



Bunaíodh 1884.



# Round Towers GAA

## Coaching Newsletter

Issue 1 2024



# TABLE OF CONTENTS

**01**

**INTRODUCTION**

**02**

**SKILL OF THE MONTH**

**03**

**CCC1 SKILL ACTIVITY**

**04**

**CCC2 SKILL ACTIVITY**

**05**

**COACHING TIPS**

**06**

**MONTHLY HOT TOPIC**

**07**

**S&C Section**

**08**

**COACHING RESOURCES**

# INTRODUCTION



Hi Coaches,

This monthly newsletter has been designed by the Coaching & Games Committee to support our coaches.

Each month we will focus on a particular skill and ask coaches to include it in their training sessions throughout the month.

We will provide sample drills and links to resources for you to check out.



# SKILLS OF THE MONTH



**Football**  
**Block**  
**Down**

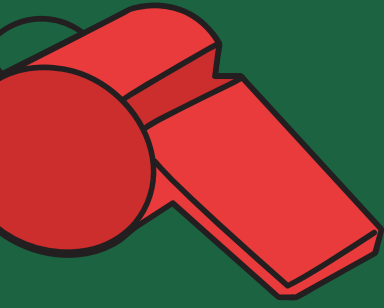


**Hurling/  
Camogie**  
**Frontal Block**



Click on the image above to play the Video





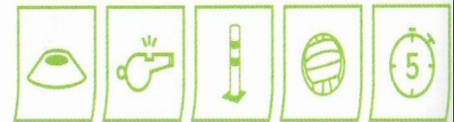
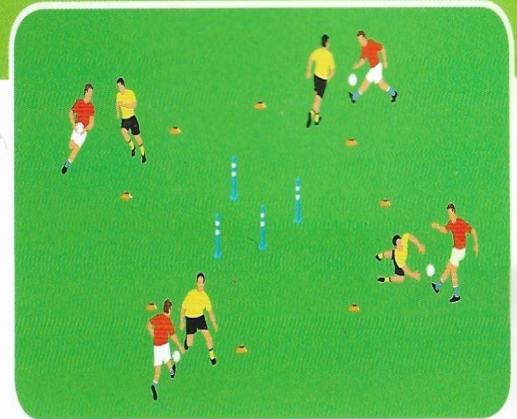
# CCC 1 Skill Activity FOOTBALL

## TOWER BALL

**HOW TO PLAY:** 4 objects are set up as targets within a circle •  
Players are not allowed to enter the circle • One team defends the  
targets while the attacking team tries to knock down the targets  
using kicking skills (more than one ball is being used at a time) •  
Once all the objects are knocked down the team switch roles

**PROGRESSION:** Reduce the size and/or number of targets.

**WHAT IT DEVELOPS:** Accurate kicking & blocking kicks



CLICK  
HERE



**Block Down**





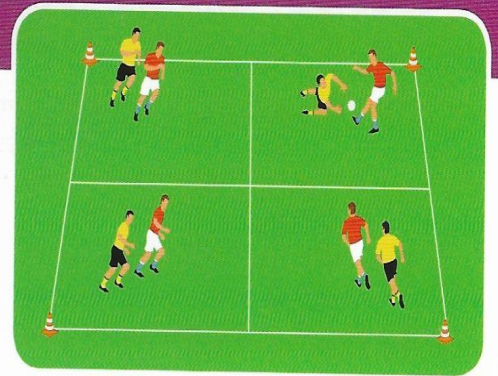
# CCC 2 Skill Activity FOOTBALL

## GRID BLOCK

**HOW TO PLAY:** Mark out a grid approx 40x20m using cones • Divide the grid into 4 sections • Divide the players into 2 teams of 4 (one player per section) • The players attempt to retain possession by kicking the ball from section to section • The opposing team attempt to block the kick attempts • If the kick is successful, that team must be allowed to retain possession • Continue the game for a set period of time

**PROGRESSION:** Initially allow the players to pass either in a clockwise or anti-clockwise fashion: as the play progresses, allow the ball to be played in any direction.

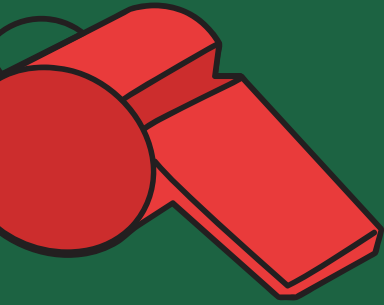
**WHAT IT DEVELOPS:** Accurate kick passing, catching & blocking



CLICK  
HERE



**Block Down**



# CCC 1 Skill Activity

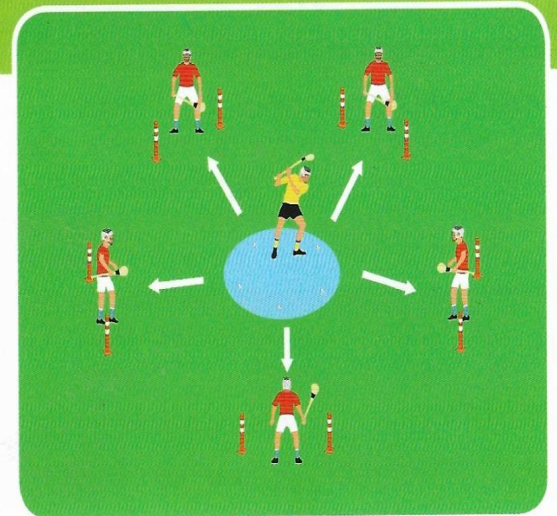
## HURLING / CAMOGIE

### CIRCLE IN CIRCLE OUT

**HOW TO PLAY:** Layout as displayed • Man in the middle attempts to strike/score through the 5 goals • 5 players outside the circles attempt to block the middle man's scoring attempts • Change Player in the Middle after 1 minute • Encourage ground block position

**PROGRESSION:** Players on the outside 1 at a time strike the ball into the middle. Man in the middle attempts to block and stop all attempts.

**WHAT IT DEVELOPS:** Fast accurate shooting & blocking

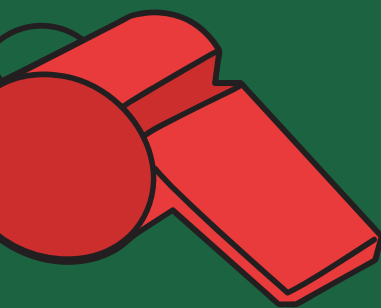


CLICK  
HERE



[Frontal Block](#)





# CCC 2 Skill Activity

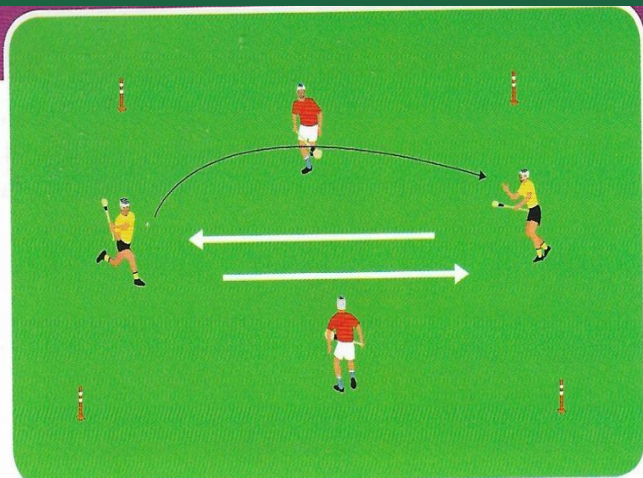
## HURLING / CAMOGIE

### CROSSFIRE

**HOW TO PLAY:** Mark out a grid as shown (6m x 6m) • 2 players act as strikers and 2 players act as defenders • The strikers attempt to pass to each other as many times as possible across the grid evading the interception attempts of the 2 defenders • The defenders alternatively attempt to intercept the pass by reading the path of the pass and sliding in to intercept or block

**PROGRESSION:** Defenders move to the opposite side. Use two sliotars.

**WHAT IT DEVELOPS:** Smart passing, timing & blocking



**Frontal Block**



# Strength & Conditioning

## Speed Development



Be the  
**HASHTAG**

### Some Facts:

- Elite sprinters will absorb up to 5x bodyweight in each ground impact.
- Ground contact times will be .08s-.10s (literally the blink of an eye)
- Acceleration will have more horizontal and more propulsive forces. Max speed will have more vertical and braking forces.
- Therefore - sprinting is a skill!

### Coaching:

- Tall posture - “long and strong”, “head to sky”, “zip up tall”
- Strong arm action - “punch the cheeks”
- Knee lift/drive - “smash glass”
- Heel recovery - “cycle fast”
- Acceleration - “snap the line away”, “punch the ground back”
- Top speed - “punch off the ground”, “pop the ground”

### Training Parameters:

- Perform when fresh - after warm up, before main body of work in session.
- Low volume - low distance, low reps, low sets.
- Plenty of rest - at least 60-90s for 10m and 30s for every 10m increment thereafter, i.e 20m = 120s rest.
- Vary emphasis across week - short acceleration one day, longer sprint work the other day.
- Build from short distance to longer distance over 6-10 weeks then rinse & repeat.

### Foolproof Programme:

- Week 1: 5m x 3-4 reps
- Week 2: 5m x 4-5 reps
- Week 3: 10m x 3-4 reps
- Week 4: 10m x 4-5 reps
- Week 5: 15m x 3-4 reps
- Week 6: 15m x 4-5 reps
- Week 7: 20m x 3-4 reps
- Week 8: 20m x 4-5 reps

Week 9: Rinse and repeat from start again.

### Further Exploration:

1 to watch:

[Noah Lyle Speed Drills](#)

2 to read:

- [4 Common Errors with Training Speed in Team Sport](#)
- [7 Myths on Speed Training for Team Sport](#)

1 to listen to:

[Benefits of Max Speed in Team Sports \(podcast\)](#)

# Coaching Tips

## Further Reading & Podcasts



### [The Mike Quirke Podcast](#)

Mick Bohan shares his thoughts here on coaching, on developing skills, the differences and similarities of coaching men and women, managing people and much more in a must-listen episode.



### [The SideLine Live Podcast](#)

David and Adrian discuss all things goalkeeping, coaching, man management, Brian Cody and more! David also shares a story of being dropped by Brian Cody for an All Ireland Final

# Coaching Tips

## Further Reading & Podcasts



### QUESTIONING IN GAME BASED COACHING



When doing Game Based Training, consider the game as a mechanism through which you can encourage interactive learning. This only happens, however, through effective questioning. We cannot stress the importance of questioning the players to facilitate guided learning.

When preparing a session, it is also very important to have in mind some of the questions you will ask. It helps if we always anticipate what will happen in the session. Planning plays a big part in this. Try not to ask vague, generic or closed questions (Though sometimes they can help).

#### **Instead, consider the following tools to guide your sessions:**

**1. Ask open ended questions:**

- Were we effective? Why? Why not?
- How could we be more effective? Do you agree?
- How can we fix the issue? How have we responded to this issue in the past?
- What do we do if? Why do we think we are succeeding/struggling?

**2. Follow up with probing questions.**

- Could you explain that more?
- Expand on that.
- Can you give an example?

**3. Allow Player autonomy in solving game problems**

During breaks or at the start of a game, allow the players to discuss how to solve the problems themselves. When you question them again, ask how their solutions worked, why they did/didn't and what can they change.

**4. Present them with one word and let them discuss**

During short breaks have one word written on a whiteboard to show the players what you feel the issue is. It could be "Recycling" or "Turnovers". Allow them to come up with the solution

**5. Live questions**

- If you see something you like or something that needs improving from an individual player, withdraw them for 30 seconds to discuss what they saw? Why they made the decision? What would they do differently again? Then let them re-join the play

**6. Recapping/ Pre Questioning**

Before you start the session, ask the players about their existing knowledge or to recap what the learning of the previous session was. This serves to constantly make them aware of the ongoing learning process

# Monthly “Hot Topic”



This months  
“Hot Topic”  
focuses on why  
Teenagers are  
leaving Sport

[CLICK  
HERE](#)



**The Teenage  
Tumble: “Why  
Teenagers are  
leaving Sport” by  
Wayne Goldsmith**

# RESOURCES



- [GAA Learning Portal](#)
- [“Give us a Game” by Ger O’Connor](#)
- [GameSense Coaching](#)

## Recommended Coaching Manuals / Online resources

- [“Raising the Bar, Modified Games for Better Practise” by Mick Bohan](#)
- [Leinster GAA](#)
- [“GAA Football Training Tens” by Colm Nally](#)
- [Coaches Portal - Round Towers GAA](#)