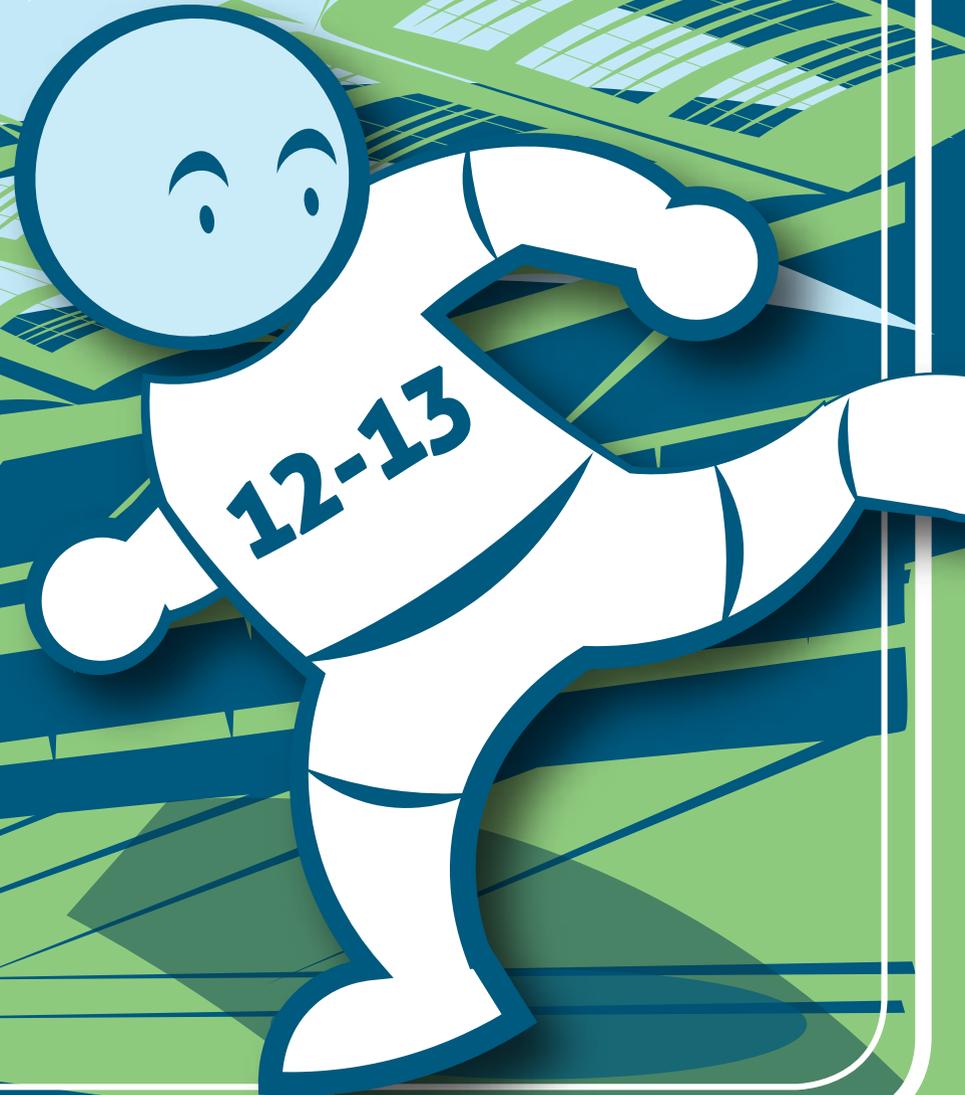


# TURAS

# FOOTBALL



# CHILD COACH RESOURCE



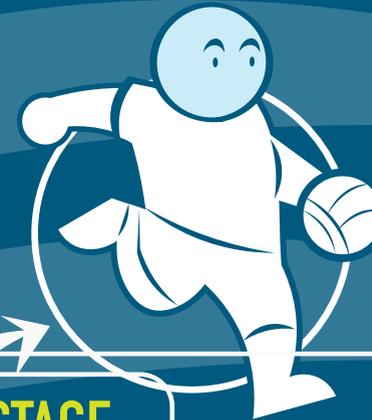
## **CHILD COACH RESOURCE (FOOTBALL) CONTENTS**

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# TURAS

AGE

18+



STAGE

ADULT

AGE

16-17

14-15

12-13



STAGE

LATE TEENAGE

MID TEENAGE

EARLY TEENAGE

AGE

10-11

7-9

4-6



STAGE

LATE GO GAMES

EARLY GO GAMES

NURSERY

**PLAYER  
PATHWAY**  
PLAY TO STAY WITH THE GAA

# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



DELIVER PLAYER  
PATHWAY  
WORKSHOP



## OUTCOMES

These workshops will help coaches to further understand the TURAS coaching principles and embed them in their weekly coaching sessions.

These workshops delivered by Leinster GAA staff will discuss what age appropriate coaching involves as well as demonstrating a variety of practical coaching activities.

This coaching resource offers further coaching materials to those coaches working with players aged 7-13.



### CLUB VISIT 1

PART-TAKE SESSION WITH EXAMPLES OF  
GOOD PRACTICE REVIEW SESSION USING

**TURAS**  
PRINCIPLES



### CLUB VISIT 2

OBSERVE SAME COACHES &  
REVIEW USING

**TURAS**  
PRINCIPLES



**GAA**  
Learning

# TURAS COACHING PRINCIPLES

## TESTING AND CHALLENGING; ALL PLAYERS SHOULD BE CHALLENGED TO IMPROVE AT THEIR LEVEL

- Are players recognised for effort more than outcome – encourage to try things
- Are the players engaged in the task or are they distracted?
- Do you set targets for players during activities



## UNDERSTANDS THE PLAYER IS AT THE CENTRE OF THE GAME AND PROVIDES INDIVIDUALISED DEVELOPMENT (PLAYER CENTRED)

- Did you use different conditions for different players within activities?
- How did you decide on your pairings/groupings
- Did you try to engage one to one with as many players as possible?



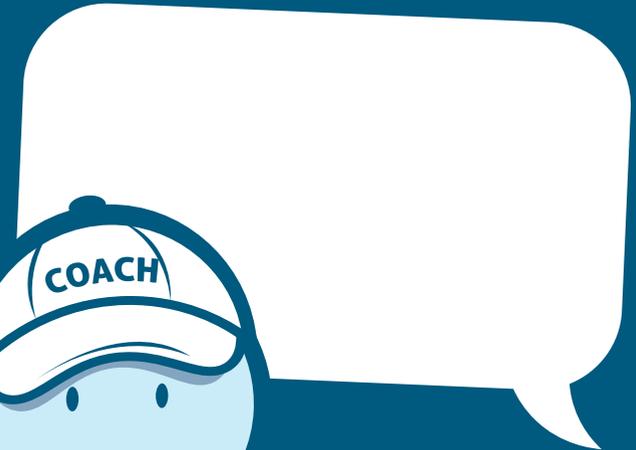
## RESEMBLES THE GAME (GAMES BASED)

- What part of the game did your activities seek to develop
- Were the players motivated to complete the activity
- Did you communicate to the players why they were doing the activity



## ALL PLAYERS INVOLVED, ALL THE TIME; LOTS OF TOUCHES, LOTS OF DECISIONS

- What percentage of your session included games
- Did your group/team sizes allow players maximum touches
- Did you use questions to facilitate thinking players



## SHOULD ALWAYS BE AN ENJOYABLE, DEVELOPMENTALLY APPROPRIATE & HOLISTIC GAA EXPERIENCE

- Were the players showing signs of enjoying the session? i.e. positive body language
- Were the activities age appropriate?
- Did you develop the person as well as the player?



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



GAA  
Learning

# 7-9



6





# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

- ADULT 18+ YRS
- LATE TEENAGE 16-17 YRS
- MID TEENAGE 14-15 YRS
- EARLY TEENAGE 12-13 YRS
- LATE GO GAMES 10-11 YRS
- EARLY GO GAMES 7-9 YRS
- NURSERY 4-6 YRS



## THE COACH

- Variation. Coach open to trial & error
- Well organised/planned sessions
- Maximise all coaching resources to increase knowledge
- Guide children. Don't tell them
- Be a role model
- Convey Enthusiasm

## THE PLAYER

- Only goes flat out – no sense of pace
- Need approval from coach/parents
- Like to show off individual skills
- Small group activities are vital for improvement
- Imagine themselves as inter county players to improve skills

## AGE 7-9



## ENVIRONMENT

- FUN is number one priority
- Coach to player ratio 1:8
- Be sensitive to each players development needs
- Discovery/Exploration
- Actual game results are secondary



## THE GAME

- Small sided games. 3v3, 4v4, 6v6, 7v7 MAX
- Zones can be used to stop bunching of players.
- Player fouled takes free
- Players sample all positions.
- Every child has their own ball at home. Play against a wall, with a friend, with group of friends.

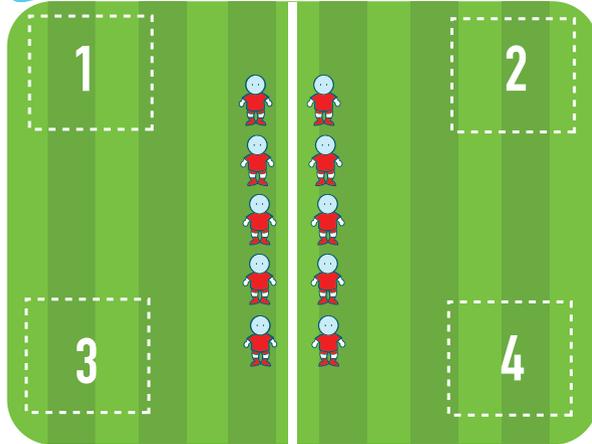
## PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. Target scores in a minute



## WARM UP-HEADS, SHOULDERS, RUN

1



This activity works on players reactions and also their listening ability.

Players face their partner with one standing either side of the halfway line.

Whatever body part/action the coach calls the players must touch/do.

After a couple of seconds coach calls a number and players must all run to that corner (compete against your partner).

Progression:

To make it more challenging you can change the name of each corner (use numbers, colours, counties).

## KEY COACHING POINTS

### Participant Feedback

How can you be fast off the Mark?

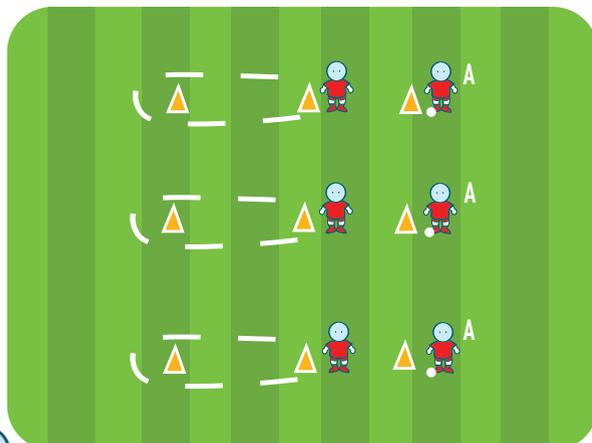
Head up stay on your toes.

What skill can you use to avoid bumping into others?

Side step and spin (Shoulder Roll)

## CATCH AND MOVE

2



This activity will progress the players catching ability from a standing overhead catch to a run and jump catch above the head.

Players pair off and get a ball for each pair.

To start, player A (with the ball) throws it high to their partner so they have to catch the ball above their head (without jumping).

Keep repeating.

After several goes we now encourage the player to jump and catch the ball above their head.

To develop it further, before the ball is thrown, the player without the ball must run around the cone behind them and attack the ball in the air.

Progression:

Standing--->Jumping--->Running and Jumping.

## KEY COACHING POINTS

### Participant Feedback

Where are you looking when catching the ball

Keep eyes on ball.

What should our hands be in when catching?

'W'

Where should our knee be when we jump?

Drive knee up for protection, balance and higher jump.

What do we do after we land?

Protect the ball and take your four steps.

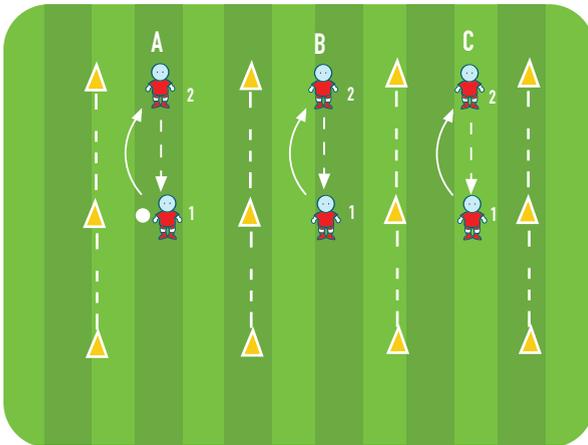
What should the catcher shout before they catch the ball?

His/Her name.



## ATTACH THE BALL

3



This activity is encouraging high catching and accurate handpassing on landing.

Using cones set up a channel 5m wide and 15m/20m long.

Player 1 with the ball starts in the channel facing player 2.

On the whistle player 1 while jogging backwards throws the ball into the air for player 2 to come forward and perform a high catch.

On landing player 2 handpasses the ball to player 1 and they keep repeating until the end of the grid.

If we need to have three in a group due to space or numbers the player who catches the ball passes it to the third person who in turn passes it to player 1.

**Progression :**

Add a third person to each group who applies some pressure to the catcher while jumping and also while landing.

Bring in a second ball so the catcher is having to work more often and is constantly up and down.

## KEY COACHING POINTS

### Participant Feedback

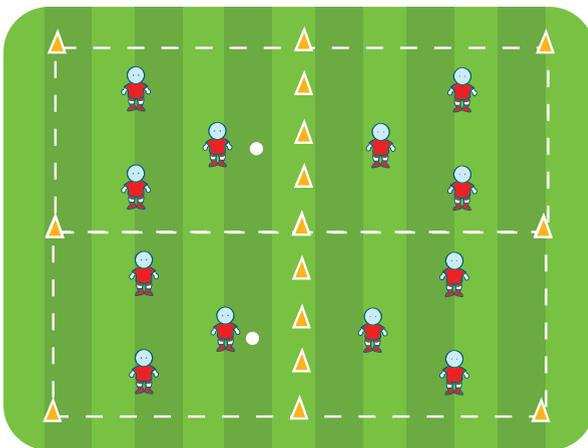
What is the best point to catch the ball?  
**its highest point**

Where are your head hands feet?  
**Head - Looking at ball, hands - in a 'w' shape, feet - knee drive**

what will slow down your team gaining possession?  
**Waiting for the ball**

## JAIL BALL

4



This is a fun game that rewards players for performing a high catch.

(Set up as many grids as possible to avoid large teams).

A grid is set up 20 x 10m with a line of cones across the middle.

Players are divided into two teams (max 3 or 4).

The team who starts with the ball must kick it high into the air with the aim of trying to land it in the opposition zone.

If it lands on the ground in the opposition zone whoever is closest to it must go to jail and perform 10 high catches with the coach before they can join their team again.

If the ball is caught with a high catch that team gets a point.

If the ball lands outside the zone the kicker must go to jail.

**Variation:**

If players are struggling to keep kicks inside the zone you can allow them to throw the ball into the air.

**Progression :**

A second ball can be added to make players have to think and work more.

The area can be made larger so players have to cover more space in order to perform the catch.

## KEY COACHING POINTS

### Participant Feedback

How do we stop more than one player going for the same ball?  
**Encourage communication between players.**

What will make it harder for the kicking team?  
**Defending team together to close off space.**

What will help kickers?  
**Scanning the opposition grid to see where space is.**

7-9  
WEEK 1



9

# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



**GAA**  
Learning

# 7-9



# TURAS

## PRINCIPLES IN ACTION

**T**esting and Challenging; all players should be challenged to improve at their level

**U**nderstands the player is at the centre of the game and provides individualised development (player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time; lots of touches, lots of decisions ✓

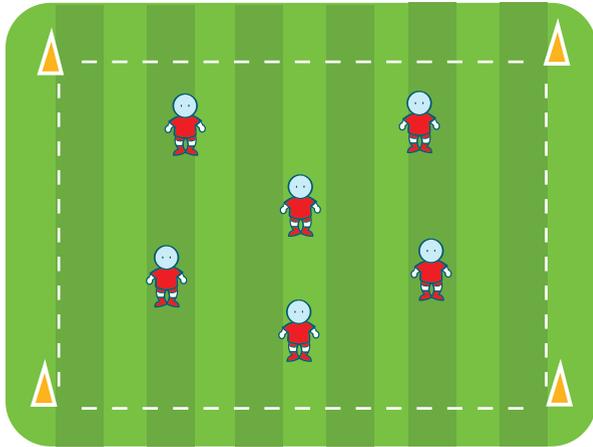
**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience

Today I will set up activities to involve my players making lots of decisions when in possession of the ball.



## WARM UP- COACH SAYS

1



Players all start spread out in a large grid.

On the coaches call players must do what is instructed (eg. Get in groups of 3, give someone a piggy back, get in the wheelbarrow position.)

While waiting for the coaches instruction players should be jogging around the grid in random directions.

Last player/s to perform the required activity have to step out and perform 10 of a specific skill before joining back in (solos, catches etc).

## KEY COACHING POINTS

### Participant Feedback

What direction will you be running in a match?

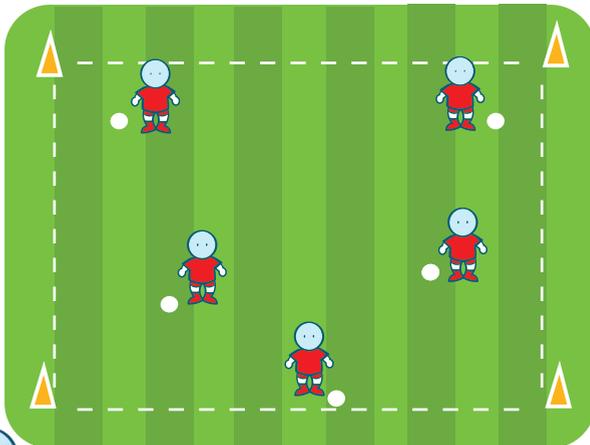
**Multi-direction**

When will you have to react fast in a match?

**To win breaking ball get out in front of marker. Sprint when you hear instructions.**

## HOT POTATO SOLO

2



Here players will test their ability to solo the ball both left and right foot at speed without opposition.

Players line out inside a large square (20m x 20m) with a ball each.

Ensure each player has enough space to perform the skill.

On the whistle players begin to solo the ball on the spot.

Players count how many successful solos they can perform in 30 seconds.

If the ball is dropped or goes above the players head they must go back to zero.

Repeat the challenge with the opposite foot.

### Progression:

Add in movement so players have to take four steps before completing a solo.

Players must move in random directions, not in a circle.

Have one player as a statue in the centre of the circle. A stationary player can be added to tackle participants near them.

### Variation:

If you do not have enough footballs you can have a ball between two.

Players take two solos and pass to partner.

## KEY COACHING POINTS

### Participant Feedback

What hand should the ball be held in when performing a solo?

**Same hand as the foot you are using (Right hand / Right foot)**

When we are moving how do we ensure we avoid contact?

**Head up, take your four steps towards space.**

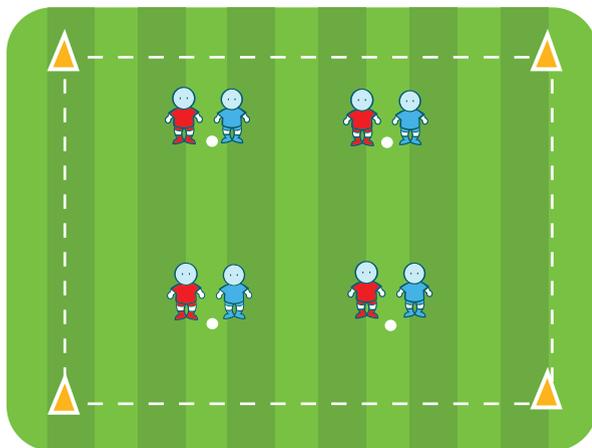
What do we do with the ball during the four steps?

**Protect it.**



## SOLO PRESSURE

3



A drill that replicates soloing the ball in multiple directions while under pressure.

A grid is set up 25m x 25m.

Players are paired up with one player getting a ball.

On the whistle the player with the ball must move around the square without getting dispossessed by their partner.

After 30 seconds reverse roles and see who can get more dispossessions.

### Progression:

The size of the grid can be made smaller.

Two players can tackle player with the ball.

## KEY COACHING POINTS

### Participant Feedback

What can the player with the ball do to help maintain possession?

If you are getting tackled from the left side, solo with your right and visa versa.

How will you contact with other players?

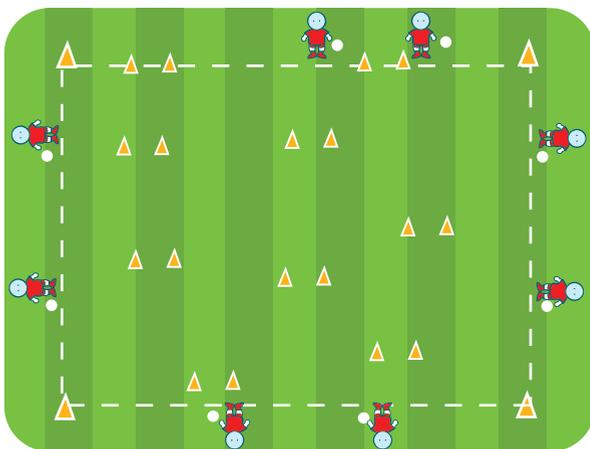
Keep your head up and take your steps into space

Can a side step help you here?

Yes! It will create extra space to perform the skill.

## SOLO A GOAL

4



In a tight environment players must identify space and learn to exploit it.

A large square is set up (25m x 25m) with a variety of small goals randomly placed around the inside (see diagram).

Players start on the outside of the square with a ball each.

On the whistle players must try solo the ball through as many of the goals as possible to gain points.

Each of the goals should be made using as many different coloured cones as possible. Players must go for a different coloured goal each time.

After 30 seconds players count up their scores. Repeat the exercise with the opposite foot.

### Progression:

Coaches can move around the square and block off certain goals. This will force players to look up and also encourage change of direction.

Players can knock someone's ball away while they solo. If successful that person must step out and perform 5 solos before rejoining. If tackle is unsuccessful the tackler must step out and do the same.

## KEY COACHING POINTS

### Participant Feedback

Why do you need your head up?

To scan the grid and identify goals that are empty

How would a side step be helpful here?

Avoiding contact/tackle and exploiting space

When is the best time to knock someone's ball away?

During a solo, hop or a fumbled ball.

How can players ensure they protect the ball?

Hold ball in two hands when taking steps.

7-9  
WEEK 2



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



**GAA**  
Learning

7-9



# TURAS

## PRINCIPLES IN ACTION

**T**esting and Challenging; all players should be challenged to improve at their level ✓

**U**nderstands the player is at the centre of the game and provides individualised development (player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time; lots of touches, lots of decisions

**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience

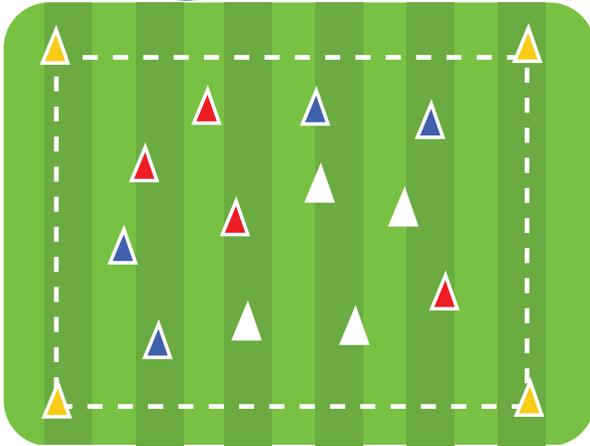
Today I will challenge each player on their kicking. They will kick for accuracy & length. Ability levels will vary from player to player but all will be challenged to improve.





## BUMPS, ROUNDABOUTS & STOPS

1



Using 3 sets of coloured cones eg Red, Blue, White spread these cones out randomly around the whole grid

Blue = Bumps= player jumps over  
Red= Roundabout= Player must run around  
White = Stop= Player Squats over cone

Players allowed run wherever they want within grid

Head up

Eyes Open and scanning - like a robot

Players move as fast as they can in any direction

Add extra ABC or RJ as coach likes in between

### Progression

Each player with a ball and allow players to practice any skill they like as they move between cones

Add other movement skills instead of runs

## KEY COACHING POINTS

### Participant Feedback

What targets can we set players?

4 steps

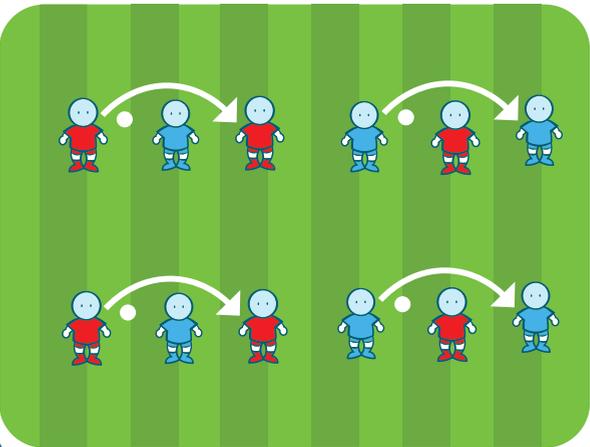
Find empty space,  
jump high and long,  
fast feet at roundabouts,  
Small as a mouse at stops

What do you want players to avoid doing?

Running in circles  
Bumping into each other  
Following someone else

## BRIDGE KICKS

2



2 teams Kickers & Bridges

Kickers start with the balls 1 per every 2 players, Bridges wearing bibs

All players start by moving in any direction around the grid (Kickers could be Hand passing to each other, Bridges working on ABC) on coaches call, Bridges get into a "high plank" position as the kickers get any partner and attempt to kick pass the ball over a bridge. Once the kick is attempted move to a different bridge to gather a kick or to kick

Maybe play 3 games of 10-15 sec and then swap roll

Ball kicked over/under the other player in high plank position to a partner, once you kick

move as fast as you can to a different bridge to receive a pass

Laces pointed in direction you want ball to travel

Encourage HHF, push ball with laces  
Avoid Kicking ball hard

### Progress

kick over and under bridge to a partner

### Regression

Place ball on ground and kick to partner under bridge

## KEY COACHING POINTS

### Participant Feedback

Once you have kicked or caught the ball what should you do next?

Move at speed to get to next bridge  
Scan and call new partner to make sure we have a pair

What way should foot be pointed when kicking?

Toes/Laces pointed at the target  
Push ball with foot  
No need to kick the ball hard

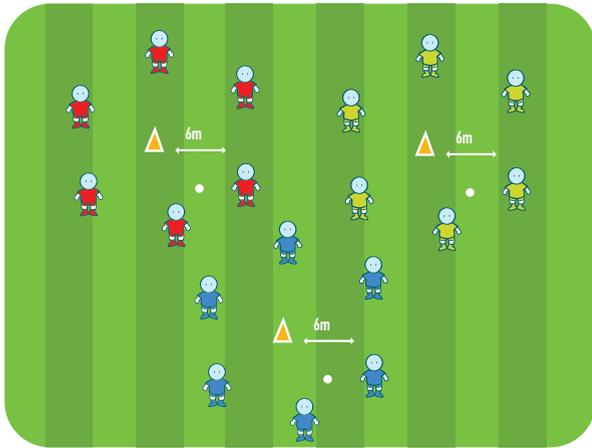
What should the bridges look like?

Tall  
Solid  
Not moving



## SMASH THE PYRAMID

3



Players in Teams of 5/6 with their starting position in a circle with a large cone in the middle

On the coaches call player with the ball must solo/hop in and around centre cone as they turn, and pass to the next player who repeats. Once all players have this done, they must then attempt to hit the cone with the ball by kicking it. Player on opposite side must be aware that ball is to be gathered by them and HP to either player on left or right to kick

### Progression

Bigger circle or smaller target, add in a skill before kick is taken (dummy solo right kick right)

### Regression

Bigger target, kick ball on the bounce

## KEY COACHING POINTS

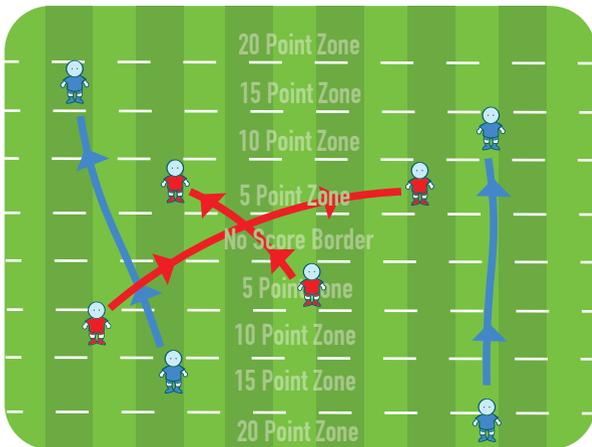
### Participant Feedback

Should you be standing still when kicking the ball?  
**No kick on the move with good Kicking technique HHF**

Players who are not kicking the ball, What should you be doing?  
**Eyes on the kicker and ball**  
**On our toes**  
**Make sure ball doesn't get pass us**

## HICK YOUR POINTS

4



Players working in pairs to get highest score. A score = kick pass from one partner to the other without ball hitting the ground

Players choose what distance/zone to kick ball into. One partner on each side of the border

### Progression

Each player with a ball and allow players to practice any skill they like as they move between cones

Add other movement skill instead of runs.

## KEY COACHING POINTS

### Participant Feedback

Should you be kicking to max score all of the time?  
**Player figure out their capabilities on distance and accuracy of kicking and move as they need**

Should you be standing still for the game?  
**We need to move at all times to find space and also to not always be straight-line kicking.**

Do we play the game in silence?  
**We must talk to each to keep count of our score and pick what score we want next**

# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



**GAA**  
Learning

7-9



# TURAS

## PRINCIPLES IN ACTION

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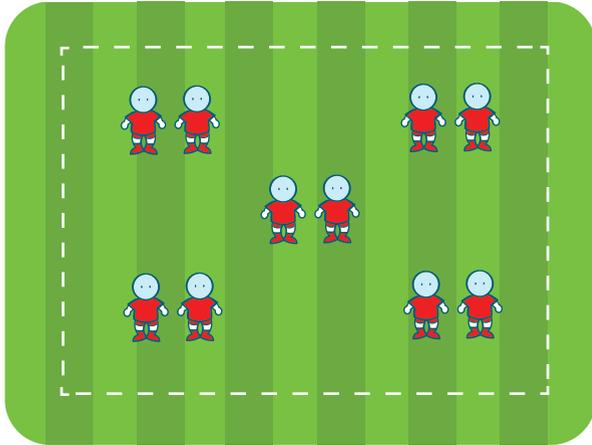
Today I will allow lots of opportunities for players to tackle, setting up activities similar to how we should tackle in games.





## WARM UP

1



### Rock, Paper, Scissors, Move

Players in pairs to start with spread out around the grid. On coaches call the pairs play a game of Rock, Paper, Scissors, once there is a winner on this game the pair all split up and find a new partner to play another game with player keeping account of how many games they won.

### Progression

Give ball to all players to do a skill after a game and before new game starts (Link to previous skill session) Place ball on ground while playing R. P. S followed by appropriate pick up

## KEY COACHING POINTS

### Participant Feedback

What do you need to do to help play this games?

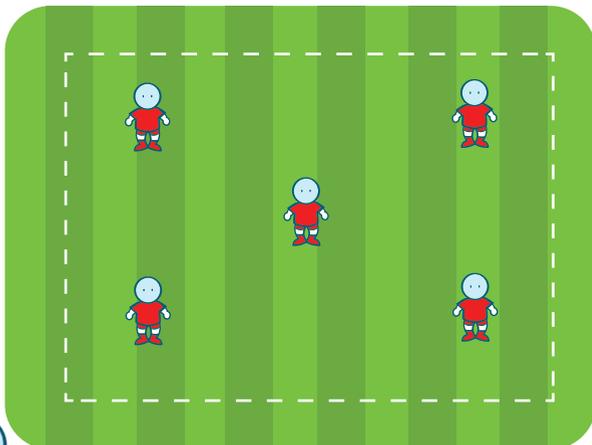
Look/Scan for a new free partner

Move as fast as they can

Take at least 4 steps before you buddy up

## BIB WARS

2



All players with a bib on their hip, side picked by coach.

Whatever side bib is on player puts that hand behind their back so they only have 1 hand to tackle/catch other bibs with. Bib on left hip = Left hand behind back

Can play as a 1 V all game or split group into 2 teams but still end up with 1 winner

(Encourage attack and going for bibs, tracking others who are chasing someone to get them

(Avoid players standing in corners or not moving)

## KEY COACHING POINTS

### Participant Feedback

What skills can you use to protect or keep your bib?

Use footwork and body position and don't let chaser see my bib

What else can you do to catch other players bibs?

Teamwork.

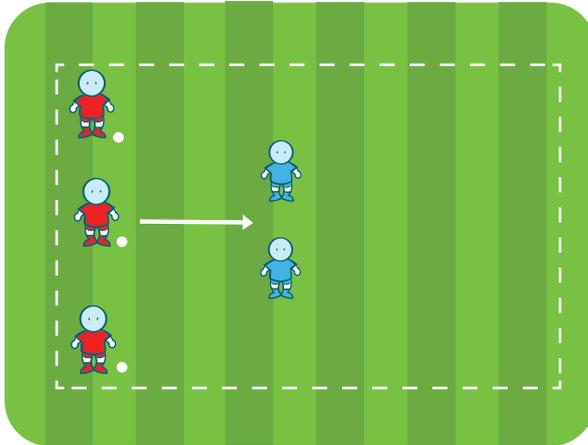
Double/Treble Ups

Traps



## TACKLE THE BALL

3



Players get into pairs with 1 ball between 2

Player A must move around grid bouncing the ball basketball style with player B attempting to knock the ball away/touch the ball.

Avoid tackler making contact with ball carrier body (poor tackling)

Depending on numbers and equipment you may play the game with 3 or 4 chasers against the rest of players who all have footballs (May be a progression)

Add in 4 steps solo hop as next step

## KEY COACHING POINTS

### Participant Feedback

What should the player without the ball be looking to do?

Focus on timing and when to attempt to touch the ball

Getting as close as possible to ball

Correct hand tackle

Foot position

Hand in & Out and tackle the ball

What should the player with the ball be trying to do?

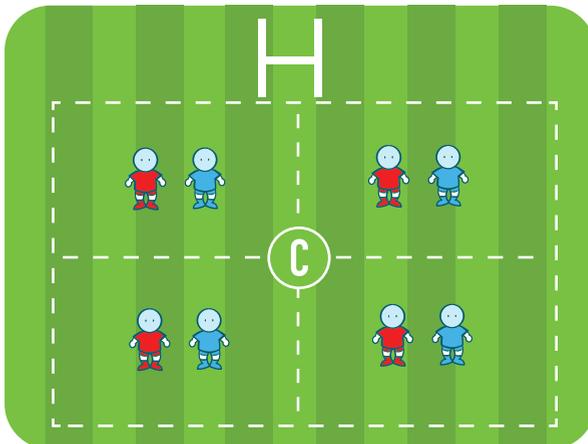
Use body position to protect ball

Swapping from Left to Right and keeping ball as far away from tackler as possible

Evade and create distance

## TACKLE DUAL

4



Divide you're playing area into 4 separate grid with the coach in the middle of the 4

Coach throws ball into one of the 4 grids and the player who gets possession must get the ball back to the coach after he/she has completed a solo/hop all this is done will staying in their assign grid

Once coach has got ball back, he than throws the ball into another grid and game is continue as before.

You can add in a scoring option at also. 0

Once the coach has got ball back, he gives it to the other player in the grid who then attempts to kick a score, so both players will have a go at tackling and being tackled in the one game.

## KEY COACHING POINTS

### Participant Feedback

What stance should the tackler take?

Boxer stance

Hands by side

Player with the ball should you just pass the ball over the defender's head?

Maybe I should try and take the defender on and use my skills to get pass them

What are those skills?

Boxer stance

Side step

If the attacker gets pass you what should you do, stop?

I should try and still win the ball but remember that the coach is going to give me the ball once they get it and I must attempt to get in for a score

7-9  
WEEK 4



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

# 10-11



**GAA**  
Learning





# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

- ADULT  
18+ YRS
- LATE TEENAGE  
16-17 YRS
- MID TEENAGE  
14-15 YRS
- EARLY TEENAGE  
12-13 YRS
- LATE GO GAMES  
10-11 YRS
- EARLY GO GAMES  
7-9 YRS
- NURSERY  
4-6 YRS



## THE COACH

- Simple Tips
- Cheer & Praise
- Organised/Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning.

## THE PLAYER

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-conscious in learning new skills

# AGE 10-11

### TECHNICAL SKILLS

#### Kicking

Hook Kick on both sides of the body. Shoot for points & goals.  
Punt Kick outside of the foot.  
Punt kick for distance pass.

#### Handling

Hand pass using both sides of the body.  
Reach catch moving towards the ball.  
High catch with feet off the ground..

#### Movement

Solo & bounce maximising four steps

#### Tackling

Shadowing, block down & shoulder.

#### Body resistant exercise

Performed through FUN games incorporating Push, Pull, Squat, Lunge movement patterns. E.g. Leap Frog

#### Evasion

Encourage use of side step & feint in passion of the ball

Continue to develop principles of Running & Jumping

### PHYSICAL FITNESS

### TACTICAL PROWESS

#### Decision Making

When in possession challenge the players to scan options – Pass, Travel or shoot.  
Off the ball – Who to mark.  
How to be an option.

Coach to question players during session and in games on decision making.

Coach to place conditions on training games to challenge decision making e.g. No play, Kick pass only, Left/Right foot only.

#### Support Play

Support Play – Support your team mates in attack & defence. Coach to praise off the ball support runs.

Coaching sessions are game based to improve team play. Training Games have a variety of focus – Scoring, defending, keeping possession, use width.

### TEAM PLAY

### PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

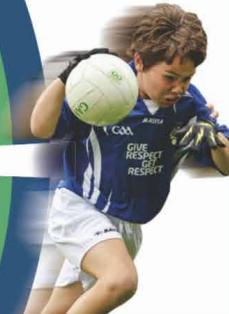
Outline the link between practise and improvement.

### PARTICIPANT FEEDBACK

Develop basic awareness of performance through outcomes e.g. 5 points in a row from 10 meters out.

## ENVIRONMENT

- FUN is number one priority
- Coach: Player Ratio = 1:8
- At least 1 football for every 2 players
- Players enjoy practice. Coach sets FUN tasks between sessions.
- Player enjoy game experiences rather than results

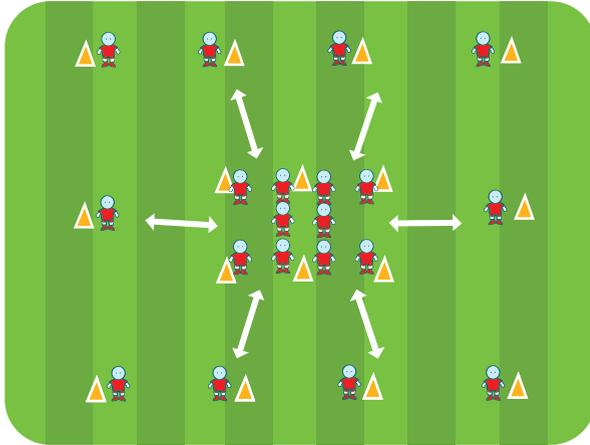


## THE GAME

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- Size 4 smart touch football
- Continue to allow players to explore all positions
- Limit plays of the ball in coaching sessions to mirror that of match day rules.
- Has their own ball at home

## OUT AND IN

1



Half the players in the inner grid with a ball each.

Half the players on the outer grid without a ball

For 1 minute, inner grid players move out and pass to outer grid player. Outer grid player returns the pass. Inner grid player moves back through inner grid before playing to another player.

## KEY COACHING POINTS

### Participant Feedback

How can you let a player with a ball know you are open?

Call his name

How can you provide a target for a player with a ball?

Hands up in catch position in front of chest

what type of hand pass if close to player?

Soft open hand pass

How will you know who is open for a pass?

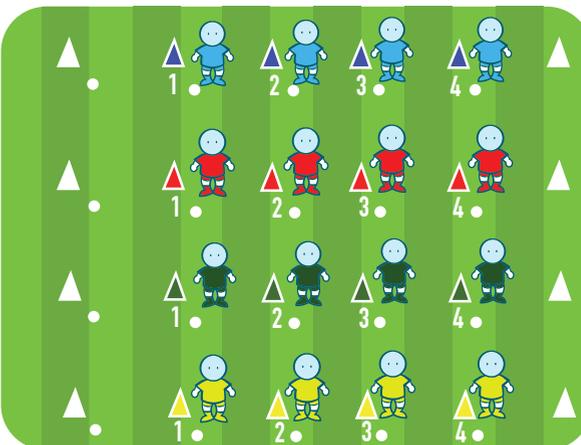
Head up and scan, listen for your name being called

How can you protect the ball when travelling through inner grid?

Minimum plays, carry with 2 hands

## BINGO

2



One player at each numbered cone.

When number called, players runs to ball and passes it up the line.

First team to get their ball on cone at the other end scores the point.

## KEY COACHING POINTS

### Participant Feedback

How should you stand in the line before the coach call?

Side on sprinter start

How should you stand when the ball is being passed?

Side on  
Up on toes  
Hands up

How can you provide a target for a team mate to pass to?

Hands up making eye contact

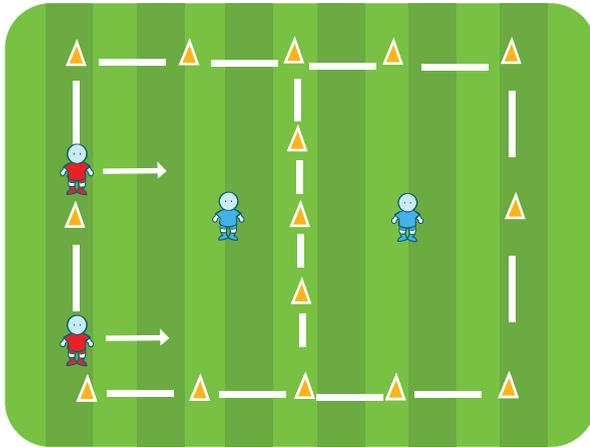
What will slow the ball being moved up the line?

Not facing the ball  
Inaccurate pass  
Fumbled catch, slow to react to your number being called



## GAUNTLET

3



2 grids with a defender in each

2 attackers attempt to move through both zones keeping possession of the ball

Defenders must stay in their zone

## KEY COACHING POINTS

### Participant Feedback

When should you pass?

When my team mate is in space

What can help you get space when you have the ball?

Perform a side step or a dummy

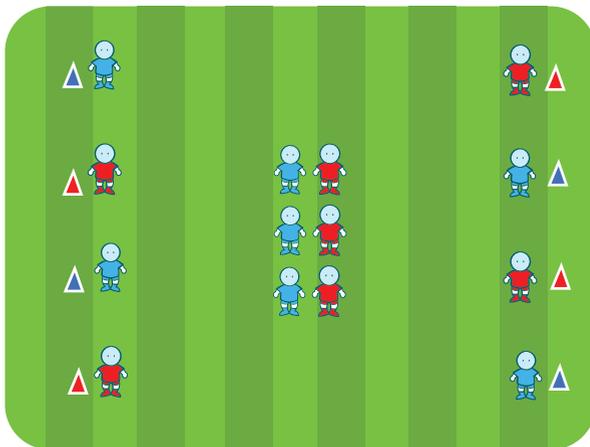
How can you slow down the attackers?

Backtrack to create doubt

Dummy tackle

## BENCH BALL

4



3v3 in middle with teammates at cone on boundary.

Score when player in middle passes to team mate on outside.

Following a score player on the outside comes into game with the ball.

Passer takes up the position on the outside.

## KEY COACHING POINTS

### Participant Feedback

Why do you need to scan the grid?

See team mates, see what end is free to score in

When there is no play rule, what must you do to help the ball carrier?

Move into space and call

How will a side step help you here?

Create space for me, give me time to weigh up the options

When is a good time to tackle?

On a fumbled ball

Poor pass

when player is isolated

On 4th step

10-11  
WEEK 1



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



GAA  
Learning

# 10-11



# TURAS

## PRINCIPLES IN ACTION

**T**esting and Challenging; all players should be challenged to improve at their level

**U**nderstands the player is at the centre of the game and provides individualised development (player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time; lots of touches, lots of decisions

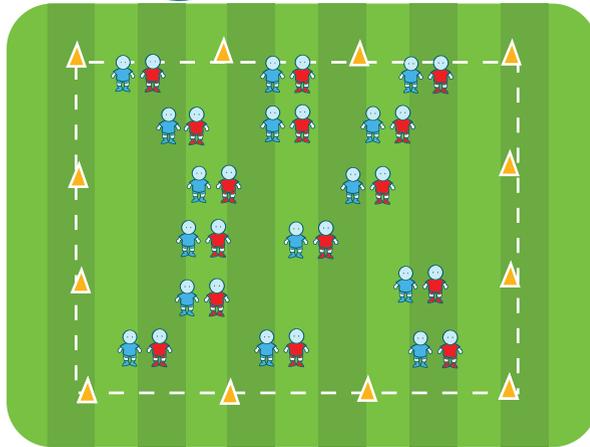
**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience

During the course of today's session I will strive to give 8 of my players individual feedback on an element of their game.



### BACK TO BACK

1



Partners with a ball each move away from each other playing the ball in a variety of ways.

On coach whistle, find partner and line up back to back.

If a player is knocked out they have to perform a skill to get back in.

\*\* "Last 2 players to line up back to back are out for one round only. Eg Each round 2 players are out and 2 players rejoin."

### KEY COACHING POINTS

#### Participant Feedback

Question the players about the key teaching points of the skill you ask them to perform

Where do you put your hands on the ball when you are bouncing it?

One on top fingers spread

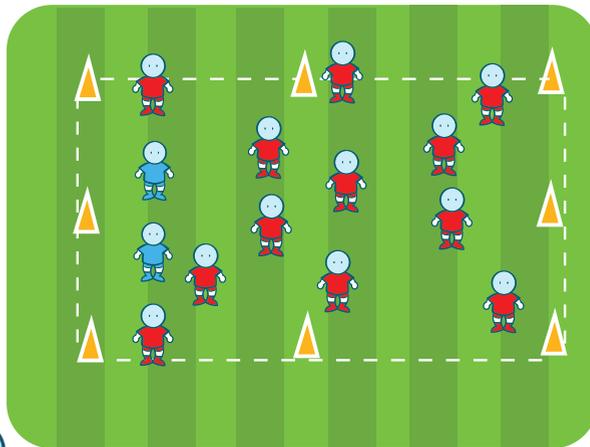
How can you help your partner find you in the grid?

Call his name

Run to him

### SOLO TAG

2



Runners (RED) maintain the ball while evading taggers (BLUE) for a set period of time.

All players must play ball every 4 steps.

If tagged, you are out.

\*\* A tag is when the chaser presses the ball against a runner. When a player is tagged, he freezes and completes 5 solos before returning to the game.

### KEY COACHING POINTS

#### Participant Feedback

How will you know where the other players are in the grid?

Head up, scan to see the taggers

What should you do to protect your ball?

Carry ball in 2 hands between plays

Take 4 steps between plays

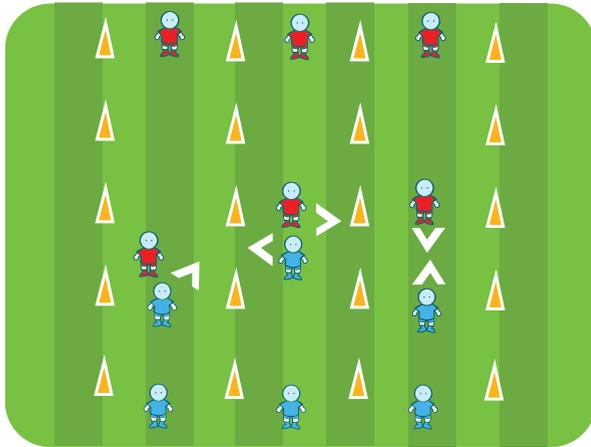
When performing the toe tap with the right foot, what hand should you drop the ball with?

Right hand



## SWIM THE CHANNEL

3



1 v 1 contest in a channel.

Attacker attempts to travel with the ball from one end of the channel to the other end

## RUNWAY

4



4 attackers attempt to travel with ball through gate at the other end of the zone

2 defenders attempt to delay / dispossess in zone 1

Defenders can only enter zone 2 if the ball is in zone 2

## KEY COACHING POINTS

### Participant Feedback

#### ATTACKER

What can deceive the defender?

Side step and acceleration

When moving to the right, what side should you play the ball on?

Right side

#### DEFENDER

What stance should you be in?

side on stance

When should you attempt to tackle?

on the attacker's 4th step

## KEY COACHING POINTS

### Participant Feedback

How can support runners make it difficult for the defenders?

Players without the ball attempt to exploit space.

What decisions do you have to make when you are the ball carrier?

Should I pass or should I travel?

When should the ball carrier travel with the ball?

When the defenders mark the support runners and leave a gap to run into



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



# 10-11



# TURAS

## PRINCIPLES IN ACTION

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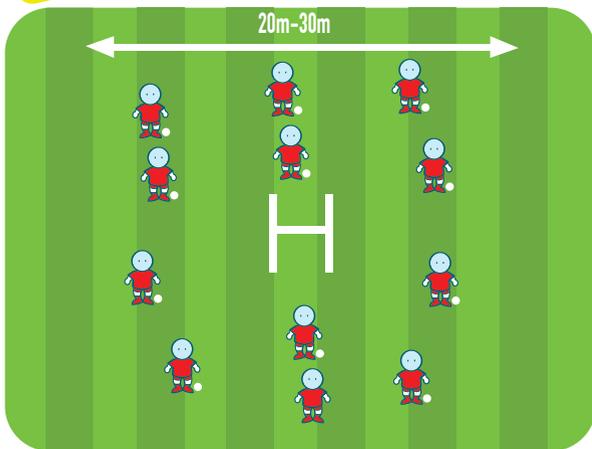
**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience ✓

I have set up today's session to be one that players will really enjoy. I will encourage laughing and fun throughout the session.



## HOOK KICK OVER THE BAR

1



Players jog around both sides of the goal each with a ball.

On the coaches whistle each player turns and tries to hook kick the ball over the bar.

Players practice using both feet.

## KEY COACHING POINTS

### Participant Feedback

When kicking with your left foot, what hand do you hold the ball with?

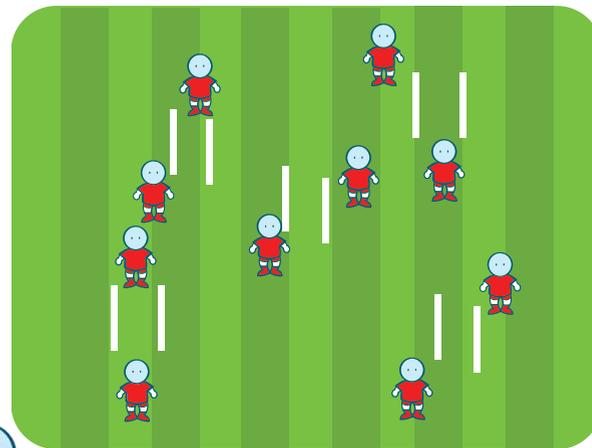
**Left Foot - Use the same hand, same foot.**

Stop after you kick the ball. Where is your jersey facing when you score or put the ball wide?

**Your Jersey should be facing over the bar.**

## FIND A GOAL

2



In Pairs try to hook kick the ball through a goal to your partner standing 10-15m the far side of the poles

You get a score for every completed hook pass through the goal to your partner.

Pairs must score in a different goal every time.

Play for 2 mins

### Progress

2 points for a clean catch, 1 point for a 1 hop catch, 3 points for weaker foot

Move further or closer away from your partner

Use weaker Foot

## KEY COACHING POINTS

### Participant Feedback

Keep eyes on ball until it has left your foot.

What sort of ball would you like to receive?

**On the chest or 1 bounce in front**

What way do you finish facing when kicking to your partner?

**Finish with your chest to the target**

What are you looking at just before you kick the ball?

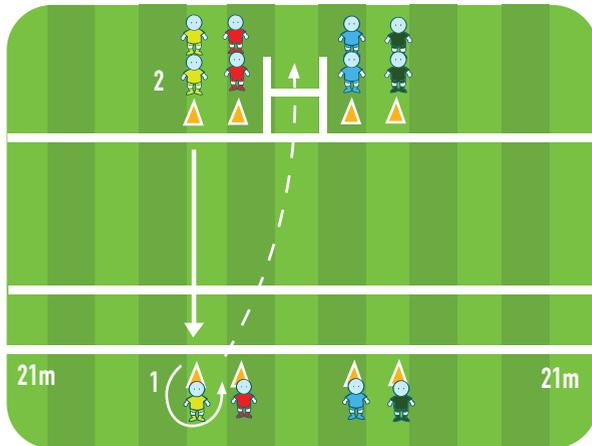
**Keep your head down for the count of "1.2"**

What do you do when a defender is in the way?

**Change direction and keep your head up looking for another goal**



## AROUND THE CORNER



2 kick passes to 1 and travels out around 1.

1 hand passes back to 2 who then kick for a point.

Progression

-race to see first line to score. .

3

## KEY COACHING POINTS

### Participant Feedback

As a forward where do you want the pass?

Just out in front of my chest so I can take the ball at pace

What do you look at first and last before you strike the ball?

Look at the goal, then look at the ball, then kick it

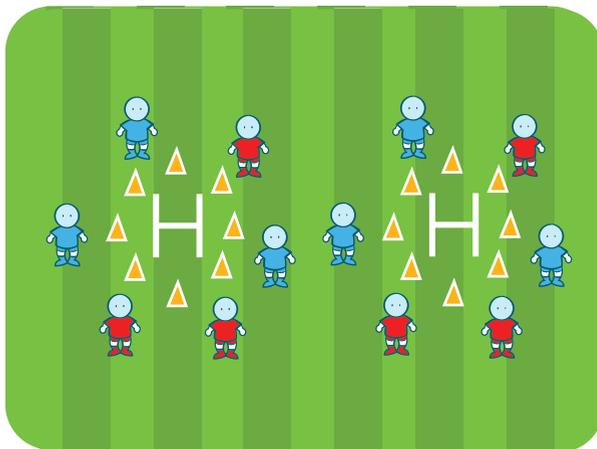
What is important with your hook kick for score?

Move your leg like a swing

To score for our team, what do we need to do?

Pass accurately, follow pass at pace, quick release from hand to foot to shoot

## CIRCLE SCORE



Play a game at 5-7 aside

Set up an extra goal if needed

No sideline

Aim is hook kick over the bar outside the 20m circle

Whichever team collects the ball after a score they continue to play on.

Conditions- Use as many as you want

Point for every hook kick (pass or score)

No plays allowed

4

## KEY COACHING POINTS

### Participant Feedback

What are the good positions to take up when not on the ball?

Keep moving to be an option for a pass or do nothing and let my defender drift towards the ball so you will be free in space

Why do you think your ball dropped short?

I shot from too far out, I need to find my scoring range

Where did you finish up facing when that shot went wide?

My chest was pointing away from the goal. Great score!

Where did you finish up with your chest?

Chest and Jersey going over the bar

What are the good positions to take up when off the ball?

10-11  
WEEK 3



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



GAA  
Learning

# 10-11



# TURAS

## PRINCIPLES IN ACTION

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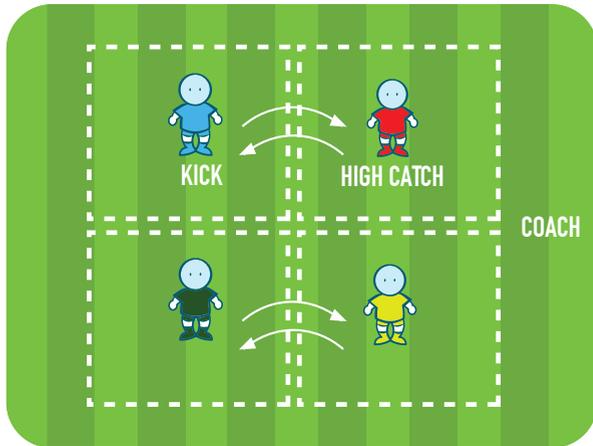
**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience

Today I have set up my activities to ensure my players make a huge number of individual & team decisions. I will ask 3 players to explain a decision they made during the course of the session.



### OVER THE RIVER

1



2- 3 Footballs per grid

Kick a high ball to the opposite grid

Ball must be kicked as high as a cross bar

Score if you make a high catch

Progression – 1 player from each team swaps grid and acts as a blocker to stop the ball being caught.

### KEY COACHING POINTS

#### Participant Feedback

What are you looking at when ball is being kicked over ?

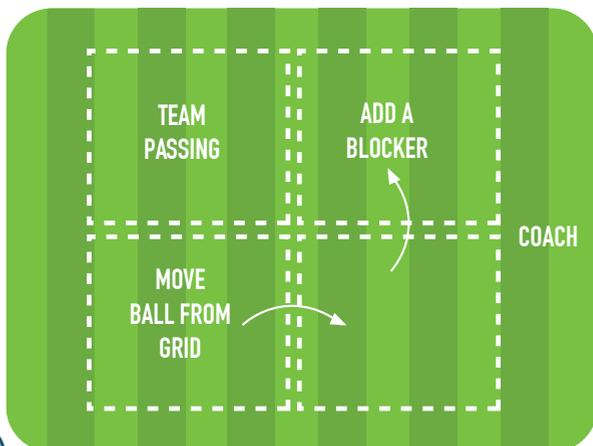
Keep your eyes on the ball as it comes over the river

What should you do to avoid going for the same ball as a team mate or avoid bumping into them?

Look around the area for others and call your name to let team mates know you are going for the ball.

### AROUND THE GRID

2



Using the same grids players go back to the original teams

Players in their groups start throwing the ball for their team mates to high catch the ball.

This is where the coach and instruct on coaching points

Progression Add a blocker from another team to stop the high catches in the grids.

All teams now play together with a blocker in each section trying to move the ball around "Grid to Grid" to get a score

### KEY COACHING POINTS

#### Participant Feedback

How should you use your legs to jump higher?

Drive the knee high into the sky

Are your hands close together or far apart?

Close together in a W shape

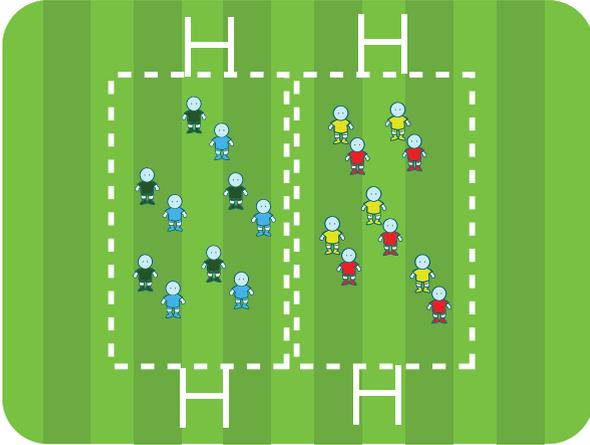
What should you do after catching the ball above your head?

Bring ball into body to protect it, take four steps and scan the playing area.



## REACT, CATCH, SCORE

3



Blue vs Green and Red vs Yellow

2/3 players from each to act as feeders

Game is played as normal but when a ball goes dead a feeder lobs the ball in for a contested high catch

Rotate feeders every 3 mins like rolling subs

Goalkeeper/Last player back must kick ball high for a contested catch

## KEY COACHING POINTS

### Participant Feedback

How can you help your teammate contest the high ball?  
**Get in around your teammate for breaking ball and be in front of your marker**

Which is best when trying to catch the ball, stand tall underneath where the ball is or be running onto it attacking the ball to catch?

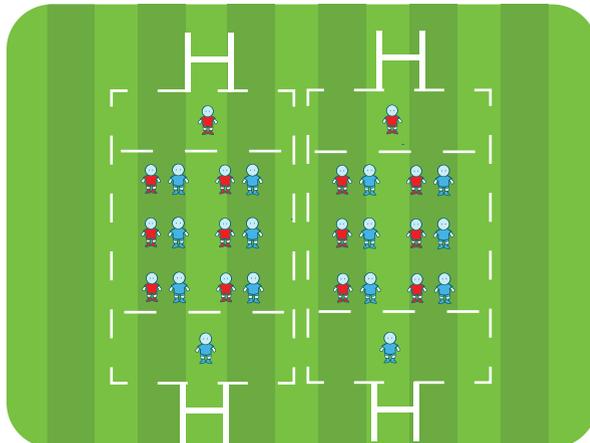
**Run jump and attack the ball so you will get up higher.**

Is there a time when you don't want to catch the ball?

**Yes if you can knock the ball down to a on coming teammate.**

## SUPPORT THE STAR

4



Play 4 teams as above

1 "Star" Player stays unmarked 15m-20m area in front of the goal

Double score is awarded if the "Star" high catches the ball and lays it off to a support player for a score.

All sidelines and kickouts are kicked high into the air.

"Star" can be switched after a score or every few minutes

Progression- "Star" can be marked and can score.

Add 2 "Stars" in the zone

## KEY COACHING POINTS

### Participant Feedback

Should I stay close to the star or far away?  
**Stay away from the Star not to help the defending team blocking the area.**

What runs should you make as the Star?

**Vary the angles of runs to give different options to my team mates. Make runs from side to side at different angles.**

Should all players run into support the Star?

**No some should support and some should wait outside the zone.**

10-11  
WEEK 4



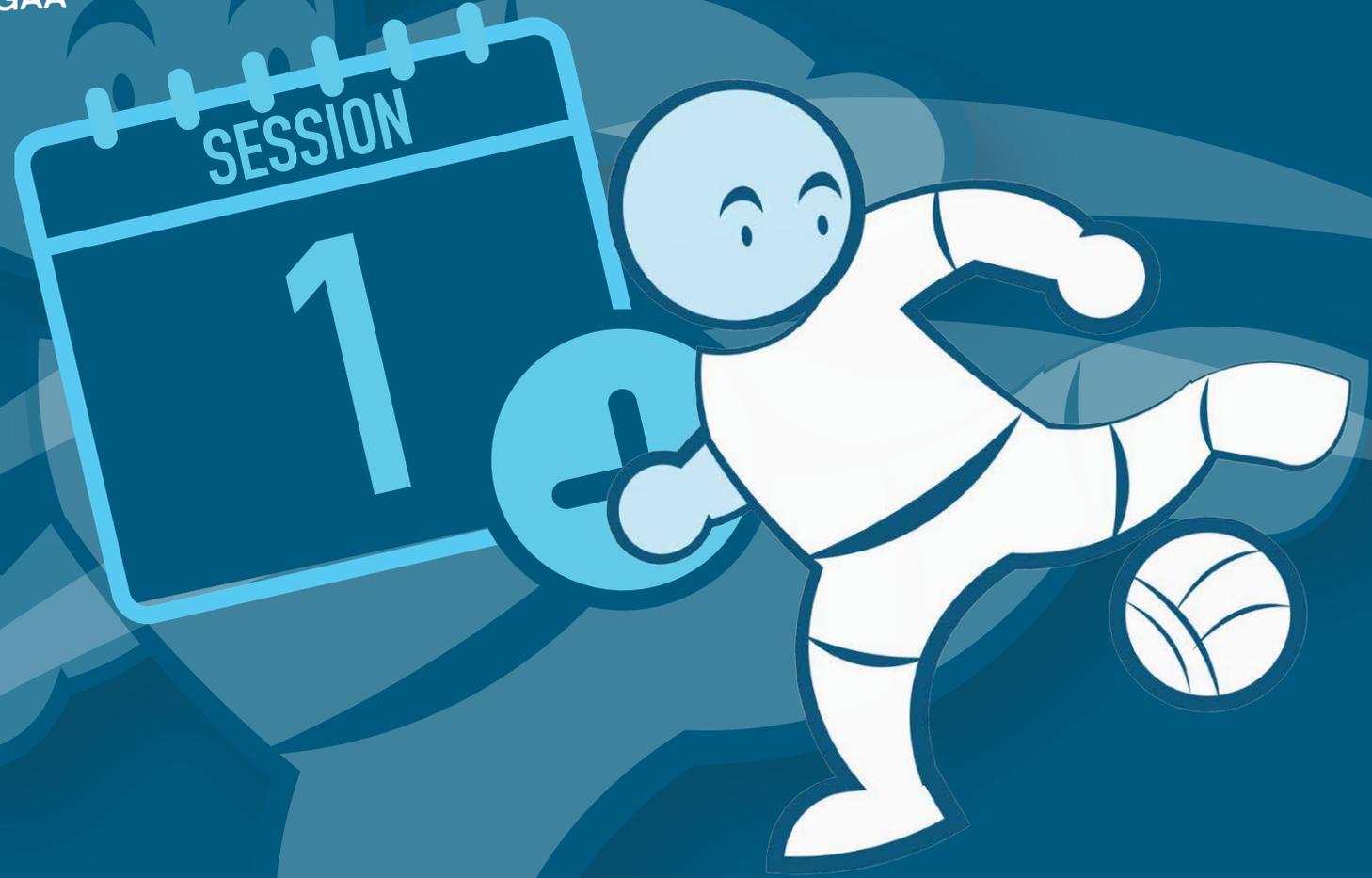
# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

# 12-13



# GAA Learning





# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

- ADULT  
18+ YRS
- LATE TEENAGE  
16-17 YRS
- MID TEENAGE  
14-15 YRS
- EARLY TEENAGE  
12-13 YRS
- LATE GO GAMES  
10-11 YRS
- EARLY GO GAMES  
7-9 YRS
- NURSERY  
4-6 YRS



## THE COACH

- Get to know your players individually
- Well organised and planned sessions
- Games Based Coaching
- Set Individual skill Challenges to do away from the field

## THE PLAYER

- Begin to see relationship between effort & outcome
- Potential changes in maturation rates due to a change in school environment
- Become very self-conscious in front of group
- Lack of confidence may be a barrier to development

# AGE 12-13

### TECHNICAL SKILLS

#### Kicking

Emphasis on accuracy. Kicking on the move & Kicking for distance. Free taking (hands & ground)

#### Handling

Low, Chest & High Catch in pressured situations

#### Movement

Dummy Kick/Solo, feint & Sidestep, Attack ball at full pace. Chip lift.

#### Tackling

Shadowing player in possession both on & off the ball

#### Body resistant exercise

Performed through FUN games incorporating Push, Pull, Squat, Lung movement patterns. E.g. Leap Frog

#### Evasion

Encourage use of side step & feint in possession of the ball

#### Running

Challenge players to stop suddenly to develop deceleration

### PHYSICAL FITNESS

#### Decision Making

Play conditioned games to create pressure on players decision making

Activities focus on building skills to gain & maintain possession of the ball under pressure

### TACTICAL PROWESS

Learning to work in team environment, individual decisions now has more impact on team outcome.

#### Team Play

Encourage and support team mates vocally

Work on teams ability to create space when in possession

Work on teams ability to deny space when not in possession

### TEAM PLAY

#### PSYCHOLOGICAL FOCUS COACHABILITY OF PLAYERS

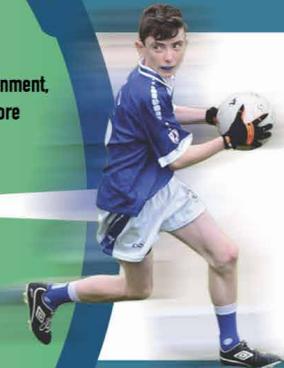
Players aware of how activities are used to improve specific skills. Look for feedback from players to question this.

#### PARTICIPANT FEEDBACK

Using imagery ask players to mirror recent pieces of play by their hero's

## ENVIRONMENT

- FUN is number one priority
- Coach: Player Ratio = 1:10
- At least 1 ball for every 2 players
- Players development takes priority over results
- Fun & Enjoyment are a major theme of all sessions



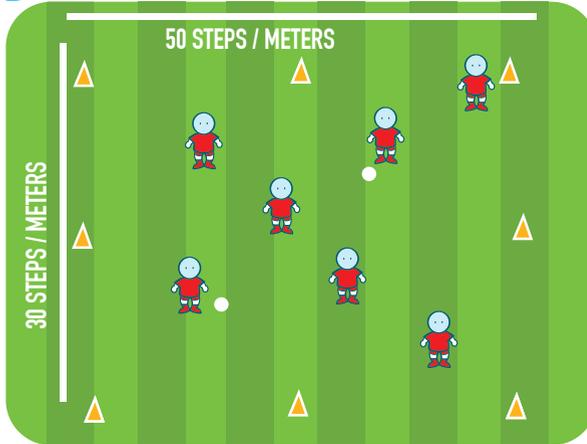
## THE GAME

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- Size 4 football
- Continue to allow players to explore all positions
- All players experience game time in matches
- Limit plays of the ball in coaching sessions to mirror that of match day rules.



## WARM UP

1



Mark out a big square as seen in diagram

1 ball per three players

All players moving freely in square

Player on the ball has to find player not with a ball. Can't pass to same player twice in a row

Coach can blow whistle every 60 seconds and incorporate dynamic movements ie, squat, lunge, hamstring kicks, high knees, hell flicks.

## KEY COACHING POINTS

### Participant Feedback

How will we encourage players to find a pass?

Play with their head up. Scan the zone for options & call a player who is free. No more than 7 seconds on the ball

How can you encourage accuracy in kicking?

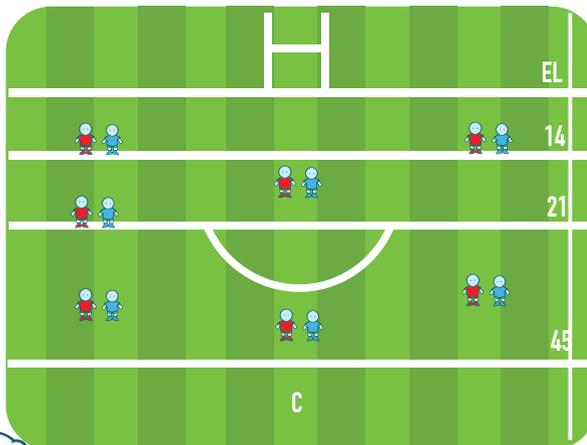
Aim kick pass 1 bounce in front of the player

How can we challenge our players more?

Add in 2/3 people to intercept. No tackling only intercepting.

## GAMES BASED ACTIVITY

2



14m line to 45m line with 7v7 inside. (Start with full width but judge it on numbers & ability)

Possession based game with two teams and coach © starts with the ball.

A kick passes to your team mate is a point. Ball doesn't have to be caught cleanly.

First team to 10 points wins.

Hand passes are allowed in between but the objective is to get a kickpass to your team without the other team touching the ball.

## KEY COACHING POINTS

### Participant Feedback

How can we encourage players to kick pass?

Teammates not on the ball to run in to space & not towards player on the ball. Praise good kicking.

Should player on the ball be looking to hit player directly or into the space player is running to?

Space. Gives player a greater target to aim at

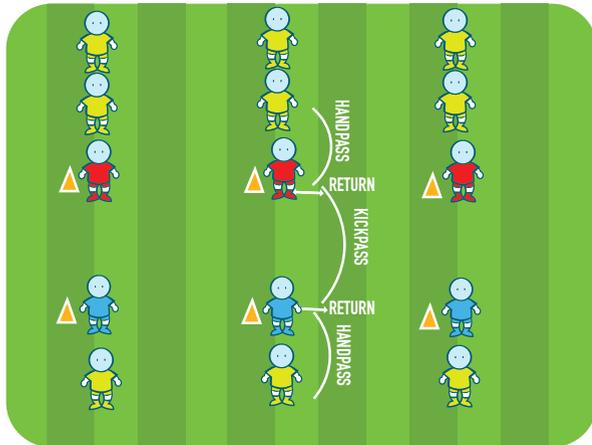
How can we make this more difficult?

No handpassing, kicking only. 3 passes for a score rather than 1.



## PRACTICE THE SKILL

3



Groups of 5.

Ball starts at the end with 2 players. Red and Blue players stay on their cones. Yellow players are moving.

First yellow player plays hand pass to red.

Red returns to same yellow player who kicks to blue and continues his run to receive back off blue.

He finishes by hand passing to next yellow player who does the same coming back down.

Rotate the red and blue players.

## KEY COACHING POINTS

### Participant Feedback

Should kick passes go to chest here?

**Yes. If mistakes happen lets learn from them.**

If kick pass is too short for 1 individual player what can we do?

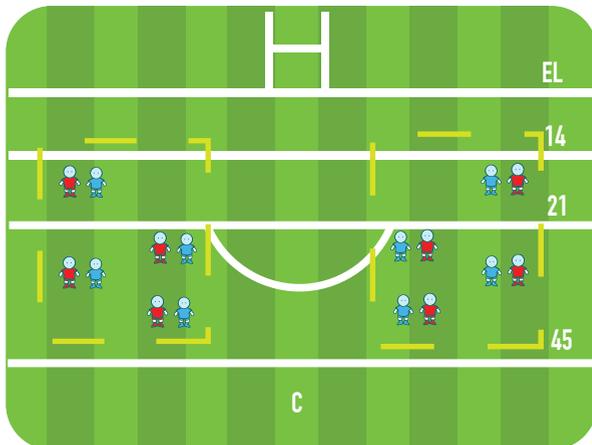
**Challenge players to use both feet all the time. Different kicking style ie. Punt kick instead of hook.**

How can we progress this activity?

**Use of both feet. Challenge players to get "x" amount in a row.**

## GAMES BASED ACTIVITY

4



Two 4v4 games either side of the pitch.

Mark out squares from 14m to 45m and allow for space in the middle

Possession based games where the objective is for teams to get two 15m+ kick passes and clean catch in a row

They are then allowed outside the square and shoot for point.

Swap teams around so everyone gets a chance to play against everyone

## KEY COACHING POINTS

### Participant Feedback

How can you assist player on the ball?

**Call name. Hands up. Point to where you want the kick pass.**

How could we make this more successful if we felt there wasn't many kick passes happening?

**5v3 instead of 4v4. Attackers have 2 free players now. Change 3 defenders every few minutes.**

# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



GAA  
Learning

# 12-13



# TURAS

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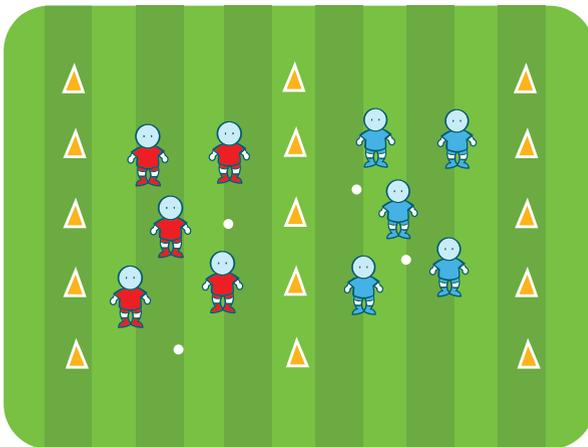
Today all my activities are game based to bring all the skills of the game into play.



### WARM UP: DODGEBALL

1

### KEY COACHING POINTS



Two small squares with equal teams in both

Roughly a ball between 2/3

Objective of the game is to try and hit the other team members and knock them out

You can also get a team member out by catching the ball

You can only aim for the waste down

You get a point for each time you hit an opposing player

No players eliminated

#### Participant Feedback

Would this activity be useful to start if 3 or 4 players arrive early?

**Yes. Start 2v2 and as players arrive allocate them to either team so it builds into 2v2, 3v3, 4v4 etc.**

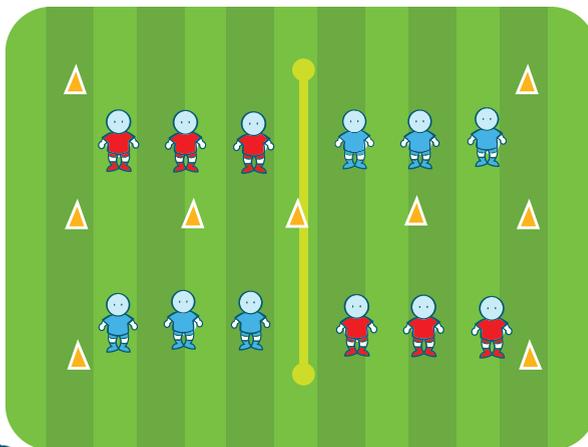
How can we challenge our players more in this warm up?

**More footballs. Also reward player who catches the ball by allowing them to bring a team members back in**

### PRISONER BALL

2

### KEY COACHING POINTS



Four small squares roughly 10m x 10m

Yellow line in the middle is tape tied around the top of two poles

3 or 4 players in each square

Red players are trying to kick the ball over the tape into the other red players square

If the ball lands in the square the player who is closest is eliminated.

The eliminated player must perform a skill before rejoining the game.

Same goes for the blues .

#### Participant Feedback

How can we give our players a greater chance to catch the ball?

**Encourage other team to kick high over the net giving catching team good opportunity to catch.**

Should we as coaches praise every catch/attempted catch?

**Yes. Lets build confidence in each of our players. Catching in some players can be a confidence issue.**

How can we challenge our players more in this activity?

**Lets focus on a specific catch. Start with chest catch only then build into high catch only.**



### PLAYER IN THE MIDDLE



3 players at 3 cones in red

1 player in the middle

Objective is for the three in red to maintain possession by passing the ball from one to another.

Players in red trying to develop the reach catch

Rotate player in blue

3

## KEY COACHING POINTS

### Participant Feedback

Should players remain rigid on the cones?

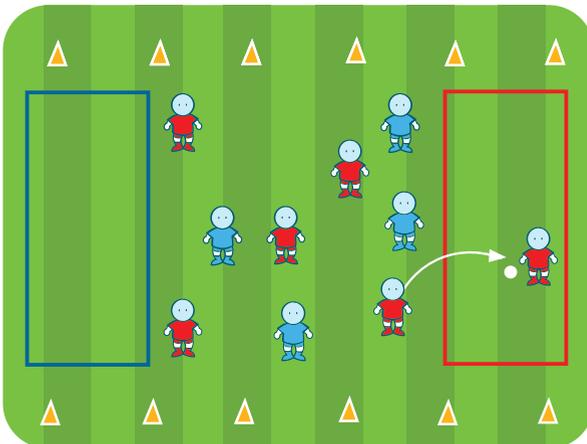
No. Lets encourage our players to move left and right and attack the ball. Lets develop the reach catch in this activity.

How can we progress this activity if we feel it is too simple?

Add in an extra football.

After two chest catches they must do a high catch.

### GAMES BASED (END-ZONE GAME)



No opposing player allowed in opponents end zone

5v5 / 6v6

2 large squares at either end that are the full width of the pitch

Objective of the game is to catch the ball in your "end-zone"

Players can hand pass or kick but ball must be caught in the "end zone" to score a point

Once you score you leave the ball down and the other team attacks

4

## KEY COACHING POINTS

### Participant Feedback

Should we allow opposing players in the end zone here?

No lets encourage the attacking team to only be in and end zone. No standing in the end zone.

Do we want players catching the ball static in the end zone?

No lets encourage players to move around and look for players to time run into the end zone.

Can we make this activity more challenging for our players?

Yes. 2 points for a kick pass and catch in end zone.

Have a 2v2 in each end zone. They are the only players allowed in the end zone. Rotate these players.



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



GAA  
Learning

# 12-13



# TURAS

## PRINCIPLES IN ACTION

**T**esting and Challenging; all players should be challenged to improve at their level ✓

**U**nderstands the player is at the centre of the game and provides individualised development (player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time; lots of touches, lots of decisions

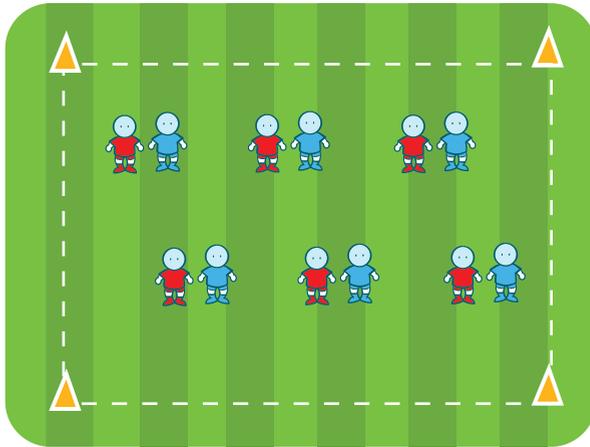
**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience

In today's session I will ask players to mark a player they feel will really test them to play their best.



## MOVEMENT WITH OR WITHOUT THE BALL.

1



Mark out a grid using cones. Size will depend on number in session. 2 teams red bibs vs blue bibs. No more than 8v8 so possibly set up 2 grids. Try get 5 passes in a row = 1 point.

Start off with a tennis ball, left hand only, right hand only etc.

### Progression

bring in football and use hand pass.

Make square bigger and allow kick pass.

Drop ball, turnover or out of bounds give possession to other team.

## KEY COACHING POINTS

### Participant feedback

How do we encourage use of space?

Player in possession cannot move forcing team mates to create options.

Diagonal balls and head up looking for player.

When should we play a short pass?

To retain possession when long pass not on.

How do we encourage communication?

Use of names when looking for a pass.

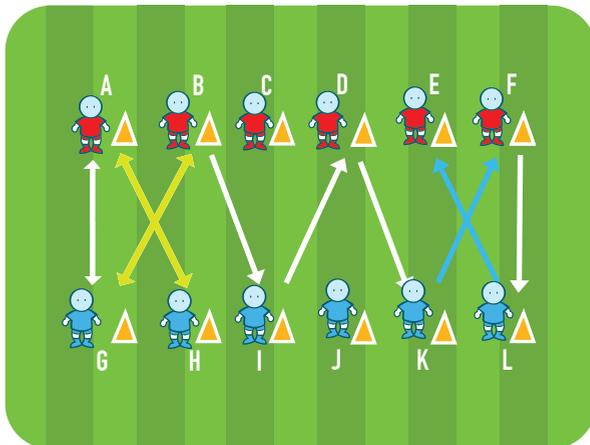
When should we not pass the ball?

Do not pass the ball unless player looking at you.

Don't throw for the sake of throwing.

## ACTIVITY 2

2



Set up 7 sets of cones opposite each other. 10m apart. A B C D E F G. 2/3 players per cone.

A pass to A and follows the ball.

A pass to B and follows the ball.

A pass to A and then diagonally along the line.

Try to get the ball moving a full circuit without any mistakes.

Start by throwing the ball, underarm throw and follow your pass.

Introduce the hand pass L+R

In 3. move the ball diagonally along the lines, still following your pass. when rhythm going introduce a second, third ball etc.

### Tip

Use different skills to incorporate spacial awareness, movement through congested spaces and concentration.

## KEY COACHING POINTS

### Participant feedback

What position should hands be in to receive the ball?

Out in front, chest high, fingers spread and thumbs pointing together.

What position for the head?

Up and looking for the next ball.

What position for the feet?

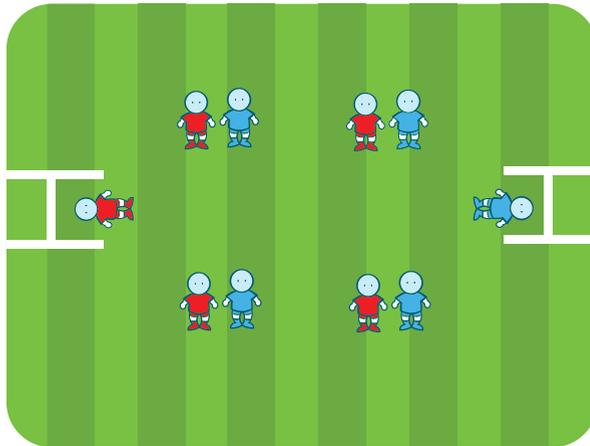
Up on the toes no flatfeet.

How can we adapt this to a match scenario?

Encourage pass and move. Keep heads up and anticipate where next ball is coming from.



## OLYMPIC HANDBALL



Pick 2 teams, (7v7 8v8)  
Put bibs on.  
2 goals  
Aim of the game, throwing smaller ball to start.  
Must keep possession and score in opponents' goal.  
Player with the ball cannot move.  
Can only score by throwing.

### Progression.

Condition the game allow the player in possession to take their 4 steps.  
Introduce the hand pass rather than the throw pass.

### TIP

Condition the game to focus on specific skills ie. Left hand pass, right kick etc. or if you receive a kick pass you must hand pass.  
Decrease the size of the pitch to raise the intensity.

3

## KEY COACHING POINTS

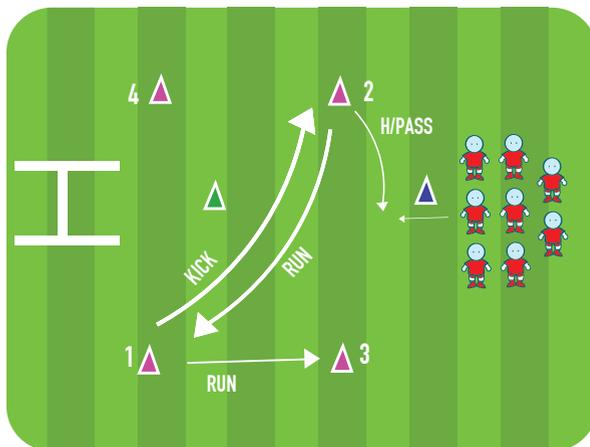
Player with the ball cannot move therefore the other players must do what?  
They have to make the runs off the ball to create options.

How does player with the ball create space?  
Throwing Diagonal balls to create space.

When should you only pass to another player?  
When they are looking at you.

What changes can we make to the activity to encourage inclusivity?  
If the same players involved all the time introduce conditions so each player on the team must touch the ball before scoring etc.

## ACTIVITY 4



Max 16 players

Set out 4 pink cones .2 On 21m line and 2on the 45m line.

Green cone about 25mtres from goal and blue just outside 45m line.

Defenders start on the pink cone's  
attackers on the blue. Token defender on green

Attackers attack in groups of 3.

1.kicks to 2.and runs to 3.

2.hand passes to BLUE and SPRINTS to 1.

Attackers advance towards Token defender and work score.

Start from other side next time and alternate.

Switch after 8 mins and keep alternating Token Defender.

### Progression.

Make the token defender live.

Each attacker must touch the ball before they can score.

Bring the cones further out the pitch for longer scoring opportunities.

4

## KEY COACHING POINTS

Where is the correct place to handpass the ball?  
Chest high and in front of player so they dont have to break stride.

Why should player 2 sprint diagonally in front of attackers?  
To take the defenders eye off the ball.

When might this be useful in a match scenario?  
Wing forward plays the pass and makes the run forcing the backs to make a decision stay or go with the man. Thus, creating space...

12-13  
WEEK 3



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



GAA  
Learning

# 12-13



# TURAS

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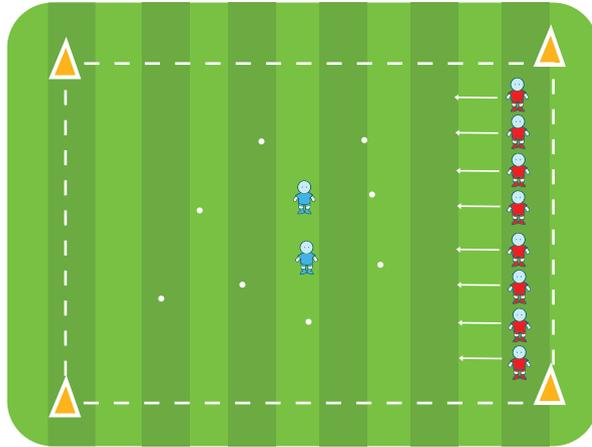
During the course of today's session I will strive to give 4 of my players individual feedback from our most recent match and see if they can act on it during today's session.





## DYNAMIC WARM UP

1



Set out a defined grid using cones. 2 safe areas at either end.  
 Every player gets a bib and hangs it out of the back of their shorts. (mouse)  
 Select 2 players to be catchers in the middle (cats)  
 On the whistle try to make it across from one side to the other whilst retaining your bib. No holding onto bibs and catcher can only pull the bib.  
 When you're caught you become a cat.  
 Keep going till only 1 or 2 left.

### Progression

second round throw out a line of footballs, and this time you must make it across and pick up a ball along the way and retain your bib.  
 Round 3. ball each and the player must solo across to the other side and retain bib also.

## KEY COACHING POINTS

### Participant feedback

What skills can we use to evade the cat?  
**Observation, the shimmy, feint side step.**

What skill can we use to catch the mouse?  
**The near hand tackle.**

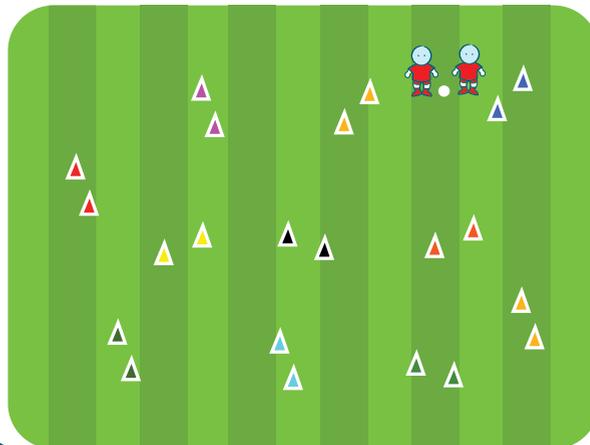
When is it easiest to catch the mouse?  
**When they bending down to pick the ball.**

When might you use this in a match?  
**When closing down a player.**

When and why to use this activity?  
**Great energizer to get the heart pumping during the warm up and useful to revisit skill practised in previous sessions.**

## NEAR HAND TACKLE

2



Set out lots of mini goals 2 cones 1m apart.  
 Working in pairs, one ball between 2.  
 Player 1 travels around through the cones with player 2 shadowing as a token defender.  
 Switch and repeat.  
 Round 2 token defender becomes active and must try to win possession, using the near hand tackle.  
 Round 3 against the clock as many as you can in 2 mins. 1point for goal and 1point for dispossession, then switch.

### Progression

all players have a ball each must stay inside grid and get through as many goals as possible. One dispossessor in the middle. When youre caught youre out.

## KEY COACHING POINTS

### Participant Feedback

What hand should we use for the tackle and why?  
**Hand nearest to the ball, because it doesnt allow you to put your hand on the other players back.**

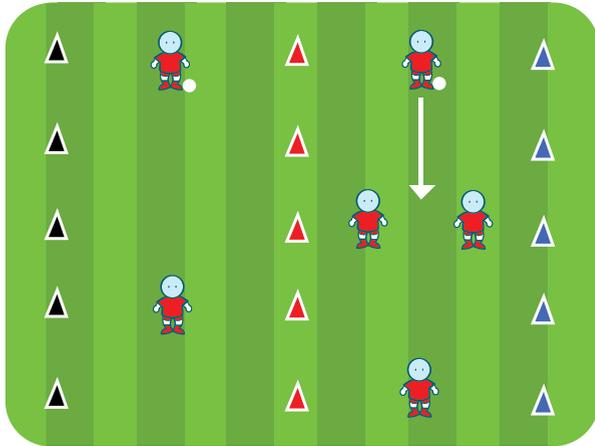
When should we tackle the ball?  
**Try to hit the ball when it is in the air i.e.. Between the soloers foot and hand.**

What are the benefits of soloing off both sides?  
**You can swap to other foot to keep the ball away from your opponent and it allows you to use arm to hold player off.**

What do we do with players that are OUT?  
**When playing games where players are out, make sure players on outside are working in pairs (skill of your choice) working rest.**



## TACKLE CHANNEL



### Tackle Channel

Mark out channels with cones 10m apart between the 21m line and 45m line. 1 player starts at the end of the channel and tries to solo through the channel. Player in the middle must tackle his opponent. Player must stay inside the cones. Swap positions at other end.

### Possession vs Tackle

Use layout similar to above. 4 players per zone. 1 at each end and 2 competing in the middle. Kick the ball out between players who compete to win the ball. Player with ball must try pass to player at opposite end. The other player automatically becomes a defender and must try dispossess. Rotate players every 2 minutes

3

## KEY COACHING POINTS

### Participant Feedback

What is the aim of the ball carrier?

To beat player in the middle and keep the ball.

What skills needed?

The solo, feint, sidestep roll the tackle.

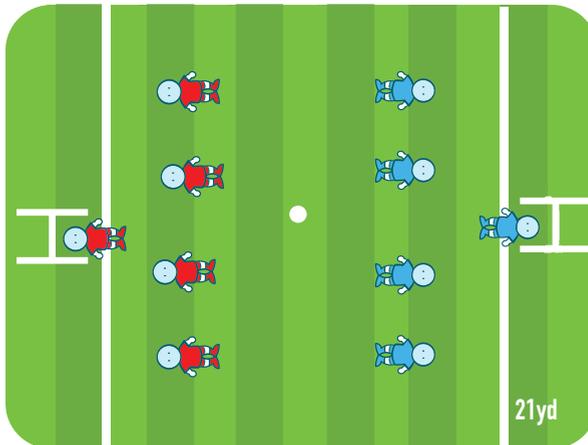
What is the aim of defender?

Tackler hold the player up, use near hand tackle, show him onto his weaker side. Attack the ball when he bounces or solos it.

What happens when we win/lose possession in the middle?

Winner becomes attacker loser switches back to defender

## NO BLOCK DOWNS



Game played between 21yd line and end line and full width of the pitch.

1 goal on each line. 2 teams, full rules.

The keeper must start each play with a handpass.

The ball must be kicked over the bar for a score.

If you score YOUR keeper restarts the game if wide OPPOSITION.

Get blocked down, or dispossessed minus one point and turnover.

4

## KEY COACHING POINTS

### Participant Feedback

When should I pass or shoot?

Always pass to player in better position.

Only shoot when 85% or more confident of scoring.

What skills are needed as a defender?

Frontal block, near hand tackle, showing player onto weaker side and holding up player.

How does the tight space benefit the players?

This is pure chaos and congestion resulting in great crack and high tempo. Players will learn to perform under pressure and pass the ball to the person in the better position for the shot. Many chances to perform the block and tackle.

How do we ensure high tempo during the activity?

Make sure you have plenty of balls in each goal and quick restart after each score etc.



# TURAS CHILD COACH RESOURCE

Coaching Sessions developed by  
the following  
Leinster GAA staff:

Alan Monahan – Wexford GAA



Barry Teather – Meath GAA



Conor Herbert – Kildare GAA



Garrett Doyle – Wicklow GAA



Paddy O'Connor – Longford GAA



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Ian O'Shea – Graphics/Design



# TURAS

**CHILD** COACH RESOURCE



LEINSTER