



Kiltimagh G.A.A Club

Coaching Manual 2015

Contents:

Foreward

<i>Under 8</i>	4
<i>Under 10</i>	49
<i>Under 12</i>	107
<i>Under 14</i>	152
<i>Under 16</i>	161
<i>Minor</i>	174

Foreword

Dear Club Member,

The following document has been developed to help the coaches of all our underage teams. We hope that it will be of great benefit to all of our coaches, from those with years of GAA experience, right through to the new coaches who have never played our great game.

It is our intention that this guide is used to help you as team mentors, not only teach our young GAA players new skills, but also to help you assess the skills learned by players at each level. This manual is also about creating a template that can be followed from U8 up to Minor level providing a fluid and seamless transition from one age group to the next. It is important we foster a friendly, inclusive, safe and fun environment for all our underage players to learn, play and most importantly enjoy the game of Gaelic Football.

As with all coaching manuals, the executive of Kiltimagh GAA see this manual as a document that will evolve and develop over time. While we will never have the definitive guide on how to teach Gaelic Football, I believe this manual represents a great start for our club. It is important that coaches continue to offer new ideas, drills and coaching techniques on a regular basis. This will ensure that this manual remains relevant to the needs of our players and coaches in the future.

It is important that coaches embrace this coaching manual not only in terms to the skills we want our players to learn but also in terms of assessing the development of our players on a regular basis. It is imperative that coaches work together providing assessment feedback to players themselves as well as to other coaches, as these players move from one age group to the next. Coaches who embrace this mindset will be looking after the best interests of our players as well as the best interests of Kiltimagh GAA for the future.

I want to thank all the coaches across all age groups- your expertise and experience was invaluable in the production of this manual. I also want to give a special thank you to Ronan McGovern for drafting the manual.

Finally, I want to thank all our coaches for the time and effort you commit to our club each year. Without the coaches we have, our club would not function as it does and the children of Kiltimagh would not learn the skills needed to play Gaelic Football in such a positive, inclusive and friendly environment that is Kiltimagh GAA Club.

Kind regards,

Brendan Mooney



Kiltimagh G.A.A Club

Coaching Manual– Under 8

Age Group- Under 8

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- Groups and teams should be divided evenly in terms of ability, age and gender.
- As players are learning core skills of football for the first time, it is important that the ratio of coaches to players is kept to a minimum (e.g. ratio 1:6).
- Players should use **both hands and both feet** when learning new skills and playing games. It is important that players don't develop a strong and a weak side.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.
- The sample sessions provided focus on three skills in each session. Each skill develops further as sessions progress. Coaches are encouraged to build their own sessions, varying the skills focused upon and addressing the needs of the players.

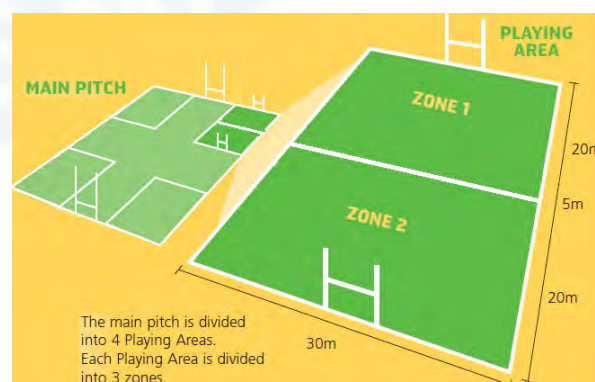
Duration of training session: 70 minutes

Equipment/Resource List:

- Each player should have a bib (different colours for opposing teams).
- 1 'First touch' football between two players.
- Coach/player ratio: 1:6.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- Sets of goal posts (10ftx6ft).
- Whistles for coaches/referees for games.
- 7-a-side games.
- Game duration– 4 quarters of 7 mins approx.
- Go Games rules apply.
- First Aid bag.

Pitch Dimensions:

- 45 meters x 30 meters
- Two zones



Under 8 – Sample Session 1

Key Skills — Body Catch, Low Catch & Punt Kick 1

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Throw and Body Catch</i>	<i>10 mins</i>
<i>Throw and Low Catch</i>	<i>10 mins</i>
<i>Punt Kick to Partner</i>	<i>10 mins</i>
<i>Game– 7v7</i>	<i>20-25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 8 – Sample Session 2

Key Skills — Body Catch, Low Catch & Punt Kick 1

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Handball Bob</i>	<i>10 mins</i>
<i>Islands</i>	<i>10 mins</i>
<i>Pass and Follow</i>	<i>10 mins</i>
<i>Game– 7v7</i>	<i>20-25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 8 – Sample Session 3

Key Skills — Body Catch, Low Catch & Punt Kick 1

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Cross Running Catch (body)</i>	<i>10 mins</i>
<i>Move and Catch (Low)</i>	<i>10 mins</i>
<i>Six Star Drill (Punt Kick drill)</i>	<i>10 mins</i>
<i>Game— 7v7</i>	<i>20-25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 8 – Sample Session 4

Key Skills — Bounce, Hand Pass & Side Step

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Stationery Bounce</i>	<i>10 mins</i>
<i>Hand Pass to Partner</i>	<i>10 mins</i>
<i>Side Step</i>	<i>10 mins</i>
<i>Game– 7v7</i>	<i>20-25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 8 – Sample Session 5

Key Skills — Bounce, Hand Pass & Side Step

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Bounce on the move</i>	<i>10 mins</i>
<i>Move and Pass (Hand Pass)</i>	<i>10 mins</i>
<i>Side Step Slalom</i>	<i>10 mins</i>
<i>Game– 7v7</i>	<i>20-25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 8 – Sample Session 6

Key Skills — Bounce, Hand Pass & Side Step

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Slalom Bounce</i>	<i>10 mins</i>
<i>Pressure Pass (Hand Pass drill)</i>	<i>10 mins</i>
<i>Side Step & Bounce</i>	<i>10 mins</i>
<i>Game– 7v7</i>	<i>20-25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 8 – Player Assessment Sheet

	Body Catch		Low Catch		Punt Kick 1		Bounce		Hand Pass		Side Step		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													
13.													
14.													
15.													
16.													
17.													
18.													
19.													
20.													

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

Coach Signature: _____ **Date:** _____

Player Assessment Sheet

	Skill 1		Skill 2		Skill 3		Skill 4		Skill 5		Skill 6		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													
13.													
14.													
15.													
16.													
17.													
18.													
19.													
20.													

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

Coach Signature: _____ **Date:** _____

Player Assessment Sheet

Player Name	Strengths of this player	Area(s) for Improvement
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		

Coach Signature: _____ **Date:** _____

Under 8 – Body Catch

KEY TEACHING POINTS

Here are the Key Teaching Points for the Body Catch



As the ball approaches, move to receive it between the arms and the chest

Head up, keep eyes on the ball



Extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up

Spread the fingers of both hands to cushion the ball



Relax the chest on impact to cushion the ball into a secure position with both hands



COMMON ERRORS

Here are the Common Errors for the Body Catch



Closing the eyes: this may result in the player failing to catch or fumbling the ball



To correct, keep the head up and eyes open as the ball approaches



Leaning back as the ball approaches: this may result in the ball bouncing off the player's chest



To correct, move to receive the ball between the arms and the chest, relaxing the chest on impact



Keeping the arms and hands too far apart: this may result in the ball falling between the arms



To correct, extend the arms out in front of the chest with the elbows close together and the palms of the hands facing up



UNDER

8

BODY CATCH PRACTISE THE TECHNIQUE



DRILL 1 THROW AND BODY CATCH

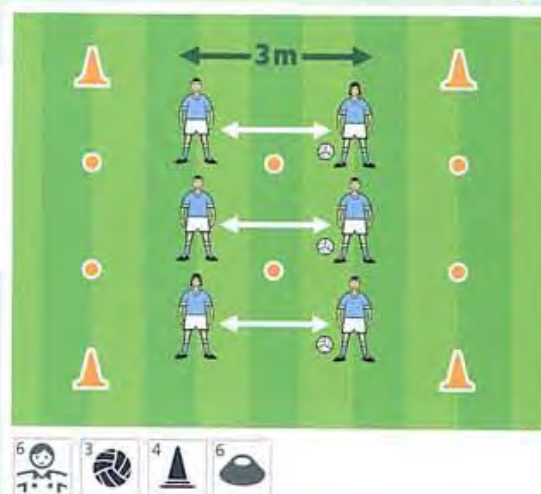
Basic Drill to practise the Body Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball underarm for their partner to Body Catch
- Count the number of successful catches in 30 seconds

VARIATION

- To increase the difficulty increase the distance between the players
- To increase the challenge move the players further apart as their technique improves



DRILL 2 HANDBALL BOB

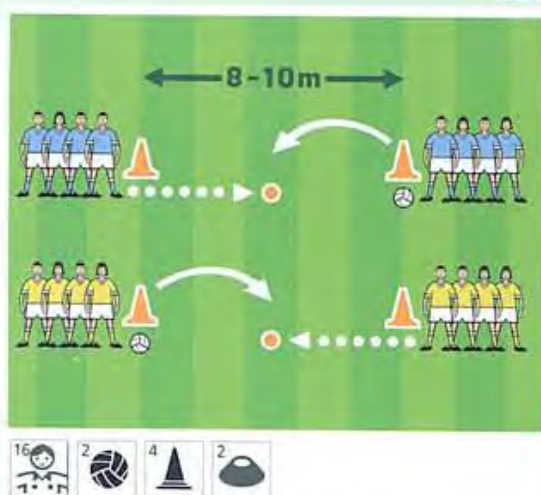
Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Divide the players into groups of 8; one football per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the opposite player to run forward and catch at the halfway marker
- The catching player runs on and hands the ball to the next player to repeat
- Each player follows on to line up at the back of the opposite line

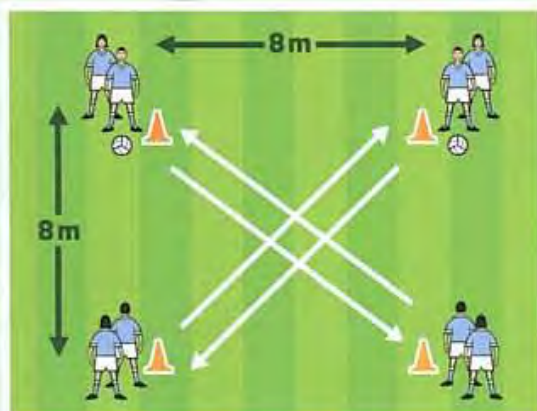
VARIATIONS

- To increase the difficulty increase the distance between the players
- To increase the difficulty throw the ball higher



PRACTISE THE TECHNIQUE

DRILL 3 CROSS RUNNING CATCH



Intermediate Drill to practise the Body Catch technique, requiring the players to catch the ball while crossing the path of other players

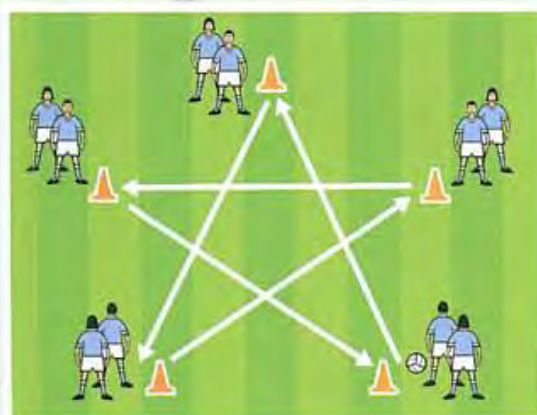
ORGANISATION

- Using cones, mark out a grid approximately 8m X 8m
- Two players line up at each cone
- Each player in turn moves forward and throws the ball for the front player at the opposite corner to attack and catch
- Each player follows their throw to take position at the back of the opposite line
- Encourage the catching players to move forward and jump into the ball as it approaches

VARIATIONS

- To increase the intensity of the drill reduce the space between the cones
- Introduce a second ball to each diagonal as the players technique improves

DRILL 4 STAR DRILL



Intermediate Drill to practise the Body Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball

BODY CATCH DEVELOP THE SKILL



ACTIVITY 1 PIGGY IN THE MIDDLE



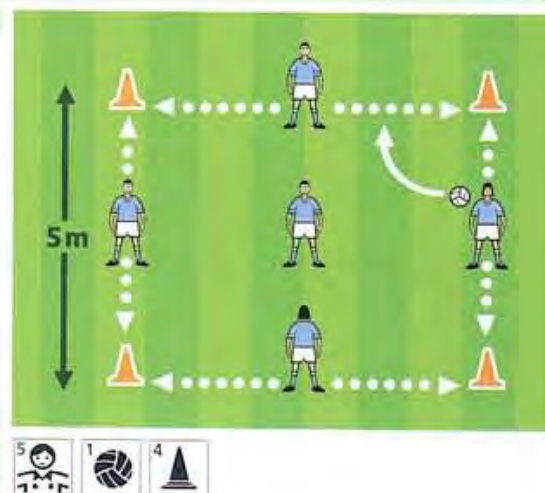
A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Divide the players into groups of five
- Position one player along each length of the grid
- Position the fifth player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

VARIATION

- To increase the difficulty, increase the size of the grid



ACTIVITY 2 OVER THE RIVER



A Fun Game to develop the Body Catch technique

ORGANISATION

- Mark out a grid or 'court' using cones
- Divide the players into two teams of 4
- The objective of the game is to throw the ball into the opposition team's 'court' making it difficult for them to catch
- The opposition team must use the Body Catch technique
- 1 point is awarded if the opposition fail to catch the ball using the Body Catch, or if the ball is dropped
- Award 1 point to the opposition if the ball is thrown outside the court

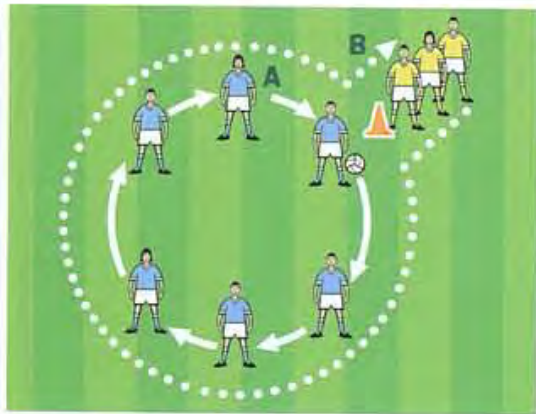
VARIATIONS

- Reduce the number of players on each team to provide more touches on the ball
- To increase the difficulty, introduce a second ball



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Body Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Body Catches completed before the last player in Team B finishes their run
- Reverse the roles; the team with the most Body Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins

Under 8 – Low Catch

KEY TEACHING POINTS

Here are the Key Teaching Points for the Low Catch



As the ball approaches, get behind the ball, bending the back and knees

Head down, eyes on the ball



Extend the arms low with the elbows close together and the fingers pointing to the ground



Step forward placing one foot alongside the ball

Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



Hold the ball securely with both hands and bring into the chest



If possible catch the ball before it bounces securing it to the chest before moving quickly away



COMMON ERRORS

Here are the Common Errors for the Low Catch



Not getting low behind the ball



To correct, get behind the ball as it approaches, bending the back and knees



Keeping the arms and hands too far apart: this may result in the ball falling between the arms and hands



To correct, extend the arms low with the elbows close together and the fingers pointing to the ground



UNDER

8

LOW CATCH PRACTISE THE TECHNIQUE



DRILL 1 THROW AND LOW CATCH

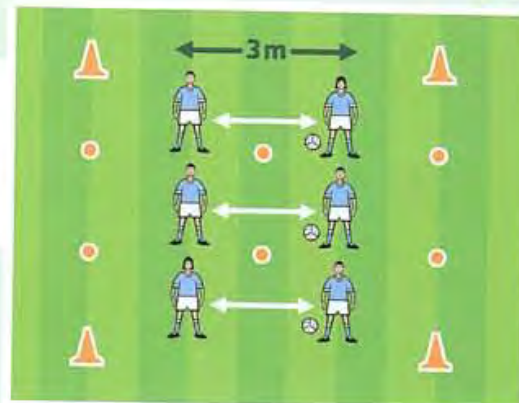
Basic Drill to practise the Low Catch technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- The players stand approximately 3m apart
- Each player in turn throws the ball to bounce for their partner to perform the Low Catch
- Count the number of successful catches in 30 seconds

VARIATION

- Move the players further apart as their technique improves



DRILL 2 ISLANDS

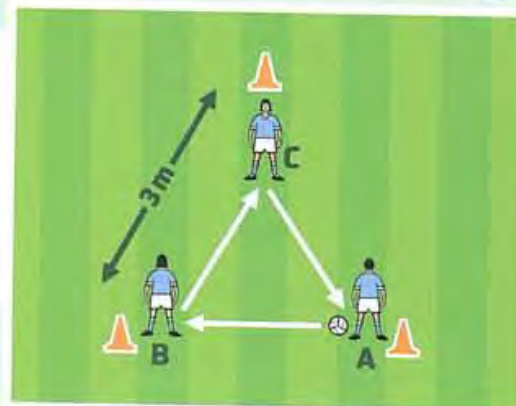
Basic Drill to practise the Low Catch technique

ORGANISATION

- Divide the players into groups of 3, each group in triangle formation approximately 3m apart
- Ensure each group has adequate space to perform the technique
- Player A throws the ball low towards the feet of Player B
- Player B then repeats the drill with Player C and so on around the triangle
- After a set time, change the direction of the drill

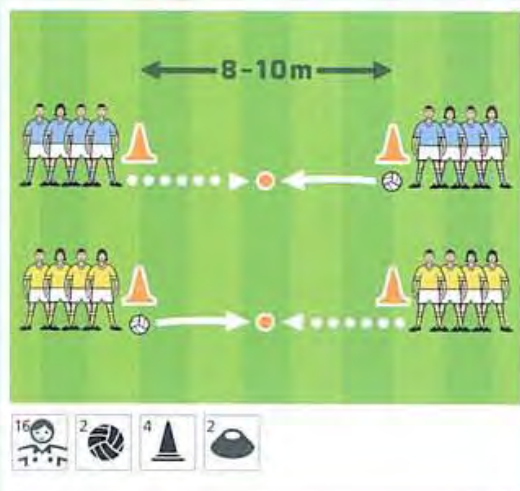
VARIATION

- To increase the intensity of the drill, introduce a second ball



PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the Low Catch technique

ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker halfway between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the player opposite
- This player runs forward and catches the ball at the halfway marker, runs on and hands the ball to the next player to repeat the drill
- Each player follows on to line up at the back of the opposite line

VARIATION

- To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player

DRILL 4 STAR DRILL



Intermediate Drill to practise the Low Catch technique

ORGANISATION

- Place 5 cones as shown to make a star shape
- Position 2 players at each cone
- The player in possession throws the ball for the first player on the second marker to their right
- They in turn throw the ball for the first player on the second marker to their right and so on
- Each player follows their throw to take position at the back of the line
- Encourage the catching players to move forward into the ball as it approaches

VARIATION

- To increase the difficulty of the drill introduce a second ball

UNDER

8

LOW CATCH DEVELOP THE SKILL



ACTIVITY 1 PASS THE GUARD



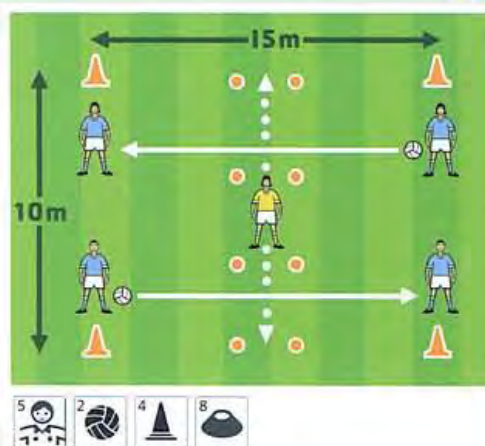
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid approximately 15m X 10m
- Mark a zone approximately 1m wide across the centre of the grid
- Two players are positioned at either end of the grid with one player in the centre
- The outer players attempt to throw the ball low past the centre player
- The centre player attempts to catch the ball using the Low Catch technique without leaving the centre zone
- Only one ball at a time may be thrown
- The centre player receives a point for every ball successfully caught
- Switch the centre player after a set time

VARIATION

- To reduce the difficulty increase the number of centre players



ACTIVITY 2 PIGGY IN THE MIDDLE



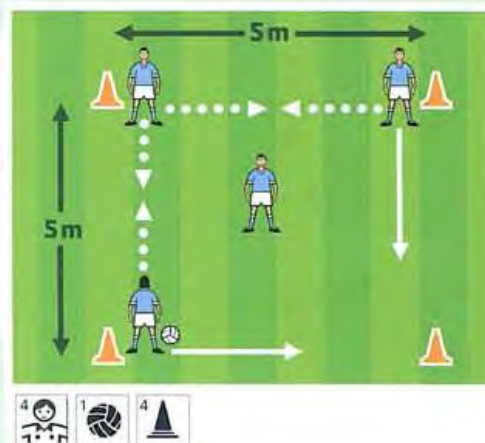
A Fun Game to develop the Low Catch technique

ORGANISATION

- Mark out a grid 5m X 5m using cones
- Position one player at each of 3 corners of the grid
- Position a further player in the middle of the grid
- The outside players must throw the ball along the lengths of the grid to keep possession
- The ball may only be thrown and caught at a cone
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

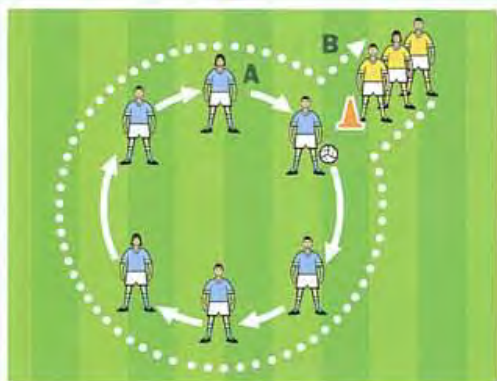
VARIATION

- To increase the difficulty increase the size of the grid



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players' ability to perform the Low Catch under pressure

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each player
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Low Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Low Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball round the circle twice wins

Under 8 – Punt Kick 1

KEY TEACHING POINTS

Here are the Key Teaching Points for the Punt Kick



Hold the ball firmly with both hands

Head down, eyes on the ball



Release the ball into the hand, at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the instep, that is, the laced part of the boot



Keep the toes pointed

Follow through in the direction of the target



COMMON ERRORS

Here are the Common Errors for the Punt Kick

	Lifting the head too early; this can lead to mis-kicking the ball and sending the ball in the wrong direction	
	To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete	
	Dropping the ball from the opposite hand to the kicking foot; this can lead to the player kicking the ball with the inside of the foot and misdirecting the pass or shot	
	To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance	
	Not keeping the toes pointed and not following through in the direction of the target	
	To correct, keep the toes pointed throughout the kick, following through in the direction of the target	

UNDER

8

PUNT KICK I PRACTISE THE TECHNIQUE



DRILL 1 PUNT KICK TO PARTNER

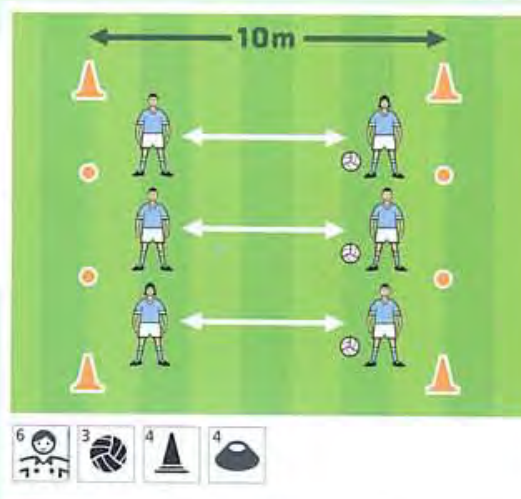
Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs; one football per pair
- Mark out a channel for each pair, who face each other approximately 10m apart
- Each player in turn Punt Kicks the ball to their partner
- To kick with the right leg take the first step with the left leg and vice versa
- It may be necessary to group children on the basis of ability

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 PASS AND FOLLOW

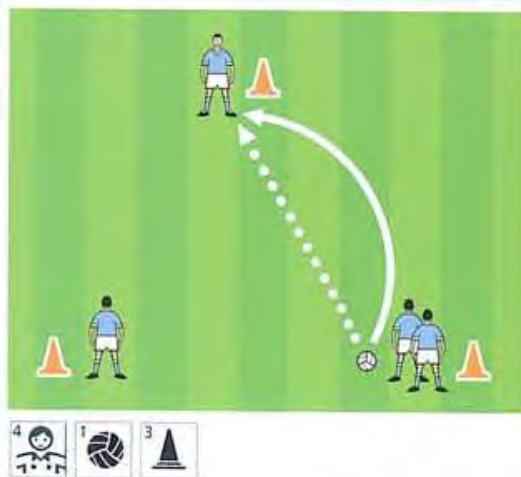
Basic Drill to practise the Punt Kick which requires the player to pass the ball before moving

ORGANISATION

- 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
- Each player in turn Punt Kicks the ball to the next player in rotation before following their pass to the next cone
- Challenge the players to change the direction of the drill and use their other foot to pass the ball

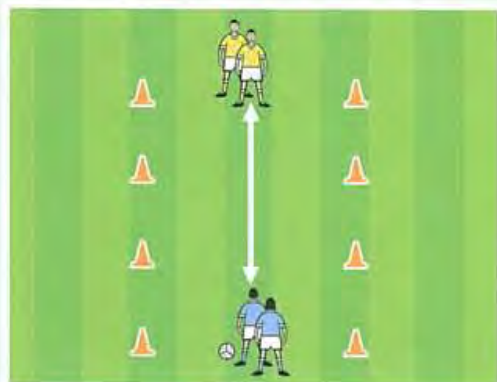
VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 DOWN THE LINE



Intermediate Drill to practise the Punt Kick designed to improve the players ability to kick with accuracy

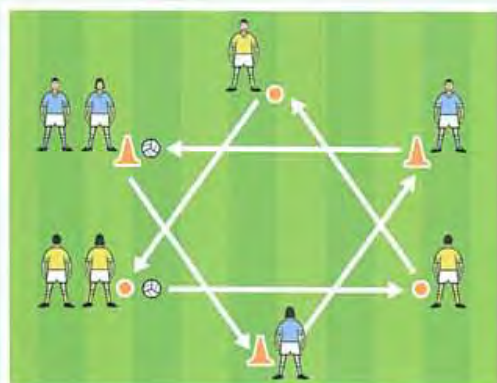
ORGANISATION

- Mark out a channel approximately 10-15m long and 2m wide for each group
- Two players line up at each end of the channel
- Each player in turn moves forward and Punt Kicks the ball to the next player at the far end of the channel
- After kicking the ball the player moves out of the channel and follows on to line up at the far end
- Allow the players to move as far along the channel as necessary to kick the ball accurately

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 SIX STAR DRILL



Intermediate Drill to practise the Punt Kick requiring the players to move and turn before performing the technique

ORGANISATION

- Place 3 cones and 3 markers as shown to make two overlapping triangles
- 4 players play each triangle; 2 at one cone/marker, the first with a ball, and 1 at each of the other cones/markers
- The player in possession passes the ball to the player on the second cone/marker to their right
- They in turn receive the ball before turning to pass to the player on the second cone/marker to their right, and so on
- Each player follows their pass to take position at the far cone/marker
- Encourage the receiving player to move forward into the ball as it approaches

VARIATION

- Challenge the players to play the ball low to bounce, or at chest height or high to catch overhead

UNDER

8

PUNT KICK I DEVELOP THE SKILL



ACTIVITY 1 EMPTY THE CIRCLE



Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a circle using cones
- 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
- Switch the roles of the players after a set time

VARIATION

- Fill the Circle: the outside team must Punt Kick to land in the circle; the inside team clear the circle by rolling the balls away



ACTIVITY 2 HIT THE CONES



Fun Game to develop the Punt Kick

ORGANISATION

- Mark out a grid 25m X 25m
- Place a number of cones across the middle of the grid
- Divide the group into teams of 3-5 players
- Give 1 or 2 footballs to each team
- The player in possession attempts to strike one of the cones in the middle of the grid using the Punt Kick
- For each successful strike award one point
- Extra points may be awarded for knocking a cone over or for a clean catch if the ball is struck too far

VARIATION

- Alternatively points may be awarded for kicking the ball through gaps in the cones



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



This Fun Game challenges players to score against their partner using the Punt Kick technique

ORGANISATION

- Mark out goals 5m apart using cones
- Divide the players into pairs; one ball per pair
- Each player in turn tries to score a goal by Punt Kicking the ball past their partner
- Repeat the drill for a set time

VARIATIONS

- As the player develops, increase the distance between them
- Increase or decrease the width of the goals based on the ability of the players

Under 8 – Bounce

KEY TEACHING POINTS

Here are the Key Teaching Points for the Bounce



Hold the ball with both hands

Head down, eyes on the ball



Release the ball into one hand, spreading the fingers behind the ball



Extend the arm, pushing the ball into the ground with the 'bouncing' hand



Extend both arms towards the ball as it returns into the hands

Spread the fingers of both hands to create a 'W' shape and cushion the ball into the hands



Hold the ball securely with both hands and bring it into the body



COMMON ERRORS

Here are the Common Errors of the Bounce

✗	Bouncing the ball with two hands: this may lead to difficulty performing the technique while running	
✓	To correct, transfer the ball from both hands to the 'bouncing' hand just prior to the bounce	
✗	Bouncing the ball too soft or too hard: this may result in the ball not returning from the ground properly	
✓	To correct, extend the fingers behind the ball to aid control and push through the ball to ensure adequate force is applied	
✗	Attempting to catch the ball with one hand: this may result in the player failing to catch or fumbling the ball	
✓	To correct, extend both arms towards the ball as it returns, spreading the fingers of both hands to secure possession	

UNDER

8

BOUNCE PRACTISE THE TECHNIQUE



DRILL 1 STATIONARY BOUNCE

Basic Drill to practise the Bounce technique in a stationary position

ORGANISATION

- Divide the group into pairs, one football per pair
- Each player in turn Bounces and catches the ball and hands it to their partner
- Alternatively, one player in each pair Bounces the ball repeatedly for one minute, catching the ball securely after each Bounce
- The second player in each pair counts the successful attempts by their partner
- Players switch play after 1 minute

VARIATION

- As the players become more proficient, challenge them to Bounce the ball at an angle for their partner to catch



DRILL 2 BOUNCE ON THE MOVE

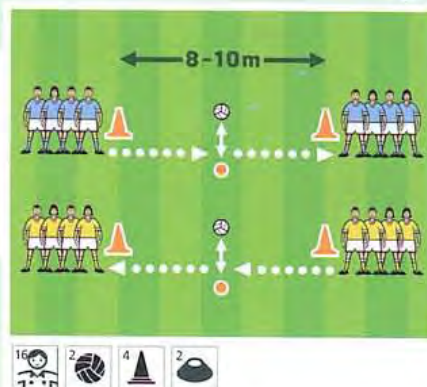
Basic Drill to practise the Bounce technique while moving at walking pace

ORGANISATION

- Form lines of 4 players 8-10m apart
- Place a marker half way between each line
- The player in possession walks forward four steps before Bouncing the ball and catching it again
- The player then walks on and hands the ball to the next player who repeats the drill
- Each player in turn moves to the back of the opposite line

VARIATIONS

- As the players become more proficient, increase the pace to jogging
- Challenge the players to Bounce the ball at an angle for their partner to catch



PRACTISE THE TECHNIQUE

DRILL 3 SLALOM BOUNCE



Intermediate Drill to practise the Bounce technique requiring the players to Bounce the ball using both left and right hands alternately

ORGANISATION

- Place four cones in a line at 2-3m intervals
- Line the players up before the first cone
- The first player in the line runs out and back, Bouncing the ball while rounding each cone
- The ball should be Bounced with the outside hand while rounding each cone, i.e. use left and right hands alternately
- Each successive player repeats the drill

VARIATION

- Challenge the players to dribble Bounce the ball in and out between the cones; switch to the outside hand rounding each cone

DRILL 4 BOUNCE AND TURN



Intermediate Drill to practise the Bounce technique

ORGANISATION

- Set up 4 cones in a square formation approximately 4-5m apart
- Position one player, ball in hand, at each cone
- The players move to perform the Bounce technique as they 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
- The players must be aware of each other to avoid knocking into one another as they cross to each cone

VARIATION

- Divide the players into pairs; challenge each pair to pass simultaneously to each other after rounding each cone

UNDER

8

BOUNCE DEVELOP THE SKILL



ACTIVITY 1 SPACE INVADERS

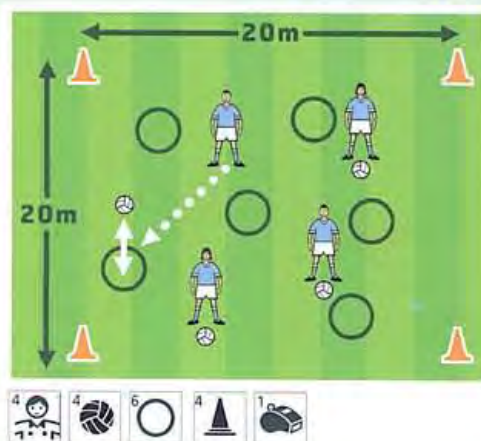
This Fun Game emphasises the development of control, accuracy and speed while performing the Bounce technique

ORGANISATION

- Mark out a grid 20m X 20m
- Place hoops on the ground at various points within the grid
- On the whistle, each player moves around the grid in different directions, Bouncing the ball after every four steps
- Players must attempt to Bounce the ball in as many hoops as possible in 1 minute
- The ball should not be Bounced in the same hoop twice in succession
- The player who Bounces the ball in the greatest number of hoops wins

VARIATIONS

- Allocate different points to different colour hoops
- Divide the players into teams and award team points



ACTIVITY 2 BOUNCE KING

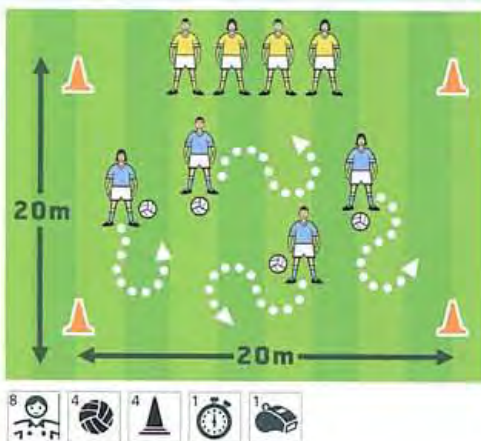
A Fun Game challenging each player to perform the Bounce technique while under pressure from an opponent

ORGANISATION

- Mark out a grid 20m X 20m
- Divide the players into two equal teams
- Team 1 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 1
- The team of players who keeps possession for the longest time wins
- Switch the roles after a set time

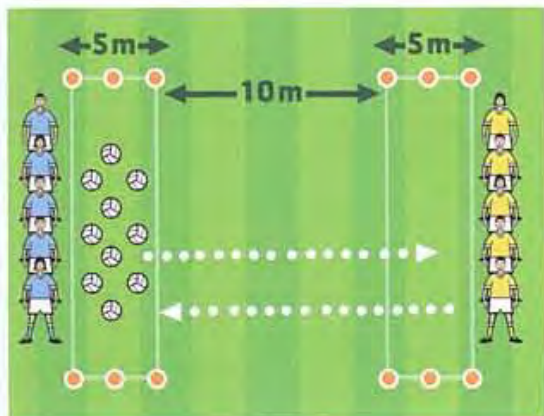
VARIATION

- Play the game on an individual basis awarding the game to the player who keeps possession for the longest time



DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Bounce Technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid. Assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward, picks up a ball each and returns it to their own grid, Bouncing the ball along the way. This is done until all the footballs have been moved
- The second team repeat, moving all the footballs back to their grid

VARIATION

- Place all the footballs outside of either grid. Each team must collect the footballs and return them to their own grid by Bouncing them on the way back. The opposing players provide opposition

Under 8 – Hand Pass

KEY TEACHING POINTS

Here are the Key Teaching Points for the Hand Pass



Support the ball in the palm of one hand, in front of the body
Face the target



Swing back and extend the striking hand
Keep eyes on the ball



Lean forward and strike through the middle of the ball with the open hand using mostly the fingertips
The supporting hand must remain steady



Follow the strike through in the direction of the pass



While striking the ball, step forward with the foot on the opposite side



Note an open-handed hand pass may be struck underhand, with the hand to the side, or overhand



COMMON ERRORS

Here are the Common Errors for the Hand Pass



Hitting the ball with the wrong part of the hand: this may result in the pass being misdirected or not reaching its target



To correct, strike the ball using mostly the fingertips



Not using a definite striking action: this may be interpreted as a throw, resulting in a free being awarded against the player



To correct, keep the supporting hand steady as the ball is being struck



UNDER

8

HAND PASS PRACTISE THE TECHNIQUE



DRILL 1 HAND PASS TO PARTNER

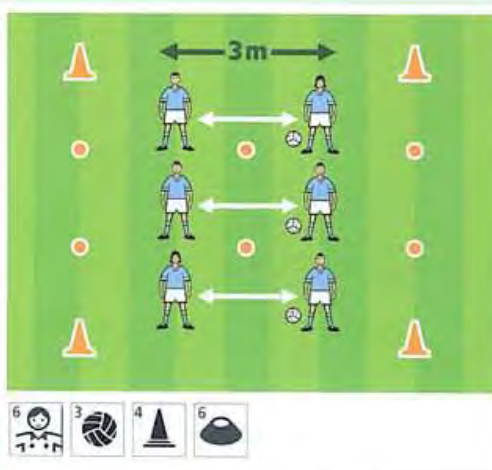
Basic Drill to practise the Hand Pass technique.

ORGANISATION

- Divide the group into pairs, one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Partners stand approximately 3m apart
- Each player in turn Hand Passes the ball to their partner
- Continue the routine for approximately 1 minute
- This drill may be used to practise the variety of open handed Hand Pass techniques

VARIATION

- To increase the challenge, increase the distance between the players



DRILL 2 MOVE AND PASS

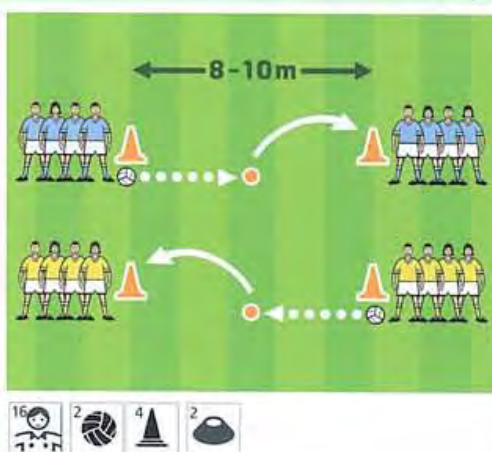
Intermediate Drill to practise the Hand Pass technique

ORGANISATION

- Divide the players into groups of 8: one ball per group
- Mark out a distance of approximately 8-10m using cones
- Place a marker half way between the outer cones
- Four players line up at either cone
- 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 line up at the back of the opposite line

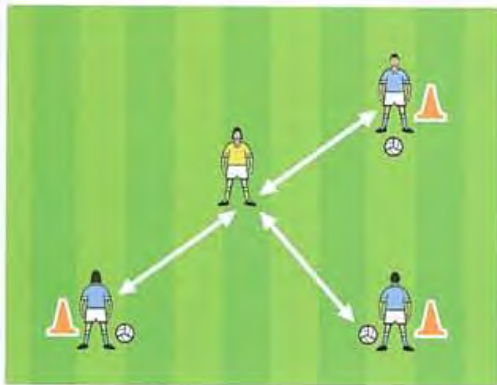
VARIATION

- To increase the challenge, increase the distance between the players



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Hand Pass technique requiring the players to catch and pass in different directions

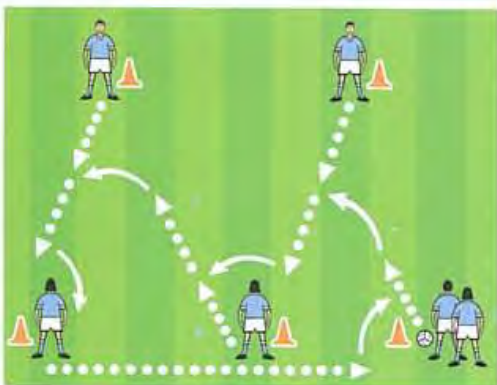
ORGANISATION

- Divide the players into groups of 4, as shown
- Three players act as feeders, with one ball each
- The fourth player acts as the 'central' player
- The 'central' player must take and return a pass from each player in turn for a set period of time, e.g. 30 seconds
- Reverse the roles to provide each player with an opportunity to be the 'central' player

VARIATION

- To increase the difficulty of the drill, the feeder players pass the ball as the 'central' player is returning the previous pass

DRILL 4 ZIG-ZAG PASS



Intermediate Drill to practise the Hand or Fist Pass techniques requiring the players to time and weight the pass so that the receiver can move onto it

ORGANISATION

- Place 5 markers in a zig-zag formation approximately 10m from each other
- Two players line up at the first marker, the first with a ball
- One player is positioned at each of the other markers
- Each player in turn passes the ball in front of the next player so that they must move forward to receive it, before following on to take their position
- The last player plays the ball back to the first marker and so the drill continues
- Encourage the players to use their right hand when the receiver is to the left and vice versa

VARIATION

- To increase the difficulty of the drill introduce a second ball

UNDER

8

HAND PASS DEVELOP THE SKILL



ACTIVITY 1 KEEP BALL



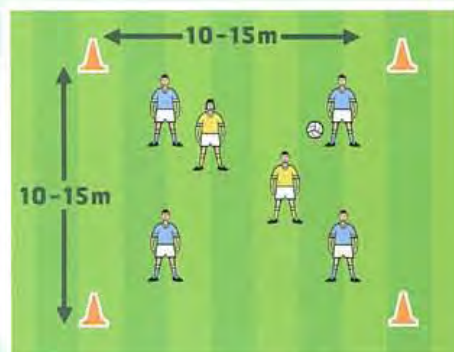
Game Play Drill designed to improve the players' ability to perform the Hand Pass under pressure

ORGANISATION

- Mark out a grid approximately 10-15m square
- Divide the players into uneven teams
- The team with the greater number of players have the ball and must attempt to successfully complete as many Hand Passes as possible in succession
- The opposing players may attempt to intercept the ball by catching or by blocking it
- Possession is also lost by letting the ball fall to the ground or by stepping outside the grid
- Switch the players around after a set time

VARIATION

- To increase the difficulty for the team in possession increase the number of opponents



ACTIVITY 2 AROUND THE SQUARE GAME



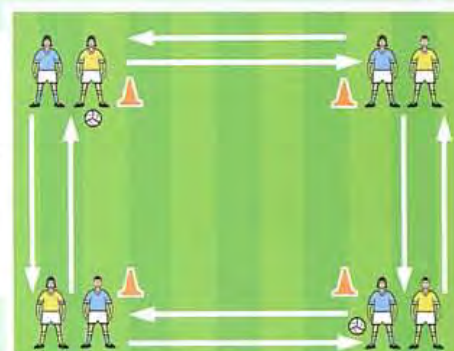
Fun Game to practise the Hand Pass technique

ORGANISATION

- Mark out a square or circle using cones
- Divide the players into two teams, one ball per team
- Position one player from each team at each cone
- One team passes the football in a clockwise direction, while the second team passes the football in an anti-clockwise direction
- The first team to have the football back to the starting player wins
- If the football hits the ground, it must be returned to the starting player to begin again

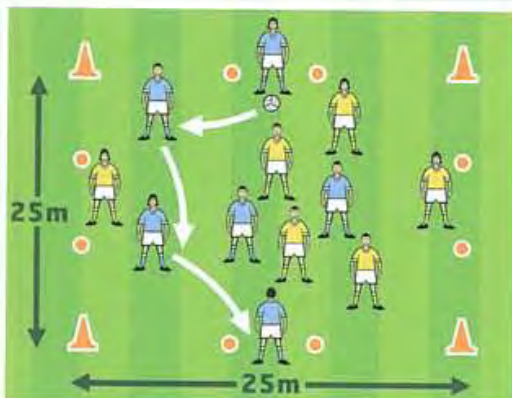
VARIATION

- To increase the challenge; increase the size of the square



DEVELOP THE SKILL

ACTIVITY 3 CAPTAIN BALL



Modified Game to develop the Hand Pass technique

ORGANISATION

- Mark out a playing area approximately 25m X 25m
- Mark out a goal area at the centre of each line of the playing area
- Divide the players into even teams: two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by Hand Passing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game

VARIATION

- Set up the game using only two goals and two goalkeepers

Under 8 – Side Step

KEY TEACHING POINTS

Here are the Key Teaching Points for the Side Step



Run directly towards the opponent



When about a metre away from the opponent, plant the forward foot firmly on the ground to one side, transferring the body weight to the foot as you do so



Then, push hard off the planted foot to spring to the other side



Plant opposite foot and continue forward in the new direction

Note that the player should only use 4 steps in which to perform the technique



COMMON ERRORS

Here are the Common Errors for the Side Step

✗	Not transferring the weight to the planted foot	
✓	To correct, transfer body weight onto the forward foot in order to spring onto the other foot	
✗	Playing the ball during the Side Step: this may slow down the player or leave the ball open to interception by the opponent	
✓	To correct, the ball is played by bouncing or toe tapping before approaching the opponent	
✗	Taking too many steps to get past the opponent	
✓	To correct, use only four steps in which to perform the technique	

UNDER

8

SIDE STEP PRACTISE THE TECHNIQUE



DRILL 1 WALK AND SIDE STEP

Basic Drill to practise the Side Step technique off both feet

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player walks forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- Continue the drill over and back for a set time

VARIATION

- As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field



DRILL 2 STEP LEFT STEP RIGHT

Basic Drill to practise the Side Step technique off both feet introducing a static opponent

ORGANISATION

- Place 2 cones approximately 10m apart
- Divide the players into groups of 4
- 3 players line up behind one cone; the fourth player is positioned midway between the cones
- Each player in turn must approach and Side Step the middle player and continue to the far cone
- The middle player does not move or attempt to block the side-stepping player
- The players should practise side-stepping off both the left and right feet

VARIATION

- To progress the drill, introduce a ball; encourage the players to use the outside hand to bounce the ball as they move out of the Side Step



PRACTISE THE TECHNIQUE

DRILL 3 SIDE STEP AND BOUNCE



Intermediate Drill to practise the Side Step technique

ORGANISATION

- Divide the players into groups of 5: one ball per group
- 4 players line up behind a marker
- The fifth player from each group takes up position approximately 5m from the line of players
- Each player in turn jogs forward, takes one bounce and Side Steps the player in the middle, who does not attempt to tackle
- The jogging player then goes to the end of the channel and returns to the end of the line for the next player to repeat the drill
- After a set time change the player in the middle

VARIATION

- To increase the difficulty challenge the players to perform the drill at a quicker pace

DRILL 4 SIDE STEP SLALOM



Intermediate Drill to practise the Side Step technique

ORGANISATION

- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player jogs forward and Side Steps each marker, side-stepping to the left off the markers to the right and to the right off the markers to the left
- As they Side Step each marker the players should use the outside hand to bounce the ball as they move out of the Side Step
- Continue the drill over and back for a set time

VARIATION

- As the players improve challenge them to increase the pace of the drill

UNDER

8

SIDE STEP DEVELOP THE SKILL



ACTIVITY 1 STEP IN TIME

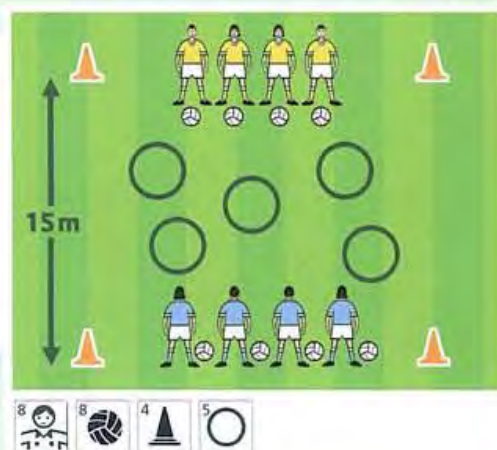
Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 15m long by 10m wide
- 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 a ball
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid
- Repeat the drill until all the players have left the grid, or for a set time

VARIATION

- To increase the difficulty of the drill, allow players to tackle for the ball



ACTIVITY 2 PASS THE GUARDS

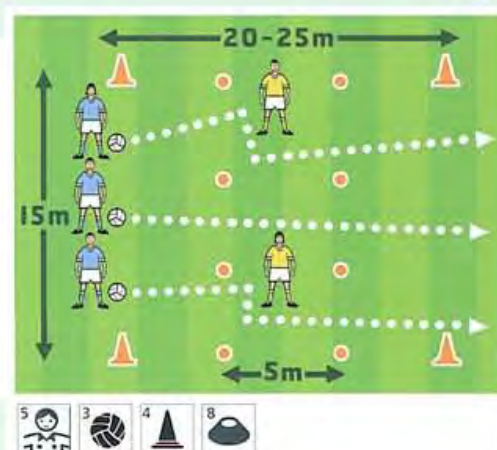
A Fun Game to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m
- Mark a zone approximately 5m wide across the centre of the grid
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass
- The defending players may move left and right but may not tackle the attacking players or the ball

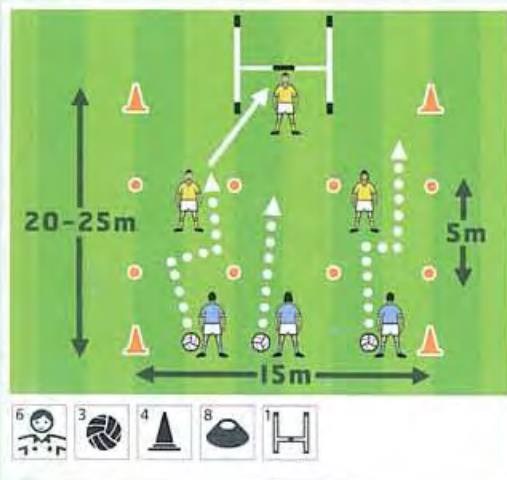
VARIATION

- As the attacking players progress increase the opposition provided by the defending players



DEVELOP THE SKILL

ACTIVITY 3 SIDE STEP, BOUNCE AND SCORE



Game Play Drill to develop the Side Step technique

ORGANISATION

- Mark out a grid 20-25m X 15m: mark a zone approximately 5m wide across the centre of the grid. Place goalposts at one end
- Three attacking players are positioned at one end of the grid with a ball each
- Two defending players are positioned in the centre zone and a goalkeeper in goals
- The outer players must run forward together and run through the centre zone
- To pass a defending player the attackers use the Side Step technique, bouncing the ball with outside hand as they pass. This is followed by a shot on goal.
- The defending players may move left and right but may not tackle the attacking players or the ball

VARIATION

- As the attacking players progress increase the opposition provided by the defending players



Kiltimagh G.A.A Club

Coaching Manual– Under 10

Age Group- Under 10

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- Groups and teams should be divided evenly in terms of ability, age and gender.
- Demonstrate the skills and drills slowly to players.
- Speak clearly and avoid shouting.
- Keep drills short and varied so that players remain interested throughout the training session.
- Players should use **both hands and both feet** when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.
- The sample sessions provided focus on three skills in each session. Each skill develops further as sessions progress. Coaches are encouraged to build their own sessions, varying the skills focused upon and addressing the needs of the players.
- Additional activities are included to show how each skill can be developed further.

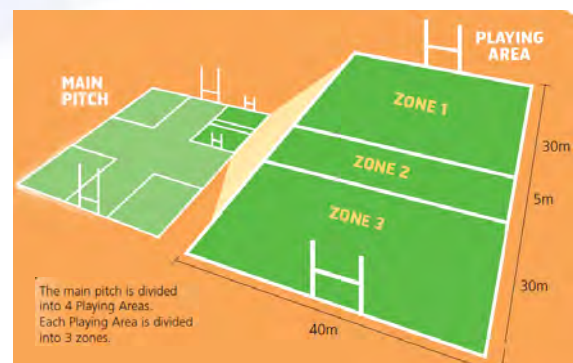
Duration of training session: 75 minutes

Equipment/Resource List:

- Each player should have a bib (different colours for opposing teams).
- 1 'Quick touch' football between two players.
- Coach/player ratio: 1:6.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- Sets of goal posts (10ftx6ft).
- Whistles for coaches/referees for games.
- 9-a-side games.
- Game duration– 4 quarters of 8 mins approx.
- Go Games rules apply.
- First Aid bag.

Pitch Dimensions:

- 65 meters x 40 meters
- Three zones



Under 10 – Sample Session 1

Key Skills— Reach Catch, Block Down & Hook Kick

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Partner Catch</i>	<i>10 mins</i>
<i>Partner Block</i>	<i>10 mins</i>
<i>Partner Kick</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Sample Session 2

Key Skills — Reach Catch, Block Down & Hook Kick

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Pressure Catch</i>	<i>10 mins</i>
<i>Move and Block</i>	<i>10 mins</i>
<i>Around the Square (Hook Kick Drill)</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Sample Session 3

Key Skills — Reach Catch, Block Down & Hook Kick

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Cross Catch</i>	<i>10 mins</i>
<i>Zig-Zag Block</i>	<i>10 mins</i>
<i>Kick and Move</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Sample Session 4

Key Skills — Solo, Crouch Lift & Checking

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Stationery Top Tap</i>	<i>10 mins</i>
<i>Lift and Drop</i>	<i>10 mins</i>
<i>Hang On (Checking Drill)</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Sample Session 5

Key Skills — Solo, Crouch Lift & Checking

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Toe Tap, Turn and Pass</i>	<i>10 mins</i>
<i>Bridge Ball (Crouch Lift Drill)</i>	<i>10 mins</i>
<i>Zig-Zag Check</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Sample Session 6

Key Skills — Solo, Crouch Lift & Checking

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Crazy Solo</i>	<i>10 mins</i>
<i>Opposed Lift (Crouch Lift Drill)</i>	<i>10 mins</i>
<i>Zig-Zag Check with Ball</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Sample Session 7

Key Skills — Fist Pass & Side to Side Charge

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Stationery Pass</i>	<i>10 mins</i>
<i>Imitation Charge</i>	<i>10 mins</i>
<i>Pressure Pass (Fist Pass 2nd drill)</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Sample Session 8

Key Skills — Fist Pass & Side to Side Charge

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Move and Pass</i>	<i>10 mins</i>
<i>Tackle Bag Charge</i>	<i>10 mins</i>
<i>Charge and Lift (Side to Side Charge 2nd drill)</i>	<i>10 mins</i>
<i>Game– 9v9</i>	<i>25 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 10 – Player Assessment Sheet

	Reach Catch		Block Down		Hook Kick		Solo		Crouch Lift		Checking		Fist Pass		Side to Side Challenge		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	
1.																	
2.																	
3.																	
4.																	
5.																	
6.																	
7.																	
8.																	
9.																	
10.																	
11.																	
12.																	
13.																	
14.																	
15.																	
16.																	
17.																	
18.																	
19.																	
20.																	

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

Coach Signature: _____ **Date:** _____

Player Assessment Sheet

	Skill 1		Skill 2		Skill 3		Skill 4		Skill 5		Skill 6		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
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17.													
18.													
19.													
20.													

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

Coach Signature: _____ **Date:** _____

Player Assessment Sheet

Player Name	Strengths of this player	Area(s) for Improvement
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
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17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		

Coach Signature: _____ **Date:** _____

Under 10 – Reach Catch

KEY TEACHING POINTS

Here are the Key Teaching Points for the Reach Catch



With head up, keep eyes on the ball



As the ball approaches, extend the arms towards the ball and spread the fingers
Keep the thumbs behind the ball forming a 'W' shape with the index fingers



When the ball approaches from above, catch it slightly in front of the head at its highest point



On receiving the ball, secure the ball into the chest with both hands



COMMON ERRORS

Here are the Common Errors for the Reach Catch



Not extending the arms fully: this may result in the ball being intercepted in a game situation as an opponent reaches and catches the ball first



To correct, extend the arms fully towards the ball and spread the fingers to receive the ball



Catching the ball behind the head



To correct, catch the ball slightly in front of the head, at its highest point



UNDER

10

REACH CATCH PRACTISE THE TECHNIQUE



DRILL 1 PARTNER CATCH

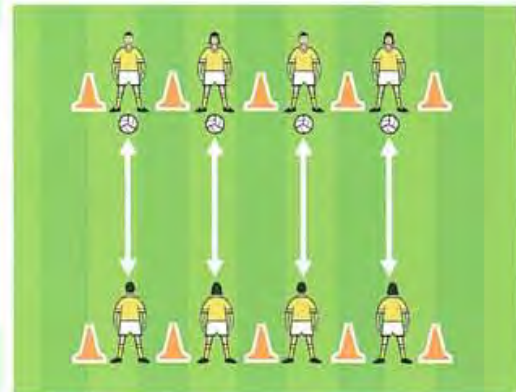
Basic Drill to practise the Reach Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Each player in turn throws the ball above their partner's head for them to perform the Reach Catch overhead
- Continue the drill for a set time
- Each player then fists the ball at head height for their partner to perform the Reach Catch in front
- Again continue the drill for a set period of time

VARIATION

- The ball may be thrown slightly to either side of the catching player to challenge them to reach to each side



DRILL 2 PRESSURE CATCH

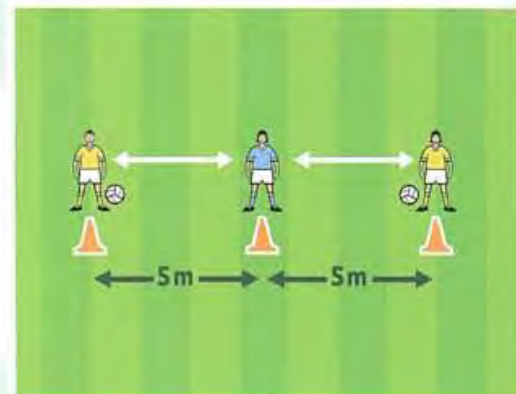
Intermediate Drill to practise the Reach Catch technique requiring the player in the middle to perform the technique as efficiently as possible

ORGANISATION

- Divide the players into groups of three: two balls per group
- Each group of three lines up with 5m between each player
- The players at each end have a ball each and in turn serve to the player in the middle to perform the Reach Catch
- The player in the middle returns the ball to the same server each time
- Begin by throwing the ball above the head and after a set time change to fist passing the ball to head height

VARIATIONS

- To increase the difficulty: increase the distance between the players
- A third server may also be used



UNDER 10 REACH CATCH

PRACTISE THE TECHNIQUE

DRILL 3 CROSS CATCH



Intermediate Drill to practise the Reach Catch technique which requires the players to attack and catch the ball while moving in different directions

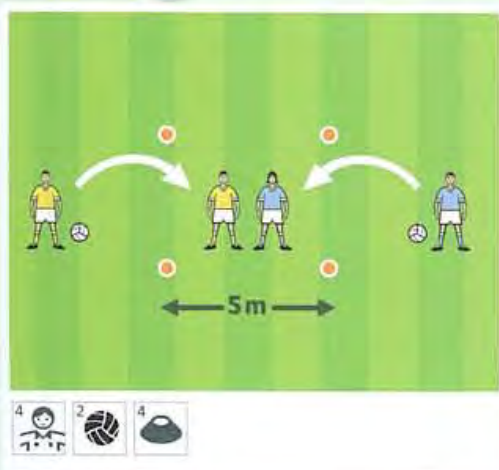
ORGANISATION

- Mark out a cross as shown
- A feeder stands at one point of the cross while the other player lines up directly opposite
- Each player in turn moves to the middle marker and each of the side markers to perform the Reach Catch as the feeder serves the ball
- Alternate between serving the ball above the head and at head height of the catching players
- Encourage the players to attack the ball at pace

VARIATION

- To increase the difficulty of the drill, each player is shadowed by a token opponent as they move to catch each pass

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the Reach Catch technique introducing full opposition

ORGANISATION

- Mark out a grid approximately 8m X 5m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The 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 Reach Catch while the other player provides opposition
- Initially the opposition should be token before eventually progressing to full opposition as the players become more competent

VARIATION

- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

UNDER

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REACH CATCH DEVELOP THE SKILL



ACTIVITY 1 PIGGY IN THE MIDDLE



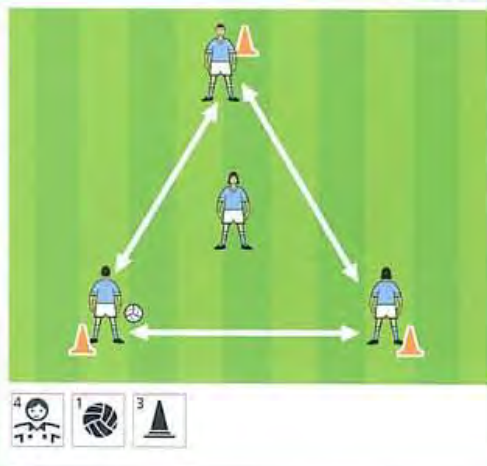
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a triangle using cones as shown
- Divide the players into groups of four; one ball per group
- One player is positioned at each of the cones while the fourth is the 'piggy' in the middle
- Players must pass the ball to each other at an appropriate height, in order for the receiver to perform the Reach Catch
- The player in the middle attempts to intercept the ball
- If successful, the player whose pass was intercepted becomes the new 'piggy' in the middle

VARIATION

- Increase the distance between the outer players to make the drill more difficult



ACTIVITY 2 KEEP BALL



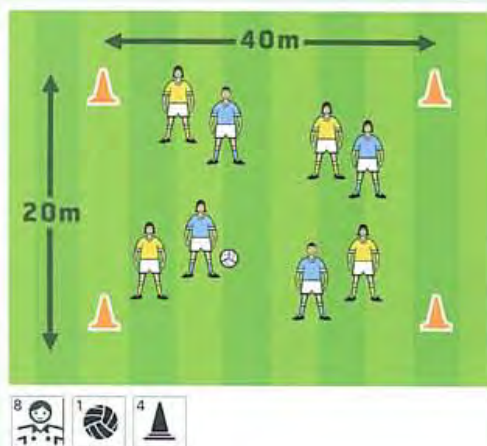
A Fun Game to develop the Reach Catch

ORGANISATION

- Mark out a grid 40m X 20m
- Divide the players into teams of 4 or 5
- The objective 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
- Award a point for every Reach Catch performed successfully

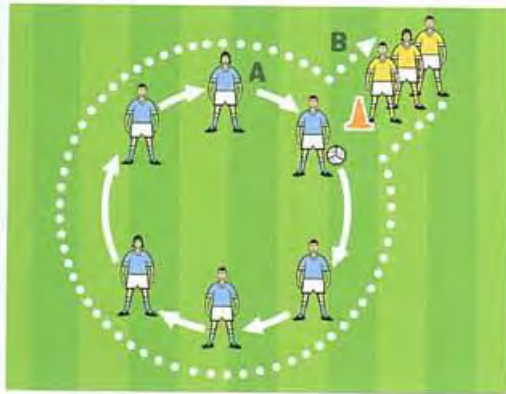
VARIATION

- Alternatively the team who retain possession for the greatest number of passes in sequence wins



DEVELOP THE SKILL

ACTIVITY 3 BEAT THE CIRCLE



This Fun Game is designed to improve the players ability to perform the Reach Catch under pressure.

ORGANISATION

- Divide the players into two teams
- Team A forms a circle with a distance of 3m between each players
- Team B lines up behind a cone outside the circle
- In turn the players in Team B run around the circle while Team A throw the ball around the circle from one to another
- Team A count the successful Reach Catches completed before the last player in Team B finishes their run
- Reverse the roles: the team with the most Reach Catches wins

VARIATION

- Team A and B form circles of the same size. The first team to pass the ball around the circle twice wins

Under 10 – Block Down

KEY TEACHING POINTS

Here are the Key Teaching Points for the Block Down



Stand close to the opponent in the Check position



As the opponent prepares to play the ball, reach forward with the arms outstretched and hands close together

Keep your eyes on the ball



Block the ball at the point of contact with the boot

Move to regain possession ahead of the opponent



COMMON ERRORS

Here are the Common Errors for the Block Down



Shying away from contact



To correct, introduce the player to the contact situation in a slow and controlled manner



Missing the ball as it passes between the outstretched arms



To correct, keep the hands close together, moving confidently to block the ball at the point of contact with the boot



Closing the eyes when attempting to perform the Block Down: this may result in the player missing the block as they fail to react to the direction of the kick



To correct, keep the eyes open at all times, focusing on the ball at the point of contact



UNDER

10

BLOCK DOWN PRACTISE THE TECHNIQUE



DRILL 1 PARTNER BLOCK

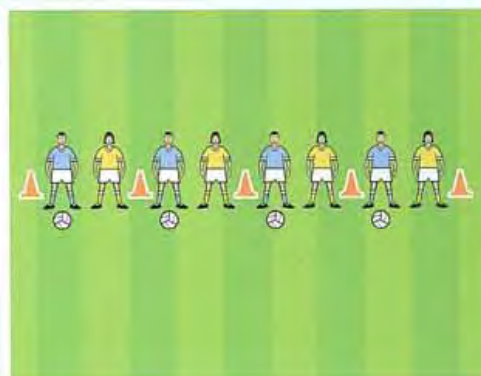
Basic Drill to practise the Block Down technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Player A toe taps the ball for Player B, in a kneeling position, to block as the ball leaves the foot
- Reverse the roles after a designated time
- This drill is particularly effective in improving the confidence of the player in performing the Block Down

VARIATIONS

- Progress the drill by getting Player B to stand
- Challenge the blocker to step into the block from a metre or so away to improve their timing



DRILL 2 MOVE AND BLOCK

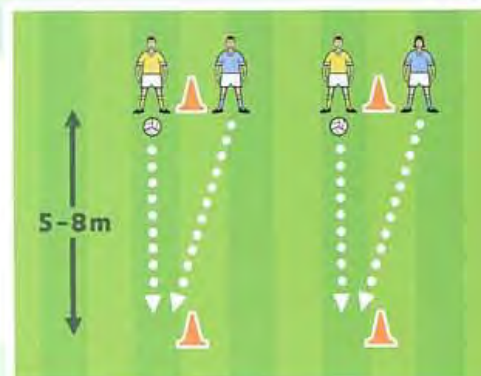
Intermediate Drill to practise the Block Down technique requiring the players to perform the block while moving

ORGANISATION

- Divide the group into pairs; one ball per pair
- Mark out two cones 5-8m apart for each pair
- 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

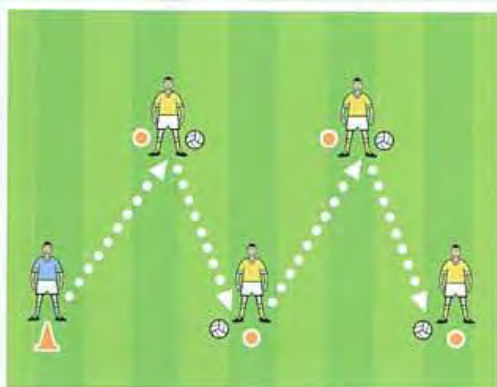
VARIATION

- As the players become more proficient increase the pace of the drill



PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG BLOCK



Intermediate Drill to practise the Block Down technique requiring the blocker to move in different directions to perform the block

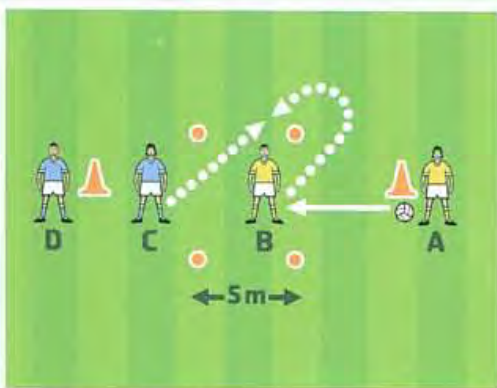
ORGANISATION

- Divide the players into groups of 5
- 4 of the players stand at intervals of 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

VARIATIONS

- As the players become more proficient increase the pace of the drill
- As the players become more competent the blocker may be required to dive to block each kick

DRILL 4 HIT THE TARGET



Intermediate Drill to practise the Block Down technique

ORGANISATION

- Mark out a grid approximately 5m square using cones
- On a signal Player A, positioned 10m to one side of the grid, kick passes the ball to Player B, positioned in the grid
- Player B must turn around one of the corner cones of the grid before attempting to kick the ball to Player D approximately 10m to the far side of the grid
- Player C attempts to block Player B from completing the pass
- Repeat a set number of times before changing the feeders

VARIATION

- To increase the difficulty of the drill, increase the distance the blocker must travel to block the kicker

UNDER

10

BLOCK DOWN DEVELOP THE SKILL



ACTIVITY 1 GRID BLOCK

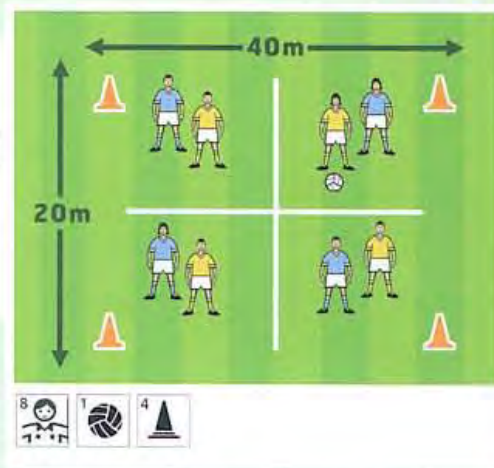
A Fun Game to develop the Block Down

ORGANISATION

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four; 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

VARIATION

- Initially allow the ball to be passed either clockwise or anti-clockwise; as the players progress, allow the ball to be played in any direction



ACTIVITY 2 SHOOT AND BLOCK

A Game Play Drill to develop the Block Down which requires the players to Block Down attacking players as they shoot for a score

ORGANISATION

- Mark out a defensive zone or grid approx 10-15m 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

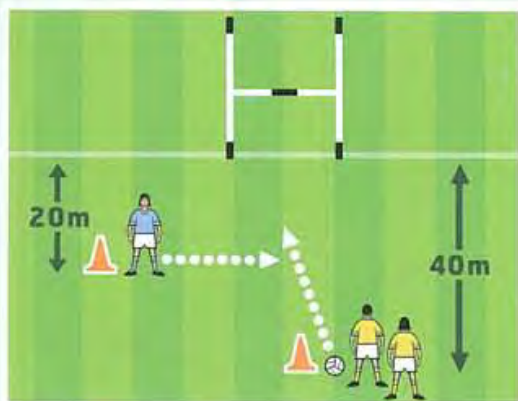
VARIATION

- Both the attacker and defender begin on the 13m line to one side of the goal; rounding a central cone the attacking player shoots as the defending player attempts to block



DEVELOP THE SKILL

ACTIVITY 3 SHOOT AND BLOCK II



A Game Play Drill to develop the Block Down

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs, one defender and one attacker
- Each attacker in turn solos towards goal shadowed by the defender
- Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- ◆ Increase the number of defenders to increase the occasions of blocking

Under 10 – Hook Kick

KEY TEACHING POINTS

Here are the Key Teaching Points for the Hook Kick



Hold the ball firmly with both hands
Point the shoulder towards the target



Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot
Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the inside of the foot



Follow through with the kicking leg across the body in the direction of the target, with the toe pointing upwards



COMMON ERRORS

Here are the Common Errors the Hook Kick

✗	Not pointing the shoulder towards the target: this may lead to inaccuracy in the pass or shot	
✓	To correct, point the shoulder to the target before taking the kick	
✗	Dropping the ball from the opposite hand to the kicking foot: this can lead to the player over hooking the ball and misdirecting the pass or shot	
✓	To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance	
✗	Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction	
✓	To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete	

UNDER

10

HOOK KICK PRACTISE THE TECHNIQUE



DRILL 1 PARTNER KICK

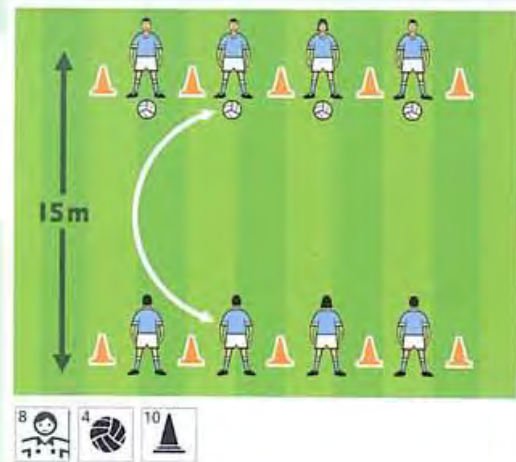
Basic Drill to practise the Hook Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel 5m wide and 15m long for each pair
- Each player in turn Hook Kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

VARIATION

- To increase the difficulty of the drill, increase the distance between the players



DRILL 2 AROUND THE SQUARE

Intermediate Drill to practise the Hook Kick technique that also includes the fist pass

ORGANISATION

- Set up a formation as shown using 8 cones
- Position one player at each cone
- Player A Hook Kicks the ball to player B at the furthest cone to one side
- Player B Fist Passes the ball to Player C alongside
- Player C then Hook Kicks the ball to Player D and so the drill continues
- Rotate the kickers and receivers after three rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg

VARIATION

- To increase the intensity of the drill, introduce more footballs



PRACTISE THE TECHNIQUE

DRILL 3 KICK AND MOVE



Intermediate Drill to practise the Hook Kick technique

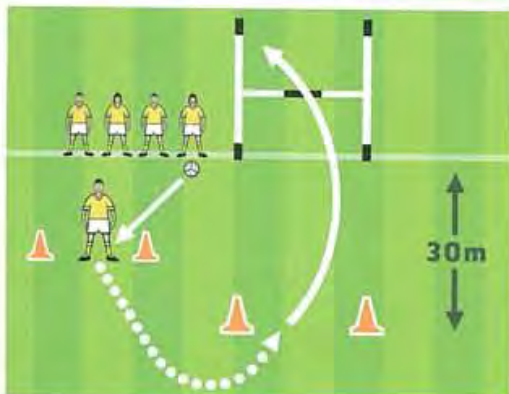
ORGANISATION

- Divide the players into pairs, one ball per pair
- Place 3 cones 20m apart to form a triangle
- First, each player Hook Kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- Second, each player Hook Kicks the ball from a stationary position to their partner who is moving along the far length of the triangle
- Third, each player Hook Kicks the ball on the run to their partner who is also moving
- Change the direction of the movement to kick off the alternate side

VARIATION

- Challenge the players to kick from a greater distance as their accuracy improves

DRILL 4 KICK AND SCORE



Intermediate Drill to practise the Hook Kick technique that requires the players to kick for a score

ORGANISATION

- Place 2 cones 6-8m apart 30m from goal
- All the players except one begin behind the goal
- Position the other player at a cone 20m from goal to one side
- The first player from behind the goal solos towards the cone and first 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
- Continue the drill for a set time and repeat from the opposite side

VARIATION

- To increase the challenge; increase the distance from which the players kick

UNDER

10

HOOK KICK DEVELOP THE SKILL



ACTIVITY 1 BULL'S EYE



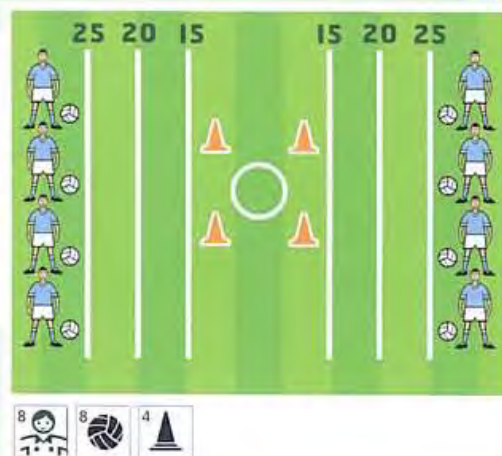
A Fun Game to develop the Hook Kick

ORGANISATION

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- 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

VARIATION

- Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient



ACTIVITY 2 HOOKED



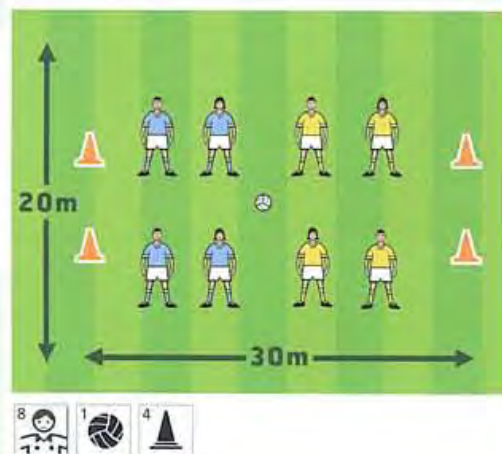
Modified Game to develop the Hook Kick technique

ORGANISATION

- Mark out a playing area 20m X 30m
- 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 through the cones

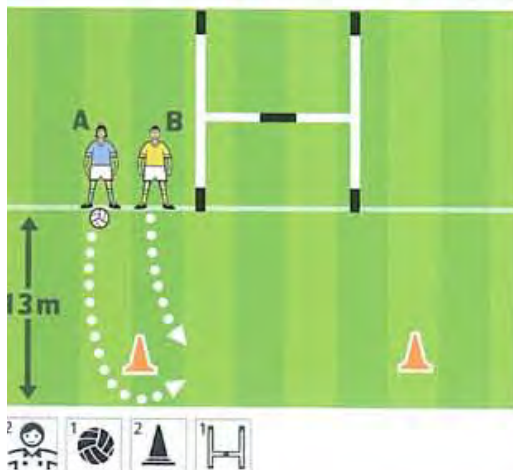
VARIATIONS

- Divide the playing area into zones to prevent crowding; players must stay within their designated zones
- Allow players to Fist Pass and Punt Kick to pass the ball; scores must be with a Hook Kick



DEVELOP THE SKILL

ACTIVITY 3 GOAL TO GOAL



A Game Play Drill to develop the Hook Kick requiring the players to Hook Kick for a point while under pressure from an opponent

ORGANISATION

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A Solos to the cone to Hook Kick the ball for a point
- Player B follows and attempts to block
- Award points for a successful Kick
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

VARIATION

- Increase or decrease the distance the player has to shoot from, depending on their ability

Under 10 – Solo

KEY TEACHING POINTS

Here are the Key Teaching Points for the Solo



Hold the ball firmly with both hands

Keep the torso upright



Release the ball into the hand at the kicking side

Head down, eyes on the ball



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



When the foot impacts the ball, flick the toe upwards towards the body

Straighten the leg



Extend the arms forward to catch the ball



COMMON ERRORS

Here are the Common Errors of the Solo



Dropping the ball with both hands or dropping the ball to the foot with the wrong hand: this may lead to difficulty keeping control of the ball, particularly, when attempting to Solo at speed



To correct, drop the ball toward the kicking leg with the hand at the same side



Throwing the ball to the kicking foot



To correct, the ball is dropped and not thrown from the release hand



Not using a straight leg to flick the ball upwards towards the body; this may result in the player failing to control the ball



To correct, kick the ball at the end of the stride, flicking the toe upwards to bring the ball back into the body



Soloing the ball too high



To correct, ensure the ball is cushioned back by flicking the toe upward on impact



UNDER

10

SOLO PRACTISE THE TECHNIQUE



DRILL 1 STATIONARY TOE TAP

Basic Drill to practise the Solo technique

ORGANISATION

- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players Solo the ball on the spot
- The players count how many times they can Solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

VARIATION

- Organise the drill in pairs with the partners counting for each other



DRILL 2 TOE TAP, TURN AND PASS

Intermediate Drill to practise the Solo technique that requires the players to Solo around a number of obstacles

ORGANISATION

- Mark out a distance of 10m using cones
- Divide the players into groups of 5, one ball per group
- The players line up behind one of the cones
- In turn each player Solos out and around the far cone, first passing for the next player as they return to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

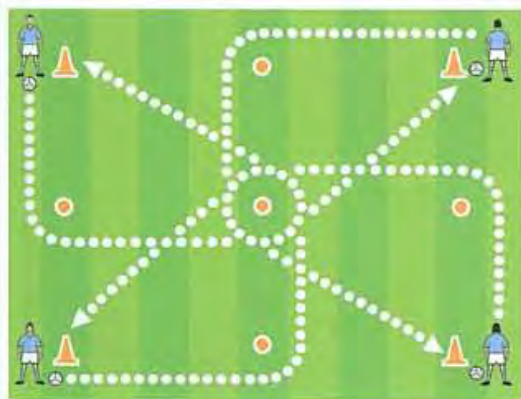
VARIATION

- Increase the speed of the drill as the players become more proficient



PRACTISE THE TECHNIQUE

DRILL 3 CRAZY SOLO



Intermediate Drill to practise the Solo technique that challenges the peripheral vision of the players

ORGANISATION

- Mark out a grid using cones and markers as shown
- Place a further marker in the centre of the grid
- Position a player at each corner cone
- Each player Solos with the ball in an anti-clockwise direction around the first marker, then the centre marker and back to their corner
- Each player in turn repeats the drill
- The players must be aware of each other's movements as they round the centre marker

VARIATIONS

- Allow the players to attempt to knock the ball from the other players as they round the centre marker
- Try with teams of three or four at each corner cone

UNDER

10

SOLO DEVELOP THE SKILL



ACTIVITY 1 TOE-TAP TAG



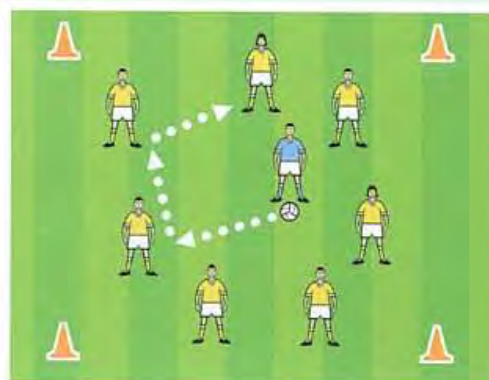
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- One player with a ball must Solo around and attempt to tag the other players
- The player must Solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

VARIATION

- Increase the number of 'taggers' to reduce the difficulty of the game



ACTIVITY 2 PASS THE GUARD



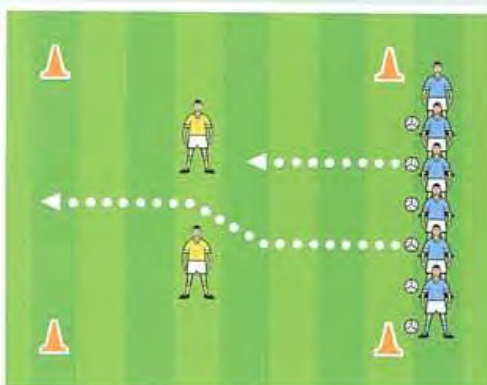
Fun Game to develop the Solo technique

ORGANISATION

- Mark out a grid 15m X 15m
- Six players attempt to Solo across the grid
- Two players act as defenders and attempt to tag the soloing players
- Once a player has been tagged they must leave the game
- The soloing players continue over and back until all have been tagged
- Rotate the defenders and repeat the game

VARIATION

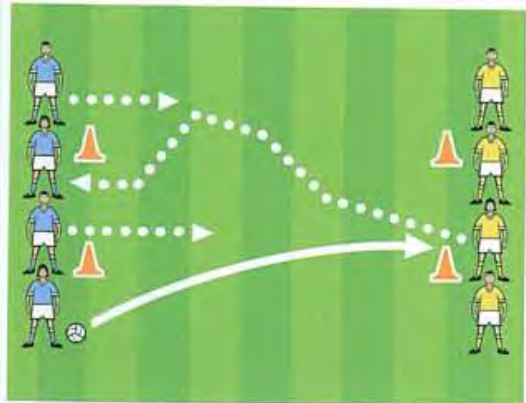
- Increase the width of the grid to reduce the difficulty for the soloing players



UNDER 10 SOLO

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT INVASION GAME



Modified Game to develop the Solo technique

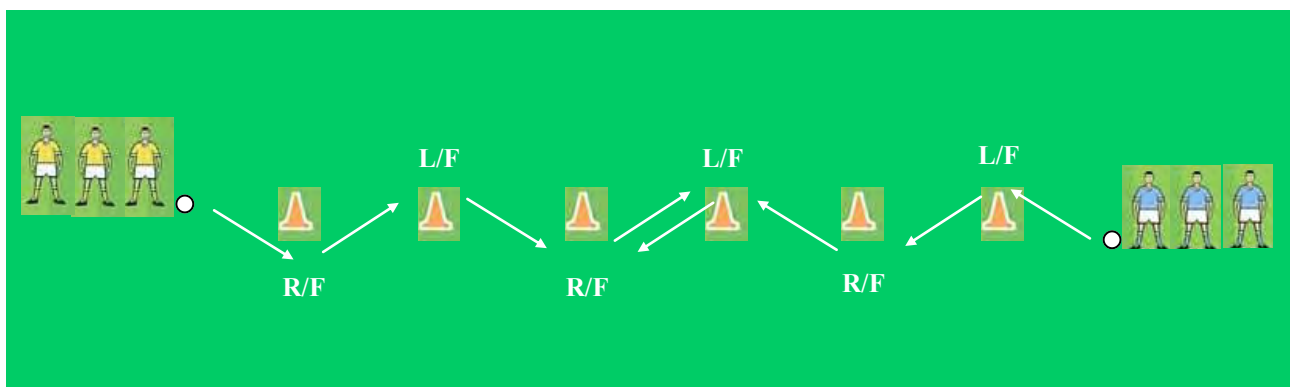
ORGANISATION

- Divide the players into two equal teams
- The game begins 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 only when a player Solos the ball through the opposition goals
- Having scored or lost the ball in the tackle the team return to their endline and Punt Kick the ball for the second team to attempt to score

VARIATION

- To reduce the difficulty of the game for the attacking team reduce the number of defenders for each play

Alternative Solo Drill:



Organisation:

- Players line up at both ends.
- Each player solos with one foot at the 1st cone and with the opposite foot at the next cone.
- The player continues to alternate their foot used for soloing until they reach the end of the opposite line.

Note: R/F = Solo with your right foot, L/F = Solo with your left foot.

Under 10 – Crouch Lift

KEY TEACHING POINTS

Here are the Key Teaching Points for the Crouch Lift



Move to the ball

Bend the back and knees, placing the supporting foot alongside and a little ahead of the ball



Place the hands in front of the ball in a cupped position with the fingers spread



Bring the lifting leg forward, scooping the ball forward into the cupped hands



Draw the ball into the body to secure possession



COMMON ERRORS

Here are the Common Errors for the Crouch Lift

✗	Not crouching to lift the ball: this may result in the player kicking the ball forward rather than lifting it into the hands	
✓	To correct, bend the back and knees to Crouch Lift the ball	
✗	Not placing the hands in front of the ball or leaving too much of a gap between the hands: this may result in the ball slipping through the player's hands and failing to secure possession	
✓	To correct, place the hands in front of the ball in a cupped position with the fingers spread	
✗	Touching the ball on the ground: this may result in a free being awarded against the player	
✓	To correct, bring the lifting leg forward to scoop the ball into the cupped hands	
✗	Not planting the support foot beside the ball: this may leave the player off balance and stumbling over or result in the ball being kicked ahead instead of lifted into the hands	
✓	To correct, judge the stride length as you approach the ball and plant the support foot to the side of the ball as the lifting foot comes through to scoop the ball into the hands	

UNDER

10

CROUCH LIFT PRACTISE THE TECHNIQUE



DRILL 1 LIFT AND DROP

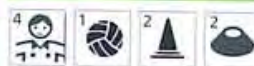
Basic Drill to practise the Crouch Lift technique that requires the players to lift and drop the ball within a short distance

ORGANISATION

- Place 2 cones and 2 markers in a line at equal distances over approximately 10-15m
- Divide the players into equal groups, positioned at each of the outer cones
- Place a ball at one of the centre markers
- The front player nearest the ball jogs forward to Crouch Lift the ball
- Continuing forward they place the ball at the next marker for the first player opposite to repeat the drill, and so on
- The players continue to the end of the opposite line

VARIATION

- To increase the difficulty of the drill reduce the space between the centre markers



DRILL 2 BRIDGE BALL

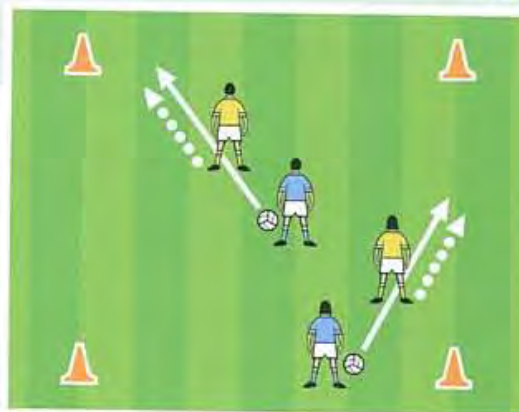
Intermediate Drill to practise the Crouch Lift that requires the players to perform the technique as the ball moves away from them

ORGANISATION

- Divide the players into pairs; one ball per pair
- The player without the ball finds space and stands still with their legs wide apart
- Their partner rolls the ball under their legs from behind so that they must chase and lift it as it moves away

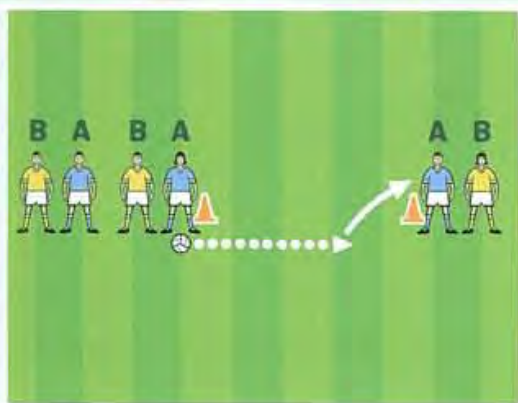
VARIATION

- To increase the difficulty of the drill the player with the ball rolls it through from in front of their partner so that they must turn before chasing and lifting the ball



PRACTISE THE TECHNIQUE

DRILL 3 OPPOSED LIFT



Advanced Drill to practise the Crouch Lift technique

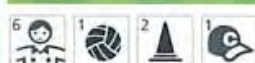
ORGANISATION

- Divide the players into groups of 3 pairs, one ball per group
- Mark out a distance of approximately 10m using cones
- Beginning with the first pair, Player A throws the ball out in front, chasing to Crouch 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 simulated pressure from their partner
- Continue the routine for approximately 1 minute

VARIATION

- To increase the difficulty of the drill, allow the opposition players to tackle the ball

DRILL 4 TUSSELE AND LIFT



Advanced Drill to practise the Crouch Lift technique that requires the players to contest the ball with an opponent

ORGANISATION

- Divide the players into pairs, one of each pair lined up approximately 5m apart
- On a signal the Coach rolls the ball forward from behind each pair who chase and contest for the ball
- The players switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

UNDER

10

CROUCH LIFT DEVELOP THE SKILL



ACTIVITY 1 A RACE AGAINST TIME



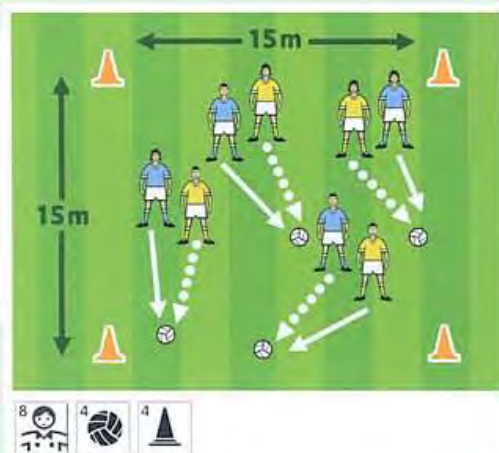
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into pairs, one ball per pair
- On a whistle, the player in possession rolls the ball forward for their partner to chase and pick up using the Crouch Lift technique
- Encourage constant changes of direction
- Ensure each player practices securing the ball after the lift, before rolling it for their partner
- Count how many successful lifts each pair can do in a set time

VARIATION

- To increase the difficulty of the drill, the second player may attempt to tackle the ball as the first player attempts the Crouch Lift. Mark each player against their partner



ACTIVITY 2 SCATTER AND LIFT



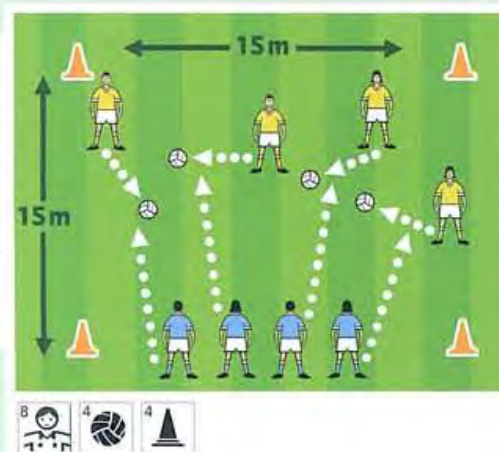
Fun Game to develop the Crouch Lift technique

ORGANISATION

- Mark out a grid 15m X 15m using cones
- Divide the players into two equal teams; one the attacking team and one the defending team
- Place a number of balls randomly 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
- The team that completes the most Crouch Lifts wins

VARIATION

- The Coach can further heighten the intensity of the game by reducing the number of balls

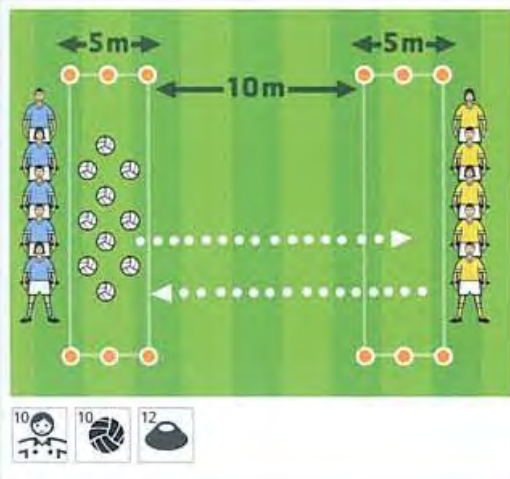


UNDER

10 CROUCH LIFT

DEVELOP THE SKILL

ACTIVITY 3 GRID SWAP



Fun Game to develop the Crouch Lift technique

ORGANISATION

- Divide the players into two teams of five players each
- Mark out two grids 5m wide with 10m between each grid; assign a grid to each team
- Place ten footballs in one grid
- On the whistle, the first team runs forward Crouch Lifts a ball each and returns it to their own grid. This is done until all the footballs have been moved
- The second team repeat the drill, moving all the footballs back to their grid

VARIATION

- Place all the football outside of either grid. Each team must collect the footballs using the Crouch Lift technique and return them to their own grid. The opposing players provide opposition.

Under 10 – Checking

KEY TEACHING POINTS

Here are the Key Teaching Points for the Checking technique



Position the body between the opponent and the goal
Keep the feet wide and bend the knees



Lean slightly forward



Extend the arms to either side with fingers spread



Use short steps to shadow the opponent and avoid crossing the legs



Keep one foot slightly ahead of the other to aid stability and enable a quick change of direction







Once the ball is in sight, or as the ball is being played, attempt to intercept it with an open hand





COMMON ERRORS

Here are the Common Errors for the Checking technique

✗	Poor positioning: this may result in the player failing to contain the opponent or being caught off balance	
✓	To correct, take up position between the opponent and goals; keep the feet wide and bend the knees, leaning slightly forward	

✗	Reaching in and losing balance	
✓	To correct, keep the knees bent with one foot slightly forward for stability and quick movement	

✗	Crossing the legs: this may result in the player being unable to change direction with the opponent	
✓	To correct, keep the feet wide and use short steps to shadow opponent	

UNDER

10

CHECKING PRACTISE THE TECHNIQUE



DRILL 1 HANG ON

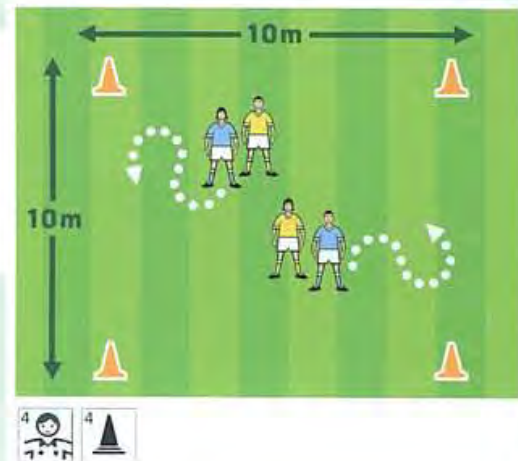
Basic Drill to practise the Checking technique

ORGANISATION

- Mark a grid 8-10m square using cones
- 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

VARIATION

- Use a harness to keep the players together



DRILL 2 ZIG-ZAG CHECK

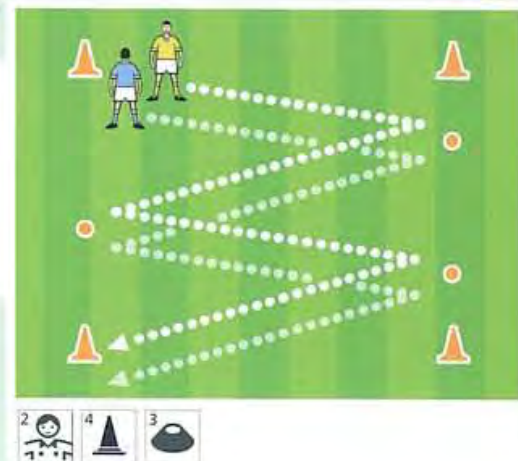
Basic Drill to practise the Checking technique that focuses on the movement of the feet

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- 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
- Change roles and then repeat the drill

VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand across the front of the body and the outside hand high



UNDER 10 CHECKING

PRACTISE THE TECHNIQUE

DRILL 3 ZIG-ZAG CHECK (WITH BALL)



Intermediate Drill to practise the Checking technique introducing the ball

ORGANISATION

- Mark a grid 8-10m square using cones
- Divide the group into pairs
- Player A Solos in a zig-zag manner from one side of the grid to the other
- Player B facing Player A, attempts to maintain the 'check' position throughout, but may not tackle the ball
- As the players become more proficient, allow Player B to attempt to tackle the ball
- Players should attempt dispossession when their opponent is soloing or bouncing the ball

VARIATION

- Player B changes position to shadow the opponent by turning their inside shoulder into Player A, keeping the inside hand close to the ball and the outside hand high

DRILL 4 GRID CHECK



Advanced Drill to practise the Checking technique

ORGANISATION

- Mark out a grid 8-10m square using cones
- Divide the group into pairs; one player is the attacker, the other the defender
- On the whistle, each pair race around the near corners of the grid
- Rounding the cone the attacking player must attempt to pass the defender to reach the far end of the grid
- The defending player attempts to Check the player to delay their progress
- The defending player may not touch the attacking player

VARIATION

- As the players become more proficient, allow one player to attempt to tackle the ball; dispossession should be attempted during the Solo or Bounce

UNDER

10

CHECKING DEVELOP THE SKILL



ACTIVITY 1 CHECK MATE



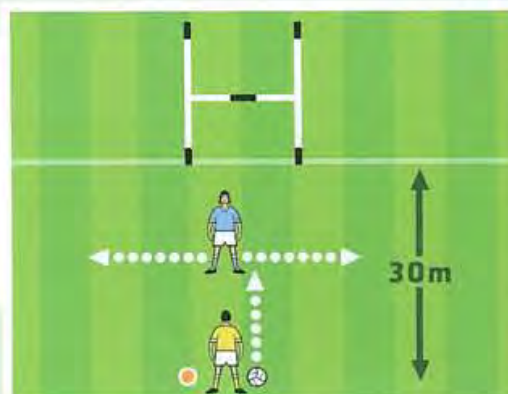
Game Play Drill to develop the Checking technique

ORGANISATION

- Divide the group into pairs; 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
- The defending player attempts to Check the player to delay their progress and to flick or palm the ball away as the attacking player Solos the ball
- Change roles and then repeat the drill

VARIATION

- Mark a channel to restrict the movement of the attacker, this will reduce the difficulty for the defender



ACTIVITY 2 CHECK ZONE



Fun Game to develop the Checking technique

ORGANISATION

- Mark out a playing area 40m X 20m
- Mark a zone approximately 10m wide across the centre of the playing area
- Three attacking players are positioned at one end of the playing area with a ball
- Four defending players are positioned in the centre zone
- The attacking players attempt to move through the centre zone playing the ball between them and continue to attempt to score on the goalkeeper at the far goal
- The defending players use the Checking technique on the attacking player in possession as they pass through the centre zone

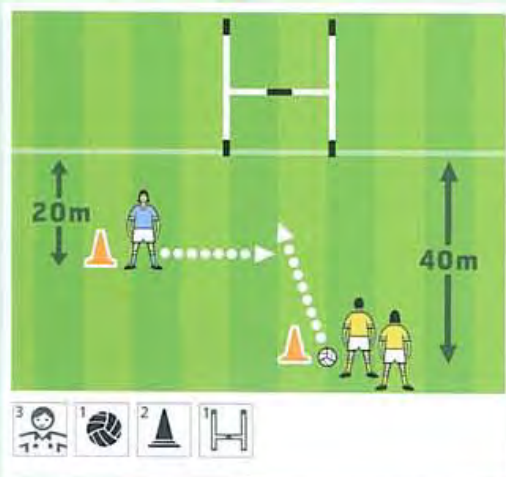


VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders
- The Coach can pass the ball to the attacking team at random

DEVELOP THE SKILL

ACTIVITY 3 PREVENT THE SCORE



A Game Play Drill to develop the Checking and Block Down techniques

ORGANISATION

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20m from goal to one side
- Divide the players into pairs: one defender and one attacker
- Each attacker in turn Solos towards the goal
- The defending player attempts to Check the attacking player to delay their progress
- The defending player may not touch the attacking player
- Once within shooting range the attacker attempts to shoot for a point and defender attempts to block
- Reverse the roles after a set number of attempts

VARIATION

- Increase the number of defenders to increase the occasions of blocking

Under 10 – Fist Pass

KEY TEACHING POINTS

Here are the Key Teaching Points for the Fist Pass technique



Support the ball in the palm of one hand in front of the body
Face the target



Swing back and extend the striking hand
Keep eyes on the ball



Lean forward and strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand
Keep the supporting hand steady



Follow the strike through in the direction of the pass



While striking the ball, step forward with the foot on the opposite side



COMMON ERRORS

Here are the Common Errors for the Fist Pass technique

✗	Striking the ball from underneath; this may result in the pass being too high	
✓	To correct, strike through the middle of the ball with the fist, using the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the hand	
✗	Throwing the ball from the supporting hand before the fist makes contact: this may result in the player making no contact with the ball or the player losing control and power in the pass	
✓	To correct, hold the ball in the supporting hand until the fist makes contact	
✗	Failing to keep the holding hand stationary: this may result in a free being awarded against the player for not using a definite striking action, or for throwing the ball	
✓	To correct, keep the supporting hand steady throughout the technique to show a clear striking action	
✗	Holding the ball too near or too far from the body: this may lead to poor contact when striking the ball	
✓	To correct, hold the ball in the palm of one hand, with the elbow bent, to position the ball in front of the body at about waist height	

UNDER

10

FIST PASS PRACTISE THE TECHNIQUE



DRILL 1 STATIONARY PASS

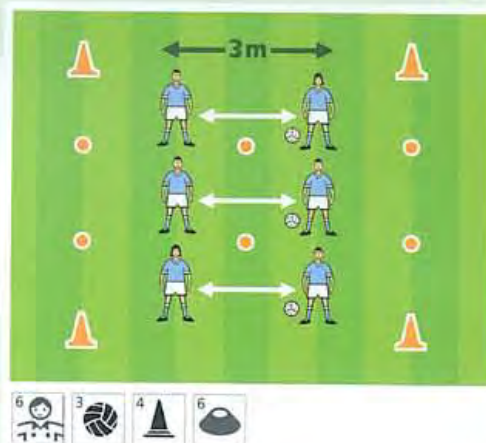
Basic Drill to practise the Fist Pass technique in a stationary position

ORGANISATION

- Divide the group into pairs, one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Players stand approximately 3m apart
- Each player in turn Fist Passes the ball to their partner
- The routine is continued for approximately 1 minute
- Remember both left and right hands should be used to practise the Fist Pass

VARIATION

- To increase the difficulty, increase the distance between the players



DRILL 2 MOVE AND PASS

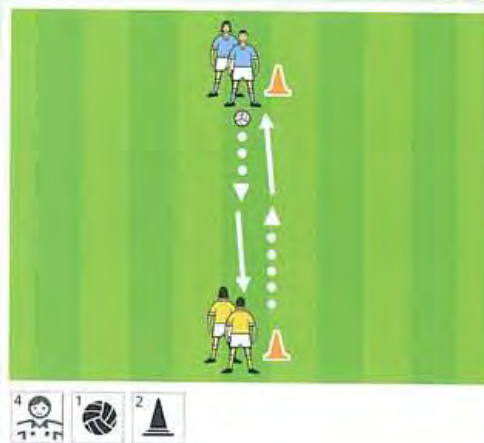
Intermediate Drill to practise the Fist Pass technique that requires the players to pass the ball while moving

ORGANISATION

- Divide the players into groups of four, one ball per group
- Mark out a distance of 5m using cones
- The players line up two facing two
- The player in possession walks forward and Fist Passes to the first player in the opposite line, who repeats
- The players join the end of the opposite line each time

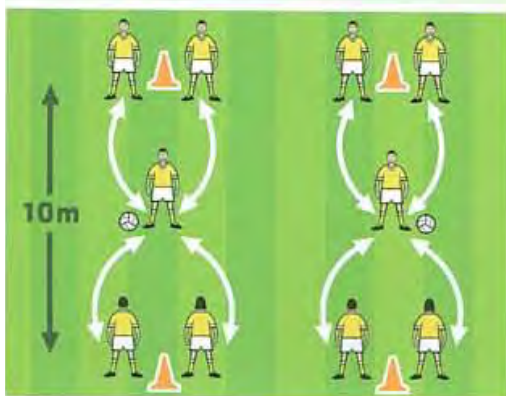
VARIATIONS

- To increase the difficulty, gradually increase the pace of the drill
- Encourage the receiver to move forward to take the pass so that the passer must time their pass more accurately



PRACTISE THE TECHNIQUE

DRILL 3 PRESSURE PASS



Intermediate Drill to practise the Fist Pass technique

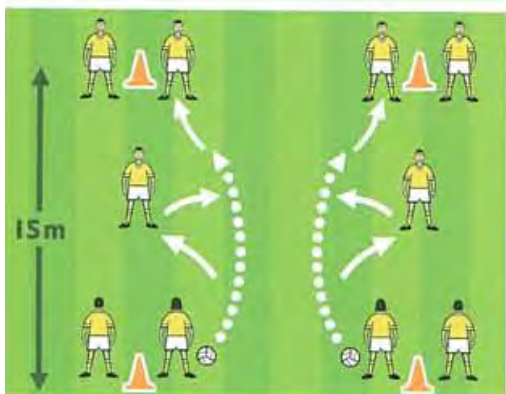
ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of 10m using cones
- Two players stand at either cone, side by side
- Position the fifth player, ball in hand, in the middle
- The middle player passes the ball to each of the side players in turn, first to one side and then the other, over and back
- Encourage the middle player to move with the ball

VARIATION

- Vary the drill by challenging the end players to move in and out in turn for the pass

DRILL 4 MOVE AND PASS II



Intermediate Drill to practise the Fist Pass technique on the move

ORGANISATION

- Divide the players into groups of 5, one ball per group
- Mark out a distance of approximately 15m using cones
- Two players line up at each cone
- The fifth player is positioned midway between the cones
- Each player in turn Fist Passes the ball to the central player, moves to receive the return and Fist Passes to the next player at the far cone
- When running to the right of the central player the right hand should be used to pass and vice versa

VARIATION

- To increase the difficulty; the coach signals to which side of the central player each runner must pass

UNDER

10

FIST PASS DEVELOP THE SKILL



ACTIVITY 1 KEEP BALL

Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a grid 15m X 15m
- Divide the players into a team of 4 and a team of 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
- Rotate the players on each team after a set period of time

VARIATION

- To increase the difficulty on the team in possession; increase the number of defenders



ACTIVITY 2 DODGE BALL

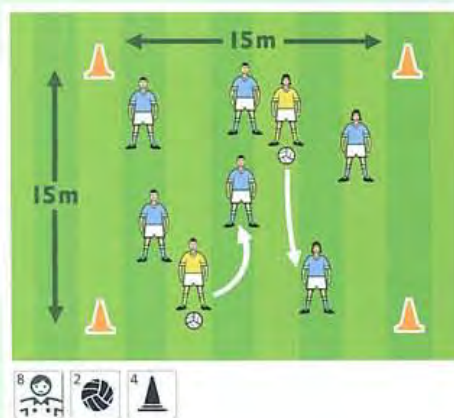
This Fun Game to develop the Fist Pass technique should be played with extra care

ORGANISATION

- Divide the players into 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 awarded only for striking the torso of a player
- Award one point for each hit, or alternatively the player who is hit must leave the game
- Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated

VARIATION

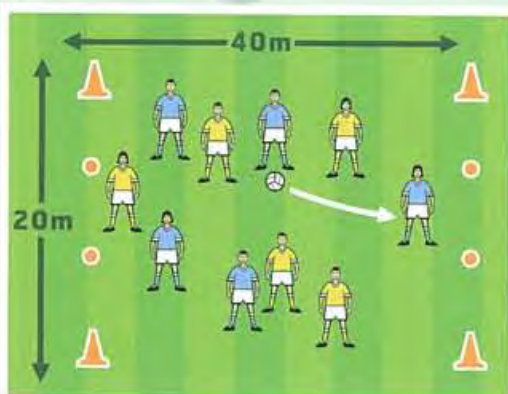
- Use a sponge ball when playing the game with young players



UNDER 10 FIST PASS

DEVELOP THE SKILL

ACTIVITY 3 GOALS GALORE



Fun Game to develop the Fist Pass technique

ORGANISATION

- Mark out a playing area 20m X 40m
- Place two markers 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




VARIATION

- To increase the difficulty, introduce goalkeepers

Under 10 – Side to Side Charge

KEY TEACHING POINTS

Here are the Key Teaching Points for the Side to Side Charge

✓	Move into position alongside the opponent	
✓	Plant at least one foot on the ground Keep the upper arm tight to the body, flexing the elbow to bring the forearm out and across the torso	
✓	Shift the body weight towards the opponent, charging the opponent side to side	

COMMON ERRORS

Here are the Common Errors for the Side to Side Charge

✗	Not shifting the body weight adequately toward the opponent: this may be because the player lacks confidence in the tackle situation	
✓	To correct, introduce the player to the contact situation in a slow and controlled manner	
✗	Charging the opponent in the front or in the back: this is a breach of the rules and may be penalised as an aggressive foul	
✓	To correct, move into position alongside the opponent before performing the charge	
✗	Not keeping at least one foot on the ground	
✓	To correct, approach the opponent in a controlled manner and plant at least one foot on the ground before charging the opponent	

UNDER

10

SIDE TO SIDE CHARGE PRACTISE THE TECHNIQUE



DRILL 1 IMITATION CHARGE

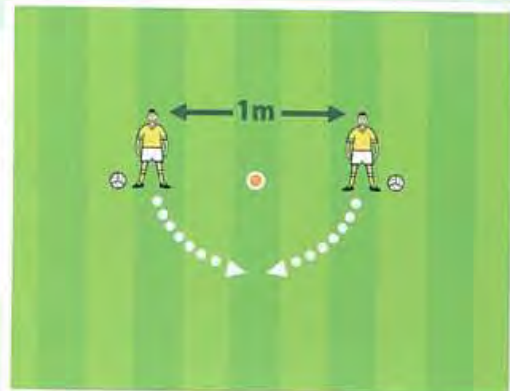
Basic Drill to practise the Side to Side Charge technique

ORGANISATION

- Players pair off and stand approximately 1m apart side to side
- Each player has a ball to help them focus on keeping their arms in a good position
- On the whistle both players step towards each other and perform the Side to Side Charge in a slow and controlled manner
- Switch sides after a set number of goes
- Ensure that the players are matched equally and that each takes due care when performing the technique

VARIATIONS

- As the players become comfortable in the contact situation increase the distance between them and allow them to walk into the charge
- As they develop further increase the pace to a jog



DRILL 2 TACKLE BAG CHARGE

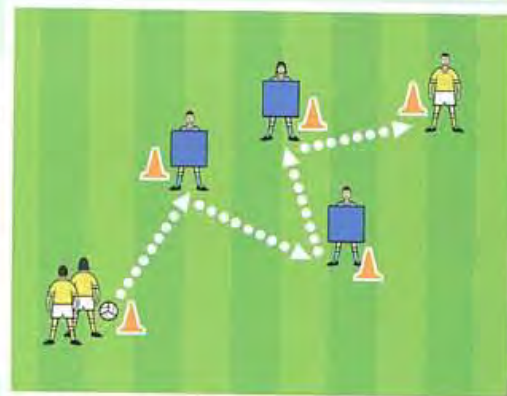
Intermediate Drill to practise the Side to Side Charge technique

ORGANISATION

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- Each player in turn jogs through the formation practicing the Side to Side Charge with the right and left shoulder at each alternate tackle bag

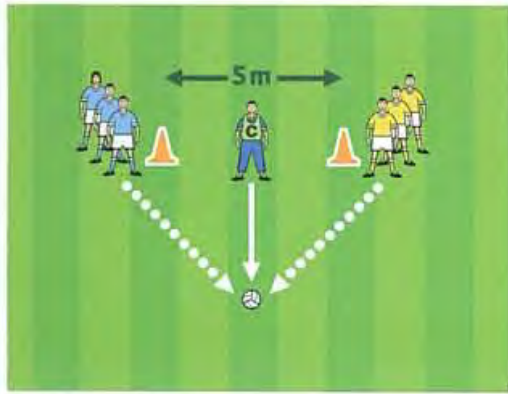
VARIATION

- Initially the players may not be required to play the ball: as they become comfortable encourage them to use the Solo as they approach each tackle



PRACTISE THE TECHNIQUE

DRILL 3 CHARGE AND LIFT



Advanced Drill to practise the Side to Side Charge requiring the players to charge an opponent in a contest for possession

ORGANISATION

- 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 and that each takes due care when performing the technique
- The players should switch sides on every go

VARIATION

- To increase the difficulty of the drill the Coach should not make the players aware when the ball is to be rolled forward, further challenging their awareness and reaction speed

UNDER

10

SIDE TO SIDE CHARGE DEVELOP THE SKILL



ACTIVITY 1 CHARGE ZONE



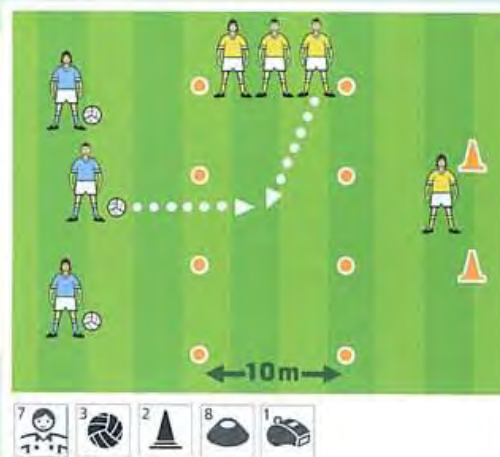
Fun Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking player in possession as they pass through the centre zone

VARIATION

- Reduce the width of the playing area to reduce the difficulty for the defenders



ACTIVITY 2 ONE ON ONE



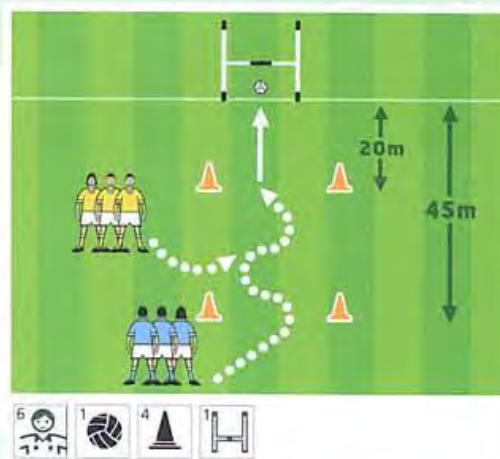
A Modified Game to develop the Side to Side Charge technique

ORGANISATION

- Mark a channel from approximately 45-20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- On the whistle, each attacker and defender enter the channel
- The defending player uses the Side to Side Charge on the attacking players as they advance
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- Reverse the roles and repeat the drill

VARIATION

- Remove the channel and allow players free movement

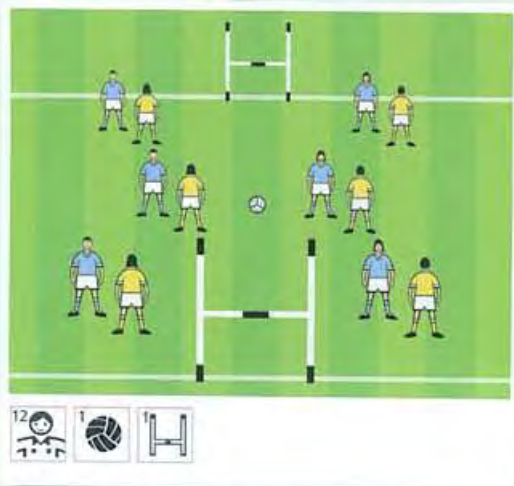


UNDER

10 SIDE TO SIDE CHARGE

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



This Modified Game to develop the Side to Side Charge awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Side to Side Charge

VARIATION

- To ensure plenty of Side to Side Charges, permit players to Bounce or Toe Tap the ball after 4 steps



Kiltimagh G.A.A Club

Coaching Manual– Under 12

Age Group- Under 12

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- It is important to build a good rapport with the players.
- Groups and teams should be divided evenly in terms of ability, age and gender.
- Review previous matches/sessions to establish areas to work on.
- Outline plans for each session to motivate players.
- Demonstrate the skills/drills slowly and speak clearly to the players.
- Keep drills short and varied so that players remain focused throughout the training session.
- Players should use **both hands and both feet** when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.
- The sample sessions provided focus on three skills in each session. Each skill develops further as sessions progress. Coaches are encouraged to build their own sessions, varying the skills focused upon and addressing the needs of the players.
- Additional activities are included to show how each skill can be developed further.

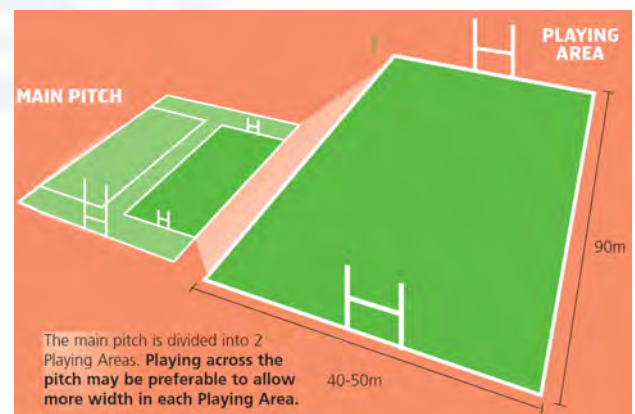
Duration of training session: 75/80 minutes

Equipment/Resource List:

- Each player should have a bib (different colours for opposing teams).
- 1 'Smart touch' football between two players.
- Coach/player ratio: 1:6.
- 1 set of training cones/1 set of training poles.
- 1 set of water bottles.
- Sets of goal posts (15ftx7ft).
- Whistles for coaches/referees for games.
- Go Games rules applied.
- 11-a-side games.
- Game duration– 2 halves of 20 mins per half.
- First Aid bag.

Pitch Dimensions:

- 90 meters x 40-50 meters
- No zones



Under 12 – Sample Session 1

Key Skills— Punt Kick II, High Catch & The Roll

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Partner Kick</i>	<i>10 mins</i>
<i>Partner Catch</i>	<i>10 mins</i>
<i>Partner Roll</i>	<i>10 mins</i>
<i>Game– 11v11</i>	<i>25 mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 12 – Sample Session 2

Key Skills— Punt Kick, High Catch & The Roll

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Along the Line (Punt Kick Drill)</i>	<i>10 mins</i>
<i>Move and Block</i>	<i>10 mins</i>
<i>Grid Roll</i>	<i>10 mins</i>
<i>Game– 11v11</i>	<i>25 mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 12 – Sample Session 3

Key Skills— Punt Kick, High Catch & The Roll

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Turn and Kick</i>	<i>10 mins</i>
<i>Move and Catch</i>	<i>10 mins</i>
<i>Dancing Feet (The Roll Drill)</i>	<i>10 mins</i>
<i>Game– 11v11</i>	<i>25 mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 12 – Sample Session 4

Key Skills — Near Hand Tackle & Feint and Side Step

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>On the Ball</i>	<i>10 mins</i>
<i>Around the Man</i>	<i>10 mins</i>
<i>Tackle to Team-Mate (NHT Drill)</i>	<i>10 mins</i>
<i>Game– 11v11</i>	<i>25 mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 12 – Sample Session 5

Key Skills — Near Hand Tackle & Feint and Side Step

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Around the Block</i>	<i>10 mins</i>
<i>In and Out</i>	<i>10 mins</i>
<i>1,2,3 Feint (2nd Feint and Side Step Drill)</i>	<i>10 mins</i>
<i>Game– 11v11</i>	<i>25 mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 12 – Sample Session 6

Key Skills — Reach Catch, Block Down & Hook Kick

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Hand Pass Drill</i>	<i>10 mins</i>
<i>Kick Pass Drill</i>	<i>10 mins</i>
<i>4 mini games– Hand Pass Possession</i>	<i>10 mins</i>
<i>Game– 11v11</i>	<i>25 mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 12 – Player Assessment Sheet

	Punt Kick II		High Catch		The Roll		Near Hand Tackle		Feint & Side Step		Total
Player Name	L	R	L	R	L	R	L	R	L	R	
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											
11.											
12.											
13.											
14.											
15.											
16.											
17.											
18.											
19.											
20.											

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

Coach Signature: _____ **Date:** _____

Player Assessment Sheet

	Skill 1		Skill 2		Skill 3		Skill 4		Skill 5		Skill 6		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													
13.													
14.													
15.													
16.													
17.													
18.													
19.													
20.													

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

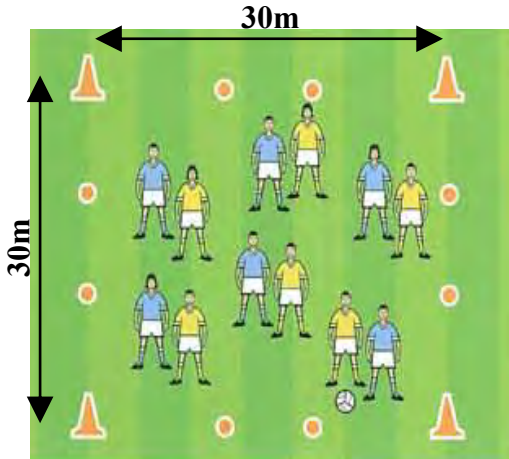
Coach Signature: _____ **Date:** _____

Player Assessment Sheet

Player Name	Strengths of this player	Area(s) for Improvement
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		

Coach Signature: _____ **Date:** _____

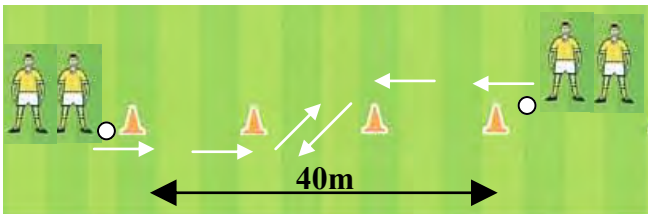
Under 12 – Warm Up Drill 1



Organisation:

- Line out a square 30m x 30m.
- All players run around inside the square.
- Use all balls for hand passing (left and right hand).
- After a period of time, throw the ball for catching.
- After another while roll the ball for your partner to crouch lift and solo (alternate both sides).

Under 12 – Warm Up Drill 2



Organisation:

- Set up a line of cones 40m apart.
- Players line up at both ends.
- Players hand pass the ball to the oncoming player as they cross over the cone line.
- Continue to the back of the opposite line and start again

Under 12 – Punt Kick II

KEY TEACHING POINTS

Here are the Key Teaching Points for the Punt Kick



Hold the ball firmly with both hands

Head down, eyes on the ball



Release the ball into the hand at the kicking side and extend the opposite arm away from the body to aid balance



Step forward with the non-kicking foot

Extend the wrist and drop the ball onto the kicking foot



Kick the ball with the instep, that is, the laced part of the boot



Keep the toes pointed

Follow through in the direction of the target



COMMON ERRORS

Here are the Common Errors for the Punt Kick

✗	Lifting the head too early: this can lead to mis-kicking the ball and sending the ball in the wrong direction	
✓	To correct, continue to keep the head down, focusing on the point of impact until the follow through is complete	
✗	Dropping the ball from the opposite hand to the kicking foot: this can lead to the player kicking the ball with the inside of the foot and misdirecting the pass or shot	
✓	To correct, drop the ball from the hand at the kicking side and extend the opposite arm away from the body to aid balance	
✗	Not keeping the toes pointed and not following through in the direction of the target	
✓	To correct, keep the toes pointed throughout the kick, following through in the direction of the target	

UNDER

12

PUNT KICK II PRACTISE THE TECHNIQUE



DRILL 1 PARTNER KICK

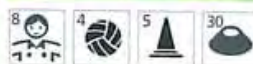
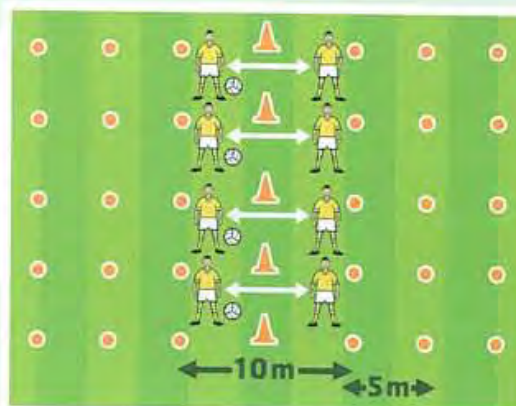
Basic Drill to practise the Punt Kick technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Mark out a channel for each pair through which the ball must pass
- Beginning approx 10m apart each player in turn Punt Kicks the ball to their partner
- Encourage the players to practise Punt Kicking with both left and right feet

VARIATION

- As the players become more competent increase the distance the players are required to kick the ball



DRILL 2 ALONG THE LINE

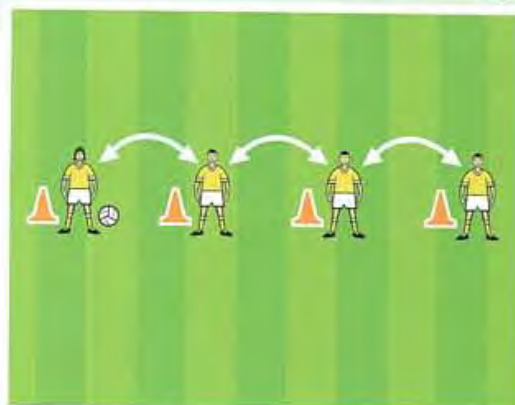
Intermediate Drill to practise the Punt Kick technique

ORGANISATION

- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- 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
- After a set period of time rotate the outside players with the inside players

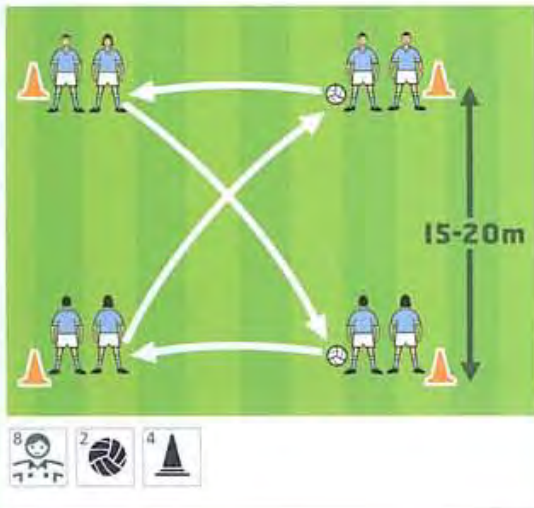
VARIATION

- To increase the difficulty of the drill further introduce an opponent for each player to provide token opposition



PRACTISE THE TECHNIQUE

DRILL 3 TURN AND KICK



Intermediate Drill to practise the Punt Kick technique which requires the players to adjust their position to face the target player before passing the ball

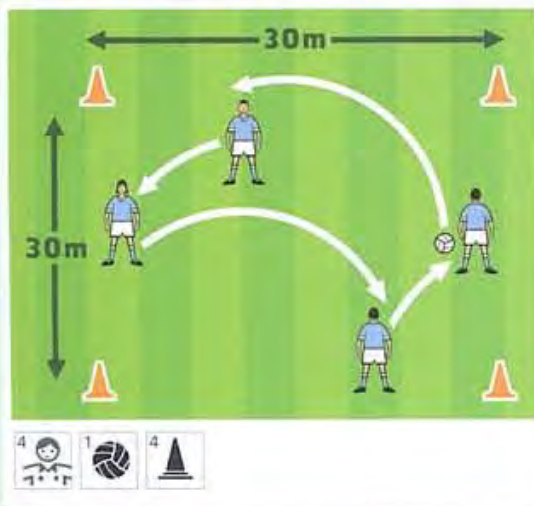
ORGANISATION

- Mark out a grid approximately 15 X 20m square using cones
- Position 2 players at each cone
- The ball is passed along a length of the grid and then across a diagonal from player to player
- Each player follows their pass to the end of the opposite line

VARIATION

- The drill should be conducted in both directions with players practicing off both right and left legs and varying the height and weight of the pass

DRILL 4 CATCH AND KICK



Advanced Drill to practise the Punt Kick technique

ORGANISATION

- Mark out a grid approximately 30m X 30m
- The players work in two pairs
- The player in possession must kick to their partner in the opposite pair who must field the ball using the High Catch
- The second player in the opposite pair provides token opposition
- On receiving the pass the ball is transferred to the other player in the pair who in turn Punt Kicks back to their partner
- Encourage the kicker to place the ball to either side of the receiver requiring them to move into position to field the pass

VARIATION

- To increase the difficulty of the drill the opponent may provide full opposition to the receiver

UNDER

12

PUNT KICK II DEVELOP THE SKILL



ACTIVITY 1 TARGET MAN



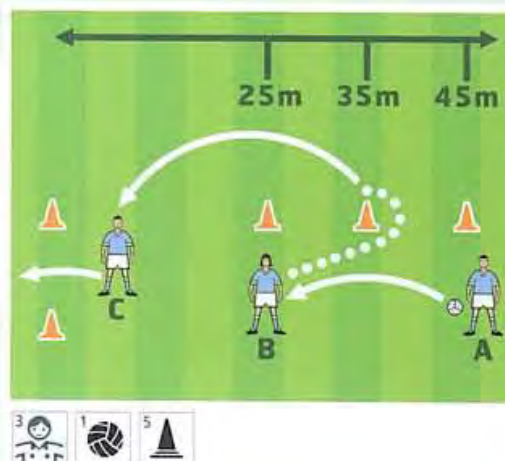
Fun Game to develop the Punt Kick technique which requires the players to pass the ball to a moving target

ORGANISATION

- Mark an attacking zone between the goal and the 13m line
- Place a cone at approximately 25, 35 and 45m 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 35m cone and Punt Kicking a pass to Player C in the attacking zone
- Player C should make a run within the attacking zone and call for the ball

VARIATION

- To progress the drill include a defending player to shadow Player C increasing the difficulty of making a successful pass



ACTIVITY 2 CHASE AND SCORE



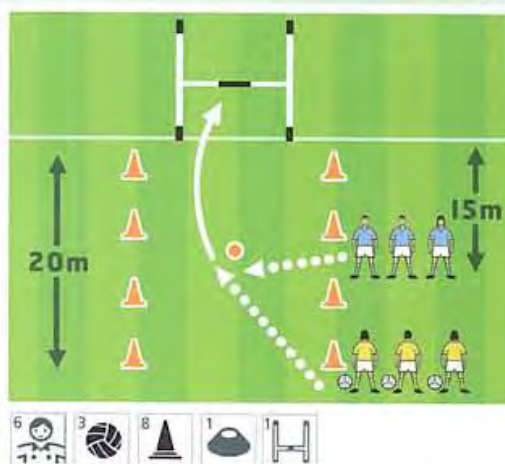
Game Play Drill to develop the Punt Kick requiring the players to Punt Kick for a point while under pressure from an opponent

ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards a marker directly in front of goal and Punt Kicks the ball for a point
- The defender gives chase and attempts to dispossess the attacker

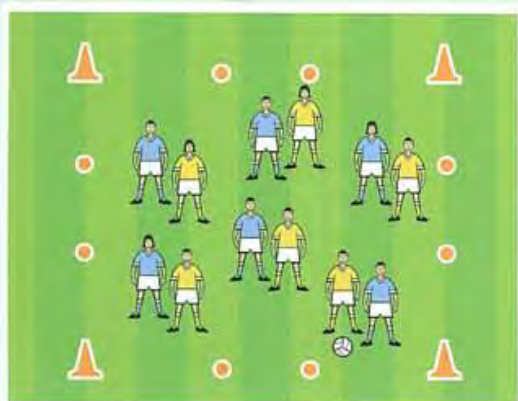
VARIATION

- Allow the attacking players to Solo in any direction and shoot at any time



DEVELOP THE SKILL

ACTIVITY 3 4 GOAL GAME



Modified Game to develop the Punt Kick technique

ORGANISATION

- Mark out a playing area suitable to the numbers and ability of players
- Using portable goalposts, cones or markers, mark a goal on each side of the playing area
- Divide the players into equal teams
- Possession is retained using the Punt Kick, Hand or Fist Pass
- Each team scores into two goals, ensuring the play is varied and distributed throughout the playing area
- This also gives an advantage to the team in possession as players will find it easier to create space

VARIATION

- Require a team to make 2 or 3 passes in succession before scoring

Under 12 – High Catch

KEY TEACHING POINTS

Here are the Key Teaching Points for the High Catch



Adopt a starting position down the line of the oncoming ball
Approach the ball as it begins to descend



Moving forward, plant the jumping foot and extend upwards, swinging the opposite leg forward



Extend the arms fully above the head
Head up, keep eyes on the ball



Spreading the fingers to form a 'W' shape behind the ball, catch the ball slightly in front of the head



Cushion the ball and secure to the chest with both hands



COMMON ERRORS

Here are the Common Errors for the High Catch



Not swinging the non-jumping leg forward: this may result in the player not jumping to their full potential and being out fielded



To correct, swing the opposite leg forward as they begin their jump



Not extending the arms fully: this may result in the ball being intercepted in a game situation as the player fails to take the ball at the highest possible point



To correct, extend the arms fully towards the ball as it approaches



Not securing the ball into the chest: this may result in the ball being knocked from the players hands as they land



To correct, secure the ball to the chest with both hands



Jumping too early or too late: this may lead to the player missing the catch or leaving the ball open to interception



To correct, watch the flight of the ball closely, jumping to catch the ball at the highest, safest point



UNDER

12

HIGH CATCH PRACTISE THE TECHNIQUE



DRILL 1 PARTNER CATCH

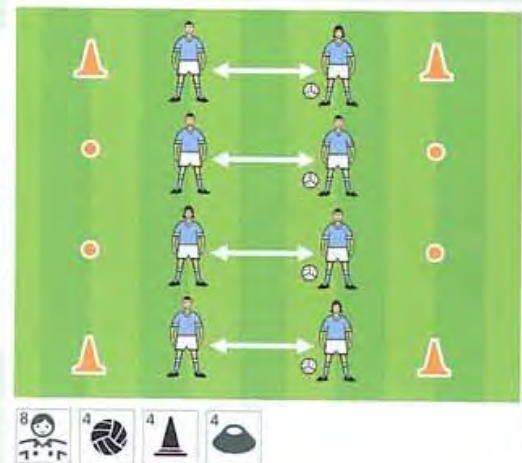
Basic Drill to practise the High Catch technique

ORGANISATION

- Divide the group into pairs, one ball per pair
- Each player in turn throws the ball above their opponents head for them to perform the High Catch
- Initially the catcher jumps off both feet 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 the catcher takes one step forward to jump while swinging the other leg forward. Concentrate on gaining as much height as possible with the swinging leg

VARIATION

- As the players become more competent allow the catcher to jog forward to jump for the ball



DRILL 2 MOVE AND BLOCK

Basic Drill to practise the High Catch technique

ORGANISATION

- Mark out a grid appropriate to the number of players
- While remaining within the grid each player throws a ball high above their heads to perform the High Catch
- Continue the drill for a set period of time

VARIATION

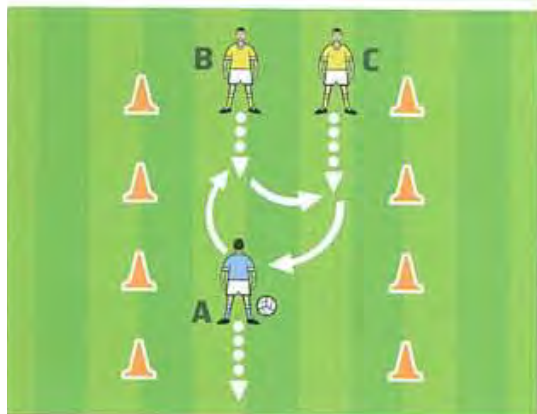
- Adapt the drill by requiring the players to kick the ball up to perform the High Catch



UNDER 12 HIGH CATCH

PRACTISE THE TECHNIQUE

DRILL 3 MOVE AND CATCH



Intermediate Drill to practise the High Catch technique

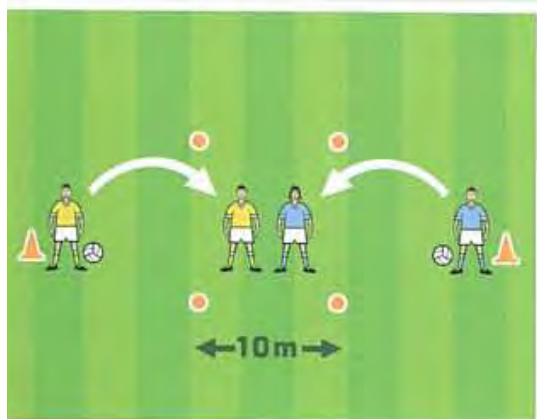
ORGANISATION

- Mark out a channel with cones
- Divide the players into 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 first passes the ball to Player C who in turn first passes the ball to Player A to repeat
- Rotate the players and repeat the drill

VARIATION

- Adapt the drill by making Player B the server who must throw the ball up for Player A to catch as they jog backwards
- Allow Player C to provide token opposition to the catcher

DRILL 4 OPPOSED CATCH



Advanced Drill to practise the High Catch technique introducing an opponent

ORGANISATION

- Mark out a grid approximately 10m X 10m
- Divide the players into groups of 4
- Two players are positioned within the grid
- The 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

VARIATIONS

- As the players become more competent allow both players to contest for the ball
- To increase the difficulty of the drill the feeder should kick pass the ball from a greater distance for the players to contest

UNDER

12

HIGH CATCH DEVELOP THE SKILL



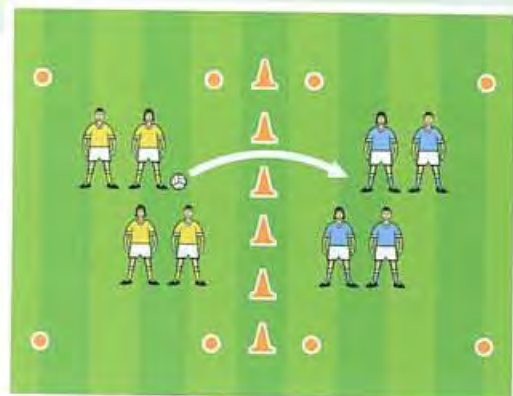
ACTIVITY 1 PRISONER BALL



Fun Game to develop the High Catch technique

ORGANISATION

- Mark out a court using markers
- Mark out a centre net or barrier using cones to divide the court into two sides
- Divide the players into 2 equal teams
- The objective of the game is to kick the ball into the opponents 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 was nearest must surrender as 'prisoner' to the other side, effectively increasing their numbers
- The game is over when all the players of one team have been taken prisoner by the other



VARIATION

- Require the catcher to Fist or Hand Pass to a team mate immediately on landing before the ball can be kicked back to the opposite side

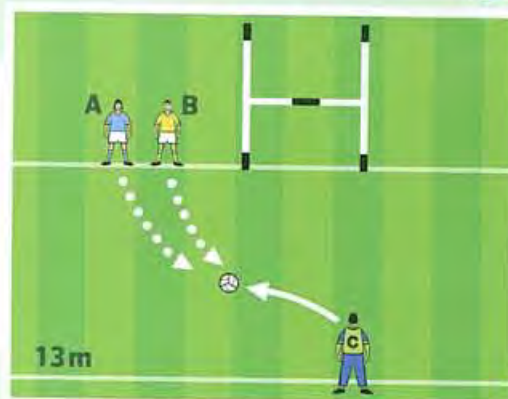
ACTIVITY 2 ONE ON ONE



Game Play Drill to develop the High Catch technique in a contest situation

ORGANISATION

- Divide the players into two teams, designate one the attacking and one the defending team
- Both teams line up beside each other in pairs on the end line
- The Coach is positioned on the 13m line
- On the whistle, the first pair jog out from the end line
- The Coach throws the ball up for the attacking player to High Catch and shoot for goal
- The defending player attempts to block the shot or knock the ball clear

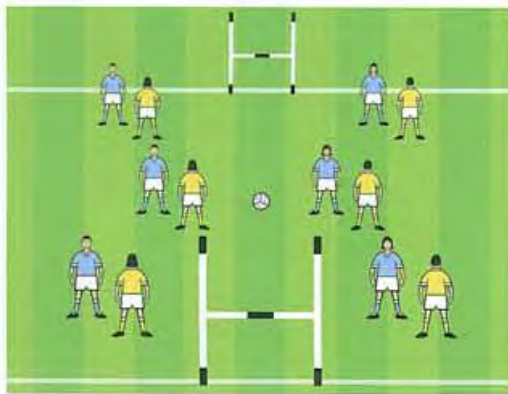


VARIATION

- As the players become more proficient, increase the distance from the goal

DEVELOP THE SKILL

ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the High Catch that awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful High Catch and 2 points for a goal

VARIATION

- To ensure plenty of High Catches, do not permit players to Bounce or toe tap the ball

Under 12 – The Roll

KEY TEACHING POINTS

Here are the Key Teaching Points for The Roll technique



Run directly towards the opponent



Plant the right foot forward, towards the opponent's left shoulder while transferring the ball to the left side



Engage the opponent in a Side to Side Charge

Using their shoulder as a hinge, roll off by swinging the left leg around and pivoting on the right foot



Plant the left foot on the ground and transfer the ball back to the outside of the body, now on the right side





Bring the right leg around and accelerate away

Use a low bounce clearing the opponent



COMMON ERRORS

Here are the Common Errors when performing The Roll technique

✗	Using a bounce as opposed to a toe tap going into the tackle; this may result in the player fouling the ball coming out of the tackle as they must toe tap the ball and may not have sufficient time or space	
✓	To correct, toe tap the ball when in space approaching the opponent	
✗	Planting the 'wrong' foot and leading off the wrong shoulder	
✓	To correct, plant the opposite foot to that of the opponent, as in a Side to Side Charge	
✗	Rolling across the front of the opponent: this may also leave the ball exposed to a tackle	
✓	To correct, plant the opposite foot to that of the opponent and roll back to back with their opponent	
✗	Not protecting the ball during the tackle: this may result in the opponent knocking the ball away	
✓	To correct, continue to transfer the ball to the outside of the body throughout the tackle	

THE ROLL PRACTISE THE TECHNIQUE



DRILL 1 PARTNER ROLL

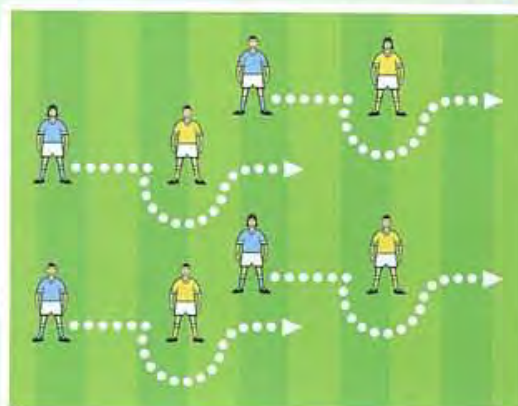
Basic Drill to practise The Roll technique

ORGANISATION

- Divide the players into pairs
- One player from each pair performs The Roll technique off their partner without a ball
- The technique should be performed at a walking pace initially allowing the players to focus on planting the correct foot and rolling in the correct direction
- The players should practise the technique off both sides
- After a set number of attempts reverse the roles.

VARIATIONS

- As the players become more competent the pace should be increased gradually
- As the players develop introduce a ball; encourage the players to toe tap approaching their partner and Bounce the ball as they move away



DRILL 2 GRID ROLL

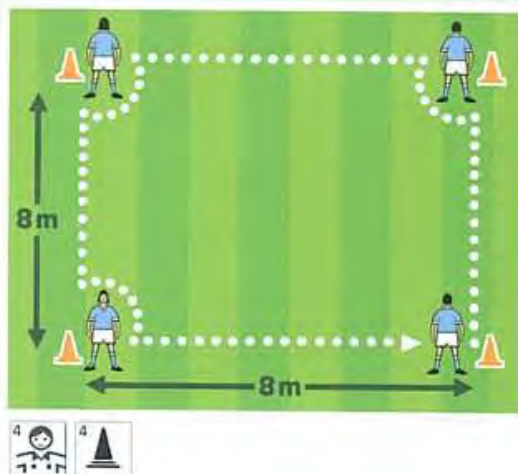
Basic Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position one player at each cone
- Each player in turn moves around the grid engaging shoulder to shoulder with the other players to perform The Roll technique
- The stationary players should face away from the grid
- Change the direction of movement after each player has had a turn
- When moving anti-clockwise the moving player should roll off the left shoulder and vice versa

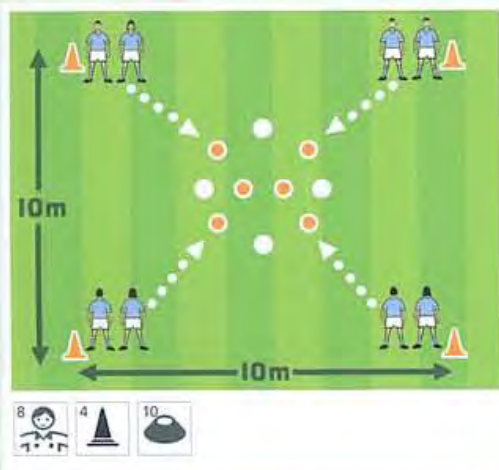
VARIATION

- As the players develop, introduce a ball; encourage the players to toe tap approaching the stationary players and Bounce the ball as they move away



PRACTISE THE TECHNIQUE

DRILL 3 DANCING FEET



Intermediate Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 10m square using cones
- Place markers of two colours evenly spaced out throughout the centre
- Two players are positioned at each cone
- One of each pair enter the grid simultaneously to perform a Roll at each of the markers
- The players roll off the right foot at markers of one colour and off the left foot at markers of the other colour
- Switch the players after a set time

VARIATION

- To progress the drill, require the players to carry a ball

DRILL 4 TACKLE BAG ROLL



Intermediate Drill to practise The Roll technique

ORGANISATION

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- The remaining players line up at one end of the formation
- Each player in turn jogs through the formation practising The Roll with the right and left shoulder at each alternate tackle bag

VARIATION

- As the players become more comfortable encourage them to play the ball, particularly focusing on using the Bounce as they move away from each tackle

ACTIVITY 1 ROLL AND SHOOT

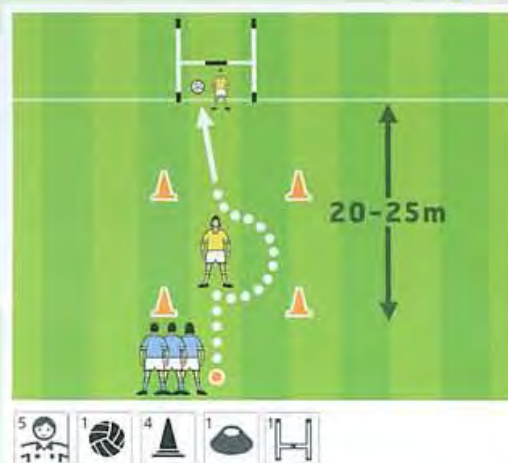
Game Play Drill to develop The Roll technique

ORGANISATION

- The attacking players line up approximately 20-25m from goal
- A defending player is positioned in a grid midway between the attacking players and the goal
- Each player in turn Solos forward to engage the defending player before rolling to one side and attempting to score
- The players should toe tap as they approach the defender and use the outer hand to Bounce the ball as they roll away towards goal

VARIATION

- To increase the difficulty of the drill allow the defensive player to tackle for the ball

**ACTIVITY 2 ROLL AND PASS**

Game Play Drill to develop The Roll technique that requires the players to work together

ORGANISATION

- Attacking players line up in threes approximately 20-25m from goal
- A defending player is positioned in a defensive 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
- Focus on transferring the ball to keep it in the outside arm throughout The Roll
- The players should use the right hand when passing to the right and the left hand when passing to the left

VARIATION

- To increase the difficulty of the drill allow the defensive player to tackle for the ball



UNDER 12 THE ROLL

DEVELOP THE SKILL

ACTIVITY 3 2 V 2



Game Play Drill to practise The Roll technique

ORGANISATION

- Mark out a grid approximately 10-15m square
- Position the grid 10m from the goal
- Divide the players into attackers and defenders, with one goalkeeper
- The attackers enter the grid with the ball, which may be passed between them. They must perform The Roll before shooting on goal
- Rotate the players after a set number of goes

VARIATION

- Increase or decrease the difficulty by varying the degree to which the defender can tackle

Under 12 – Near Hand Tackle

KEY TEACHING POINTS

Here are the Key Teaching Points for the Near Hand Tackle technique



Move alongside or level with the opponent

Keep eyes on the ball



When the opponent's far leg is forward step across their space with the near leg



Flick the ball away with the hand nearest the opponent when the ball is free in the solo or bounce



Recover the ball to win possession



COMMON ERRORS

Here are the Common Errors of the Near Hand Tackle technique



Tackling from behind by not getting shoulder to shoulder with the opponent: this may result in the player fouling their opponent by pushing or charging them in the back



To correct, make ground to be level with the opponent before making the tackle



Leading with the outside leg and hand: this leads to poor balance and may result in the near hand being placed on the opponent's back or used to pull the opponent back thus committing a foul



To correct, step in with the near leg and hand when the opponent's far leg is forward



Not targeting the ball leads to the player committing an aggressive foul by pushing, pulling or charging his opponent



To correct, remain disciplined, keeping the eyes focused on the ball at all times



Not timing the tackle to coincide with the ball being free: this may make the tackle more difficult to complete and may again lead to the player committing a foul



To correct, be patient and focus on the instant the ball is played by the opponent in an attempt to bounce, toe tap or pass



UNDER

12

NEAR HAND TACKLE PRACTISE THE TECHNIQUE



DRILL 1 ON THE BALL

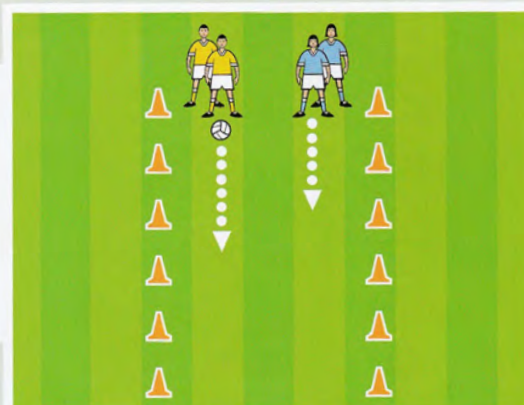
Basic Drill to practise the Near Hand Tackle technique in a controlled situation

ORGANISATION

- Divide the group into pairs
- Mark out a channel approximately 5m wide using cones
- Each pair walk side by side through the channel with Player A attempting to step across and execute the Near Hand Tackle
- Player B should toe tap or Bounce the ball on every stride to afford the tackling player a number of chances to practise the tackle
- Change roles after a number of attempts

VARIATION

- Increase the pace gradually beginning with a jog as the players become more competent



DRILL 2 AROUND THE BLOCK

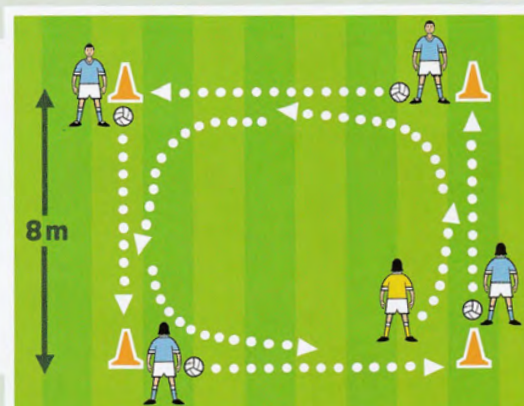
Basic Drill to practise the Near Hand Tackle technique

ORGANISATION

- Mark out a grid approximately 8m square using cones
- Position 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
- The Coach may assist the drill by signalling when each player in possession should begin to move
- Switch the tackling player after each circuit of the grid
- The drill should be conducted in both directions

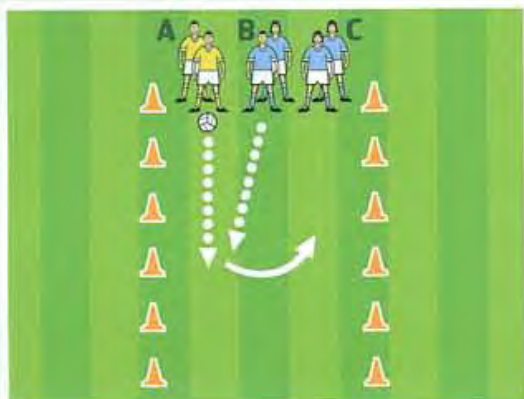
VARIATION

- Increase the lengths of the grid to allow the tackling player more time to perform the technique



PRACTISE THE TECHNIQUE

DRILL 3 TACKLE TO TEAM-MATE



Intermediate Drill to practise the Near Hand Tackle technique requiring the tackling player to knock the ball to a team mate

ORGANISATION

- Divide the players into groups of 3
- Mark out a channel approximately 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

VARIATIONS

- Player B is in possession and Player C attempts to perform the Near Hand Tackle and knock the ball to Player A
- As the proficiency of players improves, increase the pace of the drill

UNDER

12

NEAR HAND TACKLE DEVELOP THE SKILL



ACTIVITY 1 GRID TACKLE

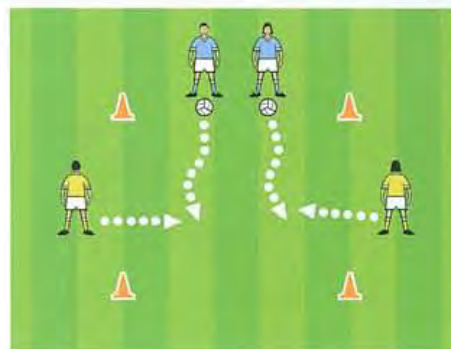
Fun Game to practise the Near Hand Tackle in open space

ORGANISATION

- Mark out a grid 15m X 15m
- Two players with a ball each 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

VARIATION

- Increase the number of players in possession giving the tackling players a number of targets



ACTIVITY 2 LAST MAN STANDING

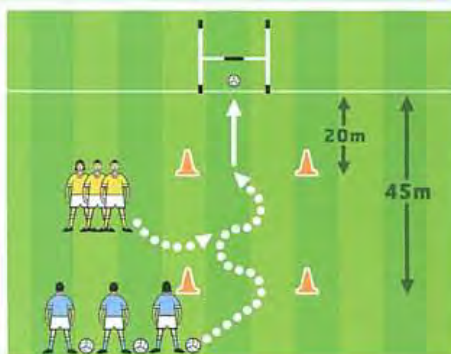
Game Play Drill to develop the Near Hand Tackle technique

ORGANISATION

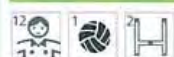
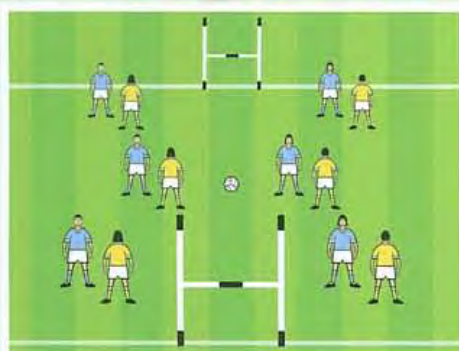
- Mark a channel from approximately 20-45m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- In turn each attacker and defender enter the channel
- The 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

VARIATION

- Increase the number of defenders on each go to reduce the difficulty of the drill



ACTIVITY 3 SKILL POINT GAME



Modified Game to develop the Near Hand Tackle that awards points to players who perform the technique correctly during the game

ORGANISATION

- Mark out a playing area of appropriate size for the number and ability of the players
- Divide the players into equal teams
- The players may kick the ball from the hand and from the ground and use the Hand and Fist Pass
- Award 3 points for a successful Near Hand Tackle and 2 points for a goal

VARIATION

- To ensure plenty of Near Hand Tackles, permit players to Bounce or toe tap the ball after taking four steps

Under 12 – Feint and Side Step

KEY TEACHING POINTS

Here are the Key Teaching Points for the Feint and Side Step



Run directly towards the opponent



Feign movement to one side by shifting body weight in that direction
Accentuate the feint by dropping the shoulder at that side simultaneously



Quickly change direction by shifting your body weight back and pushing hard off the planted foot
When using a ball, the feint may be further accentuated by showing the ball before pulling the ball back rapidly as you change direction



Accelerate quickly away



COMMON ERRORS

Here are the Common Errors for the Feint and Side Step

✗	Stepping to one side to plant the foot too early: this may allow the opponent to read the intention of the movement and recover quickly	
✓	To correct, move to 1 to 2m from the opponent before beginning the feint	
✗	Not transferring to one side	
✓	To correct, feign movement to one side by shifting body weight in that direction and dropping the shoulder to the same side	
✗	Accelerating away too slowly after changing direction: this may result in the player failing to lose their opponent	
✓	To correct, concentrate on moving away from the opponent as quickly as possible after changing direction	
✗	Showing the ball too early: this may allow the opponent to read the intention of the movement and recover quickly	
✓	To correct, move to 1 to 2m from the opponent before beginning the feint	

UNDER

12

FEINT AND SIDE STEP PRACTISE THE TECHNIQUE



DRILL 1 AROUND THE MAN

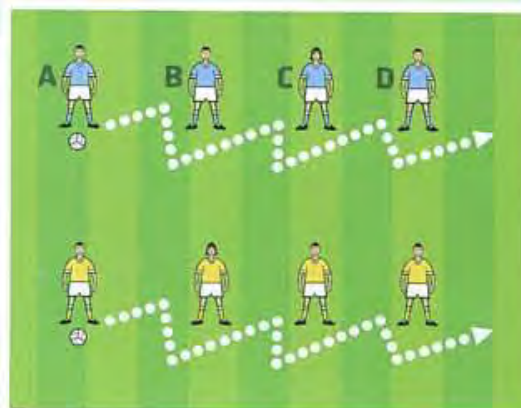
Basic Drill to practise the Feint and Side Step technique

ORGANISATION

- Divide the players into groups of 4
- The players form a line approximately 3-4m apart, the first player facing the others
- Player A, with ball in hand, feigns past each player in turn while walking
- Players B, C and 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
- Each player in turn moves to the top of the line and repeats

VARIATION

- As the players become proficient introduce jogging to increase the speed of the drill



DRILL 2 IN AND OUT

Basic Drill to practise the Feint and Side Step technique

ORGANISATION

- Place 3 markers 1-2m apart down the centre of a channel
- Beginning at one end of the channel each player in turn feigns around each cone
- Initially the players should be encouraged to perform the technique slowly to focus on each of the key points

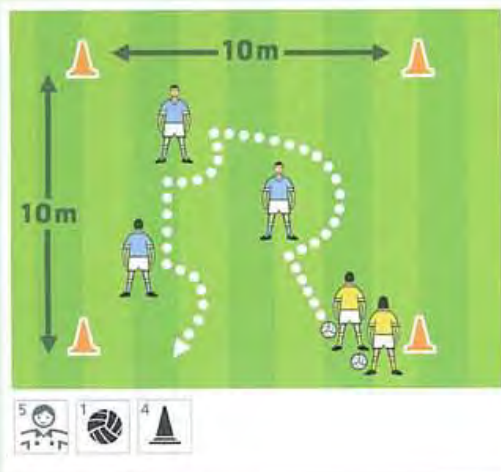
VARIATION

- As the players become more competent the pace should be increased, first to a jog and eventually to running speed
- Introduce a ball once the players are comfortable performing the technique without a ball



PRACTISE THE TECHNIQUE

DRILL 3 1, 2, 3, FEINT



Intermediate Drill to practise the Feint and Side Step technique requiring the players to feint around three stationary opponents in succession

ORGANISATION

- Mark out a grid 10m X 10m using cones
- Position 3 defending players within the grid as shown
- The remaining players line up outside the grid each with a ball
- Each player must enter the grid in turn, approach each of the defending players, feint and accelerate away
- Change the defending players at frequent intervals
- Continue the drill for a set period of time

VARIATION

- To increase the difficulty, allow the defending players to tackle the ball while remaining in their positions

DRILL 4 ALONG THE LINE



Advanced Drill to practise the Feint and Side Step technique introducing a moving opponent

ORGANISATION

- Place 6 markers 1-2m apart down the centre of a channel
- 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 feign and pass the defending player, accelerating through the cones to the other side
- Reverse the roles after a set number of attempts

VARIATION

- As the players become competent introduce a ball

UNDER

12

FEINT AND SIDE STEP DEVELOP THE SKILL



ACTIVITY 1 TAG

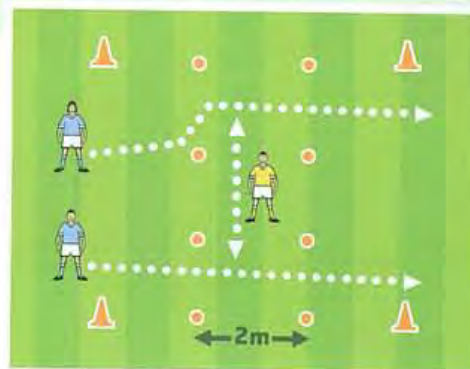
Fun Game to develop the Feint and Side Step technique

ORGANISATION

- Mark out a grid 15-20m X 10m
- Mark a zone approximately 2m wide across the centre of the grid
- Two attacking players are positioned at one end of the grid; one defending player in the centre zone
- The outer players must run forward together and pass through the centre zone while avoiding the defending player
- The defending players use the Checking technique to block the attacking players
- The attacking players lose one life every time they are tagged by the defending player
- When an attacking player loses all their lives they become the defending player

VARIATION

- To increase the difficulty allow only one attacking player run at a time



ACTIVITY 2 PASS THE GUARDS

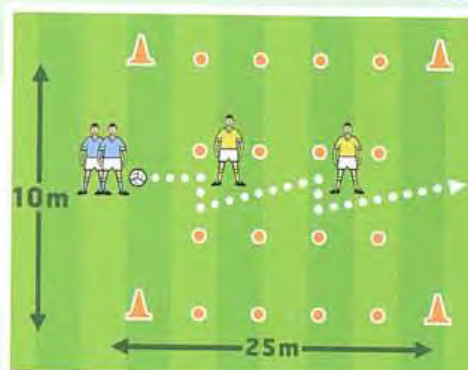
Fun Game to practise the Feint and Side Step technique. It also helps develop defensive skills like Checking and the Near Hand Tackle

ORGANISATION

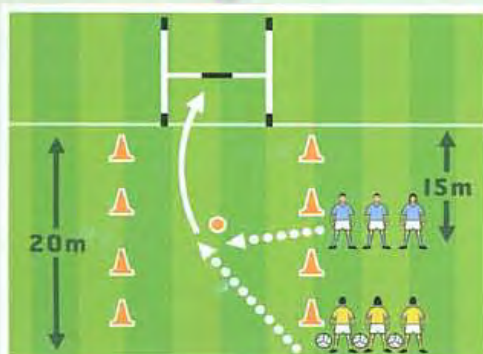
- Mark out a grid of approximately 25m X 10m wide
- Mark 5 equal zones along the length of the grid
- Position a defender in the 2nd and 4th zones
- In turn, attacking players attempt to get to the far end of the grid without losing possession
- The defending players may only challenge the attacking players within their defensive zones

VARIATION

- Place a goal at the end of the grid and require the players to shoot for goal having successfully passed the defenders



ACTIVITY 3 CHASE AND SCORE



This is a Game Play Drill to develop the Feint and Side Step technique requiring the players to avoid an opponent and kick for a point

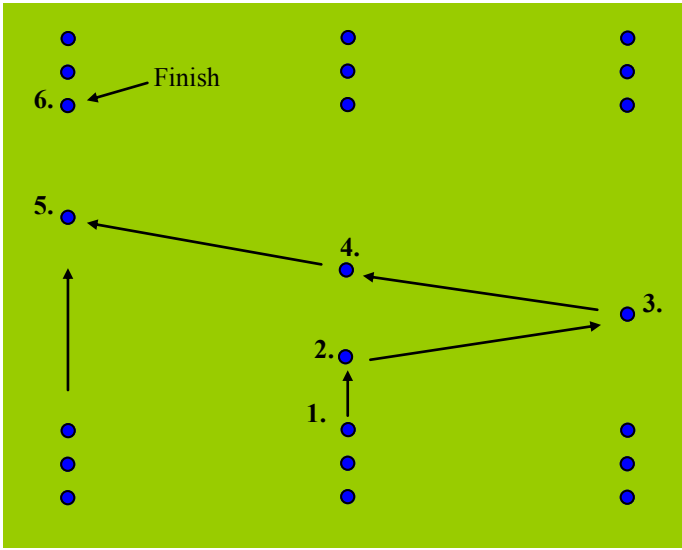
ORGANISATION

- Divide the players into defenders and attackers
- The attackers line up 15-20m out from goal, each with a ball
- The defenders line up 10-15m out from goal on the same side
- On the whistle, the first attacker moves forward towards an opponent. The attacker must Feint and Side Step the opponent and kick for a point
- The defender gives chase and attempts to dispossess the attacker

VARIATION

- Allow the attacking player to Solo in any direction and shoot at any time

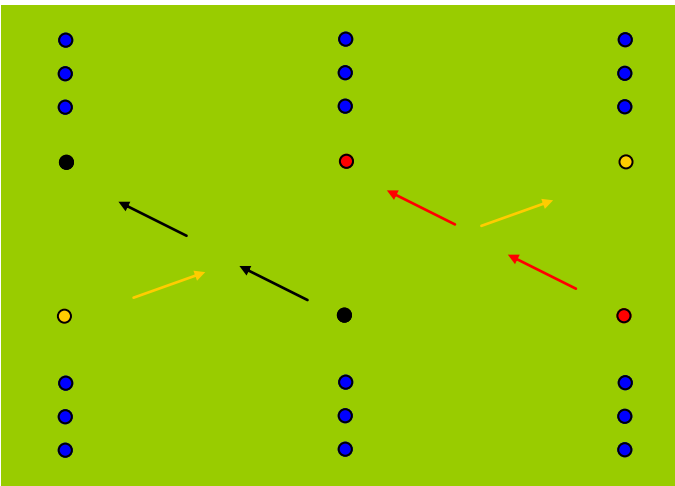
Under 12 – Alternative Hand Pass Drill 1



Organisation:

- Player 1 passes to player 2.
- Player 2 moves on to player 3 and so on.
- The aim is not to drop the ball as one player passes the ball to the next.
- The drill goes on until 10 consecutive runs are completed without dropping the ball.

Under 12 – Alternative Hand Pass Drill 2

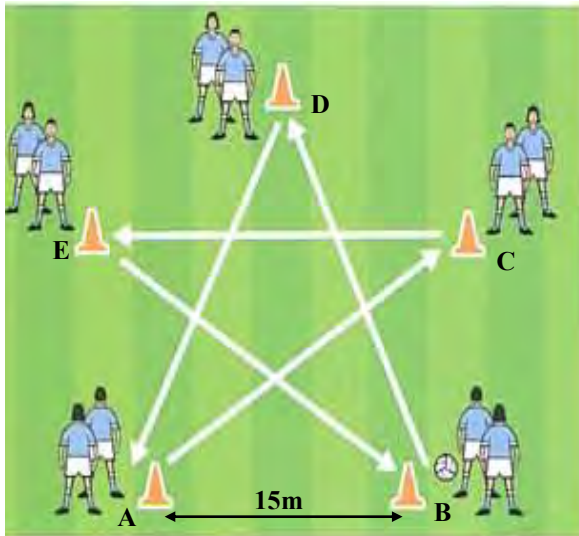


Organisation:

- This hand passing drill starts with players lined behind the black, red and yellow cones.
- The drill starts with the player at the black cone hand passing to the player running from the yellow cone.
- The yellow player then hand passes the ball to the player running from the red cone.
- Each player continues to run to the cone of colour he/she started.
- The drill goes on until 10 consecutive runs are completed without dropping the ball.
- The drill starts and finishes in the middle.

Under 12 – Alternative Hand Pass Drill 3

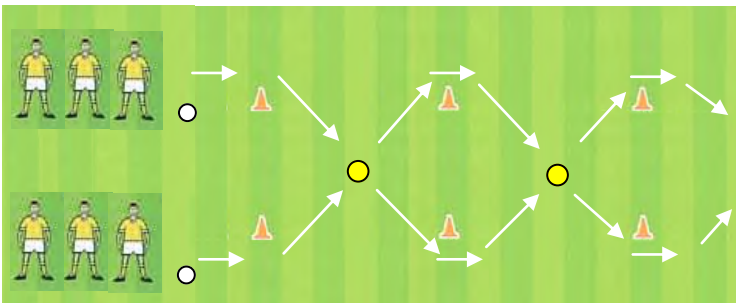
Star of David



Organisation:

- Line up players behind each cone.
- Players of 4 or more players at each cone.
- Player A hand passes the ball to player C.
- Player C hand passes to player E.
- Player E hand passes the ball to player B.
- Player B passes the ball to player D.
- Player D completes the hand passing move back to player A.
- A second, third and maybe a fourth ball is introduced as the players improve their skill level.

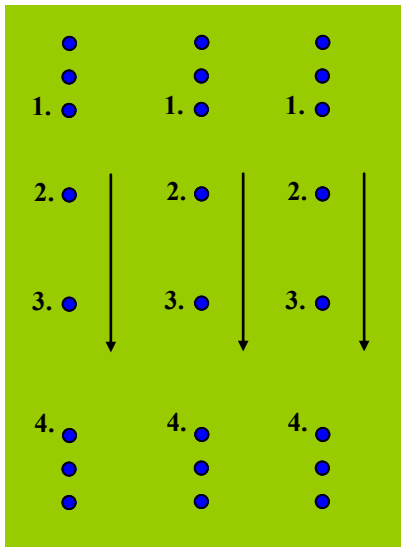
Under 12 – Alternative Hand Pass Drill 4



Organisation:

- Set up two lines up players behind the cones at one end of the drill.
- Players from opposite lines hand pass to each other in the middle.
- They continue to criss-cross the cones, hand-passing until they reach the end of the line.
- Players sprint back to the start on the outside of the cones and start again.

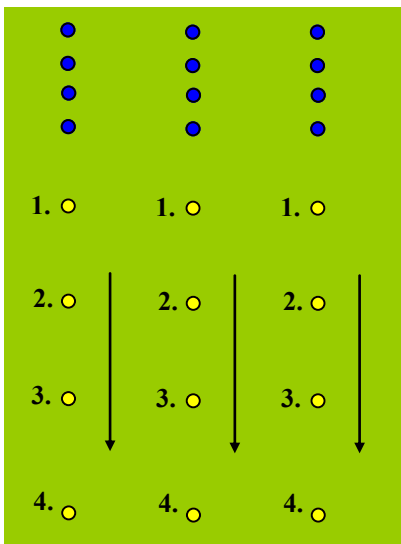
Under 12 – Alternative Kick/Hand Pass Drill



Organisation:

- Line up players behind three cones (position 1.).
- Player 1 kicks the ball to player 3 and runs to player 2 position.
- Player 2 runs and takes a hand pass off player 3.
- Player 2 sprints to the end of the line (position 4.).

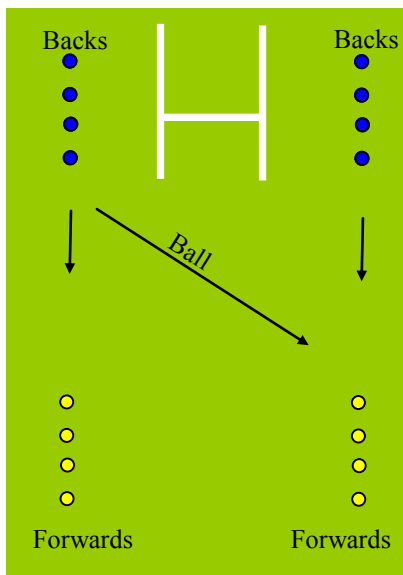
Under 12 – Running Drill



Organisation:

- Line up players behind three cones.
- Players sprint to the first cone and back, to the second cone and back, to the third cone and back and to the fourth cone and back.
- This drill runs continuously for 30 seconds with 30 seconds break in-between.

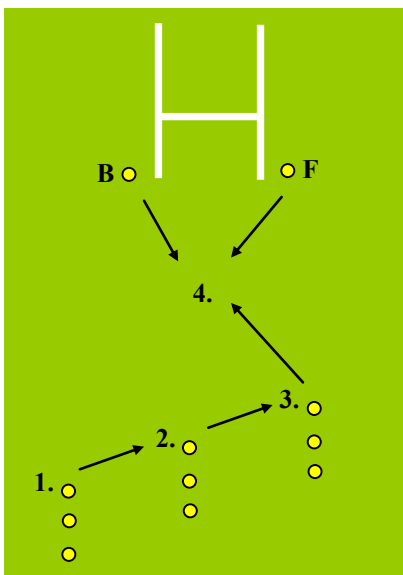
Under 12 – Scoring Drill 1



Organisation:

- A back kick a diagonal ball to the forward.
- Two backs run out immediately to try and stop the forwards from scoring.
- Repeat continuously.

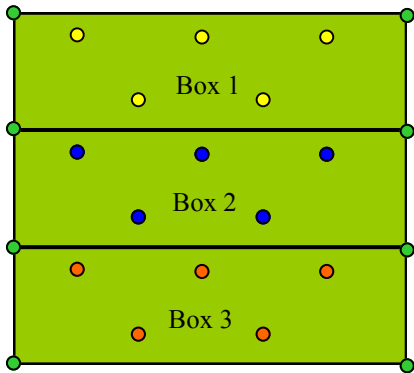
Under 12 – Scoring Drill 2



Organisation:

- Set out players as shown.
- Player 1 hand passes to player 2 who in turn hand passes to players 3.
- Player 3 kick passes the ball into space (position 4) for the forward to try and score.
- The back comes out with the forward to try and prevent the score.

Under 12 – Mini Game



Organisation:

- 5 yellow, 5 blue and 5 orange players in boxes 1, 2 and 3 as shown.
- Yellow team gets 8 passes while in box 1.
- Blue team tries to intercept yellow teams passes.
- If blue team gets the ball then blue team goes to box 1.
- Blue team kicks to orange team and yellow team sprint to try and intercept the orange team.
- Repeat continuously.



Kiltimagh G.A.A Club

Coaching Manual– Under 14

Age Group- Under 14

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- It is important to build a good rapport with the players.
- Instil a sense of discipline with a zero tolerance to bullying.
- Review previous matches/sessions to establish areas to work on.
- Outline plans for each session to motivate the players.
- Delegate tasks to your selectors, e.g. set up drills, attend to players as they practice skills etc.
- Demonstrate the skills/drills slowly to players.
- Focus on building the intensity of the session, i.e., start out with easy activities for the players and progress to more challenging tasks later in the session.
- Allow players to learn– this is best achieved through activity and fun.
- Keep drills short and varied so that players remain focused throughout the training session.
- Players should use **both hands and both feet** when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.

Duration of training session: 75/80 minutes

Equipment/Resource List:

- 1 Set of bibs.
- 1 training football between two players (size 4) and 2/3 O' Neill's footballs.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- 13-a-side games.
- Coach/Player ratio 1:6 (where possible).
- First Aid bag.

Under 14 – Sample Session 1

Key Skills— Solo, Hand Pass and Kick Pass

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Solo and Hand Pass Drill</i>	<i>10 mins</i>
<i>Kick Pass Drill</i>	<i>10 mins</i>
<i>5-A-Side Game/Drill</i>	<i>15 mins</i>
<i>Game– 13v13</i>	<i>20mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 14– Sample Session 2

**Key Skills— Crouch Lift, Hand Pass, Solo,
Kick Pass & High Catch**

Session structure	Duration
<i>Warm Up</i>	<i>10 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Crouch Lift, Hand Pass and Solo</i>	<i>10 mins</i>
<i>Kick Pass and High Catch</i>	<i>10 mins</i>
<i>5-A-Side Game/Drill</i>	<i>15mins</i>
<i>Game– 13v13</i>	<i>20 mins</i>
<i>Cool Down</i>	<i>5 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Player Assessment Sheet

	Skill 1		Skill 2		Skill 3		Skill 4		Skill 5		Skill 6		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													
13.													
14.													
15.													
16.													
17.													
18.													
19.													
20.													

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

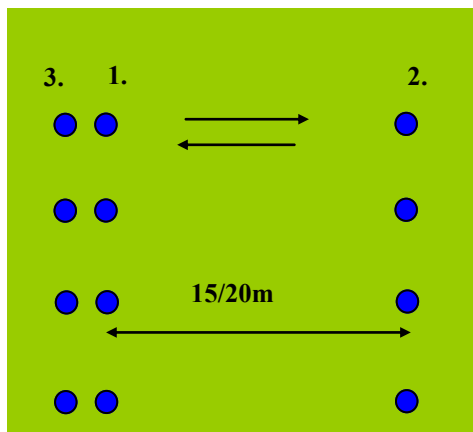
Coach Signature: _____ **Date:** _____

Player Assessment Sheet

Player Name	Strengths of this player	Area(s) for Improvement
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
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20.		
21.		
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23.		
24.		

Coach Signature: _____ **Date:** _____

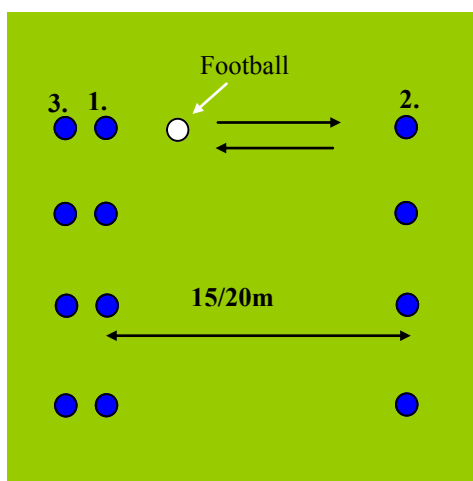
Under 14 – Solo and Hand Pass Drill



Organisation:

- Set up a line of cones 15/20m apart.
- Players 1 and 3 line up behind one cone and player 2 lines up behind the opposite cone.
- Player 1 solos twice and hand passes to player 2.
- Player 2 solos twice and hand passes to player 3.
- Player 3 repeats the process.
- Continue this drill for 5 mins.
- Introduce a competition– Try to complete 10 drills without dropping the ball. If the ball is dropped the teams score goes back to zero.

Under 14 – Crouch Lift, Hand Pass and Solo Drill

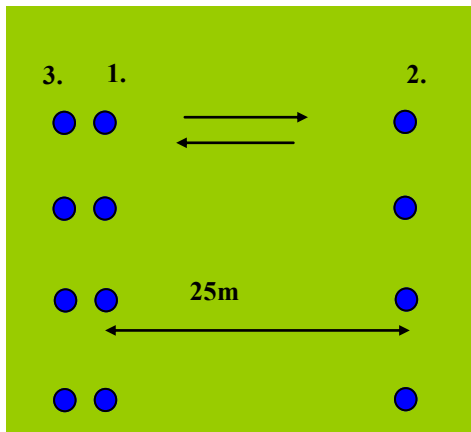


Organisation:

- Set up a line of cones 15/20m apart.
- Players 1 and 3 line up behind one cone and player 2 lines up behind the opposite cone.
- The football is placed on the ground 5m from player 1.
- Player 1 crouch lifts the ball and hand passes it to player 2.
- Player 2 solos once and leaves the ball 5m in front of player 3.
- Player 3 repeats the process.
- Continue this drill for 5 mins.
- Introduce a competition– Try to complete 10 drills without dropping the ball. If the ball is dropped the teams score goes back to zero.

Note: Make sure that when players leave the ball down that they don't allow it to roll.

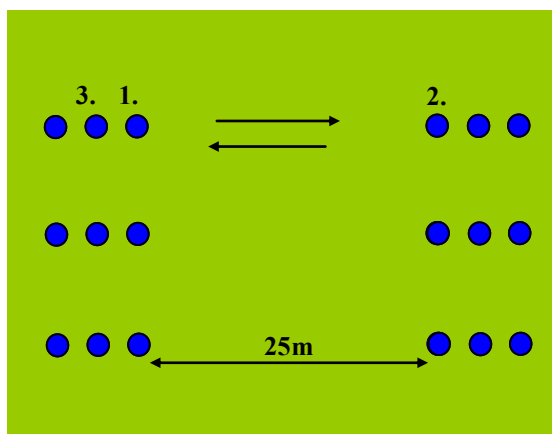
Under 14 – Kick Pass Drill



Organisation:

- Set up a line of cones 25m apart.
- Players 1 and 3 line up behind one cone and player 2 lines up behind the opposite cone.
- Player 1 kick passes the ball to player 2.
- Player 1 runs to the opposite cone.
- Player 2 kick passes the ball to player 3 and runs to the opposite cone.
- Continue this drill for 5 mins.
- Practice this drill with both feet.

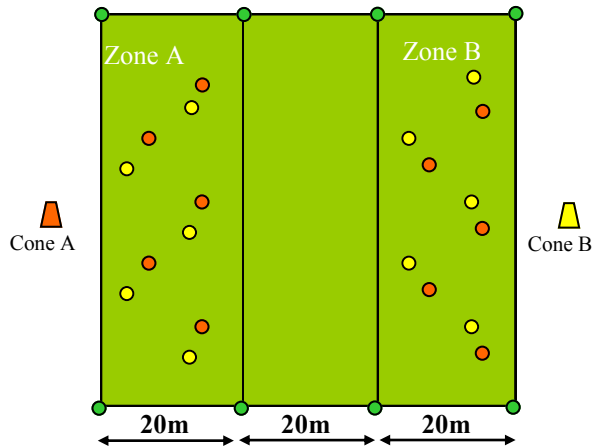
Under 14 – Kick Pass and High Catch Drill



Organisation:

- Set up a line of cones 25m apart.
- 2/3 players line up at each cone.
- Player 1 kick passes a high ball to player 2. Player 2 contests for this ball in the air.
- Player 1 then runs to the opposite side.
- Player 2 kick passes a high ball to player 3 and this process continues.
- Competition– Each line of players try to complete 10 successful passes of the drill. If a player drops the ball/kicks the ball short subtract 1 point from their score.
- Continue this drill for 10-15 mins.

Under 14 – 5-A-Side Game



Organisation:

- Mark out the pitch into 3 zones as shown.
- Players do not enter the middle zone.
- Team A (orange) start with the football at cone A.
- They try to pass the ball to their team mates in Zone B.
- Team B (yellow) try to intercept the ball in zone A.
- A team who overturns possession must then bring the ball around either cone A or B.
- A team scores when they successfully make a completed pass to their team mates in the opposite zone.



Kiltimagh G.A.A Club

Coaching Manual– Under 16

Age Group- Under 16

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- It is important to build a good rapport with the players.
- Instil a sense of discipline with a zero tolerance to bullying.
- Review previous matches/sessions to establish areas to work on.
- Outline plans for each session to motivate the players.
- Delegate tasks to your selectors, e.g. set up drills, attend to players as they practice skills etc.
- Demonstrate the skills/drills slowly to players.
- Focus on building the intensity of the session, i.e., start out with easy activities for the players and progress to more challenging tasks later in the session.
- Allow players to learn– this is best achieved through activity and fun.
- Keep drills short and varied so that players remain focused throughout the training session.
- Players should use **both hands and both feet** when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- It is important to promote the importance of clear communication amongst the players. **Players must call for the ball from a player and they must also call the player they are passing the ball to in games/drills.**
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.
- A selection of drills are contained within that can be undertaken on any given evening to make up one and a half hour session.

Duration of training session: 90 minutes

Equipment/Resource List:

- 1 Set of bibs.
- 1 training football between two players (size 5) and 2/3 O' Neill's footballs.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- 15-a-side games.
- Coach/Player ratio 1:6 (where possible).
- First Aid bag.

Under 16 – Sample Session 1

Key Skills— Hand Pass, Solo & Fist Pass and Kick Pass 1

Session structure	Duration
<i>Warm Up/Stretching</i>	<i>15 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Hand Pass Drill</i>	<i>10 mins</i>
<i>Solo & Fist Pass Drill</i>	<i>10 mins</i>
<i>Kick Pass 1 Drill</i>	<i>10 mins</i>
<i>5-A-Side Game/Drill</i>	<i>10 mins</i>
<i>Game– 15v15</i>	<i>20mins</i>
<i>Warm Down/Stretching</i>	<i>10 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Under 16 – Sample Session 2

Key Skills— Solo & Hand Pass, Attack/Defend and Scoring

Session structure	Duration
<i>Warm Up/Stretching</i>	<i>15 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Solo & Hand Pass Drill</i>	<i>10 mins</i>
<i>Attack & Defend Drill</i>	<i>10 mins</i>
<i>Scoring Drill</i>	<i>10 mins</i>
<i>5-A-Side Game/Drill</i>	<i>10 mins</i>
<i>Game– 15v15</i>	<i>20mins</i>
<i>Warm Down/Stretching</i>	<i>10 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Player Assessment Sheet

	Skill 1		Skill 2		Skill 3		Skill 4		Skill 5		Skill 6		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
2.													
3.													
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7.													
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16.													
17.													
18.													
19.													
20.													

Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

Coach Signature: _____ **Date:** _____

Player Assessment Sheet

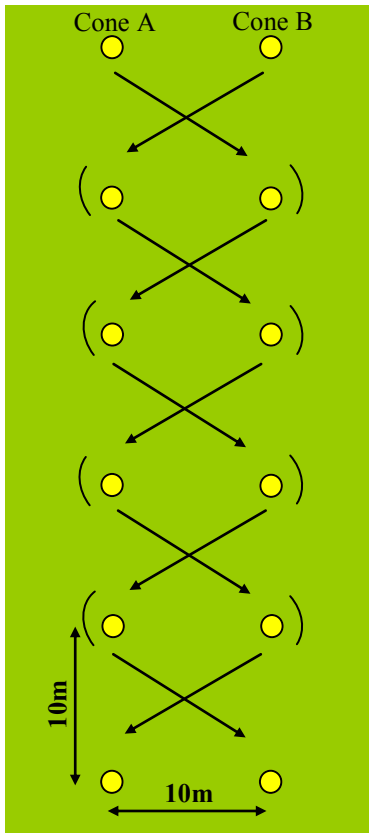
Player Name	Strengths of this player	Area(s) for Improvement
1.		
2.		
3.		
4.		
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Coach Signature: _____ **Date:** _____

Under 16 – Warm Up Drill

- Players line up on side line facing across the pitch.
- Light jog across pitch and back (x2).
- Half pace run across pitch and back (x2).
- Half pace run across pitch and reverse run back (x2).
- Half pace run across pitch and sideways back changing sides every few strides (x2).
- Start this drill with a ball between every 4 players, players hand pass ball between each other as they perform this drill.

Under 16 – Hand Pass Drill 1

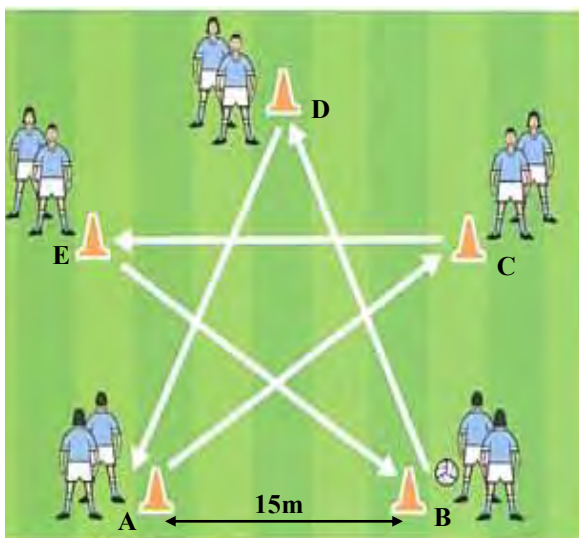


Organisation:

- Set up 6 lines of cones 10 meters apart in both directions.
- Players line up behind each of the cones A & B.
- 2 players run in a criss-cross manner between each set of cones.
- Each time they criss-cross they hand pass the ball to each other.
- When they reach the end of the line they jog back to the start along the outside of the cones.
- Use weaker hand on alternative runs.

Under 16 – Hand Pass Drill 2

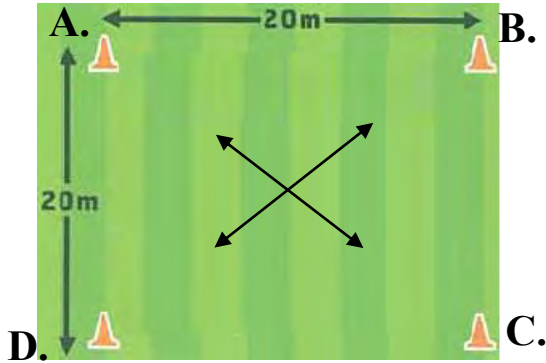
Star of David



Organisation:

- Set up 5 cones in a Star of David shape 15 meters apart.
- Players of 4 or more players at each cone.
- Player A hand passes the ball to player C.
- Player C hand passes to player E.
- Player E hand passes the ball to player B.
- Player B passes the ball to player D.
- Player D completes the hand passing move back to player A.
- A second, third and maybe a fourth ball is introduced as the players improve their skill level.

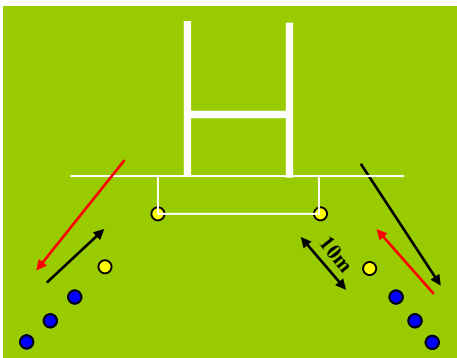
Under 16 – Hand Pass Drill 3



Organisation:

- Set up 4 cones in a square 20 meters apart.
- Players of 4 or more at each cone.
- Player 1 from cone A runs diagonally towards cone C and hand passes to the first player at cone C who continues their run towards cone A.
- At the same time players from cones B and D do the same drill.
- Players must be able to complete the hand pass and complete the catch. At the same time they have to avoid contact with each other as they pass through the middle.
- The drill is speeded up as the players improve there skill level.
- Another version of this drill can be done by players from each cone turn right around a centre cone and right hand pass to the player at the cone on there left, and then changed as quickly as possible to do the drill in the oppo-site direction using the left hand pass.

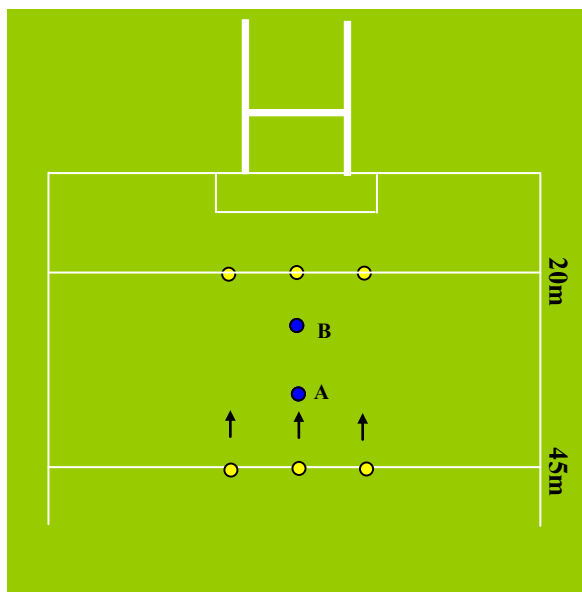
Under 16 – Solo/Fist Pass Drill



Organisation:

- Set up two cones (yellow) on the out field corners of the small parallelogram.
- Then set up two more cones (yellow) about 10 meters further out in a line from the centre of the crossbar through the first cone on either side of the goals.
- Divide the players into equal groups at the two furthest cones.
- Divide the footballs equally between these groups. The more balls that are available for this drill the better.
- First player on each group runs towards the goal taking a solo and fist passes the ball over the bar as they approach the cone on the edge of the parallelogram.
- They then move around the back of the goal and head to the other side.
- The ball must be fist passed with the hand closest to the end line each time, this way they are improving both sides skills.

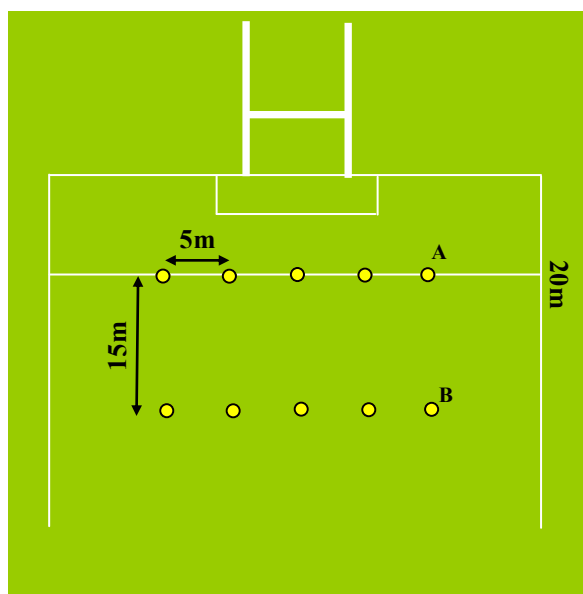
Under 16 – Solo/Hand Pass Drill



Organisation:

- Set up three cones on the 45m line 5m apart.
- Set up three cones on the 20m line opposite them.
- Place 2 two cones (A & B) equal distances between the middle cones in a line.
- 3 or more players stand at each of the cones on the 45m line and the 20m line.
- One player stands at each of the centre two cones (A & B) facing towards the players on the 45m line.
- The player at the centre cone on the 45m line runs toward the first centre cone (A) and passes to the player standing here.
- At the same time the two outside players run in straight line along with ball carrier.
- The player at the centre cone (A) passes the ball to either of the players on the outside who in turn passes the ball to the second centre cone player (B).
- This player immediately passes the ball to the player on the other side.
- This player passes the ball to the player in the centre stand on the 20m line.
- This drill is then repeated in the opposite direction.
- This drill is walked through at the start and builds up its speed as the players improve.

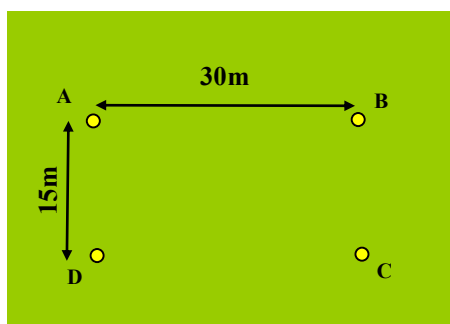
Under 16 – Kick Pass Drill 1



Organisation:

- Place a line of cones on the 20m line 5m apart.
- Place another line of cones 15m further out the pitch.
- Line up players opposite each other at each cone.
- Player A kick passes the ball to player B with their stronger foot trying to ensure that the ball lands in line with the other players chest.
- After 20 passes the players use there weaker foot in order to improve their weaker side.
- After 20 passes the players out the pitch step back 5m and repeat the drill.
- Keep moving the players after every 40 passes until they are passing the ball at least 30m.

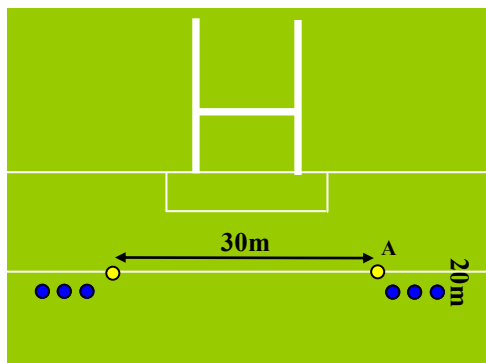
Under 16 – Kick Pass Drill 2



Organisation:

- Set up a rectangle 30m X 15m.
- Set up 4 or more players at each corner.
- Player 1 from cone **A** starts by hand passing ball to 1st player at cone **B**.
- This player then who foot passes ball to the player standing at cone **C** who hand passes the ball to player at cone **D**. This player then foot passes the ball to next player at cone **A**.
- After each pass the player must run after the pass to the next cone, and the drill continues from there.
- Increase the pace and introduce more balls as the skills improve.
- Change direction and the players must use there weaker hands and feet to pass the ball.

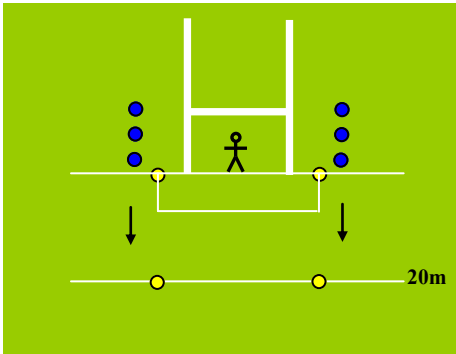
Under 16 – Solo and Shoot Drill



Organisation:

- Set up two cones 30m apart along the 20m line.
- Start some players (blue) at each cone, all with footballs.
- On the coaches whistle let one player solo run parallel to the 20m line.
- The coach then chooses when the player should turn sharply towards goal and shoot for a point once he has crossed the 20m line.
- The whistle from the coach is the signal for the next player (coming from the opposite side) to solo across the 20m line before being called to turn and shoot.
- Ensure that each player retrieves their own ball and joins in at the end of the group opposite to the one that they have just come from.

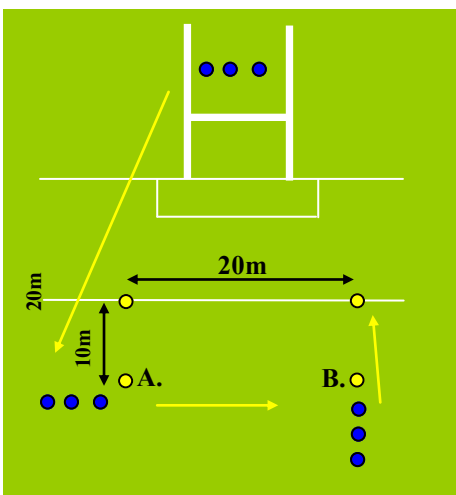
Under 16 – Attack/Defend Drill



Organisation:

- Set up two cones on the edge of the large parallelogram on the end line.
- Set up two cones opposite them on the 20m line.
- Divide the players (blue) in two at the cones on the end line.
- Get the goalkeeper to stand in goal and have the second goalkeeper on standby to rotate.
- The coach stands to one side and rolls a ball out past the 20m line.
- The first player on each side of goal runs out around the cone on the 20m line.
- Whichever player reaches the ball first picks it up properly and heads towards the goal to shoot for a point.
- The other player tries to defend and block the kick or force the player out into a position where it's impossible for the other player to shoot.
- If the ball drops short, the goalkeeper catches it and ensures a good hand pass to the coach.
- Repeat the drill until all players get at least 10 shots on goal.
- Step up the drill by having 2v2 and 3v3 scenarios.
- At some stage change from kicking for points to trying to score goals. This gives the goalkeepers a chance to work with his defenders and improve their goalkeeping skills.

Under 16 – Scoring Drill



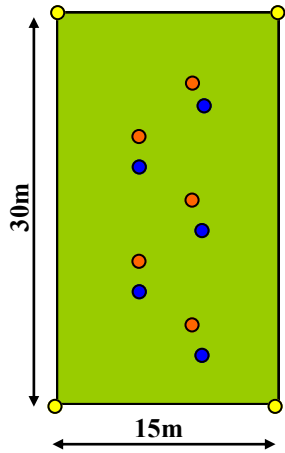
Organisation:

- Set up two cones 20m from the goal about 10m either side of the goal posts.
- Set up another two cones about 10m further out the pitch.
- Split players up into three groups. One group goes to cone A, another group goes to cone B and the final group go behind the goals.
- The first player at cone A foot passes the ball to the first player at cone B.
- This player then runs forward to the cone set up on the 20m line and shoots for a point.
- One of the players behind the goal catches the shot and foot passes to the next player at cone A.
- Each player follows the ball and practices their shooting and their foot passing.
- Change direction and the foot used.

The two free takers should practice their free taking, starting in front of the goal on the 13m line. After a number of shots from each position they should then move further out the pitch, making the angle a little more difficult

The goalkeeper should practice kick outs to midfielders.

Under 16 – Small Sided Games



Organisation:

- Set up pitch 30m x 15m.
- Pick four teams of five a side (or more if players available).
- First two teams play a hand passing game with a score awarded each time a team completes 10 passes.
- If the ball falls to the ground the ball is handed over to the other team.
- Change the teams after three minutes.
- Increase the size of the pitch make two teams and play the same game with the same rules.
- Increase the size of pitch and introduce the foot pass.
- Limit the number of hand passes but have players complete as many foot passes as possible.
- If the ball is not caught cleanly or after one hop the team loses possession.



Kiltimagh G.A.A Club

Coaching Manual– Minor

Age Group– Minor

Key considerations at this level:

- Training sessions should be enjoyable and inclusive of all players.
- It is important to build a good rapport with the players.
- Instil a sense of discipline with a zero tolerance to bullying.
- Review previous matches/sessions to establish areas to work on.
- Outline plans for each session to motivate the players.
- Delegate tasks to your selectors, e.g. set up drills, attend to players as they practice skills etc.
- Demonstrate the skills/drills slowly to players.
- Focus on building the intensity of the session, i.e., start out with easy activities for the players and progress to more challenging tasks later in the session.
- Allow players to learn– this is best achieved through activity and fun.
- Keep drills short and varied so that players remain focused throughout the training session.
- Players should use **both hands and both feet** when learning new skills and playing games.
- Coaches should encourage players, acknowledge their effort and praise them regularly.
- It is important to promote the importance of clear communication amongst the players. **Players must call for the ball from a player and they must also call the player they are passing the ball to in games/drills.**
- Give time at the end of a session to reflect with the players on the quality of the training session.
- Encourage players to practice their skills at home.
- A selection of drills are contained within that can be undertaken on any given evening to make up one and a half hour session.

Duration of training session: 90 minutes

Equipment/Resource List:

- 1 Set of bibs.
- 1 training football between two players (size 5) and 2/3 O' Neill's footballs.
- 1 set of training cones.
- 1 set of training poles.
- 1 set of water bottles.
- 15-a-side games.
- Coach/Player ratio 1:6 (where possible).
- First Aid bag.

Minor – Sample Session 1

Key Skills— Hand Pass, Solo & Fist Pass and Kick Pass 1

Session structure	Duration
<i>Warm Up/Stretching</i>	<i>15 mins</i>
<i>Introduce the focus of the session</i>	<i>5 mins</i>
<i>Hand Pass Drill</i>	<i>10 mins</i>
<i>Solo & Fist Pass Drill</i>	<i>10 mins</i>
<i>Kick Pass 1 Drill</i>	<i>10 mins</i>
<i>5-A-Side Game/Drill</i>	<i>10 mins</i>
<i>Game– 15v15</i>	<i>20mins</i>
<i>Warm Down/Stretching</i>	<i>10 mins</i>
<i>Session review and conclusion</i>	<i>5 mins</i>

Player Assessment Sheet

	Skill 1		Skill 2		Skill 3		Skill 4		Skill 5		Skill 6		Total
Player Name	L	R	L	R	L	R	L	R	L	R	L	R	
1.													
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Skill level of Player/Score	
Needs Attention	0-5
Reasonably Competent	6-8
Fully Competent	9-10

- Each player should be assessed to determine their skills proficiency.
- Please use the table provided when assessing each player.
Note: L= Left Side, R= Right Side

Coach Signature: _____ **Date:** _____

Player Assessment Sheet

Player Name	Strengths of this player	Area(s) for Improvement
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Coach Signature: _____ **Date:** _____



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PHASE 1 – RUNNING, CUTTING AND LANDING MECHANICS

OUT



- Drill 1**
2 reps
JOG
(focusing on upper body technique)
- Exaggerate arms (hands hip to hip).
 - Keep chest open and head up.



- Drill 2**
2 reps
½ PACE RUN
(focusing on lower body technique)
- Stay tall through the hips.
 - High knee drive.
 - Run off the balls of the feet.



- Drill 3**
2 reps
JUMP, CATCH AND LAND
- When landing, keep feet hip width apart.
 - Land by flexing hips and knees.
 - Keep knees over toes.



- Drill 4**
2 reps
PARTNER SHUFFLE
- Adopt semi-squat position.
 - Keep body facing forward.
 - Side step with legs.



- Drill 5**
2 reps
SLOW PLANT & CUT
- When planting, pick a spot lateral to cone.
 - Drop the inside shoulder.
 - Flex knee to load over foot.

IN



- Drill 1**
2 reps
A SKIP
- Co-ordinate arms and legs.
 - Pick up knees and toes.



- Drill 2**
2 reps
ICE HOCKEY STOP
- Stop in a lateral lunge at each cone.
 - Keep head and back straight.
 - Sit down and back on lead leg.



- Drill 3**
2 reps
PICK UPS
- For Gaelic Football: alternate pick-up leg.
 - For Hurling: alternate between a jab lift and a roll lift.



- Drill 4**
2 reps
LUNGE STOPS
- Decelerate from jog by dropping into lunge.
 - Keep knee in line with foot and hip.
 - Prevent knee from drifting forwards of toes.



- Drill 5**
2 reps
SQUAT STOPS
- From a jog, decelerate at each cone by stopping in a squat position.
 - Keep feet hip width apart.
 - Focus on activation of glutes and hamstrings.

PHASE 2 – STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis.

CIRCUIT 1



- Exercise 1**
5 reps per leg
ARABESQUE
- Players stand 2m apart and perform Arabesques between hand passes.
 - On receiving ball, player extends back leg and tilts forward, keeping a straight back.
 - Keep the stance leg in a straight line.



- Exercise 2**
10 swings each side
LEG SWINGS (FRONT)
- Holding your partner's shoulder, swing inside leg forwards and backwards, in sync with outside arm.
 - Keep hand high.
 - Encourage good hip extension.

CIRCUIT 2



- Exercise 1**
5 reps per leg
ARABESQUE
- Players stand 2m apart and perform Arabesques between hand passes.
 - On receiving ball, player extends back leg and tilts forward, keeping a straight back.
 - Keep the stance leg in a straight line.



- Exercise 2**
10 swings each side
LEG SWINGS (LATERAL)
- Stand behind your partner and hold onto their shoulders.
 - Swing your leg across the body from inside to out.



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PHASE 2 – STRENGTH, PLYOMETRICS AND BALANCE
Alternate between Circuits 1 and 2 on a monthly basis

CIRCUIT 1



Exercise 3
10 reps
– 5 reps each leg

PARTNER PUSH INTO LUNGE (STRAIGHT)

- Player drops into a forward lunge after expected straight push in the back from partner.
- Keep front knee in line with hip and ankle.
- Land and push off heel.



Exercise 4
5 reps initially (increase to 10 over time)

NORDIC HAMSTRING CURL

- Partner keeps feet firmly pressed to ground.
- Head, body and thighs stay in line.
- Movement should only occur in the knees.



Exercise 5
Hold for 10secs (increase to 30secs over time)

FRONT PLANK

- Assume press-up position with hands under shoulders.
- Keep body in a straight line.
- Tighten abdominals and hold trunk stable.



Exercise 6
10 reps each side

SIDE PLANK WITH LEG LIFT – BENT KNEE

- Flex lowermost leg to 90°.
- Keep backside tucked in and head back.
- With hips off ground, keep body straight and lift top leg.



Exercise 7
5 reps per leg

SPLIT LEG SQUATS

- Drop back knee to the ground.
- Prevent front knee corkscrewing towards middle.
- Prevent front knee from passing toes.



Exercise 8
5 reps per leg

LATERAL HOP AND HOLD

- Land on a slightly flexed knee with weight on forefoot.
- Upper body & hip should remain aligned.



Exercise 9
10 reps

PRISONER SQUATS

- With feet hip width apart and facing forwards: break at hips to sit back and down.
- Aim to get thighs to horizontal.



Exercise 10
5 reps per leg

COUNTER MOVEMENT JUMP

- From a semi-squat use arms to jump high in air.
- Keep feet hip width apart.
- Prevent knees coming together when jumping and landing.

CIRCUIT 2



Exercise 3
10 reps

PARTNER PUSH INTO LUNGE (MULTI-DIRECTIONAL)

- Player drops into a lunge after varied push from behind.
- Prevent knee from corkscrewing in.
- Land and push off heel.



Exercise 4
5 reps initially (increase to 10 over time)

NORDIC HAMSTRING CURL

- Partner keeps feet firmly pressed to ground.
- Head, body and thighs stay in line.
- Movement should only occur in the knees.



Exercise 5
10 reps holding for 2 secs

FRONT PLANK WITH LEG LIFT

- Assume press-up position with hands under shoulders.
- Keep body in a straight line.
- Alternate leg lifts without losing form.



Exercise 6
10 reps each side

SIDE PLANK WITH LEG LIFT – STRAIGHT LEG

- Lie on side and support body on elbow with bottom leg straight.



Exercise 7
10 reps

SCISSOR JUMPS

- With hands on hips, assume split squat position and jump vertically.
- Knees stay in line with feet and hips during transitions.



Exercise 8
5 reps per leg

DIAGONAL HOP AND HOLD

- Remember to pause after each small diagonal hop.
- Upper body & hip should remain aligned.



Exercise 9
10 reps

PRISONER SQUATS

- With feet hip width apart and facing forwards: break at hips to sit back and down.
- Aim to get thighs to horizontal.



Exercise 10
10 reps

COUNTER MOVEMENT JUMP WITH A TWIST

- From a semi-squat use arms to jump high in air.
- Keep feet hip width apart.
- Prevent knees coming together when jumping and landing.



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PHASE 3: AGILITY & POWER

OUT



Drill 1 2 reps **1/4 PACE RUN**

- Staying tall, use arms and high knees, encouraging forefoot contacts.



Drill 2 2 reps **2 FORWARDS 1 BACK**

- With feet hip width apart, use plenty of small steps to change direction.



Drill 3 2 reps **FAST PLANT & CUT WITH BALL**

- Execute at 1/4 pace and retain good plant & cut mechanics.



Drill 4 10 reps **FAST FEET SHUFFLE: FRONT TO BACK (TWO LEGS)**

- Off forefeet, shuffle as quickly as possible front to back.



Drill 5 5 reps each leg **DYNAMIC LUNGE**

- Transfer body weight out and across from back foot to front.
- Think of knee as a spring, absorbing and returning energy.

IN



Drill 1 2 reps **HIGH SKIPS**

- Lead with a high knee to bounce high in air.



Drill 2 2 reps **BOUNDS**

- With a whole foot contact, hit the ground hard and lead with the knee.



Drill 3 2 reps **ONE ON ONE**

- Players should side step off right and left legs to go past partner.



Drill 4 10 reps **FAST FEET SHUFFLE: RIGHT TO LEFT (SINGLE LEG)**

- Staying solid through the hip, shuffle quickly from right to left off one leg.





PHASE 1: RUNNING, CUTTING AND LANDING MECHANICS

	Reps	Out	In
1	2 reps	Jog (focusing on upper body technique)	A Skip
2	2 reps	½ Pace Run (focusing on lower body technique)	Ice Hockey Stop
3	2 reps	Jump, Catch and Land	Pick Ups
4	2 reps	Partner Shuffle	Lunge Stops
5	2 reps	Slow Plant & Cut	Squat Stops

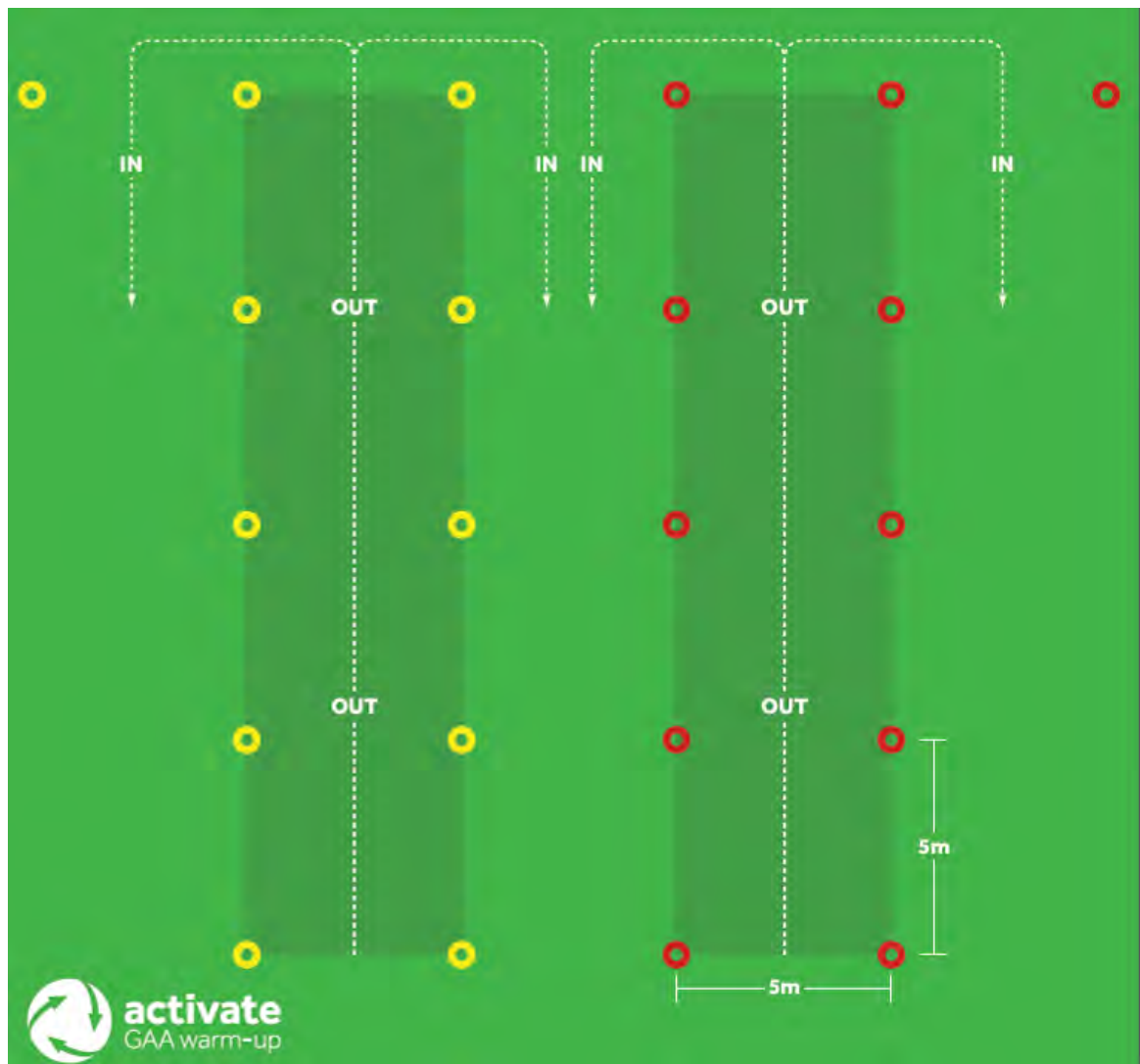
PHASE 2: STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

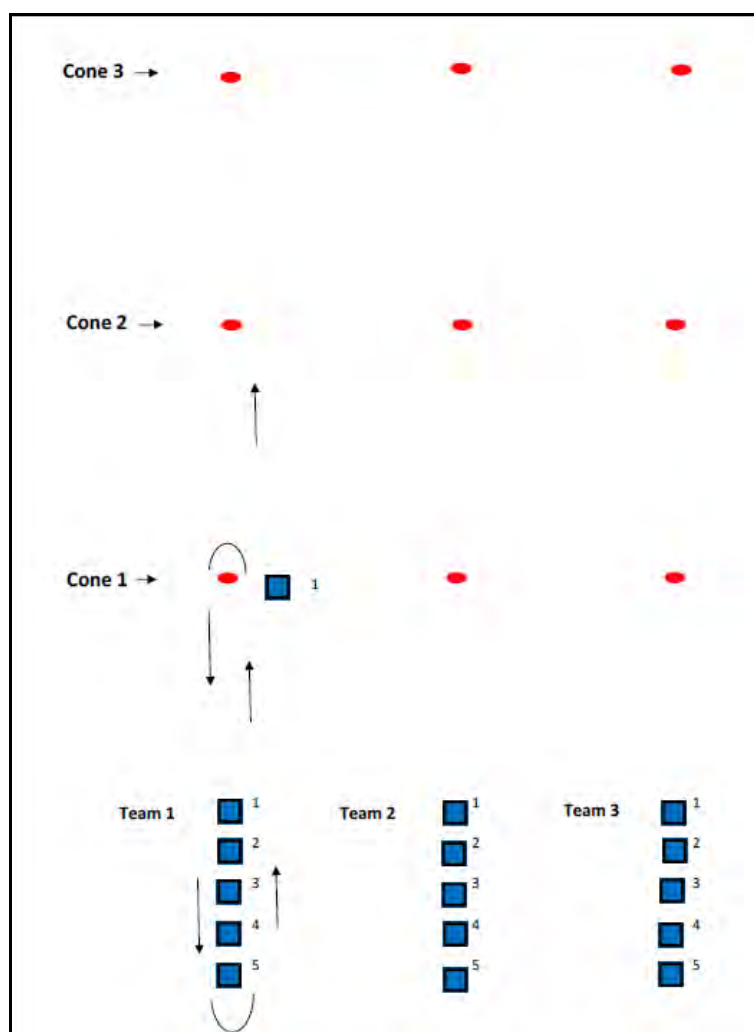
	Reps	Circuit 1	Reps	Circuit 2
1	5 reps per leg	Arabesque	5 reps per leg	Arabesque
2	10 swings each side	Leg Swings (front)	10 swings each side	Leg Swings (lateral)
3	10 reps – 5 reps each leg	Partner Push into Lunge (straight)	10 reps	Partner Push into Lunge (multi-directional)
4	5 reps initially (increasing to 10)	Nordic Hamstring Curl	5 reps initially (increasing to 10)	Nordic Hamstring Curl
5	Hold of 10s (increasing to 30s)	Front Plank	10 reps holding for 2 secs	Front Plank with Leg Lift
6	10 reps each side	Side Plank with leg lift – bent knee	10 reps each side	Side Plank with leg lift – straight leg
7	5 reps per leg	Split Leg Squats	10 reps	Scissor Jumps
8	5 reps per leg	Lateral Hop and Hold	5 reps per leg	Diagonal Hop and Hold
9	10 reps	Prisoner Squats	10 reps	Prisoner Squats
10	10 reps	Counter Movement Jump	10 reps	Counter Movement Jump with a Twist

PHASE 3: AGILITY & POWER

	Reps	Out	In
1	2 reps	¼ Pace Run	High Skip
2	2 reps	2 Forwards 1 Back	Bounds
3	2 reps	Fast Plant & Cut with Ball	One on One
4	10 reps	Fast Feet Shuffle: Front to Back (Two legs)	Fast Feet Shuffle: right to left (single leg)
5	5 reps each leg	Dynamic Lunge	



Minor – Sprint/Solo Drill 1

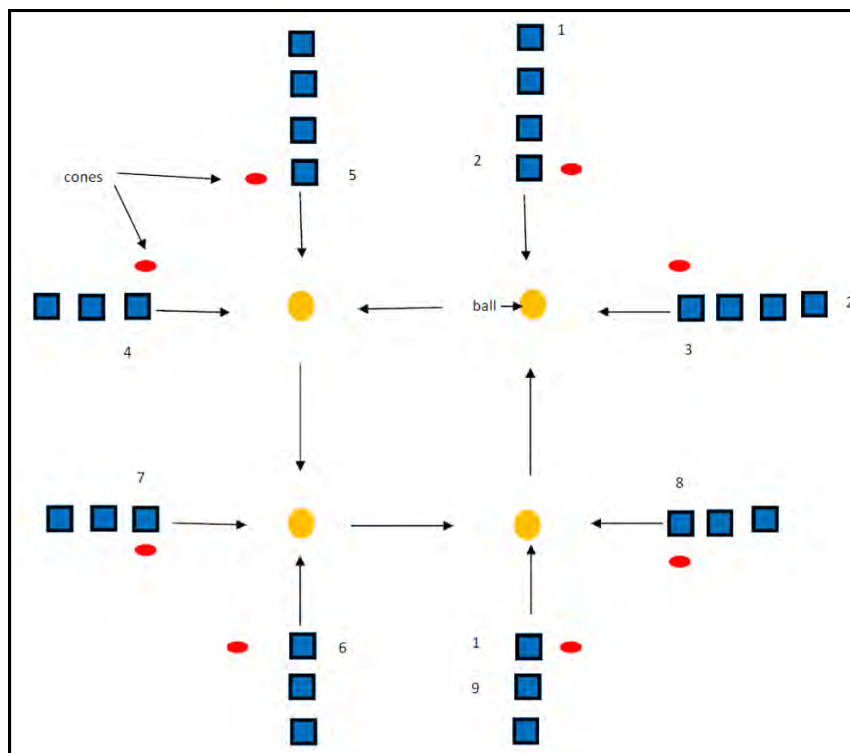


Organisation:

- Player 1 on each team sprints and solos with the ball out to cone 1. He goes around the cone, drops the ball at the cone and sprints back.
- The player then goes around player 5 on his team and sprints out to cone 1.
- He picks up the ball and sprints and solos to cone 2. Then the player goes around cone 2, drops the ball at the cone and sprints back.
- He goes around player 5 on his team and sprints out to cone 2.
- He picks up the ball, sprints and solos out to cone 3, goes around the cone, drops the ball at the cone, and sprints back.
- He goes around player 5 on his team and sprints out to cone 3. He goes around the cone, picks up the ball and sprints and solos home.
- A fist pass of the ball to player 2 starts the same drill again.
- Player 1 takes his place behind player 5.

This exercise can be adapted as required.

Minor – Multiple Skill Drill

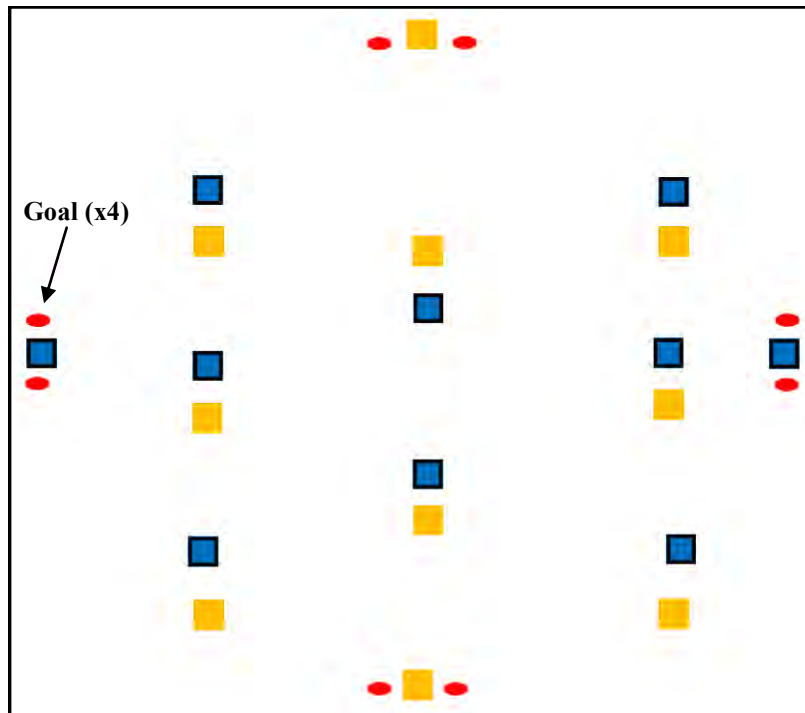


Organisation:

With this drill you can incorporate many skills in the game including the Solo, the Hand/Fist pass, the Kick pass, the Catch and the crouch lift (pick up).

- Start with the fist pass. A solo can be incorporated if there is a good distance between cones.
- Player 1 has a ball, he runs and solos towards player 2. At half way player 1 fist passes the ball to player 2 (player 1 continues to the back of the line of player 2 but he doesn't block the run of player 3).
- As player 2 receives the ball, player 3 starts his run and receives the ball by fist pass from player 2 (player 2 then runs to the back of the player 3 line). At half way, player 3 fist passes the ball to player 4. As player 4 receives the ball, player 5 starts his run and receives the ball by fist pass from player 4 .
- At half way, player 5 fist passes the ball to player 6 . As player 6 receives the ball, player 7 starts his run and receives the ball by fist pass from player 6 . At half way, player 7 fist passes the ball to player 8. As player 8 receives the ball, player 9 starts his run and receives the ball by fist pass from player 8.
- When each player is familiar with the drill, add another ball starting at player 5.
- Lengthen the distance between the cones and change from fist pass to kick between player 1 and 2 etc.
- Change from fist pass to high throw between player 2 and 3 so that player 3 can jump and catch the ball.

Minor – Mini– Game Drill

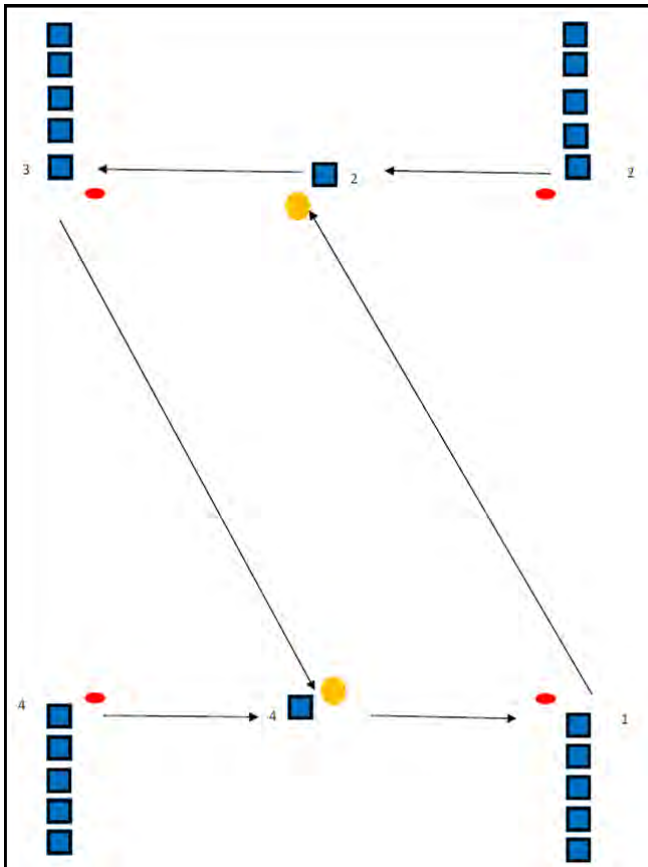


Organisation:

This is a short game with 4 goals and the two teams playing in opposite directions.

- Each team has two goalkeepers and the team scores by working the ball to either of their goalkeepers.
- The other team tries to dispossess the ball off them and score by working the ball to either of their goalkeepers.
- When the goalkeeper receives the ball from their player, he comes outfield and the player that played the ball to him steps into goal.

Minor – Kick Pass Game

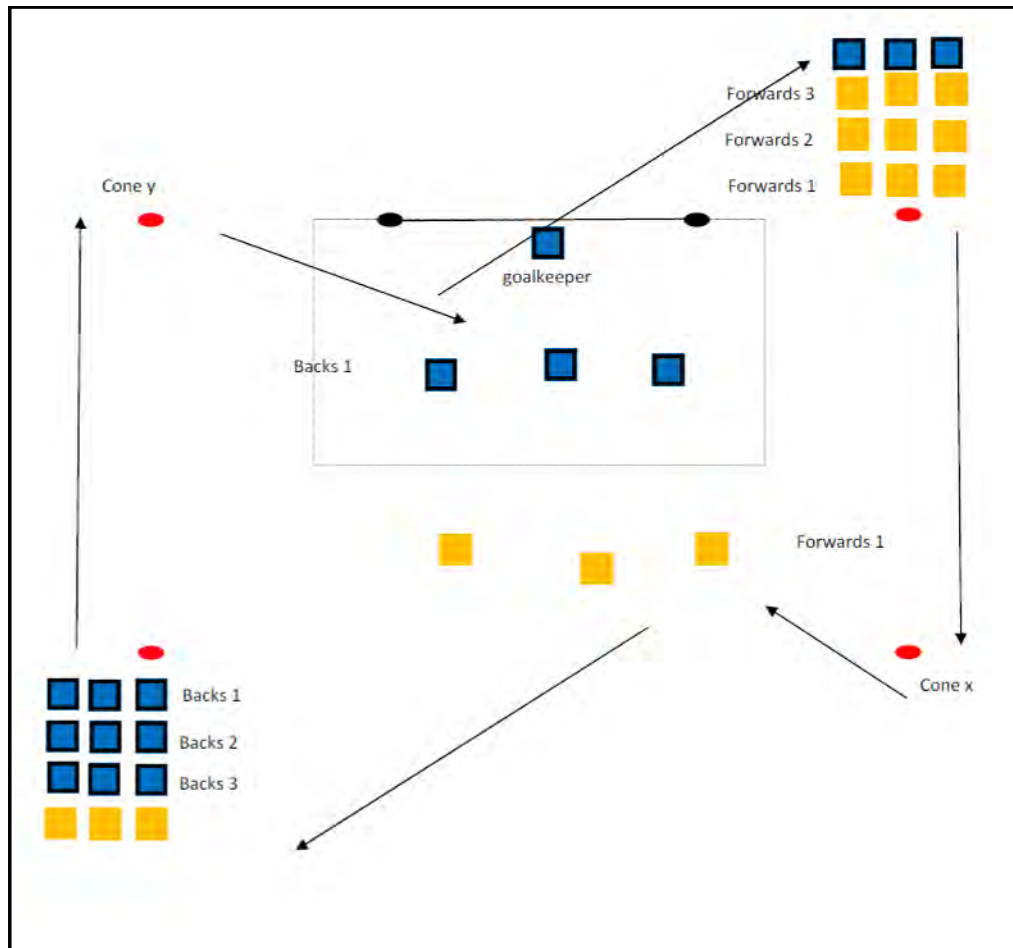


Organisation:

This is a kick pass game.

- Player 2 starts his run and player 1 kicks a chest high pass to him. Player 2 should be approx. half way when he receives the ball.
- When player 2 catches the ball he first passes it to player 3. Player 2 goes to the back of the player 3 line.
- Player 4 starts his run and player 3 kicks a chest high pass to him.

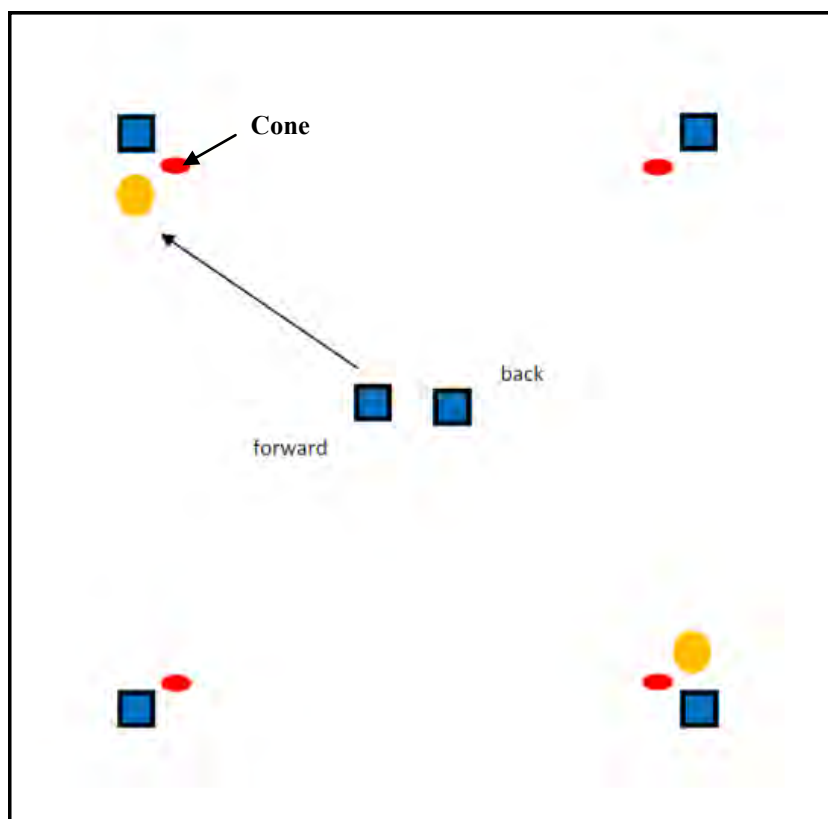
Minor – Backs and Forwards Game



Organisation:

- Divide players into team's of three.
- Place teams at opposite corner cones.
- When the whistle blows, the teams 'forwards 1' and 'backs 1' run towards cone X and Y respectively.
- After they go around the cones, team 'forwards 1's' objective is to score a goal on the goalkeeper.
- Team 'backs 1' objective is to stop them from scoring.
- After the move is completed, 'team forwards 1' go to the back of team 'backs 3' and 'team backs 1' go to the back of 'team forwards 3'.

Minor – Pass/Defend Game



Organisation:

- Make a square with 4 cones and place a player at each of the cones. Give two of these players footballs.
- Place two players in the middle of the square, nominating one a forward and one a back.
- When the whistle goes, the forward has to make his way to a corner player and take the football from him.
- Then he must work his way to another corner player (whilst being tackled by the back) and pass the football to him.
- After he has done this, he must go to a different corner player and take the football from him and then make his way to another corner player and pass the ball to him.
- He cannot pass the ball back to the corner player that he has taken the football from.
- The corner player cannot pass the ball to the forward - the forward must take the ball from him.
- The four corner players can pass the spare football between them but the corner player with a ball cannot pass the ball away when the forward is coming towards him to take a football.
- Do this drill for 60 seconds and when the time is up, replace the two middle players with two corner players.
- The drill can be made more difficult by adding two additional players in the middle (4 in total).