



# DEVELOPMENT FOCUS

## Under 16 - 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

- Implement principles of attack - possession & support play
  - Focus on maintaining possession by moving the ball as a team
  - Implement principles of defense - Delay, Deny, Dispossess & Deliver
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### DECISION MAKING

- Allow players to make their own decisions on the pitch (accepting that mistakes are a big part of player learning & development)
  - Help players understand the specific responsibilities of the various positions through playing experience
  - Small sided games (5v5 / 7v7) are crucial in players developing decision making skills
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### SKILL FOCUS

#### Kicking

Emphasis on accuracy & movement, while under pressure

- 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

#### Tackling

- Shadowing players both on & off the ball
  - Near hand tackle
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### PHYSICAL FITNESS

#### Flexibility

Performed through both static stretching & dynamic mobility exercises

#### Speed

Focus on multidirectional agility between 5m-25m, with complete recovery in between. These drills can be incorporated into the warm-up

#### Strength

Improve core strength through own body weight exercises (more information provided by Armoured Performance)