

ROUND TOWERS CLONDALKIN GAA CLUB

Part 2- U-7 to U-12 Boys & Girls Camogie & Hurling Coaching Booklet



Shane Treanor - Games Development Officer-Round Towers Clondalkin



Camogie & Hurling



Warm-up/Skill Development/Games - 8-week programme



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



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GAA Coaching Education & Foundation Award



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Correct Hurley Size



Age 7 & 8yrs old



Age 9 & 10yrs old



Age 11 & 12 yrs old



Fun Warm-Up Games



Modified Games



Athletic Development



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Introduction



This U-7 to U-12 Camogie & Hurling booklet is an 8-week starter guide which incorporates warm-ups, skills, and games sense. The purpose of the booklet is to give the coach a better understanding of how to plan a session using various warm ups, skills and games sense conditions. Each week is structured covering different elements of skill development however the coach can view all sessions shown and amend the structure of the session to cater for their teams needs on a weekly basis. Using the IDEA and STEP coaching principles the coach can deliver best practice teaching methods which can have a significant impact to the individual and team's ability to perform. Things to consider when coaching the player would be the level of ability that they are playing at. For example, each player may not be at the same level of performing skills and the coach may have to adjust and adapt their coaching approach and level of difficulty in skills and games. When laying out your session consideration regarding individual practice is particularly important. Using the ball for all model is an approach that can be modified when using these lesson plans.



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



GAA Coaching Education & Foundation Award



GAA Coach Education Structure



You coaching journey starts here!

4yr-8yr old children



The Foundation Award is the introductory award for coaches of Gaelic games. The course is aimed at beginner coaches and will enable participants to assist a coach in the organisation of activities to develop Camogie & Hurling. The course covers 4 key modules, as well as Introductory and Conclusion modules. These 4 modules are:

- Introduction to Games
- Skill Development
- Movement Skills
- Coaching Children, Youths and Adults

The focus of the course is the development of the 'How to Coach' skills by placing the participant in situations that they will face as coaches – the organisation of games activities, activities to develop skill and activities to develop the various movement skills.



Basic Drill



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Game Play Drill



Phases of Learning



Three distinct phases of learning a new skill have been identified, and these are:

1. The Cognitive Phase: Identification and development of the component parts of the skill - involves formation of a mental picture of the skill
2. The Associative Phase: Combining each of the component parts into a smooth action - involves practicing the skill and using feedback to perfect the skill
3. The Autonomous Phase: Developing the learned skill so that it becomes automatic - involves little or no conscious thought or attention whilst performing the skill

The Cognitive Phase is vital to the development of good technique. The task for the player is to understand what is required to perform the technique. The player can accomplish this by watching the technique being demonstrated and having a number of attempts at performing the skill. It is vital that the player pays attention to each part of the skill. The rate of development during this phase is directly related to the quality with which the skill is taught. The coach should use as many methods of teaching the skill as necessary (Verbal, Demonstration, Video, Diagrams etc) - ensuring that the visual demonstration is of a very high standard is of utmost importance. Once the component parts of the skill have been clearly identified further practice helps assemble them, bit by bit, into the overall skill.

The Associative Phase Players in the Associative Phase of skill acquisition use feedback, from themselves (i.e. how the skill feels and if the outcome is successful), and from the Coach (identifying where the player is making an error and providing positive corrective feedback) to shape and polish the individual component parts into a smooth action. Rehearsal of the skill must be done regularly and correctly.

The Autonomous Phase With further practice the skill may become automatic, i.e. the player can perform the skill without consciously focusing on the whole skill or how it is made up of its component parts. This phase is identified by automatic and consistently correct performance of the skill. Players should be able to perform the skill to an autonomous level in a stationary position or with limited movement - i.e. in a Basic Drill situation - before progressing to performing it in a more challenging situation, e.g. while moving - as in an Intermediate Drill - or with further external demands - as in an Advanced Drill.

Remember, Practice makes Permanent, but only Perfect Practice makes Perfect!



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



I.D.E.A Coaching Model



Introduce the Skill - Verbally introduce the skill, providing a brief description.
Outline the Key Teaching Points.

Demonstrate - Demonstrate the skill; perform it in full a number of times.
Then break the skill down, making a point of noting the position of the Head, Hands, (Hurley) and Feet for each distinct component. Repeat the skill in full again.

Explain - Verbally and Visually explain how you want the skill practiced, i.e. the organisation of the drill or activity.

Attend - Observe the players performing the skill a number of times.
Provide feedback on how to correct any errors.

Four key
teaching
points when
coaching a
skill or drill
with players.



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game









Game Play Drill



Award 1 Child



Once you have completed the Foundation Award the next step is the Award 1 Child certification. In the Award 1 programme, participants explore the various features of the OTú Coaching Model. Coaches gain experience at coaching each of the 3 T's – Technical Proficiency, Tactical Prowess, Team Play – and the 3 P's – Physical Fitness, Participant Feedback/Playing Facts and Psychological Focus. This resource will provide some additional information on each of these areas that can be used during the course as a record of important points on each area, or as a reminder when the course is completed:

 <p>Technical Proficiency (Know how)</p> <p>The ability to perform the underlying techniques of the game accurately, consistently and at match tempo.</p>	 <p>Tactical Prowess (Know What and When)</p> <p>The ability to weigh up match situations and decide on what option to take and when to take it.</p>	 <p>Team Play (Know Who and Where)</p> <p>The ability to anticipate movements and synchronise who goes where during play or set pieces.</p>
 <p>Physical Fitness</p> <p>The ability to perform the basic techniques, engage in physical contests and respond to the signs, sounds, and signals experienced during the game with the least possible expenditure of energy</p>	 <p>Participant FeedBack/Playing Facts</p> <p>The ability to identify playing strengths and areas where improvement is required and to accept why changes in training, tactics, and team line out etc may be necessary</p>	 <p>Psychological Focus</p> <p>The ability to maintain attention on the here and now and switch concentration as the need arises</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club





S.T.E.P Coaching Model



Space - Changing the amount of space available may reduce or increase the difficulty. More space means less pressure, but more running! Use zones, or restricted areas, to prevent all the players chasing the ball (beehive play) or to encourage width or to aid the defensive or attacking players.

Task - Change the task that the players are required to perform, e.g. choosing a more difficult technique to perform, or increasing the pace from a walk to a jog, or changing the target from a fixed to a moving target, or varying the playing or scoring rules for all or selected players.

Equipment - Change the equipment used, e.g. from using a big ball to a smaller ball, or from using a wall to a partner, or a bat to a hurley. Note: Small balls are easier to throw but harder to catch, whereas big balls are easier to catch and harder to throw. Similarly, longer implements or implements with smaller heads are harder to use than shorter implements with larger heads.

Players - Introduce opposition, firstly in token form, before progressing gradually to full opposition (where the possession is contested in a game like manner). Change the number of players to give an advantage to the attacking or defending players.

Remember The
Following



STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Correct Hurley Size



QUICK GUIDE OR **HOW TO MEASURE:**

AGE 6 – 24"
AGE 8 – 26"
AGE 10 – 28"
AGE 12 – 30"

OR

THE HURLEY SHOULD BE ROUGHLY HALF THE PLAYERS' HEIGHT.

*STAND STRAIGHT BUT RELAXED, HANDS DOWN BY YOUR SIDES.

*PUT THE HURLEY BESIDE YOU. THE HURLEY SHOULD BE TOUCHING THE GROUND.

*THE TOP OF THE HURLEY SHOULD BE IN LINE WITH YOUR WRIST.

THE AIM OF THE GAME IS TO GET THE SLOTTAR TO YOUR HAND AS QUICKLY AS POSSIBLE, SHORTER IS BETTER!!!

REMEMBER YOUNG PLAYERS & BEGINNERS...

A LIGHTER, SHORTER HURLEY WILL MAKE IT EASIER TO MASTER NEW SKILLS!!

FITZ

CHOOSING THE CORRECT HURLEY SIZE

Ready Position
Your dominant hand (usually the hand you write with) grips the hurley. Your other hand is for balance.

Correct Grip:
Cross hands with the hurley. Gripping the hurley with your dominant (strong) hand will give you a better strike and give you more control over your hurley.

Correct Swing:
Hands are "locked".

Incorrect Swing:
Hands are separated which will result in "showing" the ball and poor striking.

Rising / Lifting
Lower Hand catches slotar
Grip Hand (dominant) stays in place

Fencing Game
If you cannot play this game for 30 seconds, then your hurley is probably too heavy.

Sizing your Hurley

- Standing straight, looking forward and with your hurley held firmly (shaking hands with the hurley) at the "butt" (top of handle) swing your hurley like a pendulum.
- The hurley should brush the ground just opposite your toe.
- Your hurley will be held at a slight angle and the heel will almost be on the ground.

Too Long

- Hard to swing, handle gets in the way
- Can't develop a poor swing
- Probably too heavy also

A heavy hurley will adversely affect your swing, strike and touch.

Too Short

- Limits length of strike
- Golfers do not use putters on the T-Ball
- Will miss several hooks, blocks and flicks
- Will limit your reach for a ball
- Limits ground striking

A heavy hurley will limit your reaction, your ability to reach, stop shots, hook, block and flick.

Just Right

Goalies – Choose a hurley that is not too big or too heavy.

WHERE WE ALL BELONG



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Age 7 & 8yrs



Each session
will be 1hr in
total



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






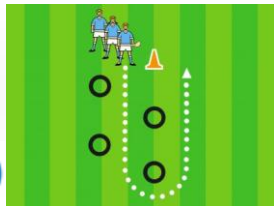



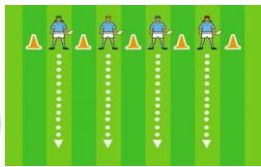


Modified Game



Game Play Drill



Week 1- Session 1

Plan	Warm-Up -Agility	Skill Development- Get Ready Strike
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Get Ready Strike ➤ Ground Strike ➤ Ground Block ➤ Game <p>STEP Space-Time-Equipment-Players</p>	  <p><u>Travelling</u></p> <p>Travel around the playing area in different directions e.g. jogging, hopping, jumping, sideways, backwards.</p>	  <p>Place four tyres 5m apart in a zigzag formation. Each player jogs through the tyre formation striking each tyre using the dominant and non-dominant side alternatively</p>
Skill Development- Ground Strike	Skill Development – Ground Block	Game Sense
  <p>Players into pairs; one ball per pair. Place six markers in a line 2m apart. A is positioned in front of B with the ball at their feet. B jogs alongside A to flick the ball away 1 handed. A does not attempt to play the ball. B recovers the ball and moves to the next cone for Player A to flick, and so on.</p>	  <p>Position the players along a line at 2m intervals. On the whistle, the players move from the Ready Position to the Frontal Ground Block position and back to the Ready Position. The Coach may count the players through the stages of the technique to help with the sequence and the timing.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





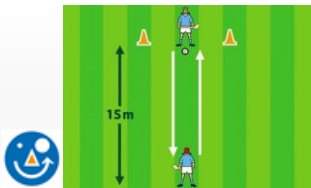
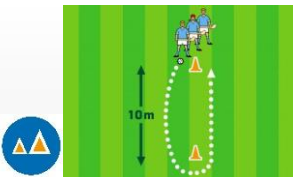

Modified Game



Game Play Drill



Week 2- Session 2

Plan	Warm-Up - Balance	Skill Development- Frontal Ground Block
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Balance ➤ Frontal Ground Block ➤ Doubling Back- Goal Strike ➤ Dribble ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p><u>Mule Kicks</u></p> <p>Players go down on all fours, raise the knees to move into the press up position. Eventually kick one foot into the air followed by the other.</p>	 <p>Players 5m from the Coach. Coach uses a line or marker as an imaginary ball and swings in the direction of each player in turn, who strides forward and attempts to block the swing. Coach should adjust the strength of the swing to match each player's ability</p>
Skill Development – Doubling Back	Skill Development – Dribble	Game Sense
 <p>Players into pairs; one ball per pair. Mark out a goal 3m wide; one player of each pair acts as a goalkeeper. The second player stands 15m away. The goalkeeper strikes the ball low for their partner to double back on to try to score a goal. If player stops the ball or takes more than one touch, a score is not counted.</p>	 <p>Mark out a distance of 10m using cones Divide the players into groups, one sliotar per group. Each group lines up behind a cone Each Player in turn dribbles the sliotar around the far cone and back; the next player repeats</p>	 <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






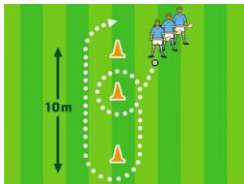



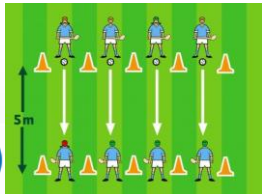

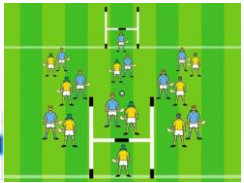
Modified Game



Game Play Drill



Week 3- Session 3

Plan	Warm-Up – Co-ordination	Skill Development- Dribble
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Co-ordination ➤ Dribble ➤ Ground Strike ➤ Roll & Block ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>Stepping Stones</p> <p>Place a number of coloured markers around the playing area. The players move from one marker to another using one step or leap.</p>	  <p>Mark out a distance of 10m using three cones at 5m intervals. Divide the players into groups, one sliotar per group. Each player dribbles the sliotar all the way around the centre cone as they dribble out to and back from the far cone</p>
Skill Development – Ground Strike	Skill Development – Roll & Block	Game Sense
  <p>Divide the players into pairs; one pair per tyre. Standing one to each side, each player in turn strikes the tyre. After a set time or number of strikes, the players change side.</p>	  <p>Mark a distance of 5m using cones. Divide the players into pairs, one ball per pair. The first player from each pair rolls the ball gently to the strong side or between the legs of their partner who attempts to block it. Continue to alternate the roles, repeating the drill for a set time.</p>	  <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game




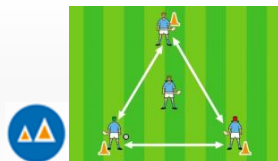

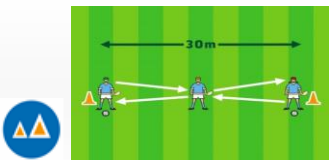

Modified Game



Game Play Drill



Week 4- Session 4

Plan	Warm-Up – Running	Skill Development- Striking & Stopping
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Striking & Stopping ➤ Ground Strike ➤ Ground Strike ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p><u>Shuttle Runs</u></p> <p>The players run continuously out and back to each successive line.</p>	 <p>Mark out a triangle using cones. Size of the triangle to suit the ability of the players. One player is positioned at each cone with the fourth as the 'piggy in the middle'. The players at the cone throw the ball to one another while the 'piggy in the middle' attempts to block it. Change the person in the middle .</p>
Skill Development – Control & Strike	Skill Development – Control & Strike	Game Sense
 <p>Divide the group into teams of three or four players. Line up each team at regular intervals over the length of field. The players move the ball up and down the line as many times as possible in a set time. The team who moves the ball up and down the line quickest is the winner.</p>	 <p>Divide the players into groups of three. Mark out a distance of 30m using cones. Position one player at each end with a ball and the third player in the middle. In turn, the outer players strike the ball for the middle player to control and return. Change the middle player and continue the drill.</p>	 <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





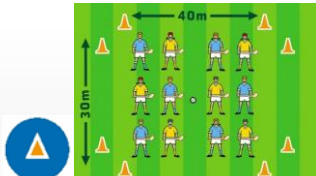

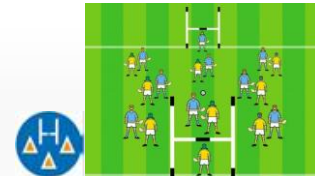
Modified Game



Game Play Drill



Week 5- Session 5

Plan	Warm-Up – Jumping	Skill Development- Imaginary Striking
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Jumping ➤ Striking ➤ Ground Strike Game ➤ Tyre Strike ➤ Game <p>STEP Space-Time-Equipment-Players</p>	 <p><u>Criss Cross Bounce</u> Jump around the cross in a clockwise and anticlockwise direction.</p>	 <p>Line up the players side by side leaving at least two hurley lengths between them. On the whistle they strike an imaginary ball in front of them. Alternate between striking on the dominant and non-dominant sides. Ensure all the players strike to the same side on each go</p>
Skill Development – Ground Strike Game	Skill Development -Tyre Strike	Game Sense
 <p>Mark out a playing area 40m x 30m. Position a goal at each of the four corners. Divide the players into two equal teams of four to six players. Each team defends two goals, but no goalkeepers are used.</p>	 <p>Divide the players into pairs; one pair per tyre Standing one to each side, each player in turn strikes the tyre. After a set time or number of strikes, the players change sides.</p>	 <p><u>Conditioned Game</u> Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





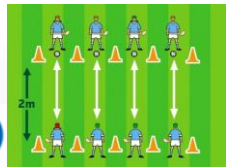

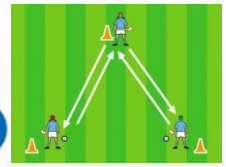
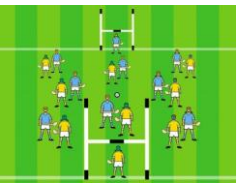
Modified Game



Game Play Drill



Week 6- Session 6

Plan	Warm-Up - Agility	Skill Development- Striking in Pairs
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Ground Striking in Pairs ➤ Hand Pass ➤ Pressure Hand Pass ➤ Game <p>STEP <u>Space-Time-Equipment-Players</u></p>	  <p><u>Bridges & Rivers</u></p> <p>The players work in pairs, one player designated the 'bridge' and the second the 'river'.</p>	 <p>Divide the players into pairs 10m apart; one ball per pair. Each player strikes the ball to their partner, who blocks it and strikes back. Alternate striking using the dominant and non-dominant sides.</p>
Skill Development – Hand Pass	Skill Development – Pressure Hand Pass	Game Sense
  <p>Divide the players into pairs; one ball per pair. The players stand facing each other two Hurley lengths apart. Each player in turn hand passes the ball to their partner who catches it and hand passes it back.</p>	  <p>Divide the players into groups of three; each group forming a triangle. Two players act as feeders, with one ball each; the third player is the central player. The central player must take and return a pass from each player in turn for a set period of time. Reverse the roles, giving each player the chance to be the central player.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






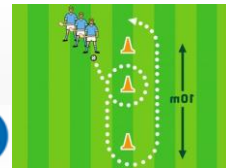



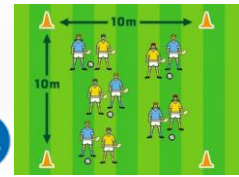


Modified Game



Game Play Drill



Week 7- Session 7

Plan	Warm-Up – Running	Skill Development- Dribble
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Dribble ➤ Dribble Fill the Circle ➤ Dribble & Tussle ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p><u>Team Pursuit</u></p> <p>Divide the players into teams. One from team A then one from team B and so on. The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit.</p>	  <p>Mark out a distance of 10m using three cones at 5m intervals. Divide the players into groups, one sliotar per group. Each player dribbles the sliotar all the way around the centre cone as they dribble out to and back from the far cone</p>
Skill Development – Dribble Fill the Circle	Skill Development – Dribble & Tussle	Game Sense
  <p>Mark out a circle using cones. Scatter several balls in different directions outside the circle. Divide the players into teams. Beginning in the circle, the Players run to return all balls to the circle using the dribble technique. The Coach times each team, and the team that takes the least time is the winner.</p>	  <p>Mark out a grid using cones. Divide the players into pairs, one sliotar per pair. One player attempts to keep possession by dribbling and using their body to shield the ball. The second player tries to push or flick the ball away. After a set time, or after a dispossession, reverse the roles.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game








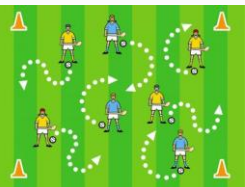

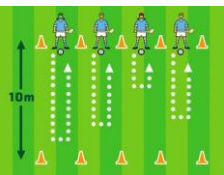

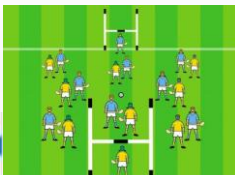
Modified Game



Game Play Drill



Week 8- Session 8

Plan	Warm-Up – Agility	Skill Development- Dribble & Score
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Dribble & Score ➤ Possession Dribble ➤ Dribble Signal & Turn ➤ Game <p>STEP Space-Time-Equipment-Players</p>	  <p><u>Touch The Dome</u></p> <p>Place different coloured caps or domes around the playing area. Challenge the players to touch 3 caps of the same colour in succession. Then challenge them to touch 3 different coloured caps in succession.</p>	  <p>Mark out a grid with cones. Divide the Players into two teams. Each team tries to keep possession of the ball by dribbling and passing using the ground strike. A score is recorded when the ball is dribbled over the opponents end-line.</p>
Skill Development – Possession Dribble	Skill Development – Dribble Signal & Turn	Game Sense
  <p>Each player has a ball. Players dribble around the grid keeping their ball under control, while trying to knock another player's ball out of the grid. Group of two teams . When a player's ball is knocked out of the grid, that player must leave the grid.</p>	  <p>Mark out a distance 10m wide using cones The players line up on one side, one sliotar per player. Each player dribbles towards the far cones. On the Coach's signal, each player quickly changes direction and dribbles back in the direction they came from.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





Modified Game



Game Play Drill



Layout

Plan	Warm-Up – 5 mins	Skill Development- 10mins
<u>Skill Development</u>   <u>Space-Time-Equipment-Players</u>		
Skill Development – 10mins	Skill Development – 10mins	Game Sense – 20 mins

Notes:.....

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Age 9 & 10 yrs



Each session
will be 1hr in
total



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






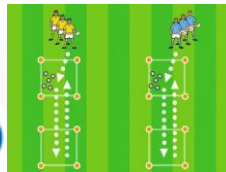

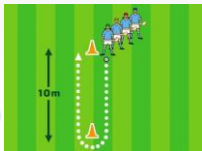

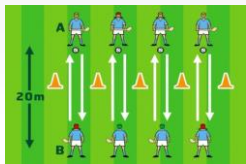


Modified Game



Game Play Drill



Week 1- Session 1

Plan	Warm-Up -Agility	Skill Development- Jab Lift/Grid Swap
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Jab Lift/Grid Swap ➤ Solo Run ➤ Striking From Hand ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>Divide the players into pairs; each player wears two velcro tags, one attached to each wrist. The players must attempt to grab the tags from their partner while avoiding the efforts of their partner to do the same.</p>	  <p>Divide the players into equal teams. Mark out four grids 5m by 5m, with a distance of 5m between each grid; each team is assigned two grids. Place the same number of balls in each of the near grids. The first player in each team jab lifts each ball in turn and transfers it to the other grid. Each player in turn transfers the balls in the opposite direction. The team who completes the drill in the quickest time wins</p>
Skill Development – Solo Run	Skill Development – Striking From Hand	Game Sense
  <p>Divide the players into groups of five; one ball per group. Mark out a distance of 10m using cones. The players line up behind the first cone. Each player solos out and around the far cone and back.</p>	  <p>Divide the players into pairs; one ball per pair. Mark out a distance 15 – 20m wide. Mark a goal midway between each pair. The players strike the ball through the goal to their partner</p>	  <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game










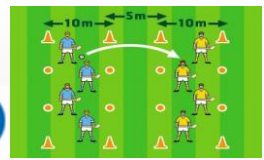


Modified Game



Game Play Drill



Week 2- Session 2

Plan	Warm-Up -Balance	Skill Development- Stationary Roll Lift
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Balance ➤ Stationary Roll Lift ➤ Ground Flick One on One ➤ Striking From Hand,; No Mans Land ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>The player stands on an unstable object like a wobble board or cushion. Another player or the coach throws the sliotar from different positions and at different heights for the player to catch. Challenge the players to continue the exercise while standing on one leg.</p>	  <p>Divide the players into pairs; one ball per pair. One player in each pair roll lifts the ball repeatedly for 1 minute. The second player in each pair counts successful attempts by their partner. After 1 minute the players switch roles. Encourage players to beat their own record on repeat attempts</p>
Skill Development- Ground Flick One on One	Skill Development – Striking From Hand	Game Sense
  <p>The attackers line up 15 to 20m out from goal, each with a ball. Defenders line up 10 to 15m out from goal. The first attacker dribbles the ball towards the marker. The defender gives chase and attempts to dispossess the attacker using the ground flick. If the attacker reaches the marker in possession they must be allowed strike for goal unopposed</p>	  <p>The objective of the game is to strike the ball into the opponents' section of the court. The ball may be controlled and passed among players of the same team to set up a strike. Catching the ball is not permitted. Points are scored when the ball touches the ground in the opponent section of the court</p>	  <p><u>Conditioned Game</u> Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game











Modified Game



Game Play Drill



Week 3- Session 3

Plan	Warm-Up -Co-ordination	Skill Development- Chase & Hook
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Co-ordination ➤ Chase & Hook ➤ Stand & Strike ➤ Striking From The Hand ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>The players hop in and out of every second space on the ladder. Bring the feet together when hopping into the ladder and spread them to hop out of the ladder. To vary the exercise, the player uses one foot when hopping in the space.</p>	  <p>One ball per pair. Player A is positioned 2m behind Player B, with both players in the Ready Position. On a signal from the Coach, both players run towards the ball. Player B attempts to strike it on the ground, while Player A attempts to hook. Encourage Player A to follow up the tackle and gain possession by jab-lifting the ball. Switch roles</p>
Skill Development- Stand & Strike	Skill Development – Hit The Cones	Game Sense
  <p>Player A throws the ball underarm for Player B to strike overhead to Player C. Player C retrieves the ball and plays it back to Player A to repeat the drill. Repeat for a set time before rotating positions. Ensure the players practice striking off both their right and left sides</p>	  <p>Mark out grid 40m long by 20m wide. Place a number of cones across the middle of grid. Divide the players into groups of three to five players: one or two balls per team. The players in possession attempt to strike the cones in the middle of the grid</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game









Modified Game



Game Play Drill



Week 4- Session 4

Plan	Warm-Up – Running	Skill Development- Ground Strike
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Ground Strike On The Run ➤ Strike From The Hand ➤ Batting Overhead ➤ Game <p>STEP Space-Time-Equipment-Players</p>	  <p>Mark out channels using caps or domes. Place one foot and the opposite arm forward; the arms should be bent at the elbows with the head up looking forward. Sprint over a small distance concentrating on technique.</p>	 <p>Distance of approximately 40m using cones. In teams of 3, the players spread out evenly. The first player strikes the sliotar towards the central player. Central player, without stopping the ball, strike it on towards the third player who strikes it back and so on. The central player to play the ball on whatever side it approaches.</p>
Skill Development- Strike and Score	Skill Development – Attack & Bat	Game Sense
 <p>The players line up behind one of the outer cones; one ball per player. Each player solos through the inner cones and strikes for a point on the 13m line. The players should run directly for goal once they pass through the inner cones. Repeat the drill either side</p>	 <p>In groups of three. Mark out a distance of 5m and 3m using cones. Player A throws the ball for Player B to attack and bat at the 3m marker. Player A follows the throw as Player C moves forward to catch the bat. Player B follows the bat and so on in rotation.</p>	 <p><u>Conditioned Game</u> Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






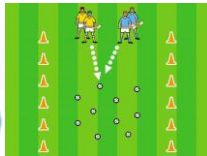

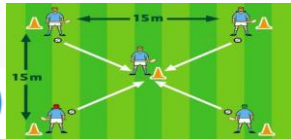

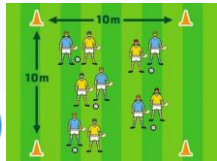


Modified Game



Game Play Drill



Week 5- Session 5

Plan	Warm-Up - Jumping	Skill Development- Hook
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Jumping ➤ Hook against time ➤ Frontal Ground Block ➤ Dribble & Tussle ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>Hop through a ladder placing both feet in every space. To vary this exercise, hop 2 spaces forward and 1 space back progressing through the ladder.</p>	  <p>Place slotars randomly throughout the grid. Divide the players into pairs, one designated the striker and the other the tackler. Each pair jog around the grid, the tackler attempting to perform the hook tackle on each strike. Switch the roles after a set time. The winner is the player with the greatest number of successful hooks in the time allowed</p>
Skill Development- Frontal Ground Block	Skill Development – Dribble & Tussle	Game Sense
  <p>In turn the outer players attempt to strike the balls to hit the centre cone. The centre player moves to block each ball at the point of contact. The centre player must run back around the centre cone after each block. The Coach should signal for each of the outer players to begin moving. Change blocker & repeat</p>	  <p>Mark out a grid using cones. Divide the players into pairs, one slotar per pair. One player attempts to keep possession by dribbling and using their body to shield the ball. The second player tries to push or flick the ball away. After a set time, or after a dispossession, reverse the roles</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






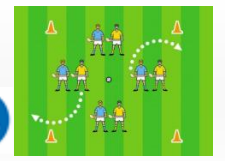






Modified Game



Game Play Drill



Week 6- Session 6

Plan	Warm-Up - Agility	Skill Development- Dribble & Score
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Dribble & Score ➤ Roll Lift & Move ➤ Ground Strike On The Run ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>Place lots of obstacles or domes include a number of hoops. Divide the players into 4 teams, one at each side of the playing area; each player has a ball. The players must dodge the 'mines' as they travel from one side of the playing area to the other bouncing the ball in any hoop they pass.</p>	  <p>Mark out a grid with cones. Divide the Players into two teams. Each team tries to keep possession of the ball by dribbling and passing using the ground strike. A score is recorded when the ball is dribbled over the opponents end-line.</p>
Skill Development- Roll Lift	Skill Development – Ground Strike	Game Sense
  <p>Mark out a square or circle using cones. Position one player and one ball at each cone. Players roll lift the ball at each cone repeatedly before moving to next cone.</p>	  <p>Mark out a distance of 20m using cones. Place three balls at 5m intervals along the distance. Divide the players into groups of three. One group of three lines up behind the first cone. Each player in turn runs forward to strike each ball on the run. The other group of three take up position to retrieve the balls, returning them to the original position for the next player.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





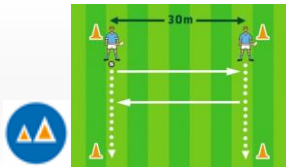
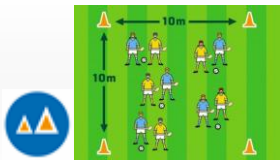
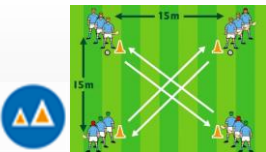

Modified Game



Game Play Drill



Week 7- Session 7

Plan	Warm-Up - Running	Skill Development- Strike From The Hand
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Strike From The Hand ➤ Dribble Opposition Tussle ➤ Solo Run Through the Middle ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>The players run to different points in the playing area as the coach points to them eg forwards, backwards, sideways etc</p>	 <p>Divide the players into pairs; one ball per pair Mark out a distance 30m wide using cones The players strike the ball back and forth across the distance as they are moving up the field. When all pairs have reached the far end, they repeat the drill in the opposite direction, striking the ball from the other side.</p>
Skill Development- Dribble	Skill Development – Solo Run	Game Sense
 <p>Divide the players into pairs, one sliotar per pair. One player attempts to keep possession by dribbling and using their body to shield the ball. The second player tries to push or flick the ball away. After a set time, or after a dispossession, reverse the roles</p>	 <p>Mark out a grid 15m square, using cones Three players line up at each corner of the grid. Starting from two corners the players must solo across the grid and hand pass to the next player from 2 to 3 m away. The players may catch the ball as they pass through the centre of the grid.</p>	 <p>Conditioned Game Modified game focusing on skills practiced with points and goals</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






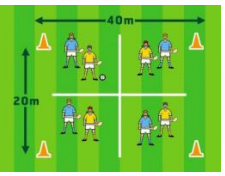



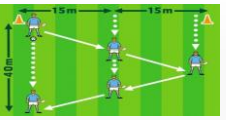

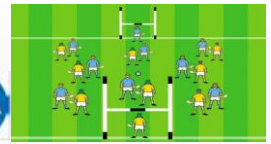
Modified Game



Game Play Drill



Week 8- Session 8

Plan	Warm-Up - Agility	Skill Development- Frontal Block
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Frontal Block in Grid ➤ Frontal Block Hit The Target ➤ Ground Strike On The Run/Wide ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>The players work in pairs, with one player in each pair designated the leader. The leader runs around the playing area being followed by their partner. Whichever way the leader moves the partner must follow as quickly as possible; when the leader stops the partner must also stop. Switch</p>	  <p>Divide the players into two teams of four, one player per section. The players attempt to retain possession by striking the ball from section to section. The opposing team attempt to block the strike attempts. If the strike is successful, that team must be allowed to retain possession. Continue the game for a set period.</p>
Skill Development- Frontal Block	Skill Development – Ground Strike	Game Sense
  <p>On a signal Player A, positioned 10m to one side of the grid, strikes the ball to Player B, positioned inside the grid. Player C, beginning on the other side of the grid, attempts to block Player B from striking the ball to the player D at the far cone. Player D continues the drill by striking to Player C as Player B attempts to block and so on</p>	  <p>In groups of three, players spread out along one the line. The first player begins by striking the sliotar ahead of the central player. The central player, without stopping the ball, strikes it on towards the third, who strikes it back to the central player again, and so on. The three players move forward in this fashion until they reach the 40m line.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Layout

Plan	Warm-Up – 5mins	Skill Development- 10mins
<p><u>Skill Development</u></p> <p>➤</p> <p>➤</p> <p>➤</p> <p>➤</p> <p>➤</p> <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>		
Skill Development – 10mins	Skill Development – 10mins	Game Sense – 20mins

Notes:



Age 11 & 12 yrs



Each session will
be 1hr in total



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game




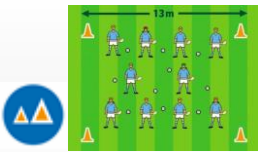



Modified Game



Game Play Drill



Week 1- Session 1

Plan	Warm-Up -Agility	Skill Development- Roll Lift
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Roll Lift Musical Chairs ➤ Overhead Striking ➤ Ground Flick ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p>Place poles or cones approximately 3m apart in a zig-zag formation. The players dodge around each of the poles. The players should drive off the outside leg when rounding each pole. To vary the exercise, challenge the players to go sideways and backwards through the slalom.</p>	 <p>Ten players/10 balls are positioned randomly throughout the grid. The players jog slowly around the grid. On the whistle, the players move to the nearest ball to roll lift it into their hand. One ball is taken away and the game continues. On the next whistle, the player who fails to roll lift a ball leaves the game. Continue until only one player remains. Players may compete for the ball.</p>
Skill Development- Overhead Striking	Skill Development – Ground Flick	Game Sense
 <p>Two equal teams Strike the ball into the opponent's section of the court. The ball may be controlled and passed among players of the same team to set up a strike. Catching the ball is not permitted. Points are scored when the ball touches the ground in the opponent section.</p>	 <p>Place six markers in a line 2m apart. Player A is positioned in front of Player B with the ball at their feet. Player B jogs alongside Player A to flick the ball away one handed. Player A does not attempt to play the ball. Player B recovers the ball and moves to the next cone for Player A to flick. The players should practice coming from both sides</p>	 <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game








Modified Game



Game Play Drill



Week 2- Session 2

Plan	Warm-Up – Agility/Hand Pass	Skill Development- Doubling Back
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility/Hand Pass ➤ Doubling Back/Ground Strike ➤ Frontal Air Block ➤ Overhead Strike/Volleyball ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p>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 hand pass. A hit is cancelled if the sliotar is caught. Rotate the players when the team with the sliotar reaches 15 points, or when all the dodgers have been eliminated.</p>	 <p>One ball per pair. Mark out a goal 3m wide; One player of each pair acts as a goalkeeper. Second player 15m away. Goalkeeper strikes the ball low for their partner to double back on to try to score a goal. If player stops the ball or takes more than one touch, a score is not counted.</p>
Skill Development- Frontal Air Block	Skill Development – Overhead Strike	Game Sense
 <p>Position the players along a line two meters apart. On the whistle, the players move from the Ready Position to the Frontal Block position and back to the Ready Position. The coach may count or talk the players through the stages of the technique to help them with the sequence and the timing</p>	 <p>Two equal teams. The objective of the game is to bat the ball overhead into the opponent's section of the court. The ball may be controlled, passed among players of the same team (without catching the ball) and set up for a bat but may only be played across to the opponent's section using the bat.</p>	 <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






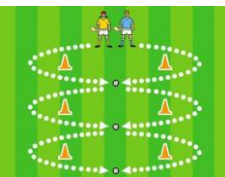



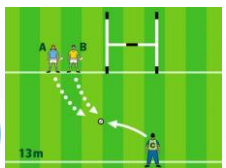


Modified Game



Game Play Drill



Week 3- Session 3

Plan	Warm-Up – Running/Jumping	Skill Development- Should Clash
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running/Jumping ➤ Shoulder Clash Zig/Zag ➤ Hand Pass ➤ Overhead Striking/One on One ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>Jog on the sport at a moderate pace; jog on the balls of the feet. On a signal from the coach change gears, gradually moving the feet quicker and quicker</p>	  <p>Place 2 sliotars in the middle of the channel, one halfway between each set of cones. Divide the players into pairs. Each pair in turn contest both balls using the ground clash technique. Each player must travel around the outer cones before contesting each ball.</p>
Skill Development- Hand Pass	Skill Development – Overhead Striking	Game Sense
  <p>Team A must retain possession of the ball by hand passing it to each other. Team B gain possession by intercepting the ball, or when the ball hits the ground or leaves the grid. The player in possession may not be tackled. Each successful catch gains a score; alternatively, the team who makes the highest number of passes in succession wins.</p>	  <p>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 jogs out from the end line. The coach throws the ball up for the attacking player to strike overhead for goal. The defending player attempts to block the shot or bat the ball clear. Reverse the roles of the teams after a set time.</p>	  <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Week 4- Session 4

Plan	Warm-Up – Running/Heel Flicks	Skill Development- Strike From The Hand
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running/Heel Flicks ➤ Striking From The Hand ➤ Ground Ball Stop/Pass The Guards ➤ Doubling Back/Clear The Circle ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>In a stationary position hold the arms behind the back; one at a time flick the heels up to touch the bottom. Introduce the arms; perform the exercise using a ladder, putting every foot in every second space.</p>	  <p>Divide the players into two teams of four, one player per section. The players attempt to retain possession by striking the ball from section to section. The opposing team attempt to block the strike attempts. If the strike is successful, that team must be allowed to retain possession</p>
Skill Development- Ground Ball Stop	Skill Development – Doubling Back	Game Sense
  <p>Three teams. One team acts as guards, forming a line across the centre of the grid. The second and third teams attempt to roll or throw the ball past the guards from either end of the grid. One point is scored each time a ball passes the guards. Each team has a turn in the centre.</p>	  <p>Divide the players into two teams. Position one team outside the circle and the other inside. The outside players must strike the balls low into the circle. Players inside must try to keep the circle clear by doubling on each ball as it arrives. Reverse the roles of the teams after a set time</p>	  <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





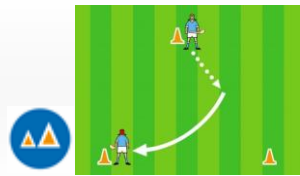
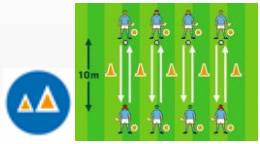
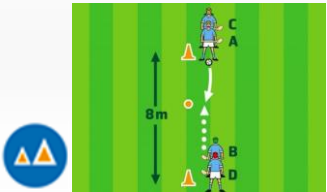
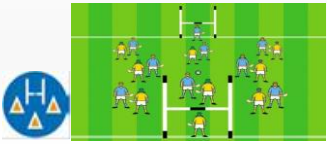
Modified Game



Game Play Drill



Week 5- Session 5

Plan	Warm-Up - Agility	Skill Development- Strike & Move
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Striking From The Hand ➤ Ground Strike ➤ Blocking Overhead ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>The players work in pairs, with one player in each pair designated the leader. The second player must copy the movements of the leader. Switch the roles after a set time</p>	 <p>3 cones 20m apart/triangle. Player strikes the ball on the run while moving along a length of the triangle; partner remains in a stationary position. Each player strikes the ball from a stationary position to their partner who is moving along the far length of the triangle. Each player strikes the ball on the run to their partner who is also moving. Change direction</p>
Skill Development- Ground Strike	Skill Development – Blocking Overhead	Game Sense
 <p>Place two cones midway between both players. Each player in turn strikes the ball through the cones to their partner who blocks it and strikes back. Alternate striking using the dominant and non-dominant sides. A score may be awarded for every successful strike between the cones</p>	 <p>Position two players at one end of the area, the other two stand 5m from the other end. Player A throws the ball underarm. Player B blocks the ball overhead at the marker and hand passes it to Player C. Player C throws the ball for Player D to catch. Change roles</p>	 <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game






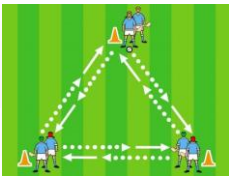






Modified Game



Game Play Drill



Week 6- Session 6

Plan	Warm-Up - Agility	Skill Development- Solo Runs
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Solo Runs ➤ Stopping Ground Ball ➤ Jog & Clash ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	  <p>Players into pairs; each player works in a grid with a centre marker. One player is designated the leader who moves to each corner of the grid randomly, using different ways of travelling e.g. backwards, sideways, skipping. The second player must copy the player.</p>	  <p>Mark out a triangle with cones 10m apart. Two players line up at each corner. Each player solos to the next cone, hand passing the ball to the next player from 2 to 3m. Repeat the drill in the opposite direction.</p>
Skill Development- Stopping Ground Ball	Skill Development – Jog & Clash	Game Sense
  <p>Position one player at each corner of the grid with a fifth player in the middle. The corner players in turn roll their sliotar to the middle player who blocks and sweeps it back. Each player takes a turn in the middle.</p>	  <p>The players pair off in two lines. Place three stationary First Touch sliotars at 5m intervals from the players. Each pair in turn jogs forward to clash on each ball in sequence. The players retrieve the sliotars for the Coach and return to the end of the line. Alternate sides on repeat attempts.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game




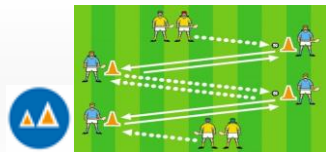



Modified Game



Game Play Drill



Week 7- Session 7

Plan	Warm-Up – Pyramid Runs	Skill Development- Roll Lift 1
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Pyramid Runs ➤ Roll Lift 1 ➤ Roll Lift 2 ➤ Ground Block ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p>Mark a series of finishing lines at increasing distances from the start line. 20m is long enough for 4/5-year-olds progressing to 50m for 8 year olds. Sprint to each line successively taking a break in between to walk back to the start.</p>	 <p>4 cones in a zig-zag formation 5-8m apart. A line of players is positioned behind a marker at each end. A further player is positioned at each of the four cones: One sliotar at the first and third cones. The front player in the near line moves forward and roll lifts the ball at the first cone, carrying it and placing it at the second cone; repeat at cones three and four.</p>
Skill Development- Roll Lift 2	Skill Development – Ground Block	Game Sense
 <p>Place five cones in a cross formation; 3m outer cone and the centre cone. Players form a line behind one of the outer cones with a ball at each of the other cones. First player jogs to the centre cone, roll lifting and replacing the ball at the cone. They continue to each outer cone in a clockwise motion, returning to the centre cone each time.</p>	 <p>Set up the games as shown. Players attempt to strike the balls to hit the centre cone. The centre player moves to block each ball at the point of contact. The centre player must run back around the centre cone after each block. The Coach should signal for each of the outer players to begin moving. Change the blocker and repeat</p>	 <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game




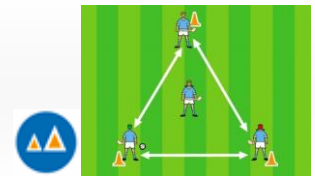



Modified Game



Game Play Drill



Week 8- Session 8

Plan	Warm-Up – Jumping Move & Catch	Skill Development- Stopping Ground Ball
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Jumping Move & Catch ➤ Stopping Ground Ball ➤ Solo Run/Jab Lift ➤ Ground Strike ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p>The players to work in pairs. One player in each pair lobs the sliotar for their partner to move forward, jump and catch. Catch the sliotar and pass it back to the thrower moving backwards. Continue the exercise across the across the playing area and reverse the roles</p>	 <p>Mark out a triangle using cones; determine the size of the triangle to suit the ability of the players. One player is positioned at each cone with the fourth as the 'piggy in the middle'. The players at the cone throw the ball to one another while the 'piggy in the middle' attempts to block it. Any player whose throw is blocked becomes the new 'piggy in the middle'</p>
Skill Development- Solo Run/Jab Lift	Skill Development – Ground Strike	Game Sense
 <p>Mark out four grids with a distance of 5m between each grid; each team is assigned two grids. Same number of balls in each of the near grids. Player in each team jab lifts each ball in turn and transfers it to the other grid Each player in turn transfers the balls in the opposite direction.</p>	 <p>Mark out a distance of approximately 40m using cones. The players spread out evenly over the distance. The player strikes the sliotar towards the central player. The central player, without stopping the ball, strike it on towards the third player who strikes it back and so on.</p>	 <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Layout

Plan	Warm-Up – 5mins	Skill Development- 10mins
<p><u>Skill Development</u></p> <p>➤</p> <p>➤</p> <p>➤</p> <p>➤</p> <p>➤</p> <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>		
Skill Development – 10mins	Skill Development – 10mins	Game Sense – 20mins

Notes:





Fun Warm Up Games

You are never too old to
play these games!

Fun - Fun - Fun



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Why introduce FUN warm-up games into your session



FUNDamentals

Movement Games and Activities for Warm Ups. Why include them in your session:

1. Children love them (All ages).
2. Full Participation for all players.
3. Incorporates physical fitness.
4. Includes A,B,C's & R,T,J's.
5. Incorporates Athletic Development.
6. Team Work.
7. Fun.



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game





Game Play Drill



Week 1 & 2



Agility, Balance & Strength	Bridges & Rivers
<p>This is an exercise to develop agility and balance skills:</p> <p><u>Organisation</u></p> <ul style="list-style-type: none"> ✓ The players work in pairs, one player designated the 'bridge' and the second the 'river' ✓ The players run around the playing area, and on a signal from the coach the 'bridges' balance on their hands and feet while the 'rivers' crawl under the 'bridges' ✓ Note that the 'rivers' can also crawl under the 'bridges' from back to front as well as side to side ✓ Move quickly into the bridge position ✓ 'Rivers' get down low and shuffle using the forearms and lower legs 	
Agility, Balance, Speed & Running	Touch The Dome
<p>This exercise to develop agility skills:</p> <p><u>Organisation</u></p> <ul style="list-style-type: none"> ✓ Place different coloured caps or domes around the playing area ✓ Challenge the players to touch 3 caps of the same colour in succession ✓ Then challenge them to touch 3 different coloured caps in succession ✓ The coach may also call a colour to which the players must travel ✓ Ensure the players have enough room to move around safely ✓ Touch the caps with the toes before moving quickly to the next cap 	

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





Modified Game



Game Play Drill



Week 3 & 4

Agility, Running, Balance & Co-ordination	Dodge The Dome
<p>This is an exercise to develop agility and evasion skills:</p> <p><u>Organisation:</u></p> <ul style="list-style-type: none"> ✓ The players approach a cap or dome and side-step past it; encourage use of both sides ✓ Start at a slow or walking pace before gradually increasing the speed as the players become more comfortable ✓ This exercise can also be performed with a partner; one player remains stationary while the other jogs forward and side steps past them ✓ Plant the lead foot firmly on the ground, transferring the body weight to the foot as you do so ✓ Push hard off the planted foot to 'spring' to the other side ✓ Plant the opposite foot and continue forward in the new direction 	
Agility, Running, Balance, Co-ordination & Team Work	Wrist Band
<p>This is an exercise to develop agility and co-ordination skills</p> <p><u>Organisation:</u></p> <ul style="list-style-type: none"> ✓ Divide the players into pairs; each player wears two velcro tags, one attached to each wrist ✓ The players must attempt to grab the tags from their partner while avoiding the efforts of their partner to do the same ✓ Ensure the players have enough room to move around safely ✓ No pushing or bumping 	

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game





Game Play Drill



Week 5 & 6



Jumping & Running	Mobility Exercises
<p>These are warm-up exercises that may be used before any other ABC or Have-a-Ball exercise. They include pulse raising and mobilisation exercises.</p> <p><u>Organisation:</u></p> <ul style="list-style-type: none"> ✓ Begin with moderate exercises such as walking or light jogging before moving on to more intense activity ✓ Incorporate mobilisation exercises at regular intervals between the pulse raising exercises ✓ Include basic jumping movements to prepare for jumping exercises to follow ✓ Gradually increase the intensity of the activity ✓ Include a moderate version of activities to be performed later in the session 	
Jumping & Running	Jump & Turn
<p>This exercise to develop jumping skills requires the players to turn in mid-air as they jump</p> <p><u>Organisation:</u></p> <ul style="list-style-type: none"> ✓ On the spot jump to make quarter, half, three quarter and full turns in mid air ✓ Practice turning clockwise and anticlockwise ✓ Ensure the players turn after take-off and not after landing ✓ Ensure the players have enough room to perform the exercise safely ✓ Land softly with bent knees, straight back and head up 	

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game





Game Play Drill



Week 7 & 8



Co-ordination, Balance & Strength	Body Balance
<p>This is an exercise to develop balance and coordination skills</p> <p><u>Organisation:</u></p> <ul style="list-style-type: none"> ✓ The players balance on their hands and feet ✓ On all fours lift one arm up and out to the front, then the other ✓ Now lift one leg off the ground, then the other ✓ Lift the opposite arm and leg at the same time and vice versa ✓ Finally lift the arm and leg at the same side and vice versa ✓ Make each movement at a slow steady pace 	
Co-ordination, Running & Agility	Step & Follow
<p>This is an exercise to develop coordination and running skills</p> <p><u>Organisation:</u></p> <ul style="list-style-type: none"> ✓ The players move through a ladder placing both feet in every space ✓ Lead with one foot and follow with the other ✓ Remember to practice leading with both the left and right foot ✓ Stand upright ✓ Synchronise arm and leg movement, i.e. swing the left arm forward when the right leg and vice versa 	

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Week 9 & 10



Template	Template
Template	Template

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Modified Games



Reading books
will improve
your personal
development!



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Modified Games



As a coach, to achieve success, keeping your sessions interesting, varied, and focused is really important. Coaches need to develop the art of questioning to help tease out the answers through problem solving situations, rather than telling players what they need to be doing.

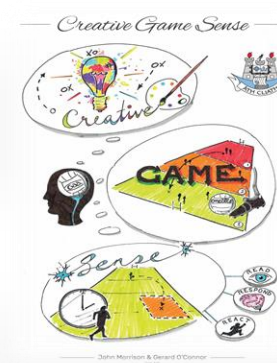
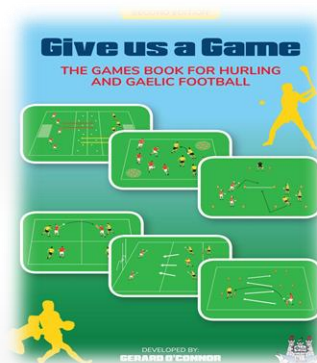
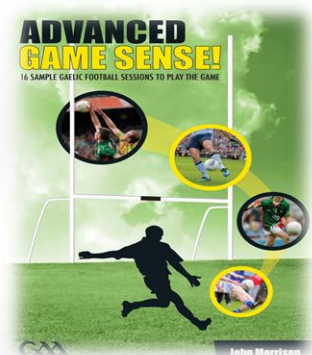
These ebooks aims are to:

Provide a template and layout for coaches, covering all areas necessary for a good training session.

Give practical ideas through games-based training for coaches.

Help coaches focus on a specific theme throughout the training session. These include:

- Individual & Group Defence, Support Play, Penetration, width, and depth in attack , Break-Ball Games, Concept /Prompt Games
- Chasing and Fleeing games, Target games, Court games, Field games, Invasion games



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Athletic Development



This section will be delivered through in-house workshops & Handouts.



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Athletic Development



Athletic Development's coach education workshops demystify the science of youth athlete development, providing coaches with a comprehensive guide to what, why and how of all aspects of fitness appropriate for young and developing players.

Facilitated by youth fitness specialists; we aim to give attending coaches a background in the fundamental areas of youth athlete development, including but not limited to:

- Resistance training/Strength training
- Agility
- Balance
- Speed
- Core strength and stability
- Injury prevention
- Dynamic Warm-up
- Flexibility and stretching
- Long term athlete development

Attendees will:

- Gain a clear understanding of the need/process of athlete development.
- Acquire the knowledge, skill and confidence to include developmentally appropriate Strength & Conditioning training into their current sessions.
- Be encouraged to shape their workshop through constant interaction, meeting their individual educational needs.
- Be able to provide developmentally appropriate physical training to their athletes.
- Help their young athletes/players to reach their full athletic potential

Shane Treanor- Game Development Officer-Round Towers Clondalkin GAA Club



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill