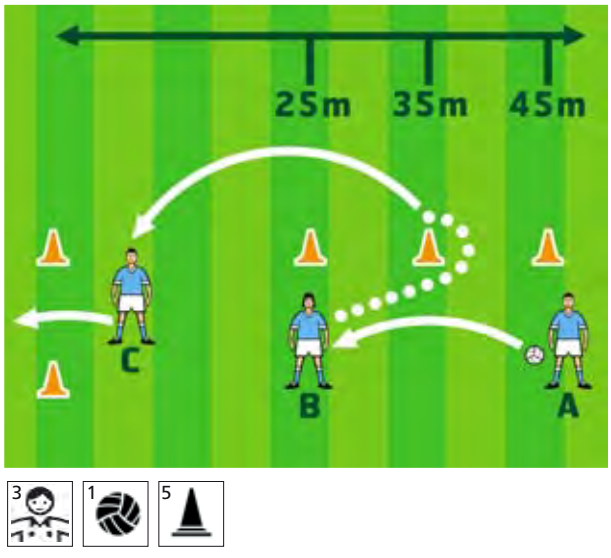
Fun Game to develop the Punt Kick technique which requires the players to pass the ball to a moving target

ORGANISATION

- Mark an attacking zone between the goal and the 13m line
- Place a cone at approximately 25, 35 and 45m from goal
- Player A at the 45m line kick passes the ball for Player B at the 25m line to attack and receive, before turning around the 35m cone and Punt Kicking a pass to Player C in the attacking zone
- Player C should make a run within the attacking zone and call for the ball

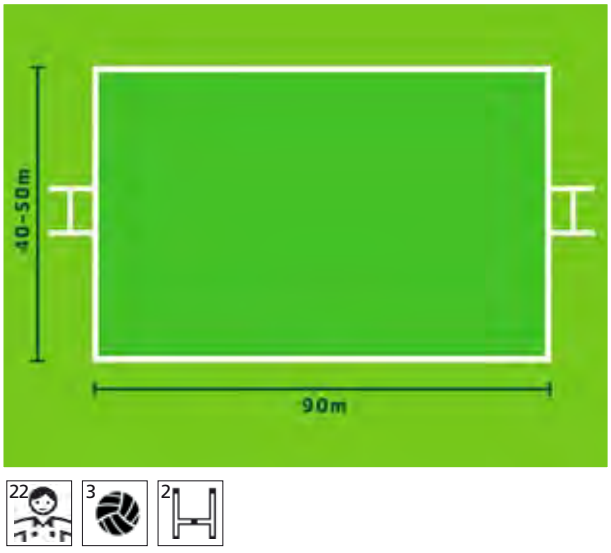
VARIATION

- To progress the drill include a defending player to shadow Player C increasing the difficulty of making a successful pass



SAMPLE SESSION 2

GAME 2 SMART TOUCH (GO GAMES / GO FOOTBALL / U-12)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist.
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free kick and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free.
- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- 3 Smart Touch (Size 3) footballs – one placed behind either goal and one in play

SESSION REVIEW

SAMPLE SESSION 3
THE NEAR HAND TACKLE

SESSION THEME

- DEVELOP THE NEAR HAND TACKLE

EQUIPMENT LIST



WARM UP MIRROR BALL (ABC / BALANCE / LEVEL 3)

ORGANISATION

- The players work in pairs, facing each other and supporting the stability ball between them
- One person leads the movement while the other must mirror the movement to ensure the ball remains aloft



KEY POINTS

- Make each movement at a slow steady pace
- Place the hands slightly below the middle of the ball

GAME 1 GRID TACKLE (CATCH & KICK / NEAR HAND TACKLE / U-10)

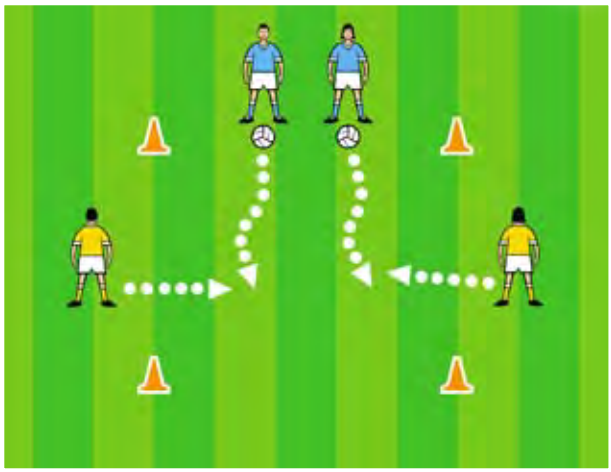
Fun Game to practise the Near Hand Tackle in open space

ORGANISATION

- Mark out a grid 15m X 15m
- Two players with a ball enter the grid from one side
- Two tackling players enter the grid from each adjacent side
- The players in possession continue to Solo around the grid as the tackling players attempt to perform the Near Hand Tackle
- After a set time reverse the roles

VARIATION

- Increase the number of players in possession giving the tackling players a number of targets





SAMPLE SESSION 3

REVISE A TECHNIQUE

KEY POINTS **NEAR HAND TACKLE** (CATCH & KICK / NEAR HAND TACKLE / U-12)

Here are the Key Teaching Points for the Near Hand Tackle technique

✔	Move alongside or level with the opponent Keep eyes on the ball
✔	When the opponent's far leg is forward step across their space with the near leg
✔	Flick the ball away with the hand nearest the opponent when the ball is free in the solo or bounce
✔	Recover the ball to win possession

PRACTISE THE TECHNIQUE

DRILL 1 AROUND THE BLOCK (CATCH & KICK / NEAR HAND TACKLE / U-12)

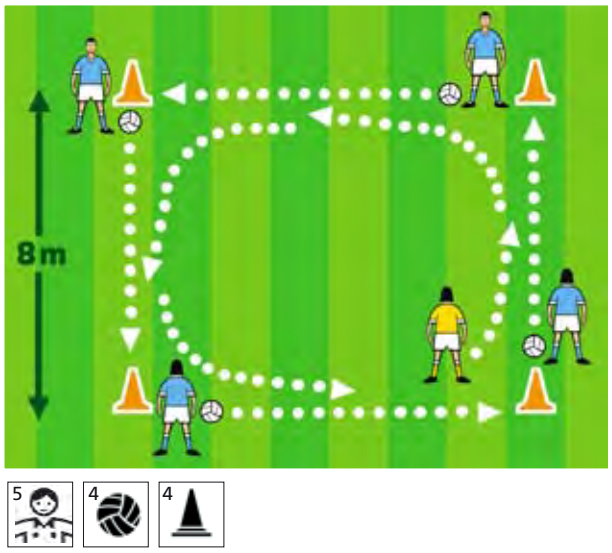
Basic Drill to practise the Near Hand Tackle technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position one player at each cone with a ball and a tackling player at one of the cones
- The tackling player runs alongside each of the other players in turn attempting to perform a Near Hand Tackle as they travel a length of the grid
- The Coach may assist the drill by signalling when each player in possession should begin to move
- Switch the tackling player after each circuit of the grid
- The drill should be conducted in both directions

VARIATION

- Increase the lengths of the grid to allow the tackling player more time to perform the technique



DEVELOP THE SKILL

ACTIVITY 1 LAST MAN STANDING (CATCH & KICK / NEAR HAND TACKLE / U-12)

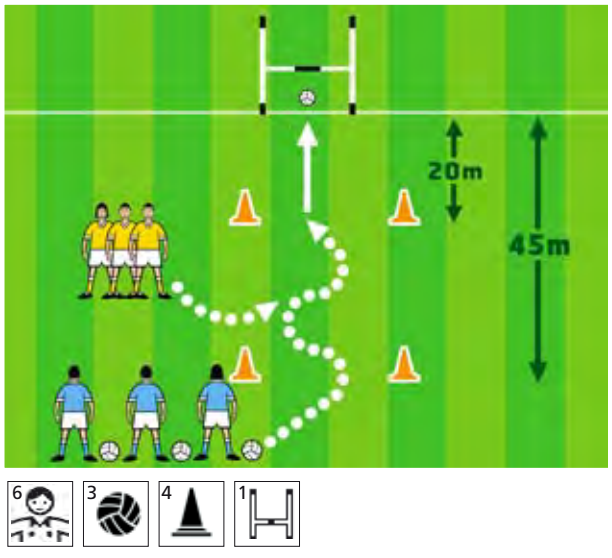
Game Play Drill to develop the Near Hand Tackle technique

ORGANISATION

- Mark a channel from approximately 20-45m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- In turn each attacker and defender enter the channel
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- The defenders may only use the Near Hand Tackle to dispossess the attacker

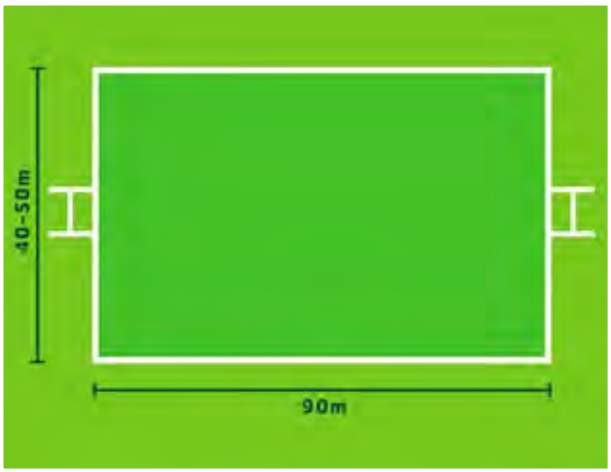
VARIATION

- Increase the number of defenders on each go to reduce the difficulty of the drill



SAMPLE SESSION 3

GAME 2 SMART TOUCH (GO GAMES / GO FOOTBALL / U-12)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free kick and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free
- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- 3 Smart Touch (Size 3) footballs – one placed behind either goal and one in play

SESSION REVIEW

SAMPLE SESSION 4
THE HOOK KICK

SESSION THEME

- DEVELOP THE HOOK KICK

EQUIPMENT LIST



WARM UP OVER THE RIVER (HAVE A BALL / KICKING / LEVEL 3)

ORGANISATION

- Divide the players into two groups: each player has a set number of 'lives'
- The players kick pass the ball over a centre zone, a net or guard
- If the ball drops in the centre zone the player who kicked it loses a life
- Use a soft or sponge ball when introducing players to this game



KEY POINTS

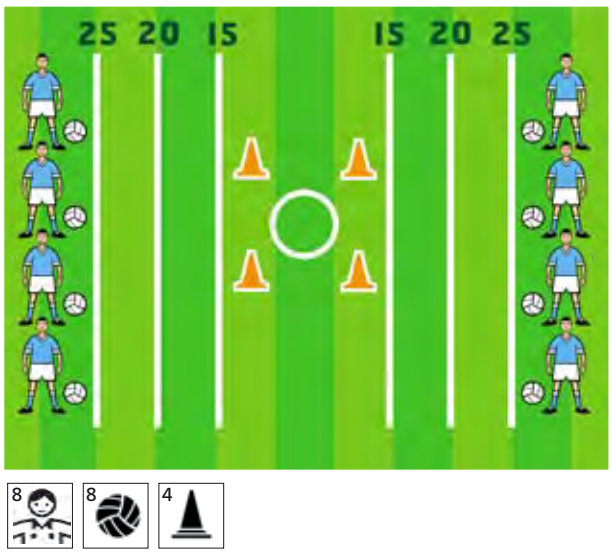
- Ensure the players have enough room to move around safely

GAME 1 BULL'S EYE (CATCH & KICK / HOOK KICK / U-10)

Fun Game to develop the Hook Kick

ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups, one group at either side
- Beginning at one side and behind the 15m line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle



VARIATION

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient

SAMPLE SESSION 4

REVISE A TECHNIQUE

KEY POINTS **HOOK KICK** (CATCH & KICK / HOOK KICK / U-10)

Here are the Key Teaching Points for the Hook Kick

✔	Hold the ball firmly with both hands Point the shoulder towards the target
✔	Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance
✔	Step forward with the non-kicking foot Extend the wrist and drop the ball onto the kicking foot
✔	Kick the ball with the inside of the foot
✔	Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards

PRACTISE THE TECHNIQUE

DRILL 1 CATCH AND KICK

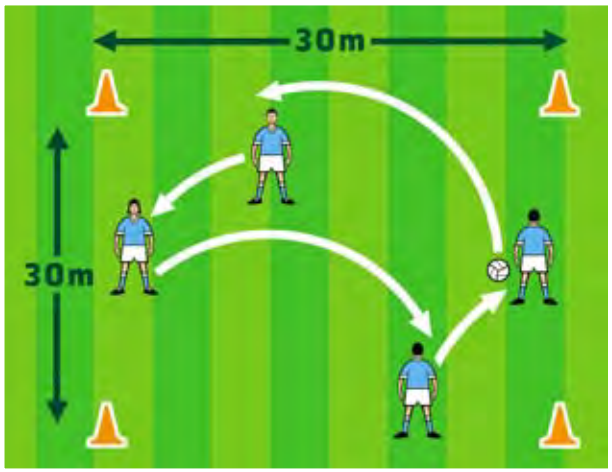
Advanced Drill to practise the Hook Kick technique

ORGANISATION

- Mark out a grid approximately 30m X 30m
- The players work in two pairs
- The player in possession must kick to their partner in the opposite pair who must field the ball using the High Catch
- The second player in the opposite pair provides token opposition
- On receiving the pass the ball is transferred to the other player in the pair who in turn Hook Kicks back to their partner
- Encourage the kicker to place the ball to either side of the receiver requiring them to move into position to field the pass

VARIATION

- To increase the difficulty of the drill the opponent may provide full opposition to the receiver



DEVELOP THE SKILL

ACTIVITY 1 4 GOAL GAME

Modified Game to develop the Hook Kick technique

ORGANISATION

- Mark out a playing area suitable to the numbers and ability of players
- Using portable goalposts, cones or markers, mark a goal on each side of the playing area
- Divide the players into equal teams
- Possession is retained using the Hook Kick, Hand or Fist Pass
- Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area
- This also gives an advantage to the team in possession as players will find it easier to create space

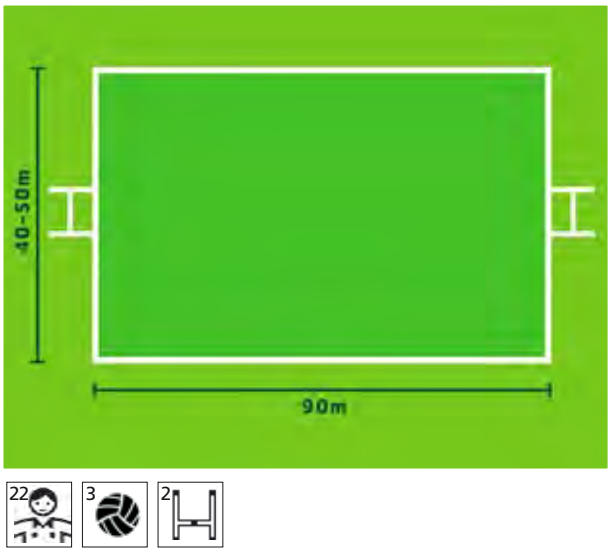
VARIATION

- Require a team to make 2 or 3 passes in succession before scoring



SAMPLE SESSION 4

GAME 2 SMART TOUCH (GO GAMES / GO FOOTBALL / U-12)



For more detailed rules check out the Go Games document

PLAYING THE GAME

- 11 v 11
- 2 halves - 20 minutes per half
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- Play commences with a throw-in between two players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession
- A player who is fouled takes the free kick and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free
- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT NOTES

- 3 Smart Touch (Size 3) footballs – one placed behind either goal and one in play

SESSION REVIEW

BUILD YOUR OWN SESSION

SESSION THEME

EQUIPMENT LIST

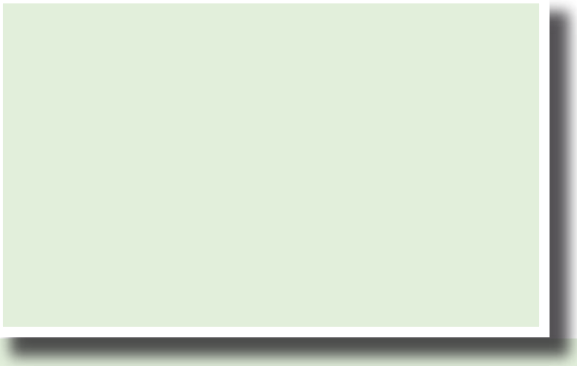
WARM UP

PLAY A GAME 1

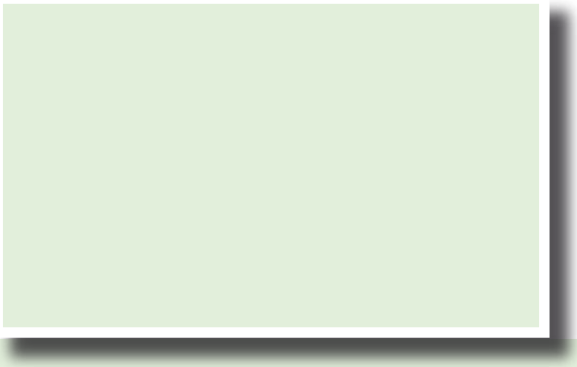
REVISE A TECHNIQUE

BUILD YOUR OWN SESSION

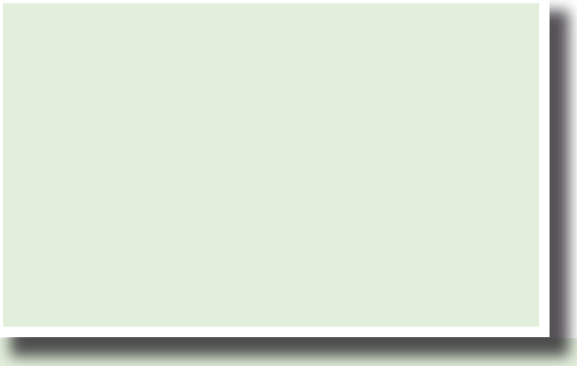
PRACTISE THE TECHNIQUE



DEVELOP THE SKILL



PLAY A GAME 2



SESSION REVIEW

BUILD YOUR OWN SESSION

SESSION THEME

EQUIPMENT LIST

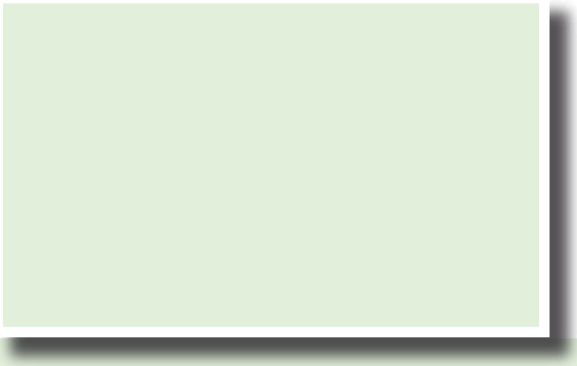
WARM UP

PLAY A GAME 1

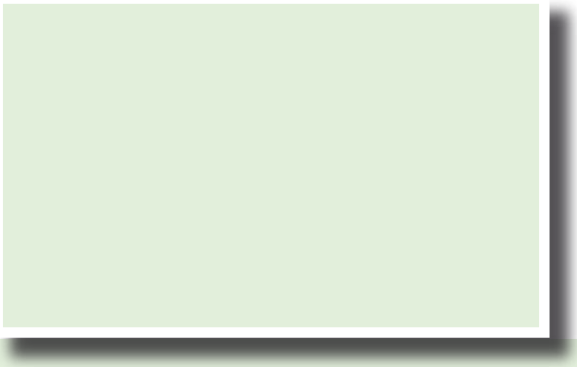
REVISE A TECHNIQUE

BUILD YOUR OWN SESSION

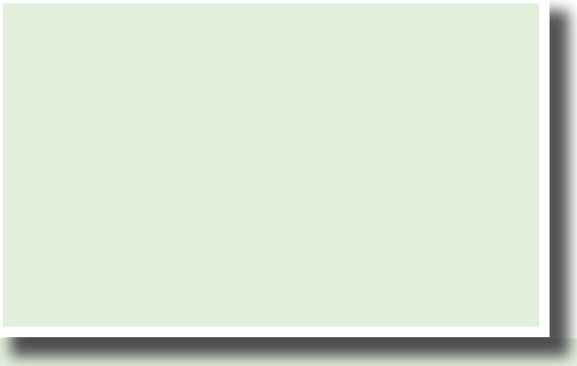
PRACTISE THE TECHNIQUE



DEVELOP THE SKILL



PLAY A GAME 2



SESSION REVIEW



1 STAR / 2 STAR / 3 STAR / 4 STAR / 5 STAR

U CAN INTRODUCTION

The U Can Awards are a progressive series of skills challenges for players, designed to assist with, and assess, the development of the skills of Football. There are 15 Skill Challenges divided over 5 Star levels – One Star, Two Star, Three Star, Four Star and Five Star.



Each Star level corresponds to an age or class, but players can also progress at a rate appropriate to their own level of ability and application. Each Star level is made up of 3 Skill Challenges. Awards are made on the basis of proficiency at each challenge.

The U Can Awards Passport is a feature of this scheme which can be used to motivate children – on an intrinsic basis – to practise on their own or with friends. It also provides coaches with a measure of qualitative feedback on the progress being made by each participant. For example, the attainment of the 5 Star Gold Award provides conclusive evidence of the fact that the participant has achieved full playing proficiency on the left and right hand side of the body.

SCORING THE U CAN AWARDS

- Each Star level is made up of 3 Skill Challenges
- Each Skill Challenge is scored on a points system
- All participants have three attempts at each Skill Challenge
- Each attempt is worth between 0-2 points giving a possible total of 6 points for each Skill Challenge
- A Gold, Silver or Bronze Award for Proficiency at that skill is then awarded as follows:

5 – 6 points = **Gold**

3 – 4 points = **Silver**

0 – 2 points = **Bronze**



This resource provides the coach with all the information necessary to set up each of the Skill Challenges across the 5 Star levels.

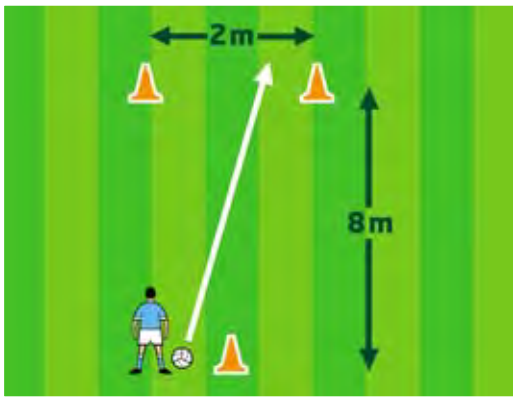
ONE ★ STAR
CHALLENGES

CHALLENGE 1 PUNT KICK

A skills challenge to test proficiency at the Punt Kick

ORGANISATION
- Mark out a goal 2m wide with two cones
- Place another cone 8m from the goal where the players will kick from
- The player stands at the cone and attempts to kick the ball through the goal, once with their right leg and once with their left
- The ball must pass through the goal without bouncing or rolling

SCORING
- The player is awarded 1 point for each goal scored
- Attempt the challenge three times giving a possible total of 6 points



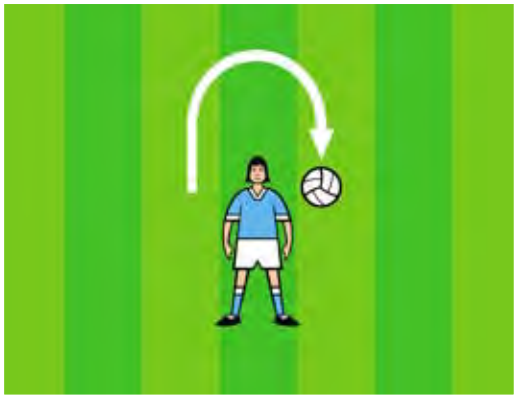


CHALLENGE 2 BODY CATCH

A skills challenge to test proficiency at the Body Catch

ORGANISATION
- The player throws the ball 1m above their head and catches it as it drops

SCORING
- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points



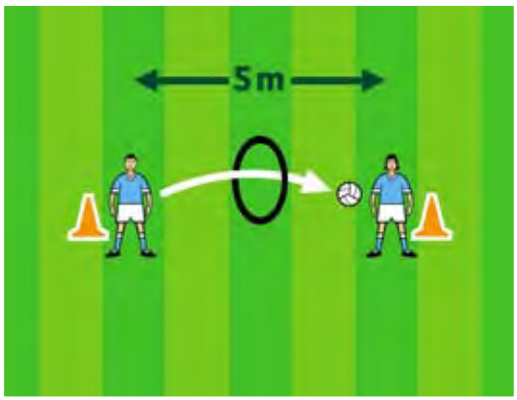


CHALLENGE 3 HAND PASS

A skills challenge to test proficiency at the Hand Pass

ORGANISATION
- Place two cones 5m apart
- The performing player stands at one of the cones and attempts to Hand Pass the ball through a target held by another player at the second cone

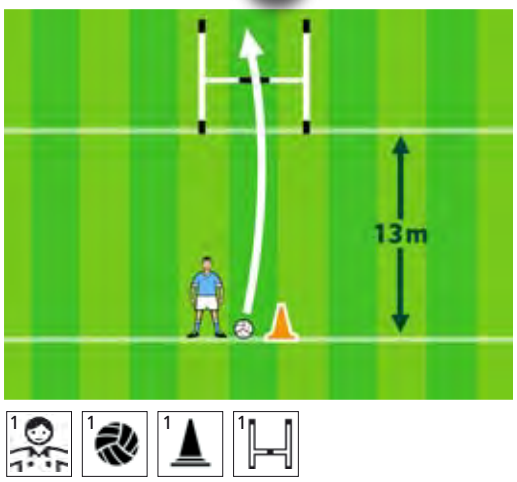
SCORING
- 1 point is awarded for each Hand Pass through the target
- The challenge must be attempted six times, three with the left hand and three with the right giving a possible total of 6 points





TWO★STAR CHALLENGES

CHALLENGE 1 HOOK KICK



A skills challenge to test proficiency at Hook Kicking for a point

ORGANISATION

- Place a cone 13m in front of the goals
- The player performs the Hook Kick from the cone attempting to score a point

SCORING

- 1 point is awarded for each point scored
- The challenge must be attempted six times, three with the left foot and three with the right foot, giving a possible total of 6 points

CHALLENGE 2 HIGH CATCH



A skills challenge to test proficiency at the High Catch

ORGANISATION

- Set up a grid 3m X 3m, with a further cone 3-5m to each side
- The player lines up at one side and the Coach (or a second player) stands at the other
- The Coach throws the ball underarm as the player moves into the square to catch the ball overhead
- The player then returns to the cone and repeats the challenge

SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

CHALLENGE 3 CROUCH LIFT



A skills challenge to test proficiency at the Crouch Lift

ORGANISATION

- Set up three cones in a line at intervals of 5m
- Place a football at the first and the last cone
- Starting from one end the player Crouch Lifts the first ball and places it at the second cone
- Continuing on to the last cone, the player lifts the ball and returns to place it at the first cone
- Finally, the ball at the middle cone is lifted and placed at the last cone
- The challenge is complete when the player returns to the start

SCORING

- 1 point is awarded for each successful lift made at the first attempt
- The challenge must be attempted twice, giving a possible total of 6 points

THREE★STAR CHALLENGES

CHALLENGE 1 FIST PASS

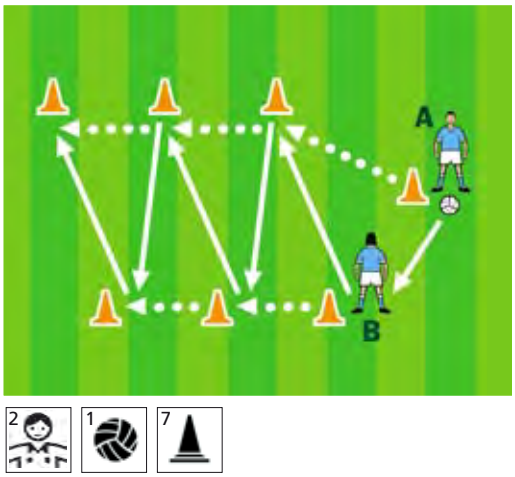
A skills challenge to test proficiency at the Fist Pass

ORGANISATION

- Using seven cones at intervals of 5m set up a formation as shown
- One player, 'the server', stands at the first cone; a second player, 'the challenger', stands at the second cone
- Player A throws the ball to Player B to catch; Player B then Fist Passes the ball back to Player A
- They continue this, moving in a zig-zag formation, Player B using alternate hands each time

SCORING

- 1 point is awarded for each Fist Pass made, three with the right hand and three with the left hand, giving a possible total of 6 points
- Failing to catch the ball should not be penalised



CHALLENGE 2 TOE TAP

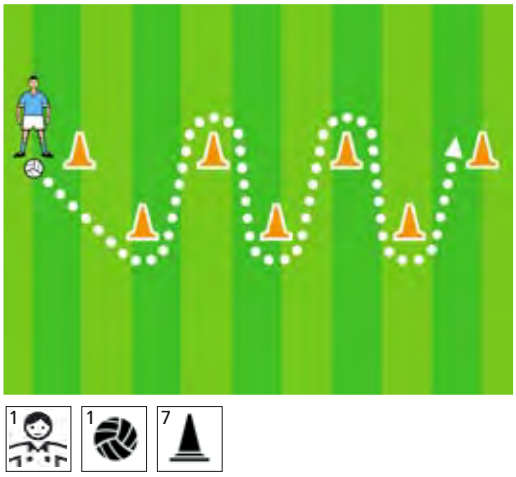
A skills challenge to test proficiency at the Toe Tap

ORGANISATION

- Using seven cones at intervals of 5m set up a formation as shown
- Beginning at one end the player Toe Taps as they round each of cones 2 to 6 in a zig-zag formation to finish with a final toe tap as they pass cone 7
- The player must use their right foot to Toe Tap as they pass a cone to the right and their left foot as they pass a cone to the left

SCORING

- 1 point is awarded for each successful Toe Tap, three with the right foot and three with the left foot, giving a possible total of 6 points



CHALLENGE 3 BLOCK DOWN

A skills challenge to test proficiency at the Block Down

ORGANISATION

- Place three cones to form a triangle, each cone 3m from the others
- The kicker alternates between Cone 1 and 2
- The blocker moves to Block the kicker at Cone 1 and 2 in turn

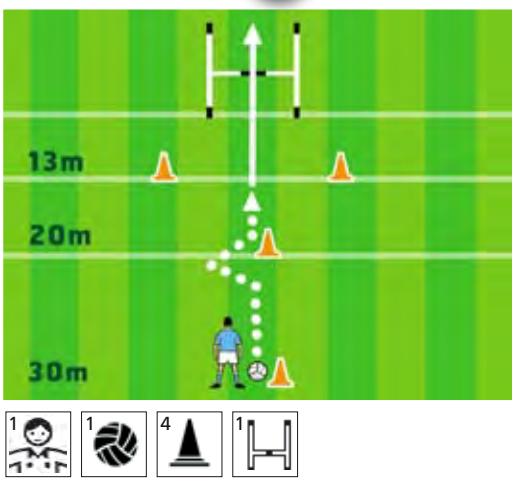
SCORING

- 1 point is awarded for each successful Block, one from the right and one from the left
- The challenge must be attempted three times giving a possible total of 6 points



FOUR★STAR CHALLENGES

CHALLENGE 1 EVADE AND PUNT KICK



A multi skill challenge to test the Solo, Evasion and the Punt Kick for a score

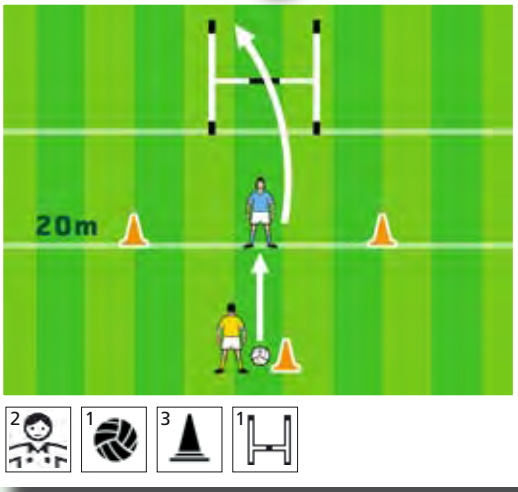
ORGANISATION

- Place one cone 30m in front of goal; place a ball at this cone
- Place a second cone 20m from goal and two further cones marking the 13m line
- From the first cone the player must Solo, Side Step the next cone, and Bounce the ball before Punt Kicking for a point before the 13m line
- The player repeats the challenge using the other foot

SCORING

- 1 point is awarded for each point scored, one using the right foot and one using the left
- Attempt the challenge three times giving a final possible total of 6 points

CHALLENGE 2 CATCH AND KICK



A multi skill challenge to test the High Catch and Hook Kick for a score

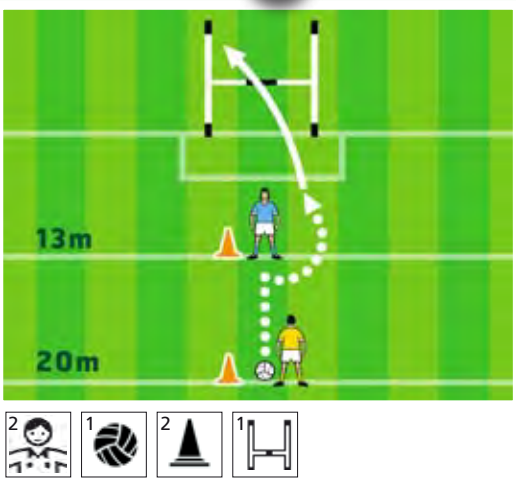
ORGANISATION

- The challenging player stands on the 20m line facing away from the goal
- Another player serves the ball for the player to Catch above their head before turning and Hook Kicking for a point with the dominant foot
- The challenge is repeated with the non-dominant foot

SCORING

- 1 point is awarded for each point scored
- Attempt the challenge three times giving a final possible total of 6 points

CHALLENGE 3 FEINT AND PASS



A multi skill challenge to test the Feint and Fist Pass for a score

ORGANISATION

- Place a cone on the 13m line
- Standing on the 20m line facing the goals the player rolls the ball, following to lift it as it moves away
- Continue using a Feint to evade a stationary defending player at the 13m cone before Fist Passing the ball over the bar from outside the small square
- Repeat the challenge lifting with the other foot, feigning to the opposite side and Fist Passing with the other hand

SCORING

- 1 point for each point scored, 1 using the right and 1 using the left hand
- The challenge must be attempted 3 times giving a possible total of 6 points

FIVE★STAR CHALLENGES

CHALLENGE 1 BLOCK DOWN

A skill challenge to test the Block Down on an opponent attempting to score

ORGANISATION

- Set up a grid in front of the goal area 7m X 7m
- The defending player stands between the grid and the goals
- The kicking player occupies the grid
- On the whistle the defending player rolls the ball to the kicking player
- Once in possession the kicking player must shoot for a point without otherwise playing the ball
- The defending player rushes forward to Block Down the shot

SCORING

- 1 point is awarded for each successful Block Down
- Attempt the challenge six times, the kicker attempting three shots off the left and three off the right, giving a possible final total of 6 points



CHALLENGE 2 PUNT KICK FOR GOAL

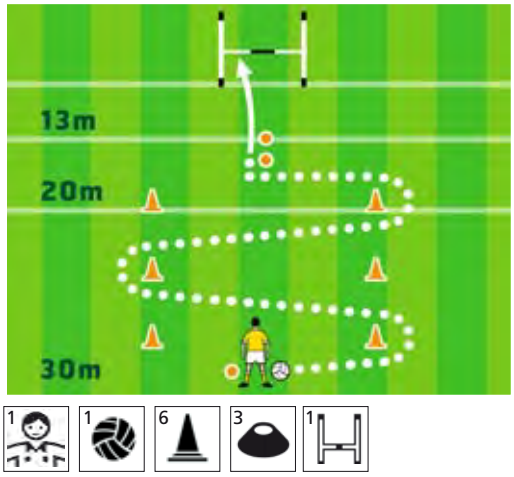
A multi skill challenge to test the Solo and Punt Kick for a goal

ORGANISATION

- Set up a formation as shown between the 30m marker and the 20m line
- Place 2 further markers directly in front of the scoring space as shown
- Beginning at the 30m marker, the player Solos the ball around three of the cones in a zig-zag formation
- Use the outside foot to Solo the ball at all times
- The player Punt Kicks the ball before the 13m line

SCORING

- 1 point is awarded for each goal scored; the ball must pass under the crossbar without touching the ground
- The challenge must be attempted six times, three shots off the left and three off the right, giving a possible total of 6 points



CHALLENGE 3 FREE KICK FROM GROUND

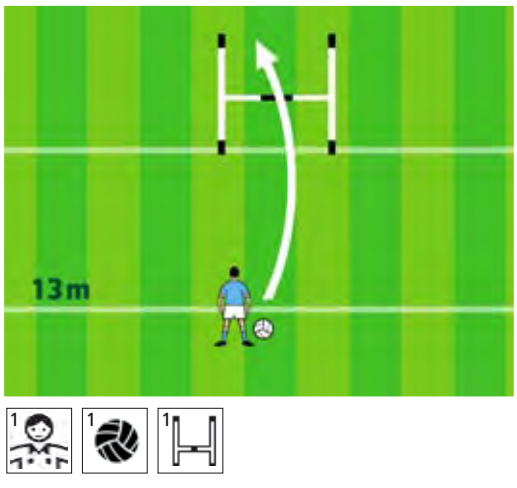
A skill challenge to test proficiency at the Free Kick from the Ground

ORGANISATION

- Place a football on the 13m line
- Keeping within the rules the player kicks the ball from the ground so as to pass over the crossbar

SCORING

- 1 point is awarded for each point scored
- The challenge must be attempted six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points



WATCH OUT FOR THE U CAN PASSPORTS. COMING SOON TO A CLUB NEAR YOU.

U CAN MAKE IT HAPPEN



The U Can Awards are a progressive series of skills challenges for players, designed to assist with, and assess, the development of the skills of Football. Find out more about them from your local Club or County Games Development Committee.



U CAN AWARDS

To find out more about the U Can Awards check out our website on **www.gaa.ie**

SKILL STAR CHALLENGE

SOLO RUN / FIST PASS / HOOK KICK / PUNT KICK / FREE TAKING

SKILL STAR INTRODUCTION

The Skill Star Challenge is an extension of the U Can Awards implemented through primary schools and is aimed at players in the 13/14 age bracket. It provides an opportunity for the most technically proficient players to perform at a club, county, provincial and national level.



SCORING

Each Challenge has a specific scoring scheme, with points being awarded for successfully completing the task within a set time period. Points will be deducted for going over time.

ENTERING THE AWARDS

There are five challenges to complete. Children can enter the awards through schools or local clubs.

THE FOLLOWING ARE THE CHALLENGES:

CHALLENGE 1

This is a skills challenge to test proficiency at the **Solo Run**

CHALLENGE 2

This is a skills challenge to test proficiency at the **Fist Pass** for a score

CHALLENGE 3

This is a skills challenge to test proficiency at the **Hook Kick** for a score

CHALLENGE 4

This is a skills challenge to test proficiency at the **Punt Kick** for a score

CHALLENGE 5

This is a skills challenge to test proficiency at **Free Taking**

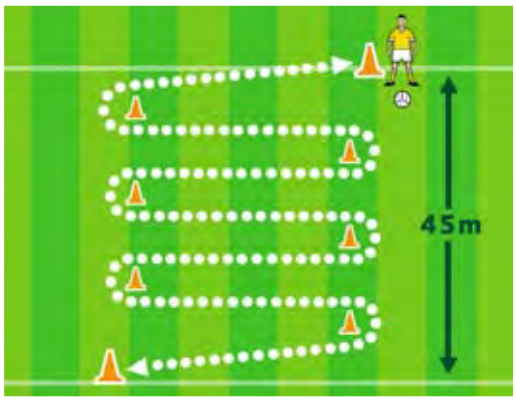
SKILL STAR
CHALLENGES

CHALLENGE 1 SOLO RUN

A skill challenge to test proficiency at the Solo Run

ORGANISATION
- Using eight cones at intervals of 7m set up a formation as shown between the 45m line and the endline
- Starting at the endline, the player must Solo in a zig-zag manner around each of the cones using the right foot and the left foot
- Toe tap using the outside foot rounding each cone
- One Bounce is allowed between cones
- Turn around the last cone and continue to Solo back through the cones to finish at the endline again

SCORING
- Award 40 points for completing the challenge, within 50 seconds
- For each second over the allotted time, deduct 2 points



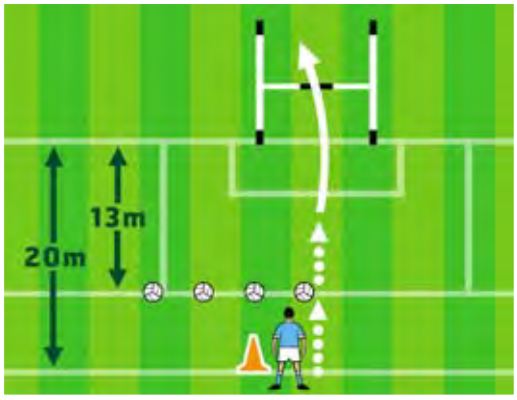


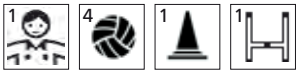
CHALLENGE 2 FIST PASS

A skill challenge to test proficiency at the Fist Pass for a score

ORGANISATION
- Place 4 balls, 2m apart, on the 13m line in front of the scoring space
- The player, beginning on the 20m line, runs to Crouch Lift the first ball
- Continue towards goal to Fist Pass the ball over the bar from outside the small rectangle
- Return to round the start cone each time, repeating the challenge with the remaining balls
- Use the dominant hand and the non-dominant hand twice each
- The Fist Pass must be used to score

SCORING
- Award 10 points for each point scored, within a time limit of 36 seconds
- For each second over the allotted time, deduct 2 points



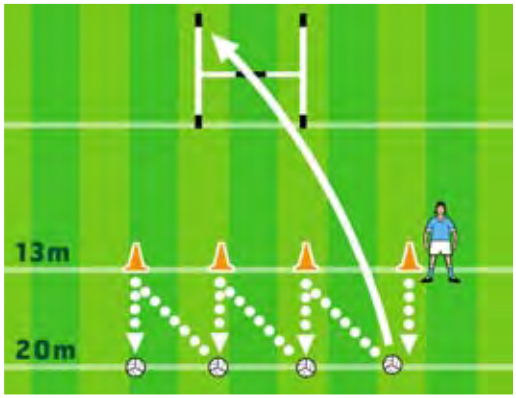


CHALLENGE 3 HOOK KICK

A skill challenge to test proficiency at the Hook Kick for a score

ORGANISATION
- Place four balls 10m apart, 1m outside the 20m line and evenly spaced to either side of the goal area
- The player, beginning on the 13m line, runs to Crouch Lift the first ball; Hook Kick the ball from outside the 20m line to pass over the crossbar
- Continue to round each cone on the 13m line, repeating the challenge with the remaining balls
- The player may use the dominant foot for all efforts
- Finish by sprinting across the 13m line

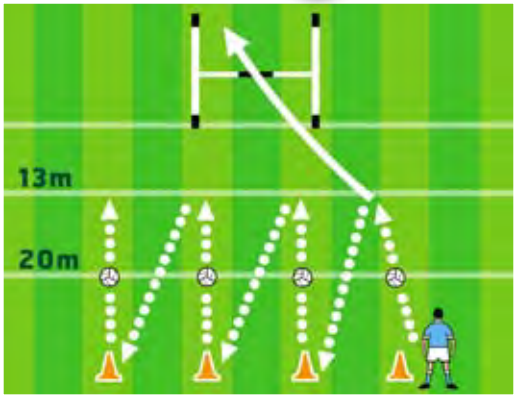
SCORING
- Award 10 points for each point scored, within a time limit of 50 seconds
- For each second over the allotted time, deduct 2 points





SKILL STAR

CHALLENGE 4 PUNT KICK



A skill challenge to test proficiency at the Punt Kick for a score

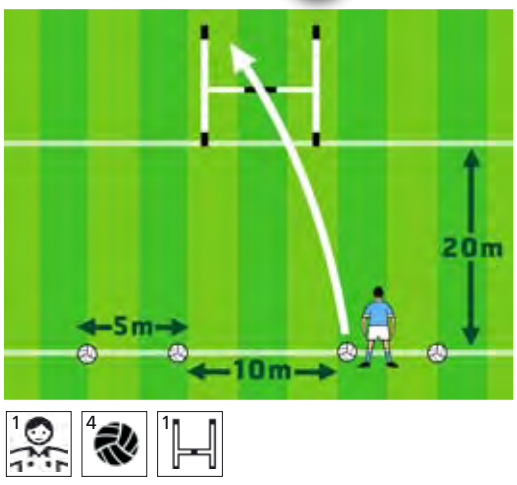
ORGANISATION

- Place four balls 10m apart on the 20m line
- The player, beginning 25m from goal, runs to Crouch Lift the first ball; continue towards goal to Punt Kick the ball over the bar from outside the 13m line
- Round each cone at 25m, repeating the challenge with remaining balls
- The player must use the right foot, when approaching the goal, for the two efforts from the left and vice versa
- Finish by sprinting back to a 25m cone

SCORING

- Award 10 points for each point scored, within a time limit of 50 seconds
- For each second over the allotted time, deduct 2 points

CHALLENGE 5 FREE TAKING



A skill challenge to test proficiency at Free Taking

ORGANISATION

- Place four balls along the 20m line
- Two balls, 5m either side of a point in line with the centre of the goal
- A further two balls, 5m either side of these two
- The player, starting at a ball of their choice, must kick each ball off the ground in an attempt to score a point
- The player may use the dominant foot for all efforts
- There is no time limit

SCORING

- Award 10 points for each point scored, giving a possible total of 40 points

OTHER Fun Do RESOURCES

GAA Fun Do HURLING RESOURCE



The GAA Fun Do Learning Resource Pack for Hurling incorporates a number of elements which enable Coaches to assist and challenge players to develop their full playing potential in a fun-filled environment. These elements are as follows:

- Lift and Strike Coaching Classes
- Wall Ball
- Sample Sessions
- U Can Awards
- Skill Star Challenge

GAA Fun Do GO GAMES RESOURCE



When children play games amongst themselves, everyone will get a 'Go' for the entire 'Game' – hence the name 'Go Games'. These are a series of small-sided skill development games – First Touch (U-8), Quick Touch (U-10) and Smart Touch (U-12) – where the playing rules and equipment are modified to ensure that participants develop the skills of the game and derive maximum enjoyment while doing so.

ABC/HAVE A BALL NURSERY PROGRAMME RESOURCE



The ABC/Have a Ball Nursery Programme is a series of fun-based exercises to develop basic movement (motor) skills for children aged 4-8 years. They include exercises for the development of Agility, Balance, Coordination, Running and Jumping. The Have a Ball Nursery Programme complements the ABC programme and consists of exercises to develop ball manipulation skills e.g. Throwing, Catching & Passing, Striking or Kicking.

GAA Fun Do COACHES RESOURCE



The GAA Fun Do Coaching Information Resource Pack includes a range of information for coaches. Topics such as catering for the needs of children in a fun and positive environment, organising and planning sessions, introducing new skills, varying activities to suit the needs of players of different needs and abilities are all included in this section.

The GAA Code of Best Practice for Youth Sport

Cumann Lúthchleas Gael believes that a youth-centred approach should be adopted by everyone involved in the promotion and development of Gaelic games at underage level. The Grassroots to National Programme (GNP) and the associated Fun Do initiatives are firmly rooted in this philosophy, a philosophy that may be best summed up in the statement: "the greater the sense of achievement, fun and fair play that young people experience when participating in Gaelic games, the more they will enjoy their involvement and strive to develop their true potential".

CODE OF BEST PRACTICE FOR YOUTH SPORT

The cool Educational resource from the GAA



Céim Ar Aghaidh uses the fun of Gaelic Games to deliver an exciting range of learning activities to support the Primary School Curriculum for Irish, English, Maths, History, Geography, Science, Art and more.



The Céim Ar Aghaidh Resource Pack can be used to support teaching in a variety of subject areas and the exercises can be adapted to suit children of varying abilities through differentiated tasks. It provides an extremely comprehensive spread of opportunities for children.



Find out more on the Céim Ar Aghaidh website www.ceim.gaa.ie

LOADS & LOADS OF GAA ACTION FOR BOYS & GIRLS

Cúl4kidz

THE MAGAZINE

The Official GAA magazine for kids is free 4 times a year with The Irish Times.

Check out **www.gaa.ie** & **www.cul4kidz.com** for dates and further information.





THE WEBSITE



Also check out Cúl4kidz on the web @ **www.cul4kidz.com** for news, skills, interviews and lots more.

POSTERS INTERVIEWS QUIZZES GAMES KIDS NEWS

The Vhi Cúl Camps are the coolest Summer Camps.
Learn the skills of hurling and football and make loads of new friends.

Vhi HEALTHCARE

GAA Cúl CAMPS







Check out www.gaa.ie for more info and details.

Bí Cúl agus Bí Ann

DVD
Insert it into your DVD Player

DVD-ROM
Insert it into your PC

Information on how to install and use the DVD and DVD-ROM can be found in the Coaches Resource

Fun Do

The GAA Fun Do Programme has been devised to ensure that all participants derive a sense of achievement, fun and fair play from their involvement in Gaelic games which will underpin a lifelong involvement with the Association. The GAA Fun Do Learning Resource Pack is designed to assist parents, teachers and coaches to create the environment whereby these children can 'Play and Stay with the GAA'.

LATEST GAA DEVELOPMENTS

To keep up to date with the latest in Games Development, log on to the Official GAA Games Development website at

http://gamesdevelopment.gaa.ie



Part of the GAA Grassroots to National Programme (GNP), supported by the Irish Sports Council (ISC)