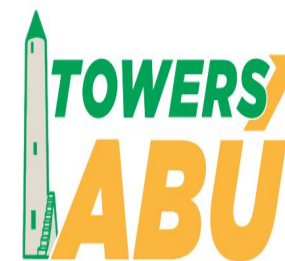




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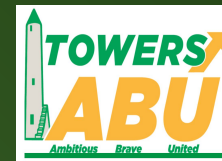
Ambitious Brave United

Round Tower GAA Technical  
Pathway for Football  
LGFA





## Round Tower GAA Technical Pathway Football U7-U9



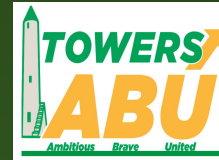
### Index/ Quick reference

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# Round Tower GAA Technical Pathway



## Introduction

In order to deliver on the club “Playing” objective for 2032 as identified in the Towers ABU 10 year strategy paper i.e. that our adult teams will play at the top level by 2032”; we have prepared a Round Towers Technical pathway supporting all mentors and players in all codes from U7’s to U12’s

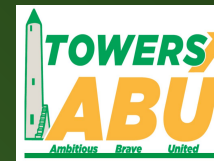
In developing this technical pathway, a working group examined: a number of external technical pathways, the wider GAA community and the GAA learning portal that lists the fundamental skills of our games.

Our research has shown a common theme; that success is built around developing the fundamental skills of our games with every child from an early age (U7). The successful clubs focus on “Development only” until U15s. Winning is *NEVER* part of the conversation. A best practise framework for the player development is a player centred approach that incorporates a players pathway with an emphasis on teaching the players all fundamental skills of our games i.e. the technical.

Our role as coaches is to facilitate every player being the best that they can be. By ensuring that we consistently incorporate the relevant technical skills listed in the plan into training sessions, this will go a long way in achieving that objective. Implementing this objective then naturally supports the Towers ABU 10-year strategy “adult teams will play at the top level by 2032”



## Round Tower GAA Technical Pathway Football U7-U9



### Technical Proficiency advice

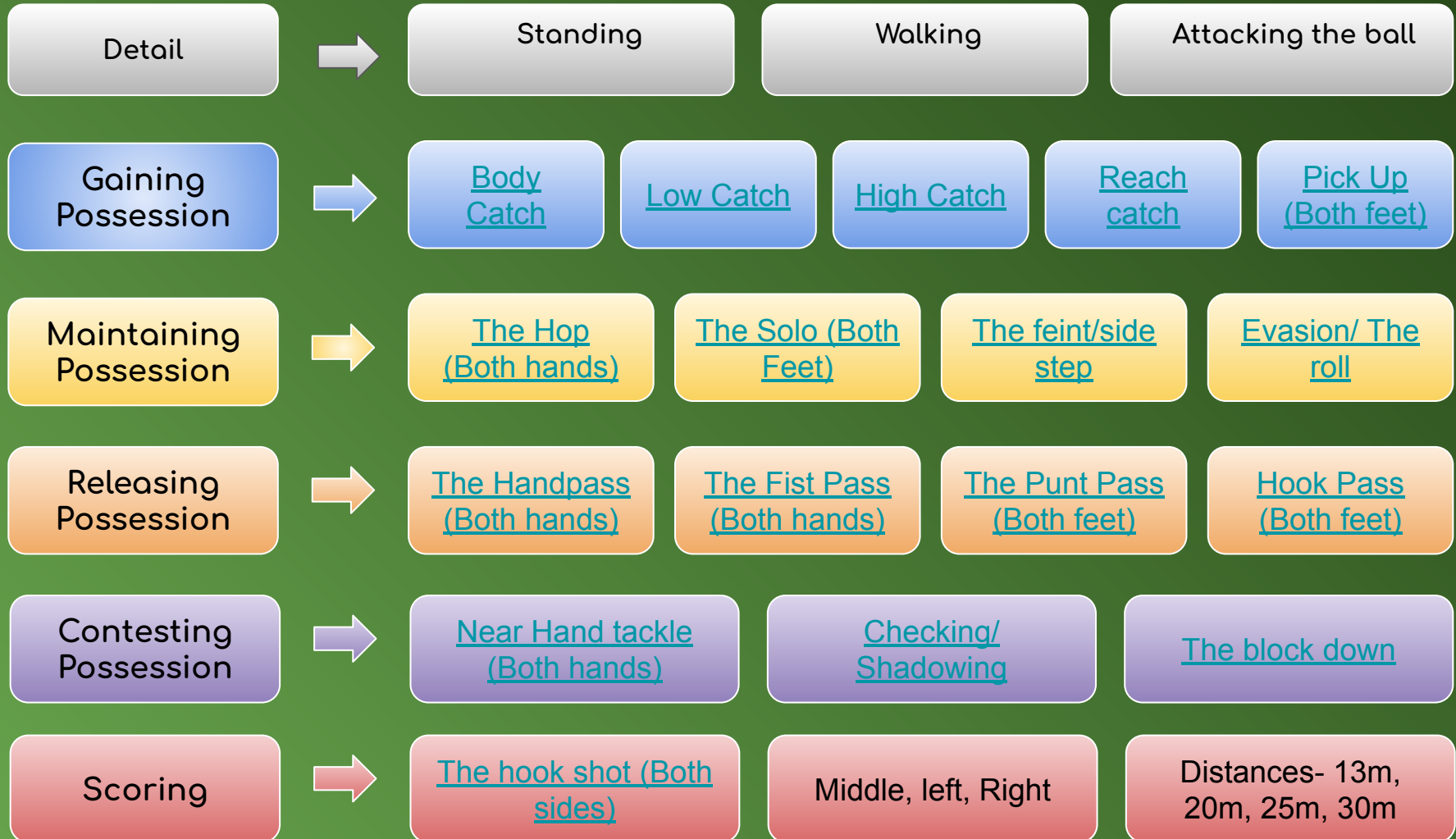
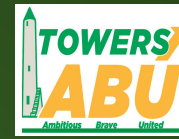
- Develop skills using the right and left hand side of the body as set out in the technical pathway.
- Progress skills from stationary to moving- Only if players are proficient in stationary stage.
- Encourage the skills of the game when doing small sided games or training matches i.e encourage scores for performing skills- passes, blocks etc.

### Coaching advice

- Children at this age just want to get out & play.
- Keep interactions short & sweet, using questions to check for understanding.
- Children at this age love playing matches & games.
- Target, Field & Court games are encouraged. If you play matches, keep them small-sided sided games (3v3, 4v4, 5v5, 6v6).
- This is an important time in a child's development.
- How many successes (scores, points) they achieve can have an impact on their perception of the session & the sport.
- Always praise and encourage your players. How much Praise/Encouragement/acknowledgement they receive has an impact.
- Plan different versions of games & tasks to allow for all children to achieve success.



# Round Tower GAA Technical Pathway Football U7-U9





# Round Tower GAA Technical Pathway Skills Checker U7-U8

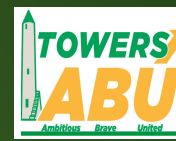


Player Name: \_\_\_\_\_

Skill	Description	Stationary	Moving	Coach Obs
Overhead Catch	Can they catch the ball over their head comfortably?			
Pick Up (Both hands and single hand L&R))	Can they pick the ball up without dropping the ball?	L Foot R Foot	L Foot R Foot	
Punt Kick (Both feet)	Can they kick the ball from the hands before it hits the ground?	L Foot R Foot	L Foot R Foot	
Hand Pass (Both Hands)	Can they pass the ball with their hand?	L hand R hand	L hand R hand	
Foot Solo (Both Feet)	Can they solo the ball without dropping?	L Foot R Foot	L Foot R Foot	
Bounce & Catch	Can they bounce the ball & regain possession without dropping?	L hand R hand	L hand R hand	



# Round Tower GAA Technical Pathway Skills Checker U9

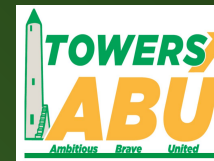


Player Name:

Skill	Description	Score
Catching	<ul style="list-style-type: none"> <li>Coach stands 10m away</li> <li>Coach throws 8 ball</li> <li>2x high, low, body &amp; moving catch</li> </ul>	Score (2 points/catch) <input type="text"/>
Pick Up	<ul style="list-style-type: none"> <li>Two cones 5m apart</li> <li>Run around each cone, lift and drop</li> <li>How many in 30 secs?</li> </ul>	Score <input type="text"/>
Handpass	<ul style="list-style-type: none"> <li>Two players 5m away</li> <li>5 with each hand</li> <li>2 points per successful hand</li> </ul>	Score (2 points/pass) <input type="text"/>
Punt Kick	<ul style="list-style-type: none"> <li>Player stands 10m from target</li> <li>Target- 2 cones, 3m apart</li> <li>5 attempts per foot</li> </ul>	How many from 5 attempts? Right <input type="text"/> Left <input type="text"/>
Hook Kick	<ul style="list-style-type: none"> <li>14m from goal</li> <li>Hook kick over the bar</li> <li>5 x each foot</li> </ul>	2 points per successful solo Right <input type="text"/> Left <input type="text"/>
Solo (Moving)	<ul style="list-style-type: none"> <li>Place 11 cones 8m apart in a zig zag</li> <li>Player solos with left foot at left cones &amp; right foot at right cones</li> </ul>	2 points per successful solo Right <input type="text"/> Left <input type="text"/>
Can They...	Perform the frontal block?	Yes <input type="text"/> No <input type="text"/>
Can They...	Perform the near hand tackle	Yes <input type="text"/> No <input type="text"/>



## Round Tower GAA Technical Pathway Football U10-U12



### Technical Proficiency advice

- Continue to develop and refine skills using the right and left hand side of the body as set out in the technical pathway.
- Refine and combine fundamental skills to Football skill performance, increasing speed, accuracy, strength, consistency and fluency.
- This should only be progressed if the player is proficient performing the skills on the move.
- Continue to assess and identify areas that need improvement and place extra emphasis on these areas.
- Encourage the skills of the game when doing small sided games or training matches i.e encourage scores for performing skills- passes, hooks, blocks etc.

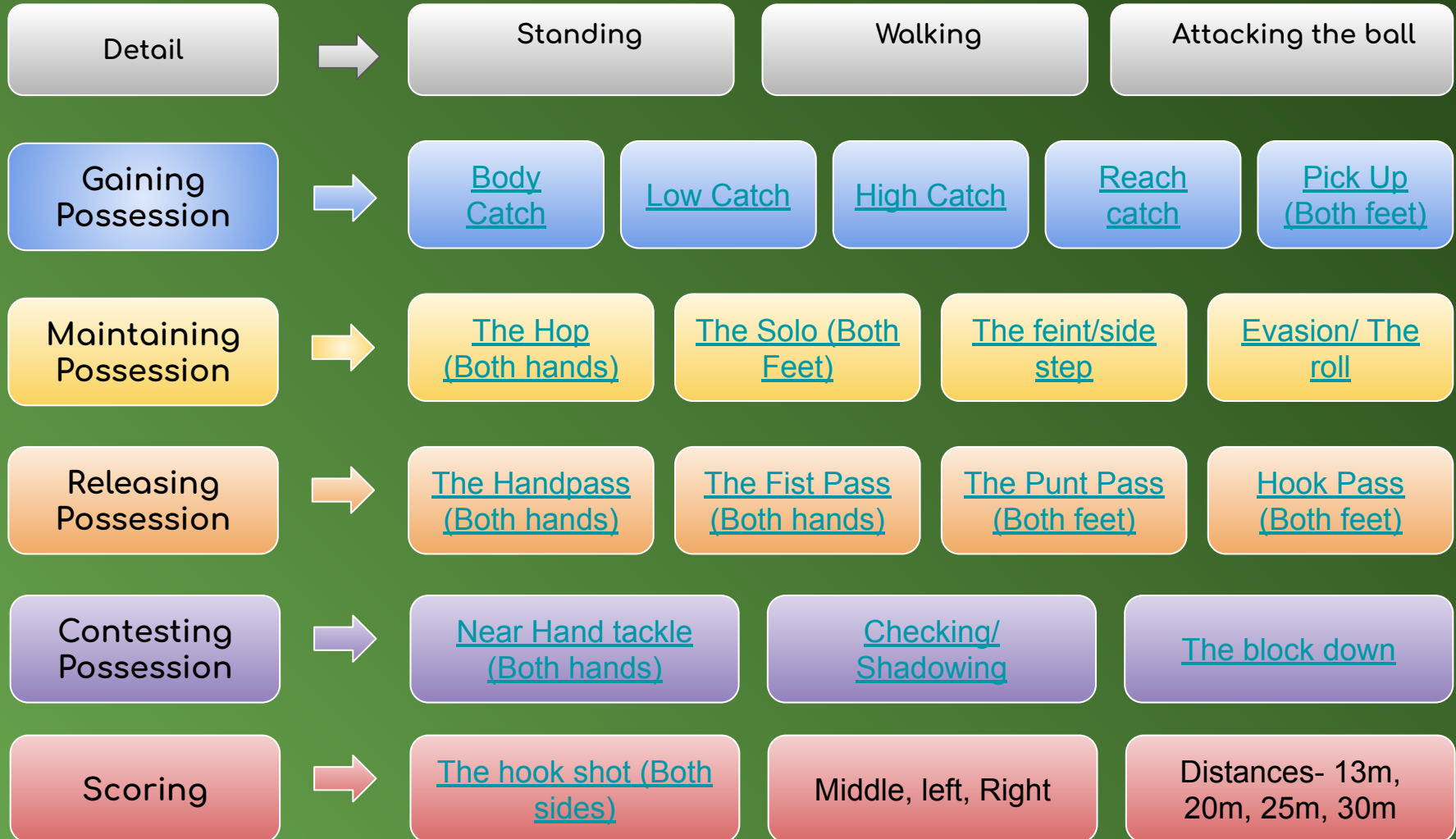
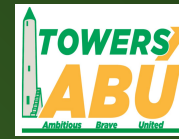
### Coaching advice

- This is a crucial stage, it's when competition really begins.
- Children want game-time. If YOU don't give them it, they might not return.
- Children need your advice on how to be in a better position off the ball.
- Show them how to support teammates off the ball by being in a good space.
- Bigger players dominate games here. Modify games to ensure passes are needed before a score can take place.
- Players will never understand the game if you keep telling them how it should be done.
- Set up small groups & tasks. Ask players to solve the problems, and assist them through the process.
- Always praise and encourage your players. How much Praise/Encouragement/acknowledgement they receive has an impact.



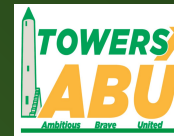


# Round Tower GAA Technical Pathway Football U10-U12





# Round Tower GAA Technical Pathway Skills Checker U10-U12



Player Name:

Skill	Description	Score
High Catch	<ul style="list-style-type: none"> <li>Coach stands 10m away</li> <li>Coach throws 8 ball</li> <li>2x high, low, body &amp; moving catch</li> </ul>	Score (1 points/catch) <input type="text"/>
Lift & Twist	<ul style="list-style-type: none"> <li>Two cones 10m apart</li> <li>Run around each cone, lift, twist, take 4 steps and drop</li> <li>How many in 30 secs?</li> </ul>	Score <input type="text"/>
Handpass	<ul style="list-style-type: none"> <li>6 balls in a line</li> <li>Pick up ball, 4 steps &amp; handpass to coach 10m to the right using left hand</li> <li>Turn &amp; repeat using right hand</li> </ul>	Score (2 points/pass) <input type="text"/>
Punt Kick	<ul style="list-style-type: none"> <li>Punt kick at goal from 21m Line</li> <li>Ball cant touch the ground</li> <li>5 attempts per foot</li> </ul>	How many from 5 attempts? Right <input type="text"/> Left <input type="text"/>
Hook Kick	<ul style="list-style-type: none"> <li>3 cones on 21m line</li> <li>1 cone in centre and 120m either side with 2 balls</li> <li>PLayer runs to 1st cone and hook kicks balls with each foot over the bar</li> <li>Repeat at 2nd &amp; 3rd cone</li> </ul>	2 points per successful score Right <input type="text"/> Left <input type="text"/>
Solo (Moving)	<ul style="list-style-type: none"> <li>Place 11 cones 8m apart in a zig zag</li> <li>Player solos with left foot at left cones &amp; right foot at right cones</li> </ul>	2 points per successful solo Right <input type="text"/> Left <input type="text"/>
Can They...	Frontal block while moving?	Right Hand <input type="text"/> Left Hand <input type="text"/>
Can They...	Perform the near hand tackle	Right Hand <input type="text"/> Left Hand <input type="text"/>



# Round Tower GAA Technical Pathway Appendices



## Description of game types

GAME	EMPHASIS
CHASING GAME	These games involve tagging and chasing where players perform skills, such as fleeing and dodging. These games are particularly appropriate for warm up activities
TARGET GAMES	The simplest form of a game which challenges players to use the technique previously learnt is to aim into or at a target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making.
COURT GAMES	Divided court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited. The use of other skills essential for team work such as communication, anticipation and spatial awareness become more apparent.
FIELD GAMES	These are games which require one team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important.
PART INVASION	These games require players to complete a task with limited or direct opposition. Such games encourage awareness of time and space but also help develop characteristics of team play e.g. support play and communication. Part invasion games allow players to develop positional sense and decision making with limited pressure from opposition.
FULL INVASION	The core objective here is to move into an opponents territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'. The key element with invasion games is the number of players involved. The less space a player has, the less time they have, the more skill is required.



# Round Tower GAA Technical Pathway Football



## Additional Skills to Practise

\*Players should only progress to these skills when they have become proficient at the basic skill

[The Chip Lift](#)

[Dribble](#)

[Dummy](#)

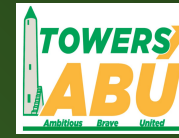
[Kicking from the ground](#)

[The Swerve](#)

[The Shot Stop](#)



## Round Tower GAA Technical Pathway Appendices



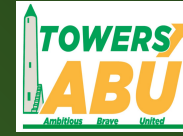
Websites for further research &  
accessing activities for training

- [GAA learning portal](#)
- [Connacht GAA](#)
- [Round Tower Coaching portal](#)
- [LGFA](#)
- [LGFA Skill drills](#)
- [LGFA Skills Book](#)
- [LGFA Player competency Chart](#)

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content



# Round Tower GAA Technical Pathway Appendices



## LGFA Skill Cards

Body  
Catch

High Catch

Pick Up  
(Both feet)

The Solo  
(Both Feet)

The  
feint/side  
step

Evasion/  
The roll

The Handpass  
(Both hands)

The Fist Pass  
(Both hands)

The Punt Pass  
(Both feet)

Hook Pass  
(Both feet)

Near Hand tackle (Both hands)

The block down