

ROUND TOWERS CLONDALKIN GAA CLUB

U-7 to U-12 Boys & Girls Gaelic Football Coaching Booklet - Part 1



Shane Treanor - Games Development Officer-Round Towers Clondalkin

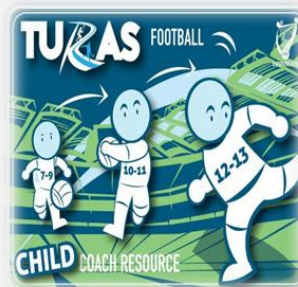


GAELIC FOOTBALL



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

[CLICK HERE](#)



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



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Introduction



This U-7 to U-12 Gaelic Football 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



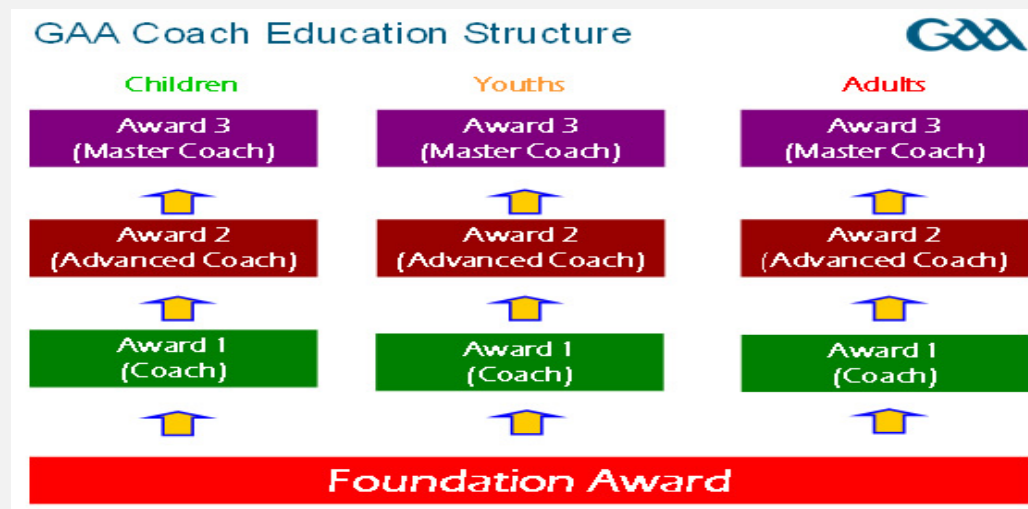
Modified Game



Game Play Drill



GAA Coaching Education & Foundation Award



You coaching journey starts here!



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 Gaelic Football or Gaelic football. 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.



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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



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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



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



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



Age 7 & 8yrs



Each session
will be 1hr in
total

[CLICK HERE](#)



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game





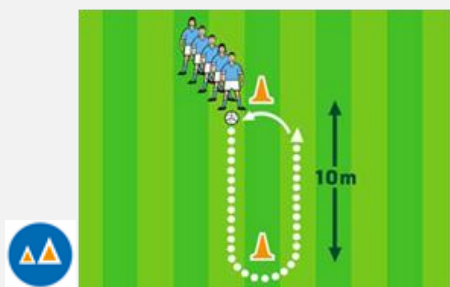
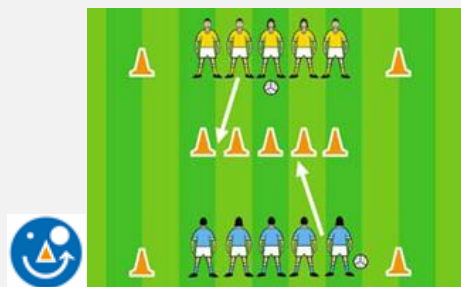

Modified Game



Game Play Drill




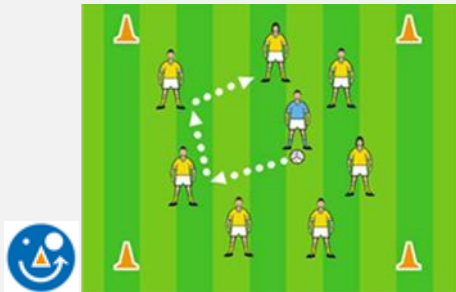
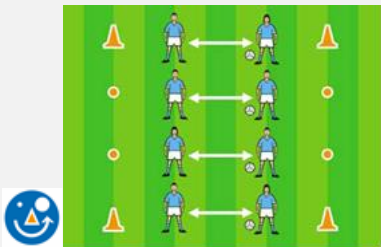
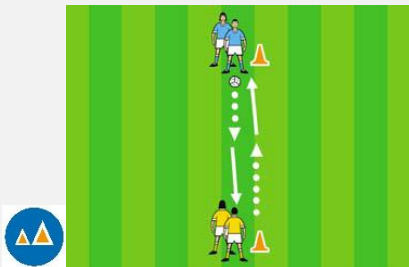
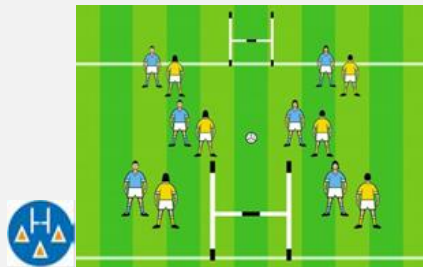
Week 1- Session 1

Plan	Warm-Up -Agility	Skill Development- Bounce
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Bounce ➤ Solo ➤ Kick ➤ Game <p>STEP Space-Time-Equipment-Players</p>	 <p><u>Travelling</u> Travel around the playing area in different directions e.g. jogging, hopping, jumping, sideways, backwards.</p>	 <p><u>Slalom Bounce</u> Players Bounce the ball while running around each cone, alternating hands.</p>
Skill Development- Solo	Skill Development - Kick	Game Sense
 <p><u>Toe Tap, Turn and Pass</u> Players Solo out around the cone, turns and fist passes to the next player.</p>	 <p><u>Hit the Cones</u> Players Punt Kick the ball to hit the cones in the middle.</p>	 <p><u>Conditioned Game</u> Modified game focusing on skills practiced with points and goals.</p>

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Week 2- Session 2

Plan	Warm-Up - Balance	Skill Development-Solo
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Balance ➤ Solo ➤ High Catch ➤ Hand Pass ➤ 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><u>Toe-Tap Tag</u></p> <p>One player Solos around the grid and attempts to tag the other players.</p>
Skill Development – High Catch	Skill Development -Hand Pass	Game Sense
 <p><u>Prisoner Ball</u></p> <p>Players kick the ball to the opposition; if the ball touches the ground the nearest player joins the other team.</p>	 <p><u>Move and Pass</u></p> <p>Players move forward and Fist Pass to the opposite player and continue to the other side.</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




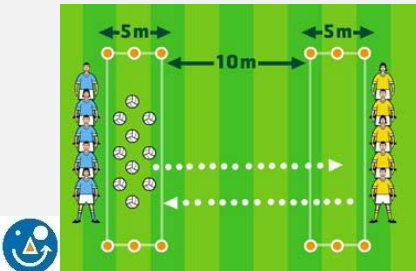
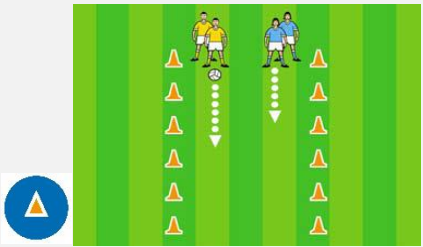

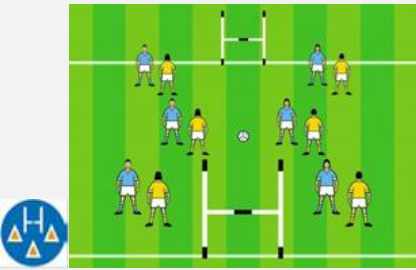
Modified Game



Game Play Drill




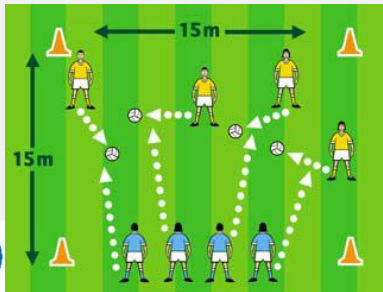

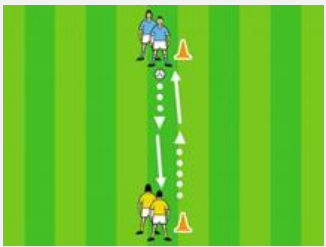
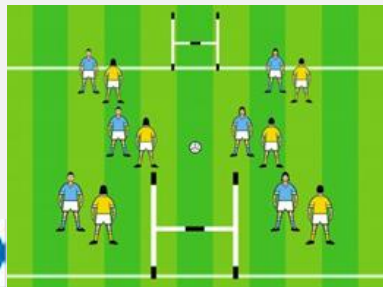
Week 3- Session 3

Plan	Warm-Up – Co-ordination	Skill Development-Pick Up
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Co-ordination ➤ Pick Up ➤ Tackling ➤ Punt Pass ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p><u>Stepping Stones</u></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><u>Grid Swap</u></p> <p>Each team in turn Crouch Lifts all the balls into their grid.</p>
Skill Development – Tackling	Skill Development -Punt Pass	Game Sense
 <p><u>On the Ball</u></p> <p>One player bounce and toe taps the ball while the other attempts to step across and execute the Near Hand Tackle.</p>	 <p><u>Down the line</u></p> <p>Players move forward and Punt Kick the ball to the next player and join the back of that line.</p>	 <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Week 4- Session 4

Plan	Warm-Up - Running	Skill Development-Pick Up
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Pick Up ➤ Scoring ➤ Hand Pass ➤ Game <p>STEP Space-Time-Equipment-Players</p>	 <p><u>Shuttle Runs</u></p> <p>The players run continuously out and back to each successive line.</p>	 <p><u>Scatter and Lift</u></p> <p>Attackers try to crouch lift as many balls in 30sec while the defenders try to oppose them.</p>
Skill Development – Scoring	Skill Development -Hand Pass	Game Sense
 <p><u>Over The River</u></p> <p>Divide the players into two groups. 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.</p>	 <p><u>Move & Pass</u></p> <p>Divide the players into groups of four; one ball per group. The player in possession walks/runs forward and fist passes to the first player in the opposite line, who 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








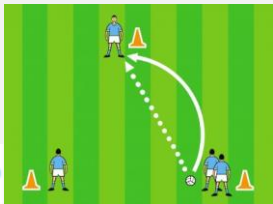

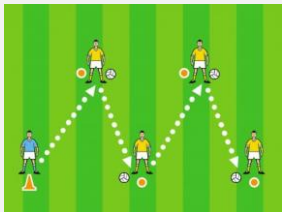

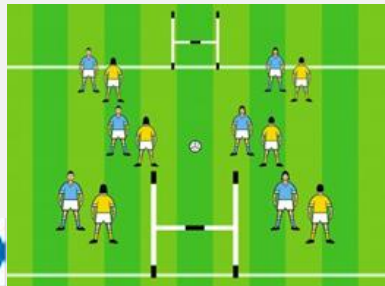
Week 5- Session 5

Plan	Warm-Up – Jumping	Skill Development-Solo
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Jumping ➤ Solo ➤ Body Catch ➤ Feint & Side Step ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></p>	 <p>Criss Cross Bounce</p> <p>Jump around the cross in a clockwise and anticlockwise direction.</p>	 <p>Multiple Toe Tap</p> <p>Each player has a ball and practice solo's in a stationary position. Introduce the STEP model.</p>
Skill Development – Body Catch	Skill Development -Feint & Side Step	Game Sense
 <p>Any Catch</p> <p>Players throw the ball to each other high, low or body catch.</p>	 <p>Side Step</p> <p>With a ball player runs and side steps marker. Introduce a skill to increase difficulty.</p>	 <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Week 6- Session 6

Plan	Warm-Up - Agility	Skill Development- Pick Up
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Pick Up ➤ Kick Pass ➤ Block Down ➤ Game <p>STEP Space-Time-Equipment-Players</p>	  <p>Bridges & Rivers</p> <p>The players work in pairs, one player designated the 'bridge' and the second the 'river'.</p>	  <p>Tussle & Lift</p> <p>Divide the players into pairs, one of each pair lined up approximately 5 meters apart. Coach rolls the ball forward from behind each pair who chase and contest for the ball.</p>
Skill Development – Kick Pass	Skill Development – Block Down	Game Sense
  <p>Pass & Follow</p> <p>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.</p>	  <p>Block Down</p> <p>See image 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.</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






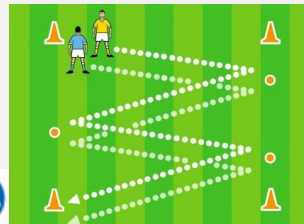

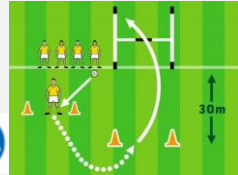

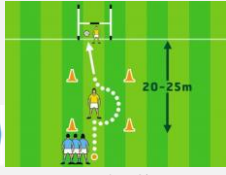

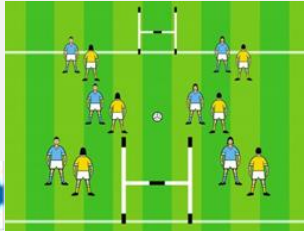
Modified Game



Game Play Drill



Week 7- Session 7

Plan	Warm-Up – Running	Skill Development- Checking
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Checking ➤ Scoring/Hook Kick ➤ Shooting ➤ 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><u>Zig Zag Check</u></p> <p>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</p>
Skill Development – Hook Kick	Skill Development -Shooting	Game Sense
  <p><u>Kick & Score</u></p> <p>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.</p>	  <p><u>Roll & Shoot</u></p> <p>Player in turn solos forward to engage the defender before rolling to one side and attempting to score. Players toe tap as they approach the defender and roll away towards goal and shoot.</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



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Fun Game






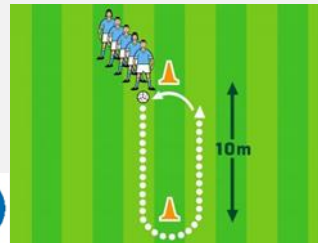

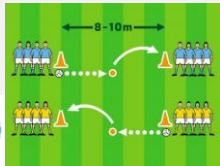

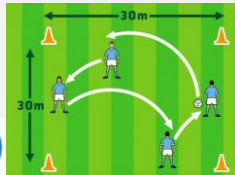

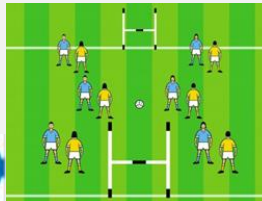
Modified Game



Game Play Drill



Week 8- Session 8

Plan	Warm-Up – Agility	Skill Development- Solo
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Solo ➤ Hand Pass ➤ Punt Kick ➤ Game <p>STEP</p> <p><u>Space-Time-Equipment-Players</u></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><u>Solo Relay</u></p> <p>Groups of 4 each player in turn solos the ball out to the cone. When soloing to the left the players should use their left leg and when soloing to the right the players should use their right leg.</p>
Skill Development – Hand Pass	Skill Development -Punt Kick	Game Sense
  <p><u>Move & Pass</u></p> <p>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 the end of line.</p>	  <p><u>In and Around</u></p> <p>Move and kick pass the ball to your partner around the square.</p>	  <p><u>Conditioned Game</u></p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Layout

Plan	Warm-Up -	Skill Development-
<u>Skill Development</u> ➤ ➤ ➤ ➤ ➤ STEP Space-Time-Equipment-Players		
Skill Development -	Skill Development -	Game Sense

Notes:.....
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Basic Drill



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Game Play Drill



Age 9 & 10 yrs



Each session
will be 1hr in
total

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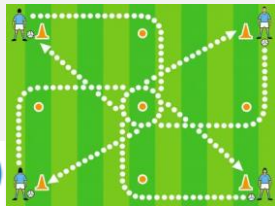



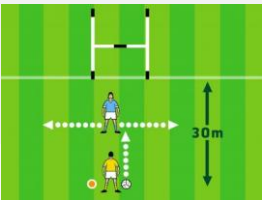

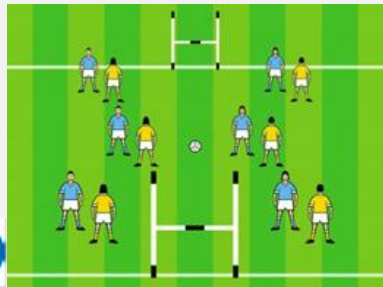
Modified Game



Game Play Drill



Week 1- Session 1

Plan	Warm-Up -Agility	Skill Development- Solo
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Solo ➤ Roll & Shoot ➤ Checking the player & shoot ➤ 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>The first player in each group solos with the ball in an anti-clockwise direction around the next cone, then the centre cone, and back to their corner. Each player in turn repeats the drill.</p>
Skill Development- Roll & Shoot	Skill Development – Shooting	Game Sense
  <p>Mark out a grid 10 to 15m. Mark out a goal area 10 meters from the grid. Divide the players into attackers and defenders, with one goalkeeper. Each defender enters the grid in turn to be approached by an attacker who must perform the roll before shooting on goal. Rotate the players after a set number of goes.</p>	  <p>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. Change roles and then repeat the drill.</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






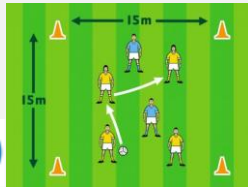

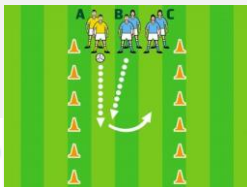

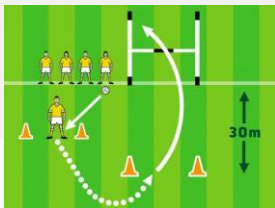

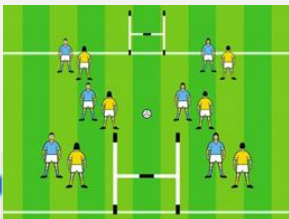
Modified Game



Game Play Drill



Week 2- Session 2

Plan	Warm-Up -Balance	Skill Development- Hand-Pass
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Balance ➤ Hand-Pass ➤ Near Hand Tackle ➤ Hook Kick & Score ➤ 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 ball 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>4 v 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 then change.</p>
Skill Development- Near Hand Tackle	Skill Development – Hook Kick & Score	Game Sense
  <p>Groups of 3 mark out a channel 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.</p>	  <p>All the players except one begin behind the goal. Position the other player at a cone 20 meters 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.</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






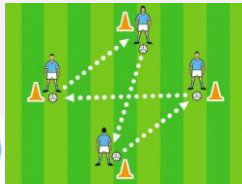






Modified Game



Game Play Drill



Week 3- Session 3

Plan	Warm-Up -Co-ordination	Skill Development- Bounce
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Co-ordination ➤ Bounce ➤ High Catch ➤ Punt Kick ➤ 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>Set up 4 cones in a square 4 to 5m apart. Position one player, ball in hand, at each cone. The players move to perform the bounce technique as the 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.</p>
Skill Development- High Catch	Skill Development – Punt Kick	Game Sense
  <p>Mark out a channel. In 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 the Player A to repeat.</p>	  <p>Mark out 4 cones in a line each 20m apart 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.</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





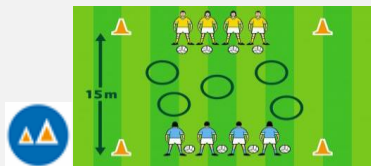






Modified Game



Game Play Drill



Week 4- Session 4

Plan	Warm-Up - Running	Skill Development- Side Step
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Side Step ➤ Solo Tag ➤ Roll, Pass & Shoot ➤ 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>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 ball. On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles.</p>
Skill Development- Solo Tag	Skill Development – Roll, Pass & Shoot	Game Sense
  <p>Grid 15m x 15m. Six players attempt to solo across the grid. Two players act as defenders and attempt to tag the soloing players. The soloing players continue over and back until all have been tagged. Rotate & repeat.</p>	  <p>A defending player is positioned in a 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.</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- Block Down
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Jumping ➤ Block Down ➤ Pick Up with pressure ➤ Shoot & Block Down ➤ 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>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.</p>
Skill Development- Pick Up with pressure	Skill Development – Shoot & Block Down	Game Sense
  <p>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.</p>	  <p>Mark out a defensive zone or grid 10 to 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.</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






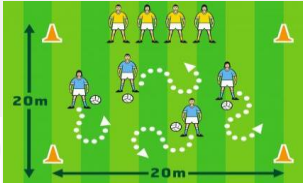

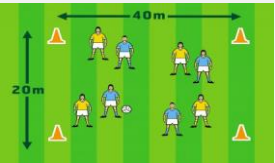

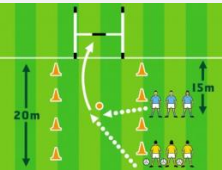


Modified Game



Game Play Drill



Week 6- Session 6











Plan	Warm-Up - Agility	Skill Development- Bounce King
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Bounce King ➤ Reach Catch ➤ Pass The Guards ➤ 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>Divide the players into two equal teams. One team 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 one.</p>
Skill Development- Reach Catch	Skill Development – Pass The Guards	Game Sense
  <p>The aim 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.</p>	  <p>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</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





Week 7- Session 7

Plan	Warm-Up - Running	Skill Development- Fist Pass Goals Galore
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running ➤ Fist Pass Goals Galore ➤ High Catch ➤ Kicking a Target ➤ Game <p>STEP</p> <p>Space-Time-Equipment-Players</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>Place two poles 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</p>
Skill Development- High Catch	Skill Development – Kicking a Target	Game Sense
  <p>Mark out a court using markers and a barrier using cones to divide the court into two sides. Divide the players into 2 equal teams. The aim of the game is to kick the ball into the opponent's 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 nearest must surrender as 'prisoner' to the other side.</p>	  <p>Use poles or cones to mark a target area at a wall. Individually or in turn the players kick the ball to hit the target.</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








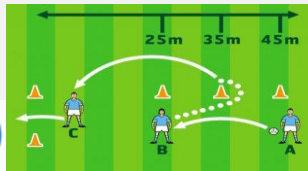

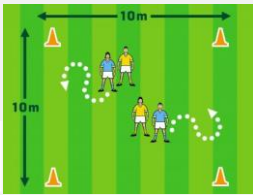


Modified Game



Game Play Drill



Week 8- Session 8

Plan	Warm-Up - Agility	Skill Development- Hook Kick
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Hook Kick ➤ Kick Target Player ➤ Checking ➤ 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>Mark out a playing area 20m x 30m with 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 over the bar.</p>
Skill Development- Kick Target Player	Skill Development - Checking	Game Sense
  <p>Place a cone at approximately 25, 35 and 45 metres 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 35 meter cone and punt kicking a pass to Player C, the 'Target Man', in the attacking zone Player C should make a run within the attacking zone and call for the ball.</p>	  <p>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.</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 -	Skill Development-
<u>Skill Development</u>   <u>Space-Time-Equipment-Players</u>		
Skill Development -	Skill Development -	Game Sense

Notes:.....

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



Age 11 & 12 yrs



Each session will
be 1hr in total

[CLICK HERE](#)



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game




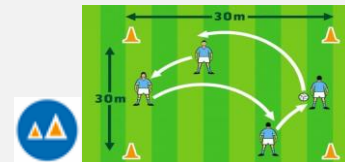


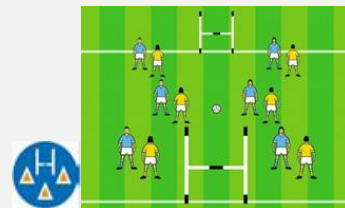
Modified Game



Game Play Drill



Week 1- Session 1

Plan	Warm-Up -Agility	Skill Development- Punt Kick
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Punt Kick ➤ Near Hand Tackle ➤ Solo ➤ 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>Position 2 players at each of 3 cones, with one player at the fourth cone. Another player is positioned at a central marker. Two balls are used. The central player receives a pass from one of the outer players and turns and passes it to the next player before receiving the next ball and passing it on again.</p>
Skill Development- Near Hand Tackle	Skill Development - Solo	Game Sense
 <p>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.</p>	 <p>Have two equal teams. Begin 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 when a player solos the ball through the opposition goals. Having scored or lost the ball the team return to their endline and punt kick the ball for the second team to score.</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



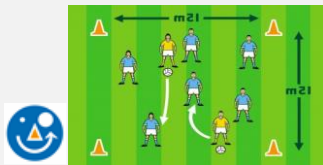



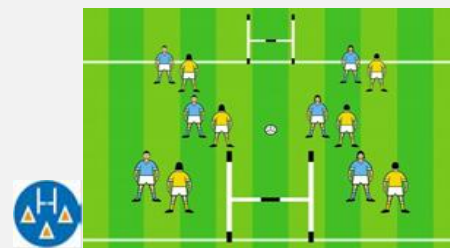
Modified Game



Game Play Drill



Week 2- Session 2

Plan	Warm-Up – Agility/Hand Pass	Skill Development- High Catch
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility/Hand Pass ➤ High Catch ➤ Crouch Lift ➤ High Catch & Kick ➤ 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 fist pass. A hit is cancelled if the ball is caught. Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated.</p>	 <p>Grid 10m x 10m. Divide the players into groups of 4. Two players are positioned within the grid. 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.</p>
Skill Development- Crouch Lift	Skill Development – High Catch & Kick	Game Sense
 <p>Groups of 3 pairs one ball per group. Player A throws the ball out in front, chasing to crouch and 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 pressure.</p>	 <p>Grid 30m x 30m. The players work in two pairs. The player in possession must kick to their partner in the opposite pair who fields the ball using the high catch. The second player in the opposite pair provides pressure. On receiving the pass, the ball is passed to the other player in the pair who in turn punt kicks back to their partner.</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






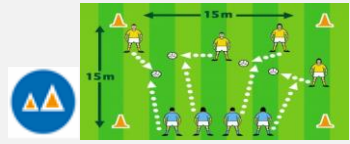

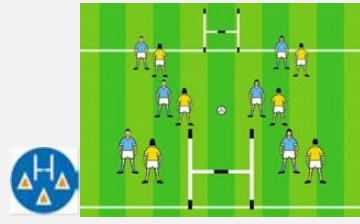
Modified Game



Game Play Drill



Week 3- Session 3

Plan	Warm-Up – Running/Jumping	Skill Development- Punt Kick
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running/Jumping ➤ Punt Kick ➤ Crouch Lift ➤ Hook Kick ➤ Game <p>STEP Space-Time-Equipment-Players</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>See diagram. 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. Then switch</p>
Skill Development- Crouch Lift	Skill Development – Hook Kick	Game Sense
 <p>Divide the players into two teams. One the attacking team and one the defending team. Place a number of balls throughout the grid. On the whistle, the attacking team must pick up as many balls as possible in 30 seconds. The defending players pressurise the attackers but may not guard the ball. Switch roles.</p>	 <p>See diagram. Inside the 10m mark out a circle. 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</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






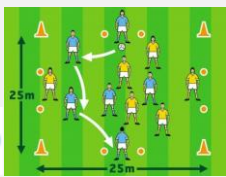

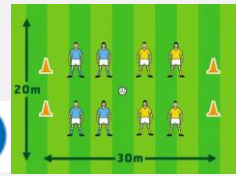

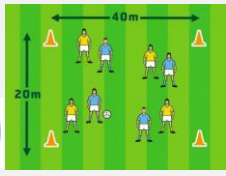

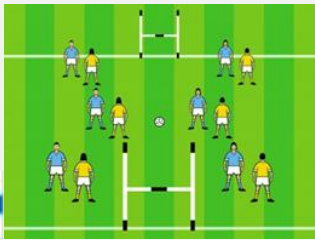
Modified Game



Game Play Drill



Week 4- Session 4

Plan	Warm-Up – Running/Heel Flicks	Skill Development- Hand Pass Game
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Running/Heel Flicks ➤ Hand Pass Game ➤ Hook Kick ➤ Reach Catch ➤ Game <p>STEP Space-Time-Equipment-Players</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>Mark out a goal area at the centre of each line of the playing area with two teams & two players will act as goalkeepers on opposite sides of the playing area. The aim of the game is to score by handpassing the ball to one of the two goalkeepers on your team. After each score, the goalkeeper must pass the ball to the opposition to restart the game.</p>
Skill Development- Hook Kick	Skill Development – Reach Catch	Game Sense
  <p>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 over the bar.</p>	  <p>Teams of 4 or 5. The aim 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.</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











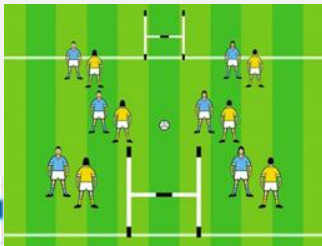
Modified Game



Game Play Drill




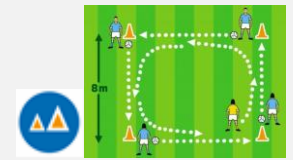



Week 5- Session 5

Plan	Warm-Up - Agility	Skill Development- Forward v Defender
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Forward v Defender ➤ Shoot & Block ➤ Punt Kick (Target Player) ➤ Game <p>STEP Space-Time-Equipment-Players</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>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.</p>
Skill Development- Shoot & Block	Skill Development – Punt Kick	Game Sense
  <p>Mark a grid 10 to 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.</p>	  <p>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, the 'Target Man', in the attacking zone. Player C should make a run within the attacking zone and call for the ball.</p>	  <p>Conditioned Game Modified game focusing on skills practiced with points and goals.</p>

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Week 6- Session 6

Plan	Warm-Up - Agility	Skill Development- Near Hand Tackle
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Agility ➤ Near Hand Tackle (1) ➤ Hook Kick ➤ Near Hand Tackle (2) ➤ 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>Positioned 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. Switch the tackling player after each circuit of the grid.</p>
Skill Development- Hook Kick	Skill Development – Near Hand Tackle	Game Sense
 <p>Divide the players into groups of 4; one ball per group. Each player in turn hook kicks the ball to the next player in a clockwise direction and follows the pass. After a set time, change the direction of the drill getting the players to use the opposite leg.</p>	 <p>Divide the players into defenders and attackers. Attackers line up at the beginning of the channel each with a ball. Defenders line up to the side of the channel. Attacker and defender enter the channel - 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.</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






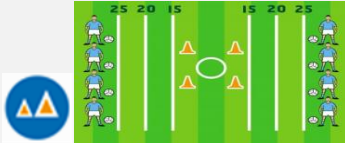
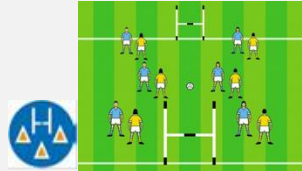
Modified Game



Game Play Drill



Week 7- Session 7

Plan	Warm-Up – Pyramid Runs	Skill Development- Crouch Lift
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Pyramid Runs ➤ Crouch Lift ➤ Feint & Side Step ➤ Hook Kick ➤ 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>Two teams .One the attacking team and one the defending team. Place a number of balls 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.</p>
Skill Development- Feint & Side Step	Skill Development – Hook Kick	Game Sense
 <p>See diagram. 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 feint and pass the defending, accelerating through the cones to the other side.</p>	 <p>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.</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





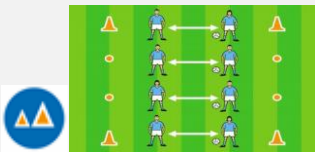





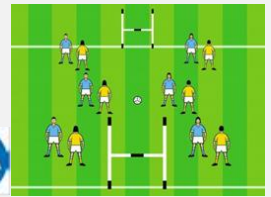
Modified Game



Game Play Drill



Week 8- Session 8

Plan	Warm-Up – Jumping Move & Catch	Skill Development- High Catch
<p><u>Skill Development</u></p> <ul style="list-style-type: none"> ➤ Jumping Move & Catch ➤ High Catch ➤ Feint & Side Step ➤ The Roll ➤ 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 ball for their partner to move forward, jump and catch. Catch the ball and pass it back to the thrower moving backwards. Continue the exercise across the playing area and reverse the roles.</p>	 <p>Each player in turn throws the ball above their opponent's head for them to perform the high catch. The catcher jumps 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, concentrate on gaining as much height as possible with the swinging leg.</p>
Skill Development- Feint & Side Step	Skill Development – The Roll	Game Sense
  <p>The players form a line approximately 3 to 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&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.</p>	  <p>Mark out a zig-zag formation using 5 cones, each 8m apart. One player holding a tackle bag is positioned at each of the 3 middle cones. The remaining players line up at one end of the formation. Each player in turn jogs through the formation practicing the roll with the right and left shoulder at each alternate tackle bag.</p>	  <p>Conditioned Game</p> <p>Modified game focusing on skills practiced with points and goals.</p>

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Layout

Plan	Warm-Up -	Skill Development-
<u>Skill Development</u> ➤ ➤ ➤ ➤ ➤ STEP Space-Time-Equipment-Players		
Skill Development -	Skill Development -	Game Sense

Notes:.....
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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill



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



Running, Jumping, Agility, Co-ordination	Take off & Land
<p>This exercise to develop jumping skills challenges the players to discover different ways and combinations of taking off and landing</p> <p><u>Organisation</u></p> <ul style="list-style-type: none"> ✓ Lay out a number of obstacles or markers in a circle ✓ The players move around the circle jumping over each marker in turn ✓ Take off and land in as many ways as possible; from 2 feet to 2 feet, from 1 foot to 2 feet, from 2 feet to 1 foot, a hop from 1 foot to 1 foot and a step or leap from 1 foot to the other foot ✓ Land softly with bent knees, straight back and head up 	
Agility, Balance, Co-ordination	Ladder Line Dance
<p>This is an exercise to develop coordination skills which uses a training ladder</p> <p><u>Organisation</u></p> <ul style="list-style-type: none"> ✓ Move through the ladder sideways leading with the left or right foot ✓ Bring the trailing foot through and across the front of the body into the next space ✓ Vary the exercise by challenging the players to bring the trailing foot through behind the lead foot ✓ Stand Upright ✓ Use the arms to maintain balance ✓ Move at a controlled pace 	

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Modified Game



Game Play Drill



Modified Games



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will improve
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development!

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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.

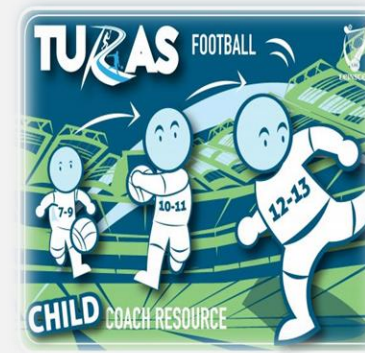
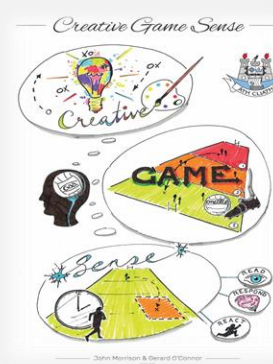
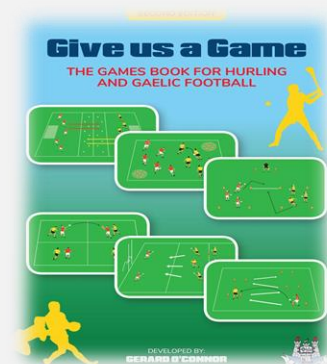
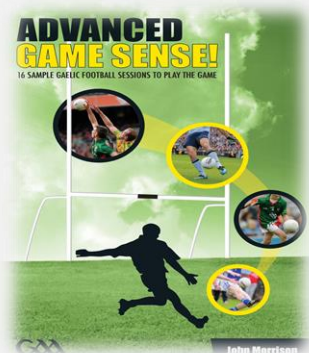
These ebooks aims are to:

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:

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

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Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill