



**PLAY AND STAY
WITH THE GAA**

Kellogg's[®]



**GAA GAMES DEVELOPMENT
CONFERENCE 2007**

Kellogg's[®]

Kellogg's[®]



**PLAY AND STAY
WITH THE GAA**

Kellogg's[®]



**GAA GAMES DEVELOPMENT
CONFERENCE 2007**

Integrating Ballwork and Fitness

John Sugrue; Kerry Football Trainer

24/11/2007



THE IRISH TIMES

Ballwork

- Catching
 - Overhead, Floor, Chest, Hopping
- Soloing
 - Right and Left
- Kicking
 - Passing/Scoring
- Fist Passing
- Tackling
 - Dispossession/Blocking

Ballwork

- Defending
- Attacking
- Evasion

Fitness

- Aerobic/Endurance
- Anaerobic/Speed
- Contact
- Impact
- Agility
 - Contact
 - Recovery
 - Evasion
- Strength/Power
- Tactical
- Technique

Structure of Session

- Warm up
- Drills
- Games
- Cool down
- Simple stuff really!!!

Drills

- Structured, measured, controlled, repetitive exercises devised to target certain aspects of physical/skill/mental/tactical conditioning with a view to improving performance in one, a mix or all of these areas.

Games

- Semi-structured, semi-controlled, semi-measurable, continuous exercise with development of physical, mental and skill conditioning specifically working on the areas of individual/team play.

Periodisation Principles

- **Early Season**
 - Fitness – Endurance
 - Injury avoidance
 - Overload
 - Less speed and less contact with more controlled environment
 - Tactical initiation

Periodisation Principles

- **Mid Season**
 - Fitness – Speed endurance
 - Power development
 - Moderate overload
 - Increasing speed and contact
 - Skill/Tactical development

Periodisation Principles

- **Peak Season**
 - Fitness – Intensity speed
 - Power work
 - Little overload
 - Max speed with high contact and reduced time
 - Game implementation of skills/tactics

Drills Considerations

- Physical Aspect(s)
- Distance/Duration
- Intensity(s)
- Direction(s)
- Skill(s)
- Periodisation
- Target
- On/Off Ratio
- Contact

Games

- Space
- Numbers
- Conditions/Rules
- Skills
- Time
- Periodisation
- Tactics
- Individual/Team Play

Periodisation

- **Early Season**
 - Increased drills with simple skills
 - Games over larger areas with smaller numbers
- **Mid Season**
 - Reducing drills with more complex tasks and increased intensity
 - Games in smaller areas with increasing numbers

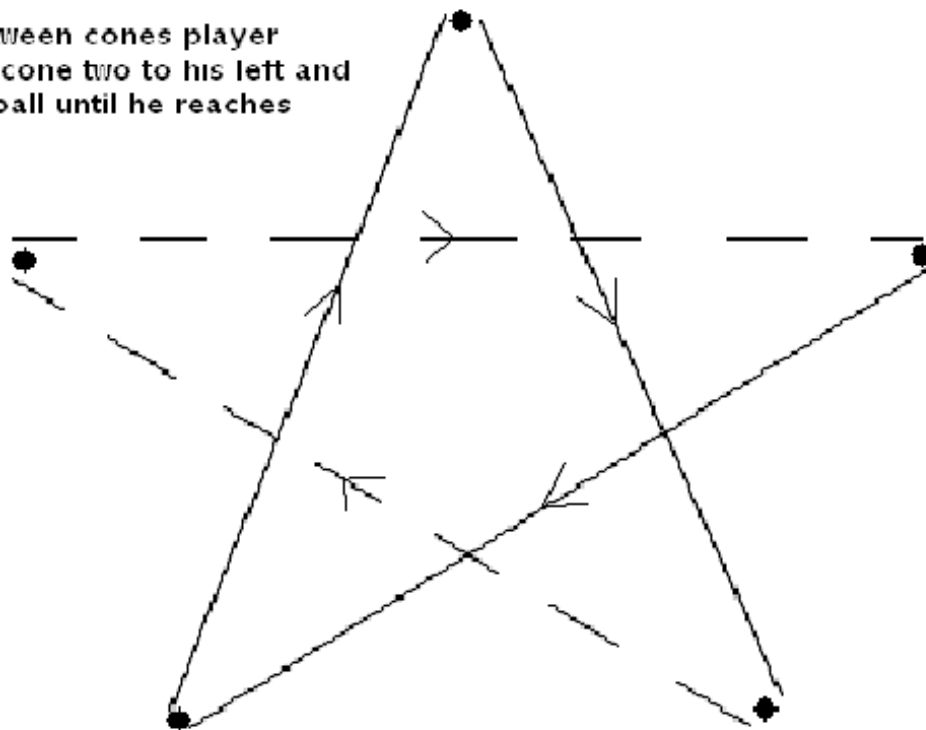
Periodisation

- Peak Season
 - Few drills with emphasis on sharpness and concentration/execution
 - Games with tactical implementation

Early Season Kicking

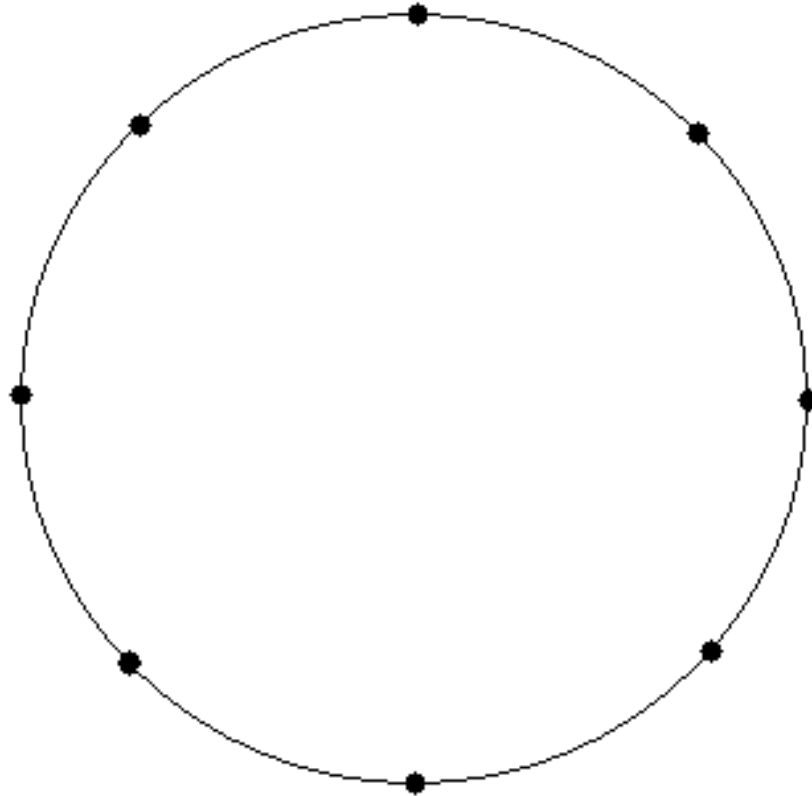
200m Run

40M between cones player
kicks to cone two to his left and
follows ball until he reaches
home

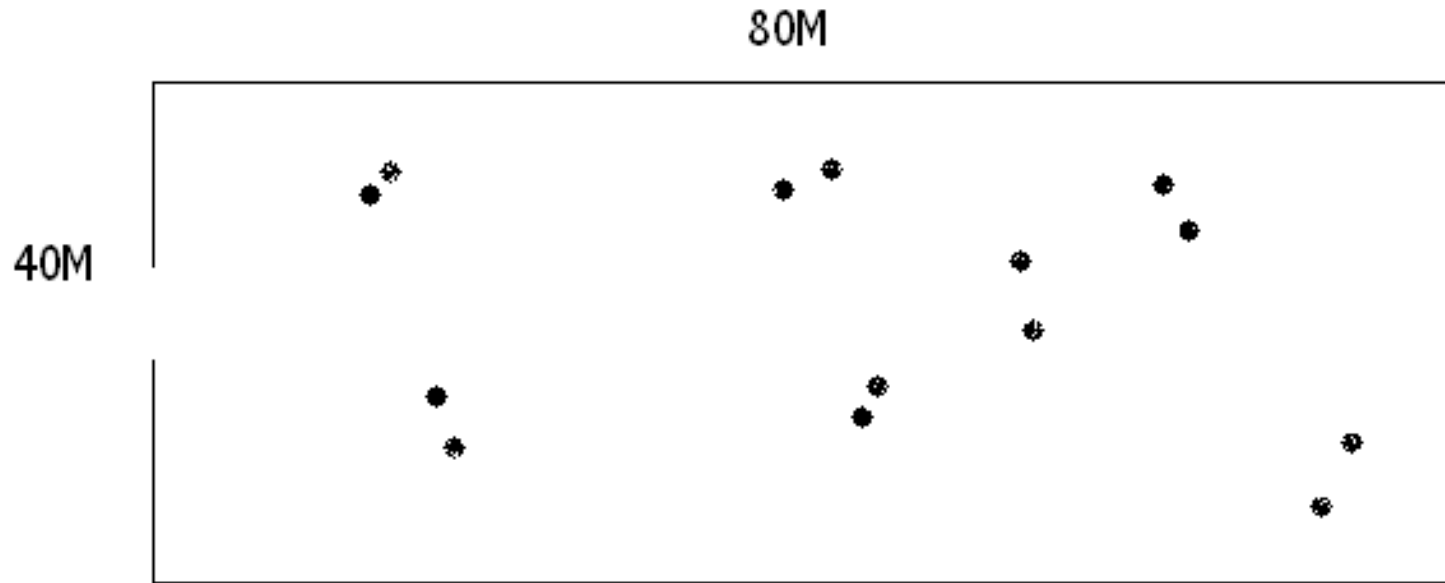


Early Season Fist Passing

100 – 200m



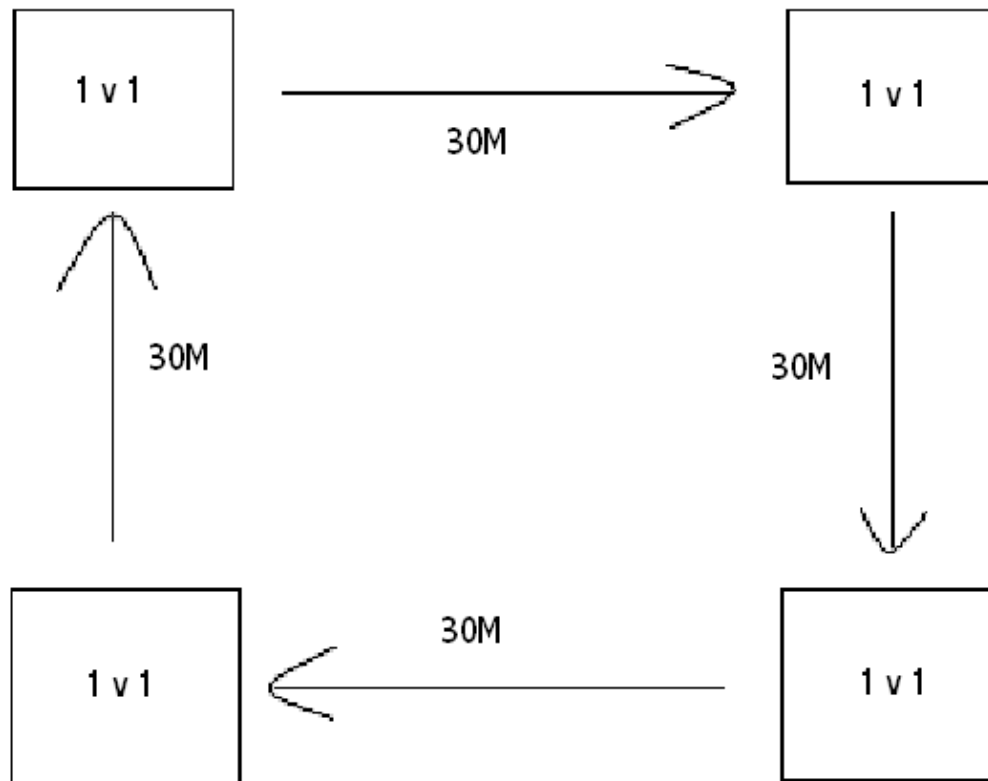
Early Season Games



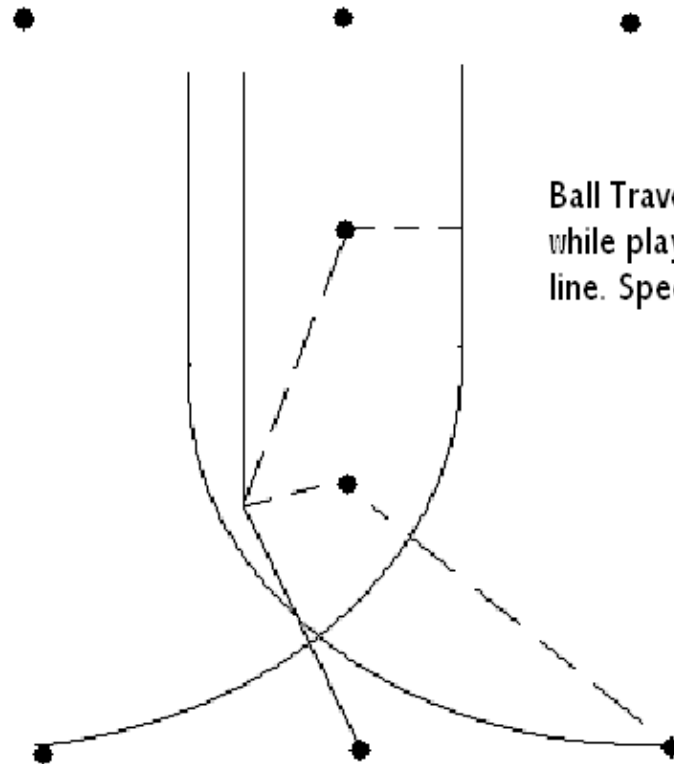
7 vs 7 Continuous possession score both ends.

Early Season Tackling Drill

120m run with 20 sec tackle

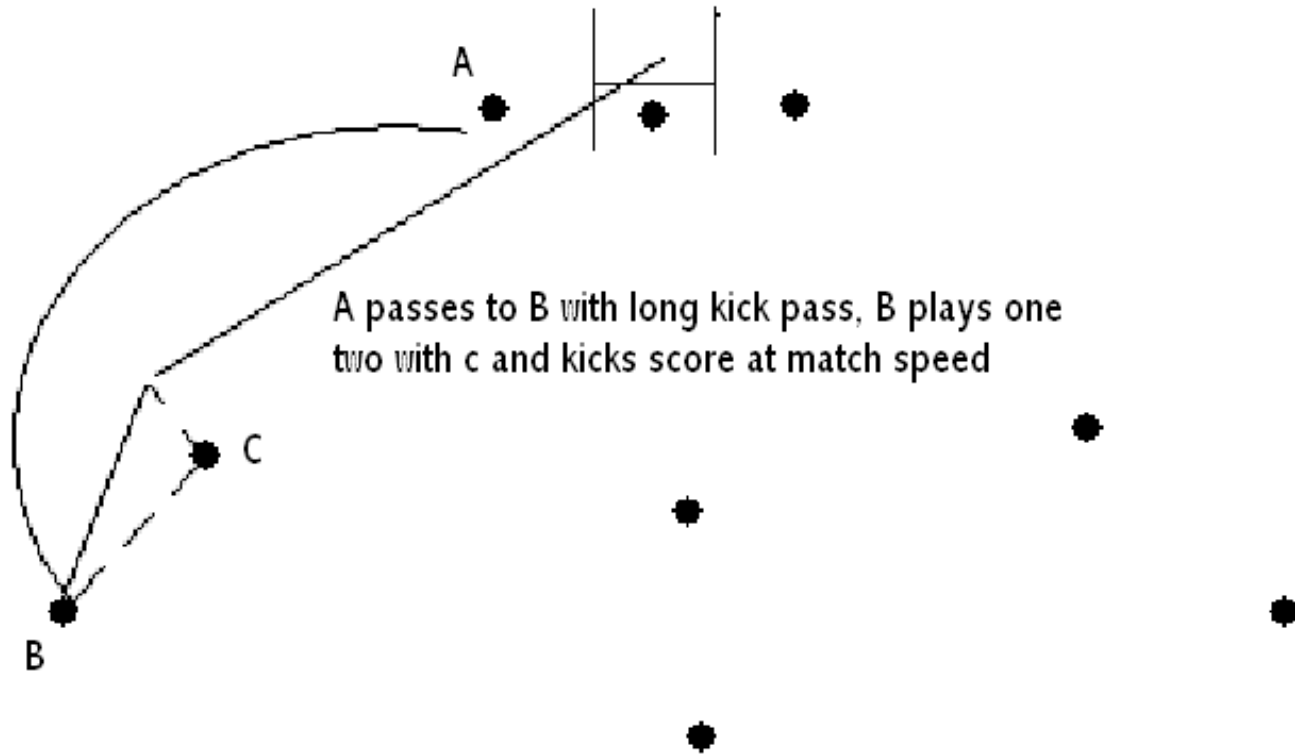


Mid Season Fist Passing Drill

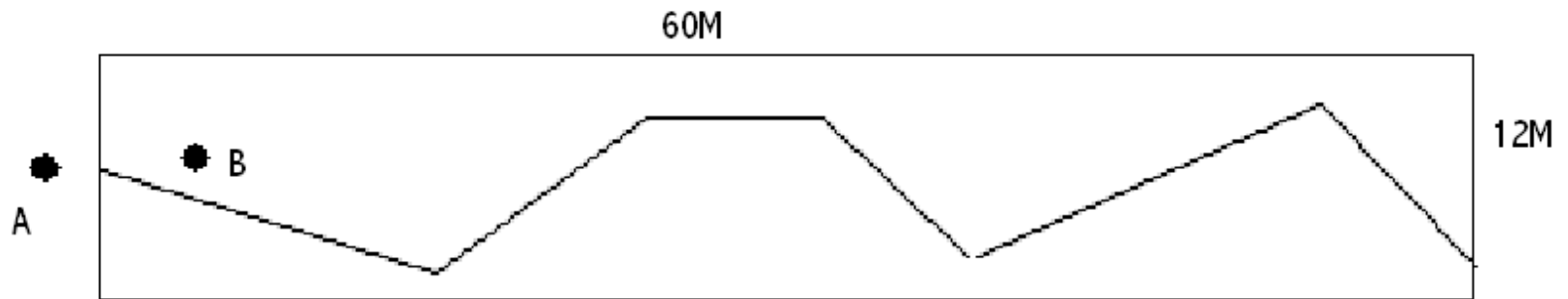


Ball Travels broken line
while players travel full
line. Speed sprint.

Mid Season Kick Passing Drill

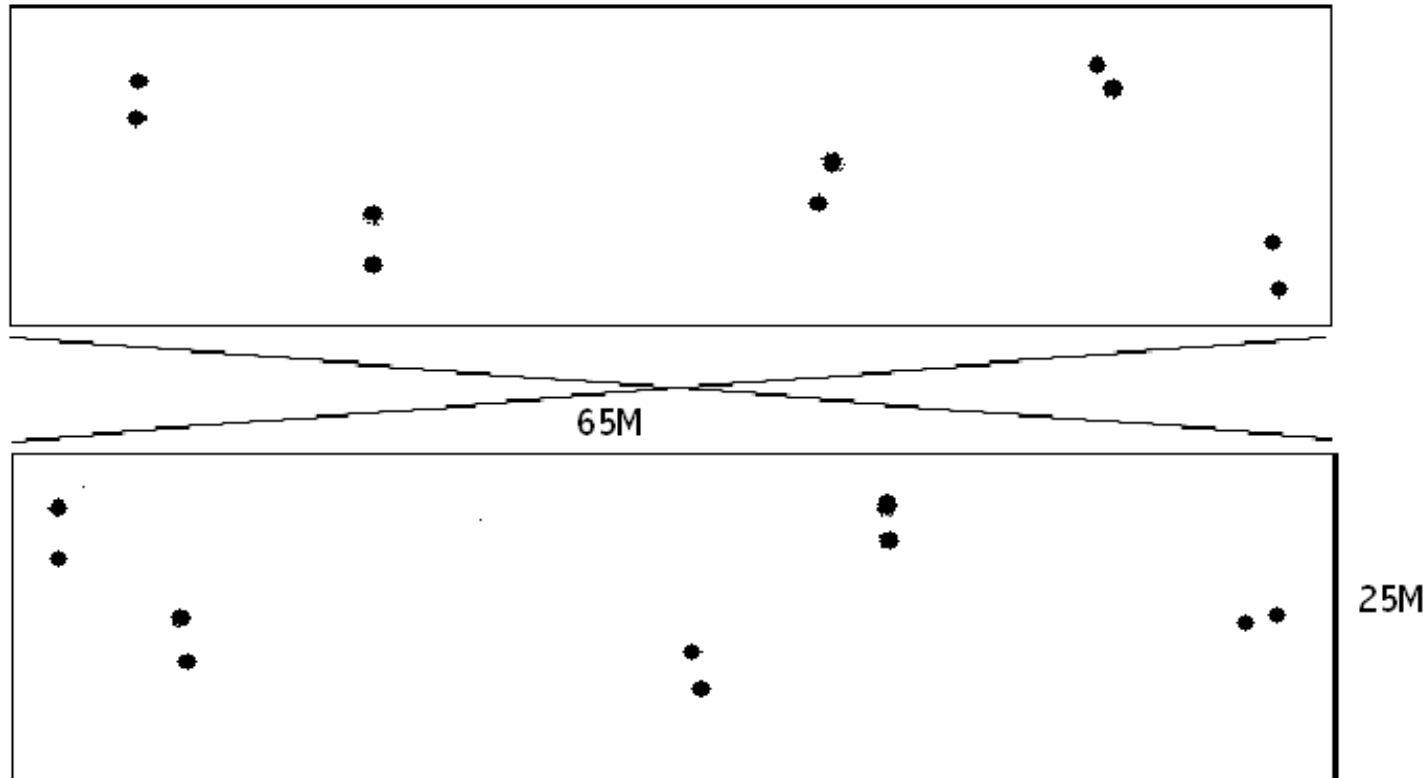


Mid Season Tackling



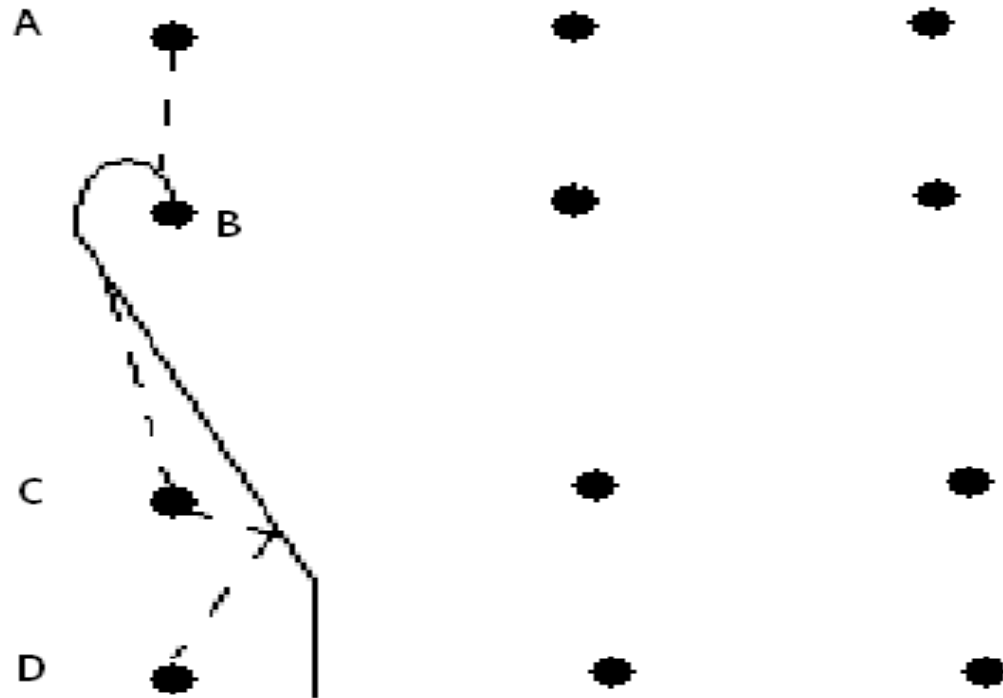
A takes ball into attacking situation and B has to turn him/her 4 times before finish line to win.

Mid Season Games



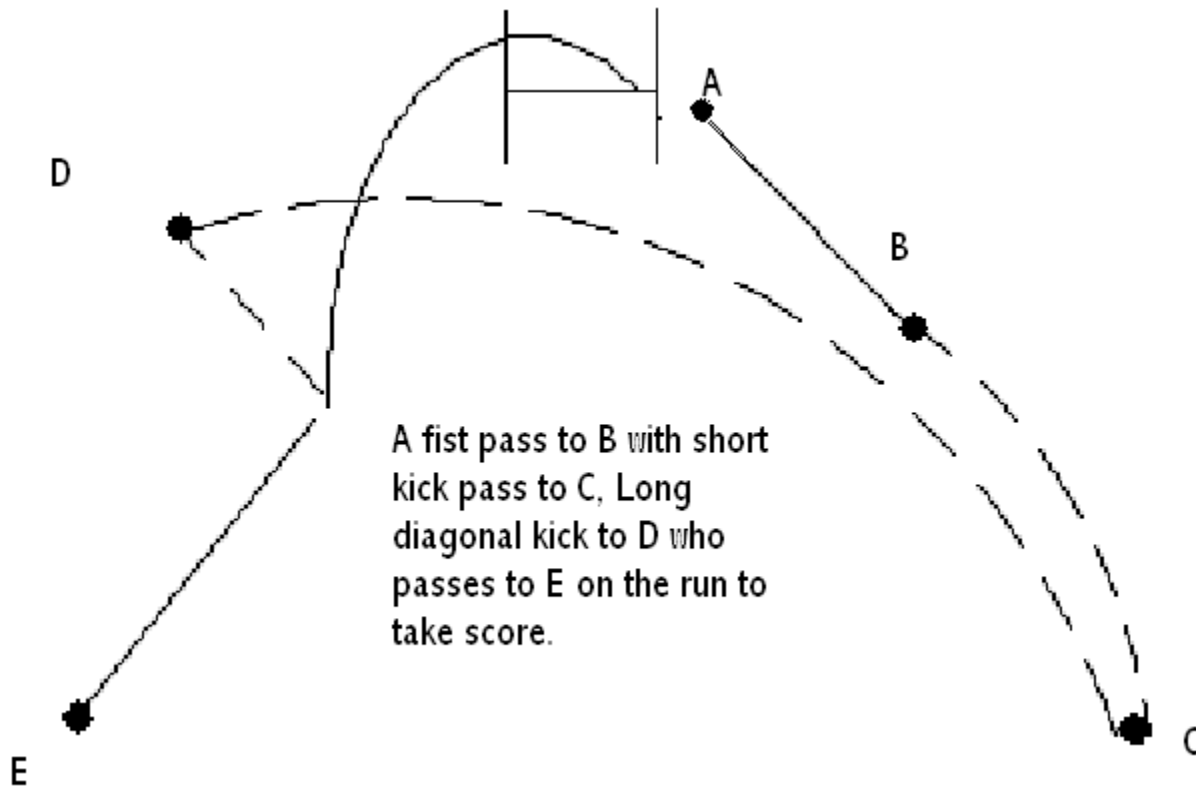
10 vs 10 in two areas with a no mans land in between. Aim is to complete set number of passes and then cross no mans land with kick pass.

Peak Season Fist Passing Race

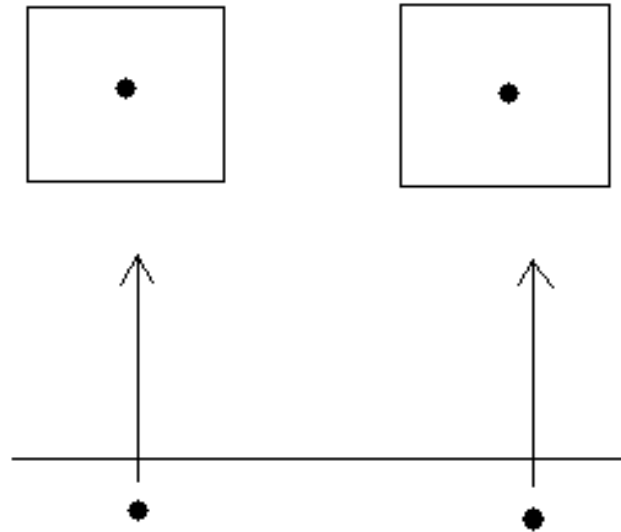


Race: A to B with one two played with c and transfer back to D. Race to complete number of full cycles.

Peak Season Kicking

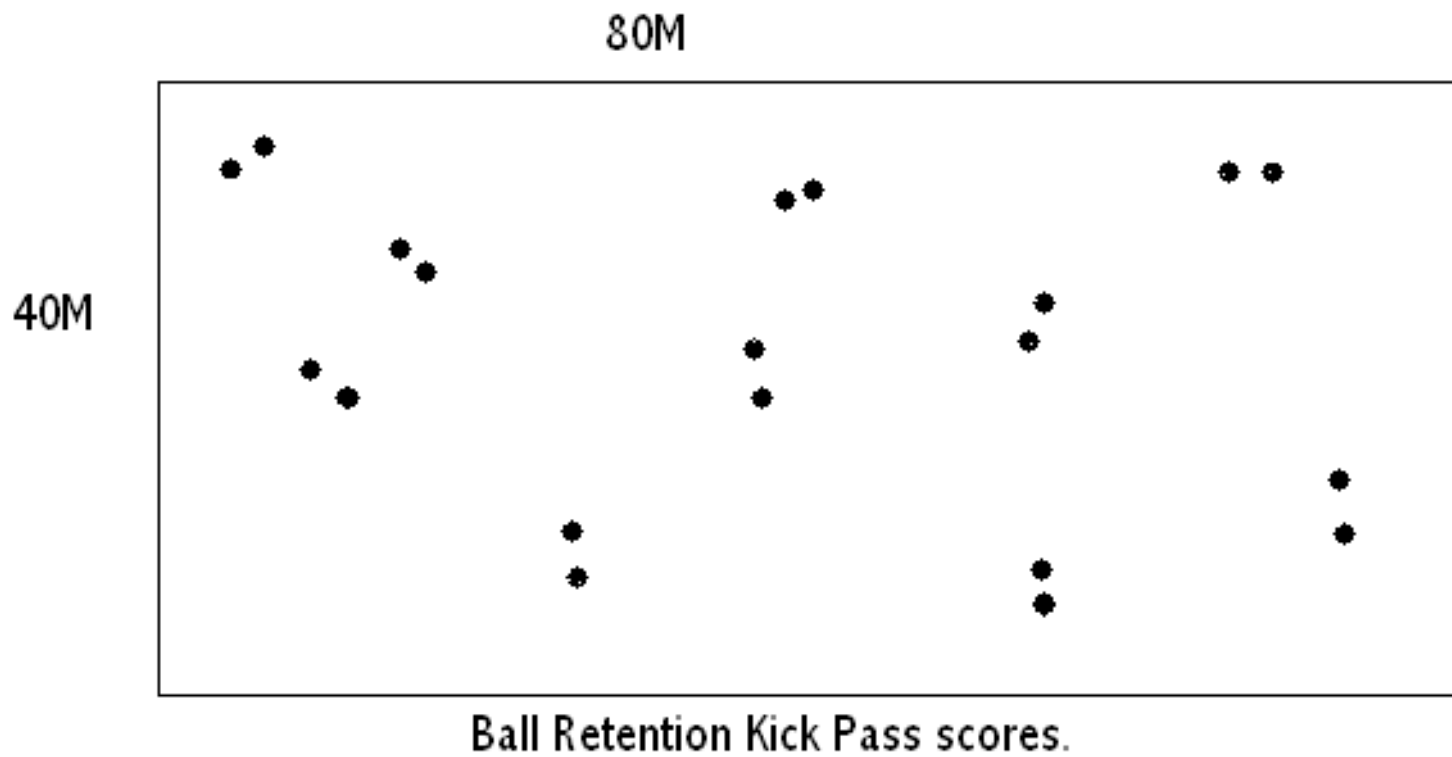


Peak Season Tackling



Tackler starts behind line sprints out
and dispossesses man in box.

Peak Season Games



In Essence

- Try not to overdo either physical conditioning or ball work to the detriment of the teams performance
- Ball work complexity depends on the time of the season
- Always consider what you want from a game

In Essence

- You need to work on technique and every session needs a pure physical conditioning section
- Integration requires **IMAGINATION!!!**