



# DEVELOPMENT FOCUS

## Under 13 - Ladies Football



### COMMITMENT TO GAA & AN ACTIVE LIFESTYLE


After the consolidation of movement skills and GAA specific skills, youths at this age group begin to commit to training and competition. Ultimately, the target for this age group is to retain as many players as possible so as they become lifelong participants in the GAA.

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### TEAM PLAY

- Players should be encouraged to support their teammates vocally
  - Work on the team's ability to create space when in possession
  - Work on the team's ability to deny space when not in possession
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### DECISION MAKING

- Play conditioned games to create pressure on players' decision making
  - Games & drills that focus on building skills to gain and maintain possession of the ball under pressure
  - Emphasis on team work and how individual actions have an impact on team outcome
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### SKILL FOCUS

#### Kicking

Emphasis on accuracy.

- Kicking on the move
- Kicking for distance
- Free taking (hands & ground)

#### Handling

Low, chest & high catch in pressured situations

#### Movement

- Dummy kick/solo, feint & sidestep
- Attack the ball at full pace
- Chip lift

#### Tackling

Shadowing players both on & off the ball

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### PHYSICAL FITNESS

#### Body Resistant Exercise

Performed through fun games incorporating Push, Pull, Squat, Lunge movement patterns (e.g. leap frog)

#### Evasion

Encourage use of side steps & feints in possession of the ball

#### Running

Challenge players to stop and start suddenly, to develop deceleration and acceleration