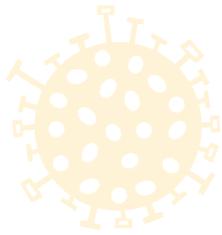




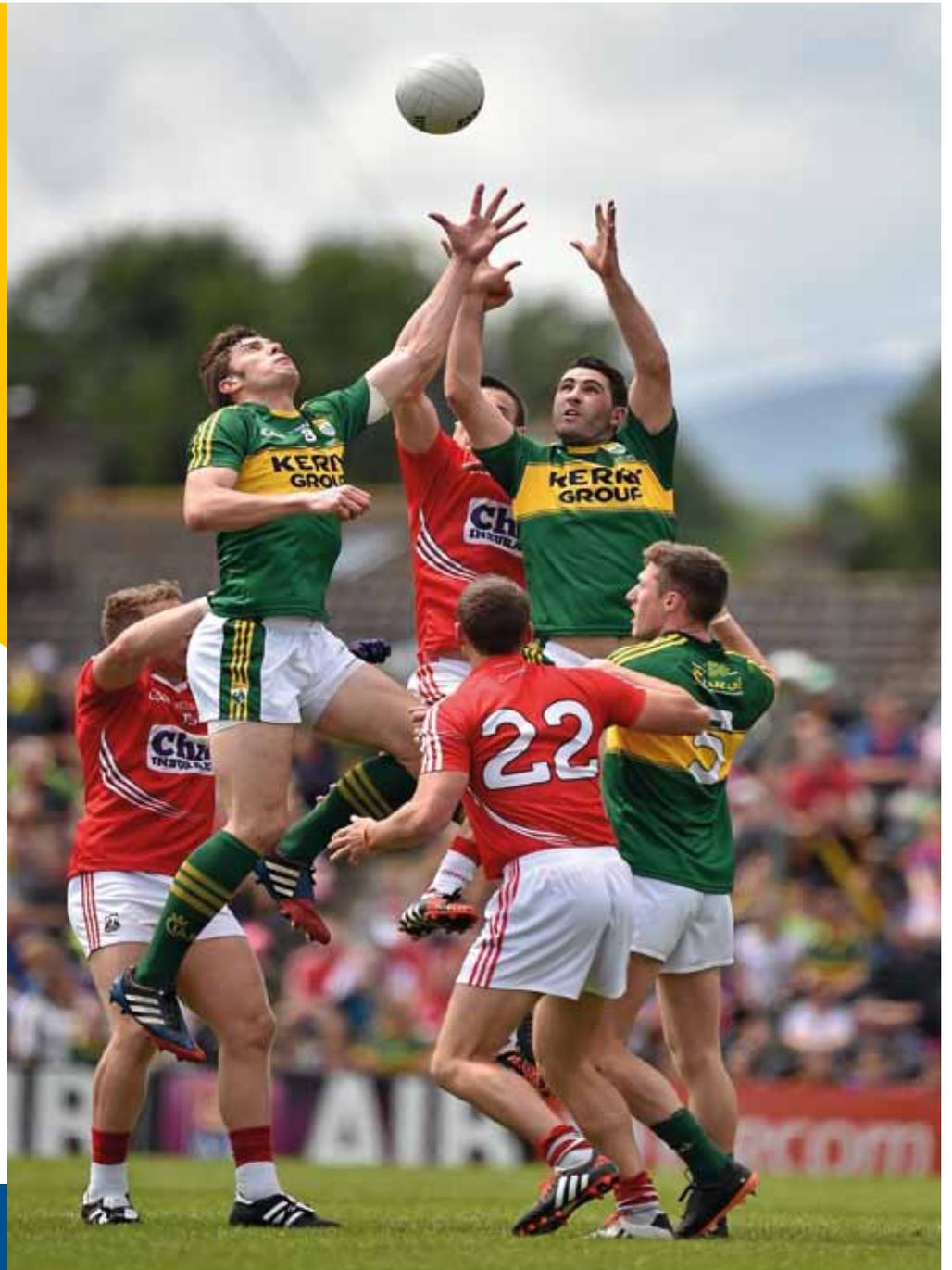
FOOTBALL



Return to Coaching Training Sessions Guideline



www.munster.gaa.ie



A chairde,

We hope you and your families are all keeping well as we emerge from these difficult times. The following age appropriate list of activities are designed to assist the 10,300 cub coaches operating across the province as they deal with the uncertainty around returning to train and play. Originally, they were designed with 'non-contact' and social distancing in mind but can be adapted and changed by coaches to suit their present requirements.

We would like to acknowledge the work of our full time staff in not alone developing and designing this document but also for the tremendous support and leadership they have provided for our clubs and volunteer coaches during the past four difficult months.

We look forward to seeing the playing fields of Munster occupied again as we return to full activity. We would ask everyone returning to train and play to comply with the GAA's COVID-19: Guidelines on the Safe Return to Gaelic Games which can be accessed through the link below.

https://learning.gaa.ie/sites/default/files/30.6.20%20-%20Version%201.3%20-%20Covid-19%20Guidelines%20on%20Safe%20Return%20to%20Gaelic%20Games_0.pdf

Is sinne

Padraig Ó Sé, Seosamh Mac Artáin
Bainisteoirí na gCluic hí



U6 Football	3
U8 Football	18
U10 Football	24
U12 Football	32
U14 Football	40
U16 Football	49
U18 Football	55
Minor Football	63
Adult Football	71
Games Development Personnel	84

Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals

	Description of activity		Key Points (Coaching/Others)
Warm Up Stepping stones Time: 5 mins	This is an exercise to develop agility and coordination skills Organisation <ul style="list-style-type: none"> Place a number of caps or markers around the playing area The players move from one marker to another using one step or leap Use different coloured markers and challenge individual players to cross the playing area 'stepping' from markers of one colour 		Key Points <ul style="list-style-type: none"> Look ahead to plan your route Use steady measured movements to maintain balance Equipment <ul style="list-style-type: none"> An inventory of equipment to support ABC exercises is available in the Resources section
Activity 1: Pyramid runs Time: 10 mins	Pyramid runs are an ideal way to introduce children to sprinting over different distances Organisation <ul style="list-style-type: none"> Mark a series of finishing lines at increasing distances from the start line 20m is long enough for 4/5-year olds progressing to 50m for 8-year olds Sprint to each line successively taking a break in between to walk back to the start 		Key Points <ul style="list-style-type: none"> Ensure the players have enough room to perform the exercise safely Stop gradually when sprinting at full pace Equipment <ul style="list-style-type: none"> An inventory of equipment to support ABC exercises is available in the Resources section
Activity 2: Roll a Ball Time: 10 mins	This exercise introduces players to playing a ball on the ground with the feet Organisation <ul style="list-style-type: none"> Each player has a ball In a stationary position the players roll the ball back and forward using the bottom of the foot Practice this exercise with both feet Challenge the players to switch from one foot to the other foot quickly 		Key Points <ul style="list-style-type: none"> The foot should always remain in contact with the ball Extend the arms to maintain balance Equipment <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section

Safety Info Stationed approach - All groups do the warm up
 Duration of session: 50 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Catching and Pass Time: 10 mins	This exercise introduces players to playing a ball on the ground with the feet Organisation <ul style="list-style-type: none"> • Each player has a ball • In a stationary position the players roll the ball back and forward using the bottom of the foot • Practice this exercise with both feet • Challenge the players to switch from one foot to the other foot quickly 		Key Points <ul style="list-style-type: none"> • The foot should always remain in contact with the ball • Extend the arms to maintain balance Equipment <ul style="list-style-type: none"> • An inventory of equipment to support Have a Ball exercises is available in the Resources section
Activity 4: Kicking in pairs Time: 10 mins	introduces a partner Organisation <ul style="list-style-type: none"> • The players work in pairs; one ball per pair • Set up a target gate using markers • Challenge the players to kick the bag through the gate to one another 		Key Points <ul style="list-style-type: none"> • Drop the ball from the hand on the kicking side • Extend the arm on the non-kicking side to maintain balance • Head down, eyes on the ball Equipment <ul style="list-style-type: none"> • An inventory of equipment to support Have a Ball exercises is available in the Resources section
Cool Down Time: 5 mins			

Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles

	Description of activity		Key Points (Coaching/Others)
<p>Walk like a animal</p> <p>Time:</p>	<p>This is an exercise to develop balance and co-ordination skills</p> <p>Organisation</p> <ul style="list-style-type: none"> The players mimic the movements of common animals such as the dog, the limping dog, the crab, the snake, and the rabbit To further progress these exercises, get the players to change from mimicking one animal to another on a signal or once they have reached a marker or cone Introduce animal relay races to further challenge the players 		<p>Key Points</p> <ul style="list-style-type: none"> Ensure the players have enough room to move around safely Change pathways to avoid other players No bumping <p>Equipment</p> <ul style="list-style-type: none"> An inventory of equipment to support ABC exercises is available in the Resources section
<p>Zig Zag</p> <p>Time:</p>	<p>This exercise to develop agility and running skills is generally suitable for players of 4-6 years</p> <p>Organisation</p> <ul style="list-style-type: none"> Place poles or cones approximately 3m apart in a zig-zag formation The players dodge around each of the poles The players should drive off the outside leg when rounding each pole To vary the exercise, challenge the players to go sideways and backwards through the slalom 		<p>Key Points</p> <ul style="list-style-type: none"> Drop the ball from the hand on the kicking side Extend the arm on the non-kicking side to maintain balance <p>Equipment</p> <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section
<p>Thigh Solo</p> <p>Time:</p>	<p>The low bounce is used when under pressure from an opponent</p> <p>Organisation</p> <ul style="list-style-type: none"> Each player has a ball Bend the knees and back to bring the head over the ball Using a one-handed bounce practice first in the stationary position and then while moving Finally dribble bounce the ball continuously using one hand while moving around the playing area 		<p>Key Points</p> <ul style="list-style-type: none"> Using the fingers push down through the ball to bounce it When using a one-handed bounce step forward with the leg on the opposite side <p>Equipment</p> <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section

Safety Info Stationed approach - All groups do the warm up
 Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles

	Description of activity	Diagram	Key Points (Coaching/Others)
Low Bounce Time:	This exercise to develop ball kicking skills challenges the players to pass the ball to one another on the ground Organisation <ul style="list-style-type: none"> The players work in pairs; one ball per pair In turn each player kick passes the ball along the ground to the other To vary, place the ball on a cap to raise it slightly 		Key Points <ul style="list-style-type: none"> Head down kick through the ball Extend the arm on the non-kicking side to maintain balance Use different parts of the foot to kick the ball Equipment <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section
Ground Pass Time:	Challenges the players to pass the ball to one another on the ground Organisation <ul style="list-style-type: none"> The players work in pairs; one ball per pair In turn each player kick passes the ball along the ground to the other To vary, place the ball on a cap to raise it slightly 		Key Points <ul style="list-style-type: none"> Head down kick through the ball Extend the arm on the non-kicking side to maintain balance Use different parts of the foot to kick the ball Equipment <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section

Safety Info Stationed approach - All groups do the warm up
 Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Ladders

	Description of activity		Key Points (Coaching/Others)
Warm Up Time:	These are warm-up exercises that may be used before any other ABC or Have-a-Ball exercise. They include pulse-raising and mobilisation exercises. Organisation <ul style="list-style-type: none"> • Begin with moderate exercises such as walking or light jogging before moving on to more intense activity • Incorporate mobilisation exercises at regular intervals between the pulse raising exercises • Include movement in different directions and in as many ways as possible, e.g. jogging, hopping, sideways, backwards etc • Mobilise the shoulders, the knees, the ankles, and fingers 		Key Points <ul style="list-style-type: none"> • Gradually increase the intensity of the activity • Include a moderate version of activities to be performed later in the session Equipment <ul style="list-style-type: none"> • An inventory of equipment to support ABC exercises is available in the Resources section
Ladder and Bounce Time:	This is an exercise to develop coordination skills which uses a training ladder Organisation <ul style="list-style-type: none"> • Place several targets at either side of a training ladder • The players bounce a ball on the targets as they move through the ladder • Use a variety of balls and targets to vary the exercise 		Key Points <ul style="list-style-type: none"> • Ensure the ladder is properly laid out; reset it if necessary, before each 'go' • At first concentrate on moving through the ladder and stopping to bounce on each target; gradually increase the pace Equipment <ul style="list-style-type: none"> • An inventory of equipment to support ABC exercises is available in the Resources section
Toss and Catch Time:	This exercise to develop catching & passing skills is generally suitable for players of 4-6 years Organisation <ul style="list-style-type: none"> • Each player has a ball • Toss the ball into the air to catch on the way down • Varying the ball size, practice using both two hands and one hand to toss and catch • Begin in a stationary position before introducing movement 		Key Points <ul style="list-style-type: none"> • Ensure the players have enough room to perform the exercise safely • When using a one-handed catch cup the hand and allow the ball to fall into it at first • Eventually progress to catch the ball above the head with the fingers facing forward Equipment <ul style="list-style-type: none"> • An inventory of equipment to support Have a Ball exercises is available in the Resources section



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Ladders

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Solo</p> <p>Time:</p>	<p>This exercise challenges the players to toe tap the ball back into their hands</p> <p>Organisation</p> <ul style="list-style-type: none"> • Each player has a ball • In a stationary position drop the ball extending the kicking foot to flick the ball back into the hands • Practice using both left and right feet • To progress, perform toe taps while walking and then jogging 		<p>Key Points</p> <ul style="list-style-type: none"> • Drop the ball from the hand on the kicking side • Straighten the leg and kick the ball with front of the foot flicking the toes upwards <p>Equipment</p> <ul style="list-style-type: none"> • An inventory of equipment to support Have a Ball exercises is available in the Resources section
<p>Time:</p>	<p>Skills focuses on accuracy</p> <p>Organisation</p> <ul style="list-style-type: none"> • Use poles or cones to mark a target area at a wall • Individually or in turn the players kick the ball to hit the target 		<p>Key Points</p> <ul style="list-style-type: none"> • Drop the ball from the hand on the kicking side • Extend the arm on the non-kicking side to maintain balance • Head down, eyes on the ball <p>Equipment</p> <ul style="list-style-type: none"> • An inventory of equipment to support Have a Ball exercises is available in the Resources section

Safety Info Stationed approach - All groups do the warm up

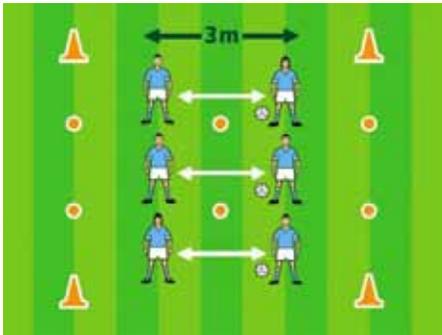
Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles, Hula hoops

	Description of activity		Key Points (Coaching/Others)
Warm Up Dodgems Time:	This exercise to develop agility skills is generally suitable for players of 4-6 years Organisation <ul style="list-style-type: none"> The players travel around the playing area while avoiding the caps and the other players while pretending to drive dodgems or bumper cars To make the task more difficult, reduce the size of the playing area 		Key Points <ul style="list-style-type: none"> Ensure the players have enough room to move around safely Change pathways when close to another 'car' or near a wall No bumping Equipment <ul style="list-style-type: none"> An inventory of equipment to support ABC exercises is available in the Resources section
Mind field Time:	This exercise to develop agility skills is generally suitable for players of 4-6 years Organisation <ul style="list-style-type: none"> Place lots of obstacles or domes – mines - inside the playing area; include a number of hoops Divide the players into 4 teams, one at each side of the playing area; each player has a ball The players must dodge the 'mines' as they travel from one side of the playing area to the other bouncing the ball in any hoop they pass Initially one team at a time navigates the minefield; gradually increase the number of teams navigating the minefield at the same time 		Key Points <ul style="list-style-type: none"> Ensure the players have enough room to move around safely No pushing or bumping Equipment <ul style="list-style-type: none"> An inventory of equipment to support ABC exercises is available in the Resources section
Bounce and Kick Time:	This exercise designed to improve kicking from the hand provides the players with more time to perform the kick Organisation <ul style="list-style-type: none"> Each player has a ball In a stationary position drop the ball allowing it to bounce Kick the ball as it returns from the ground 		Key Points <ul style="list-style-type: none"> Drop the ball from the hand on the kicking side Plant the non-kicking (supporting) foot beside the ball as it bounces Equipment <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles, Hula hoops

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Bounce and kick</p> <p>Time:</p>	<p>This is a basic drill to practice the Fist Pass technique in a stationary position</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 3 metres 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 practice the fist pass 		<p>STEP Variation</p> <ul style="list-style-type: none"> • Space – To increase the difficulty; Increase the distance between the players
<p>Kicking over the river</p> <p>Time:</p>	<p>This is a fun game to develop kicking skills in groups</p> <p>Organisation</p> <ul style="list-style-type: none"> • Divide the players into two groups, give each player has a set number of 'lives' • The players kick pass the ball over a centre zone, a net or guard • If the ball drops in the centre zone the player who kicked it loses a life • Use a soft or sponge ball when introducing players to this game 		<p>Key Points</p> <ul style="list-style-type: none"> • Ensure the players have enough room to move around safely • Equipment • An inventory of equipment to support Have a Ball exercises is available in the Resources section
<p>Cool Down</p> <p>Time:</p>			

Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles, Ladders, Hula hoops

	Description of activity		Key Points (Coaching/Others)
Warm Up Copycat Time:	This is a fun warm-up exercise that is suitable to use before balance exercises Organisation <ul style="list-style-type: none"> The players copy the coach as he guides them through a series of pulse raising and mobilisation movements Incorporate the mobilisation exercises at regular intervals between the pulse raising exercises 		Key Points <ul style="list-style-type: none"> Gradually increase the intensity of the activity Include a moderate version of activities to be performed later in the session Equipment <ul style="list-style-type: none"> An inventory of equipment to support ABC exercises is available in the Resources section
Ladder Line Time:	This is an exercise to develop coordination skills which uses a training ladder Organisation <ul style="list-style-type: none"> Move through the ladder sideways leading with the left or right foot Bring the trailing foot through and across the front of the body into the next space Vary the exercise by challenging the players to bring the trailing foot through behind the lead foot 		Key Points <ul style="list-style-type: none"> Stand Upright Use the arms to maintain balance Move at a controlled pace Equipment <ul style="list-style-type: none"> An inventory of equipment to support ABC exercises is available in the Resources section
Bean Bag dribble Time:	This exercise to develop kicking skills is generally suitable for players of 4-6 years Organisation <ul style="list-style-type: none"> Each player has a bean bag Dribble the bean bag around the playing area Use both the left and right feet 		Key Points <ul style="list-style-type: none"> Ensure the players have enough room to move around safely Look up frequently to track the paths of other players Equipment <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section

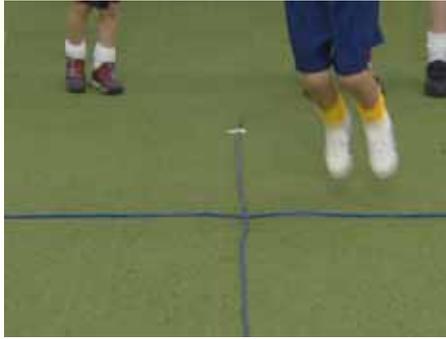
Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles, Ladders, Hula hoops

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Catch and Pass</p> <p>Time:</p>	<p>This is an exercise to develop coordination, catching & passing skills which uses training ladders</p> <p>Organisation</p> <ul style="list-style-type: none"> The players work in pairs; each player in a ladder Shuffle through the ladder sideways facing the other player Throw the ball to one another as you move along 		<p>Key Points</p> <ul style="list-style-type: none"> Ensure the ladder is properly laid out; reset it if necessary, before each 'go' Move at a controlled pace <p>Equipment</p> <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section
<p>Solo and Kick</p> <p>Time:</p>	<p>This exercise to develop kicking skills challenges the players to solo and kick with accuracy</p> <p>Organisation</p> <ul style="list-style-type: none"> Each player has a ball Set up a course using cones or obstacles and a target or goal In turn the players solo around the cones and punt kick the ball at a the target from a set marker 		<p>Key Points</p> <ul style="list-style-type: none"> Drop the ball from the hand on the kicking side Extend the arm on the non-kicking side to maintain balance Head down, eyes on the ball Point the toes and follow through in the direction of the target <p>Equipment</p> <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section
<p>Cool Down</p> <p>Time:</p>			

Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles, Hula hoops

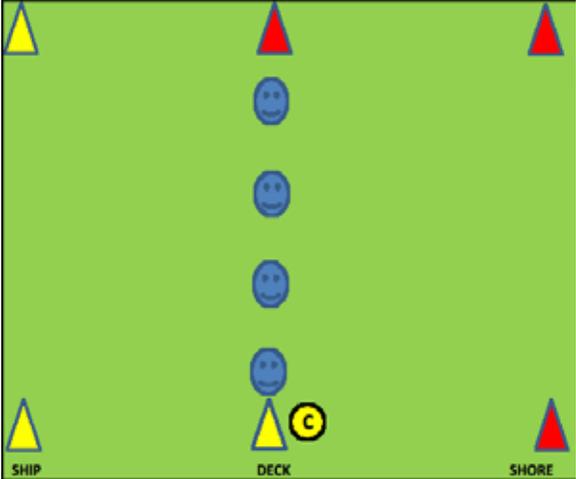
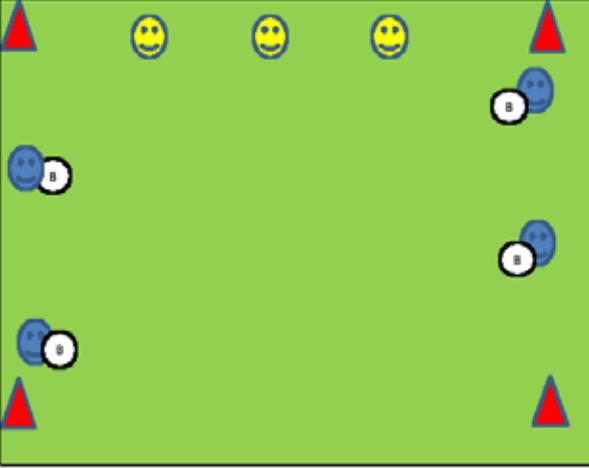
	Description of activity		Key Points (Coaching/Others)
Warm Up Jumping Shapes Time:	This exercise to develop jumping skills is generally suitable for players of 4-6 years Organisation <ul style="list-style-type: none"> • Jump to make different shapes; use both standing starts and run ups • Include jumping jacks, star jumps and tuck jumps 		Key Points <ul style="list-style-type: none"> • Ensure the players have enough room to perform the exercise safely • Land softly with bent knees, straight back and head up Equipment <ul style="list-style-type: none"> • An inventory of equipment to support ABC exercises is available in the Resources section
Criss cross bounce Time:	This exercise to develop jumping skills incorporates the lateral and linear bounce techniques Organisation <ul style="list-style-type: none"> • Mark a cross on the ground • Jump around the cross in a clockwise and anticlockwise direction 		Key Points <ul style="list-style-type: none"> • Use controlled jumps; keep the centre of gravity close to the centre of the cross • Land softly with bent knees, straight back and head up Equipment <ul style="list-style-type: none"> • An inventory of equipment to support ABC exercises is available in the Resources section
Target Roll Time:	The players to roll the ball with more accuracy Organisation Set out different targets such as markers, hoops, and channels to challenge the accuracy with which the players roll and throw the ball		Key Points <ul style="list-style-type: none"> • Progress from a two-handed technique to a one-handed bowling-type technique Equipment <ul style="list-style-type: none"> • An inventory of equipment to support Have a Ball exercises is available in the Resources section

Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Small Goals, Poles, Hula hoops

	Description of activity	Diagram	Key Points (Coaching/Others)
Through the Gap Time:	<p>This exercise challenges the players to kick the bean bag with more accuracy</p> <p>Organisation</p> <ul style="list-style-type: none"> The players work in pairs; one bean bag per pair Set up a target gate using markers Challenge the players to kick the bag through the gap to one another 		<p>Key Points</p> <ul style="list-style-type: none"> Extend the arm on the non-kicking side to maintain balance Practice using both left and right feet <p>Equipment</p> <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section
Activity 4: Time:	<p>This exercise to develop kicking from the hand focuses on improving the players coordination and timing</p> <p>Organisation</p> <ul style="list-style-type: none"> Player have a ball each Standing with the supporting foot forward hold the ball in front of the body balanced on both hands Allow the ball to roll gently off the hands as if it were rolling off a shelf Kick the ball as it falls Initially this exercise is easier to perform using a balloon 		<p>Key Points</p> <ul style="list-style-type: none"> Drop the ball from the hand on the kicking side Extend the arm on the non-kicking side to maintain balance <p>Equipment</p> <ul style="list-style-type: none"> An inventory of equipment to support Have a Ball exercises is available in the Resources section
Cool Down Time:			

Safety Info Stationed approach - All groups do the warm up
 Include fun games in every session

	Description of activity	
Ship/Shore/Deck	<p>Agility and reaction</p> <ul style="list-style-type: none"> • The purpose of this game is to improve a player's reaction • Ship is on the left • Deck is in the middle • Shore is on the right • All players start on deck • Coach calls either ship, shore, or deck. • Players run as fast as they can to the that position. • To make it difficult the coach calls an instruction but points somewhere else • Call out deck but point to shore etc. • Last person to place is out. • 2 Players left in the final. 	
Roller Ball	<p>Agility and reaction drill</p> <ul style="list-style-type: none"> • Players have to keep there heads up while running and also react to the balls coming towards them. • Coach makes a rectangle with 4 cones • All players run from one side to the other. • Coach rolls the ball at the players. • If the ball hits a player below the waist that player comes out to the side and becomes a roller. • Last player to be hit is the winner. 	

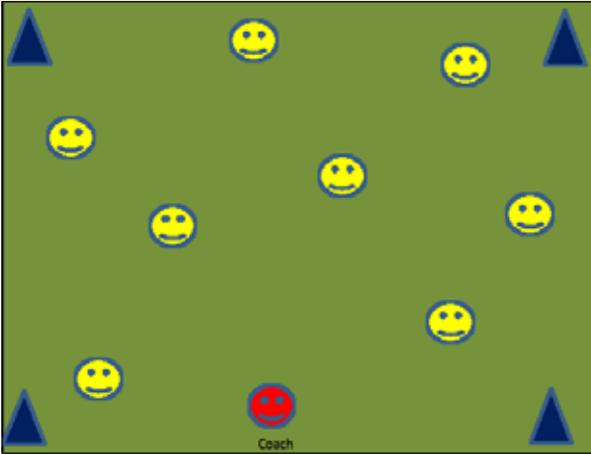
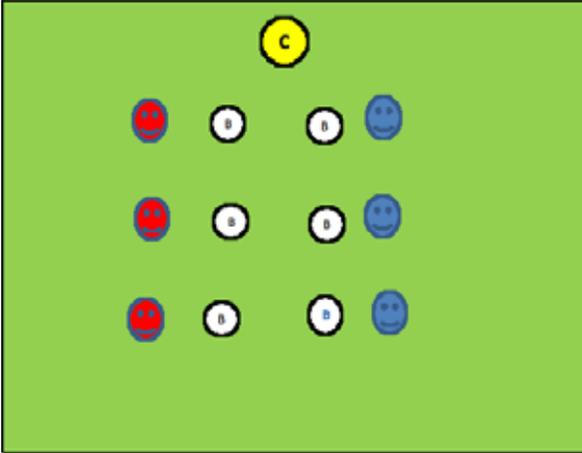


Safety Info Stationed approach - All groups do the warm up
 Include fun games in every session

	Description of activity	
Signal Man	<p>Agility drill</p> <ul style="list-style-type: none"> • Players spread out around playing area and face coach Coach sends signals to children using different coloured cones which stand for different actions to be performed as quickly as possible. • Red = backwards • White = forwards • Green = shuffle to right • Blue = shuffle to left • Last player to respond can be eliminated. • Players must be alert and on the front foot. 	
Traffic Lights	<ul style="list-style-type: none"> • Players spread out around the square • The coach calls different instructions • Red = Stop • Green = Go • Orange = Walk • Bumpy Road = Hop • Flat tire = Hop on one Leg • Vary the call • Use coloured cones instead of calling the colour 	



Safety Info Stationed approach - All groups do the warm up
 Include fun games in every session

	Description of activity	
Simon Say's	<ul style="list-style-type: none"> • Players spread out around the square • The coach calls different instructions by saying Simon says Jump • Stand on one leg • Hop on the spot • Jogging on the spot • If the coach calls an instruction but does not say Simon says the player are caught out if they perform the instruction • Vary the call 	
Reaction Game	<ul style="list-style-type: none"> • The purpose of this game is to improve players reactions. • A ball is placed in front of each players. • Each player same distance from the ball. • Coach calls out different body parts eg head, shoulders, knees toes. • The players touch these body parts with their hands. • When the coach calls ball the first player to pick up the ball is the winner. 	



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes

Players 20

5 stations

Equipment Required: Cones, Footballs, Poles, Ladders, Hurdles

	Description of activity		Key Points (Coaching/Others)
Station 1 warm up Time: 10 mins	<ul style="list-style-type: none"> Running, Jumping, High knees Set up poles 	FMS- A,B,C's/ R,J's	<ul style="list-style-type: none"> Key Points; Fun & Enjoyment Correct techniques of running and general movement
Station 2 Skills Time: 10 mins	<ul style="list-style-type: none"> Players 5m apart Vary the catches (High/chest/reach) Hand Pass both hands 	Bounce, Catch, Hand Pass 4 players- basic skills 1 ball between two	Key Points; <ul style="list-style-type: none"> Catch- spread the hands to form a W shape behind the ball. Hands over head Catch at highest point
Station 3 Skills Time: 10 mins	<ul style="list-style-type: none"> Pick up – both feet Solo – both legs Players practice skills from stationary position 	Players have a ball each, on the coaches whistle they pick the ball and solo	<ul style="list-style-type: none"> Key points; Pick up- bend knees and hips Hands in front of the ball Standing leg guarding the ball/ lifting leg scooping the ball back



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes

Players 20

5 stations

Equipment Required: Cones, Footballs, Poles, Ladders, Hurdles

	Description of activity	Diagram	Key Points (Coaching/Others)
Station 4 Skills Time: 10 mins	<ul style="list-style-type: none"> Lay out a row of targets 10m away from the kickers. Players try to knock the targets using both feet 	Kicking – Punt & Hook Players in two , target game	<ul style="list-style-type: none"> Key Points; Step forward with the non-kicking foot Drop ball from the waist to the kicking foot Same hand same leg
Station 5 Conditioned game - Goal to Goal	1v1 1v1	v1 game, two pitches 10m approx. Rotate players after 2/3 Mins	<ul style="list-style-type: none"> Key point; ensure technical skills are observed and corrected.
Cool Down Time:			



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes

Players 20

5 stations

Equipment Required: Cones, Footballs, Poles, Ladders, Hurdles

	Description of activity		Key Points (Coaching/Others)
Station 1 warm up Time: 10 mins	<ul style="list-style-type: none"> • Single leg hops/double leg hops • Skipping , high knees • Running on the spot 	FMS- A,B,C's/ R,J's	<ul style="list-style-type: none"> • Key Points; • Fun & Enjoyment • Correct techniques of running and general movement
Station 2 Skills Time: 10 mins	<ul style="list-style-type: none"> • Straight line (linear) drill 1 facing 1 • Bounce , throw up for the catch then hand pass to your partner 	Bounce, Catch, Hand Pass 4 players; set up the drill to include all 3 skills using both hands	Key Points; <ul style="list-style-type: none"> • Ball in the palm of the platform hand in front of the body • Eye up the target then target the ball • Strike and follow through
Station 3 Skills Time: 10 mins	<ul style="list-style-type: none"> • Pick up & Solo • Ball between two, player 1 picks the ball solos out to the cone drops the ball and picks it on the way back 	Cones -10m—apart	Key Points; <ul style="list-style-type: none"> • Step forward with the non-kicking foot • Drop the ball on to the kicking foot (same hand same leg) • Point toe back so the ball comes back to hand



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes

Players 20

5 stations

Equipment Required: Cones, Footballs, Poles, Ladders, Hurdles

	Description of activity	Diagram	Key Points (Coaching/Others)
Station 4 Skills Time: 10 mins	<ul style="list-style-type: none"> 2 players on each side of a set of goals which are 5yards apart. Aim is to kick the ball through the poles and to the partner on the opposite side. Emphasise both feet, 	Kicking – Punt & Hook Accurate kicking using poles or small goals	Key Points; <ul style="list-style-type: none"> Point shoulder and hip towards the target Drop ball to the kicking foot Strike with the instep of the foot
Station 5 Conditioned game -	2v2 , 2 goalies and 2 outfield players. Players are just there to shadow, no contact Rotate players		<ul style="list-style-type: none"> Key point; ensure technical skills are observed and corrected.
Cool Down Time:			



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes

Players 20

5 stations

Equipment Required: Cones, Footballs, Poles, Ladders, Hurdles

	Description of activity		Key Points (Coaching/Others)
Station 1 warm up Time: 10 mins	<ul style="list-style-type: none"> Ladders- 1 leg/two legs/shuffles Hurdles- high knees, hops Cones – zig zag 	FMS Ladders/Hurdles	<ul style="list-style-type: none"> Key Points; Movement of feet Head up
Station 2 Skills Time: 10 mins	<ul style="list-style-type: none"> Bounce, Catch, Hand Pass Skills Test Coach throws the ball to one of the four players. They catch it take 4 steps and hand pass back to the coach 		Key Points; bounce <ul style="list-style-type: none"> Spread the fingers behind the ball Pushing the ball towards the ground. Spread the fingers and cushion the ball back to the hands
Station 3 Skills Time: 10 mins	<ul style="list-style-type: none"> Pick up & Solo Skills Test Pick up = 1 point Solo strong foot = 1 point Solo weaker foot = 2 points 	Zig zag solo shalom	



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes

Players 20

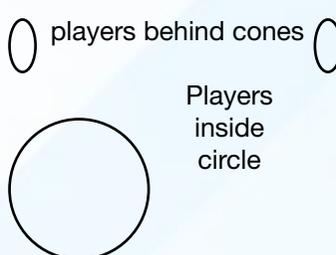
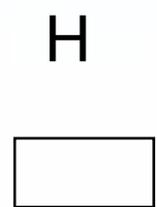
5 stations

Equipment Required: Cones, Footballs, Poles, Ladders, Hurdles

	Description of activity	Diagram	Key Points (Coaching/Others)
Station 4 Skills Time: 10 mins	<ul style="list-style-type: none"> • Kicking Skills Test • Crossbar challenge shooting practice 	Both feet 3 balls each Hook kick	Key Points; <ul style="list-style-type: none"> • Point shoulder and hip towards the target • Strike with the instep of the foot
Station 5 Conditioned game	Catch & Kick	2v2 catch & Kick Bounce allowed 4 steps	<ul style="list-style-type: none"> • Key point; ensure technical skills are observed and corrected.
Cool Down Time:			

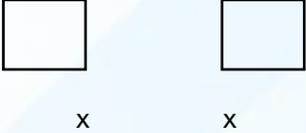


Safety Info Stationed approach - All groups do the warm up
Duration of session: 50 minutes - Equipment Required: Cones, Footballs, Poles

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 5 mins	<ul style="list-style-type: none"> Jog, Skip side to side, Heels up, Knees Up, Skipping high knees/high hands, Using Ball side step hand pass Roll the ball to partner pick up and continue, Throw ball to partner and high catch 	Xxx ○ players behind cones ○ 	<ul style="list-style-type: none"> Start 3 players to a cone, cones 15m apart Warm up With ball have players inside a circle 20 meters wide
Activity 1: Time: 5 mins	Hand Pass, In pairs hand pass the ball to partner while on the move inside a square 5meters wide, practice of both hands	 1v1	Practice off both hands, movement from both players make use of space, looking up all the time
Activity 2: Time: 10 mins	Hand passing condition game, 2 V 2 expand square 10meters square, after 3 successful passes team is allowed to come out of square and shoot for score,	 2v2	<ul style="list-style-type: none"> Looking for movement in the square, Player to take the right option that player can receive pass, after 3 passes players break from square to shoot at goal (brining in your tackle)



Safety Info Stationed approach - All groups do the warm up
 Duration of session: 45 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 10 mins	<ul style="list-style-type: none"> Pass and Run, Hand Pass/Catch, Set up 2 squares 10 meters apart 4 players in each square, Each player given a number 1 to 4, player 1 can only pass to player 2 and so on after a player gives a pass he must run around cone before returning for next pass, First team to complete 20 passes are the winners, 		<ul style="list-style-type: none"> Looking for movement/speed/agility passing off both hands, Looking for correct technique while passing under time pressure
Activity 4: Time: 10 mins	As Above Change to Kick passing	As Above	<ul style="list-style-type: none"> As Above passing with both feet
Cool Down Time: 5 mins	Jog/Walk, stretch		



Safety Info Stationed approach - All groups do the warm up
 Duration of session: 45 minutes - Equipment Required: Cones, Footballs, Poles

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 10 mins	<ul style="list-style-type: none"> Jog, Skip, Knees up, heel flicks, side steps, high skips, Bring in a ball to practice ABC,RJT, PCK 		<ul style="list-style-type: none"> Teaching points with Knee lifts, Heel flicks, skipping, get as much movement as you can to introduce ABC, RJT,PCK
Activity 1: Time: 5 mins	Punt Kick, <ul style="list-style-type: none"> In pairs practice of both feet 20 meters apart, 		Teaching points, Head down, eyes on ball, leave ball fall from hand kick off the laces follow through
Activity 2: Time: 10 mins	Punt Kick looking for accuracy, players 30meters apart kicking through a goal make with poles 2 meters apart, each player counts how often he kicks through poles without ball touching the ground first to 10 wins, change pairings after every game	X ↓ H X	<ul style="list-style-type: none"> As Above making sure your practising off both feet



Safety Info Stationed approach - All groups do the warm up
 Duration of session: 45 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 10 mins	<ul style="list-style-type: none"> Set up mini game 4v4 or 6v6 with 2 goals 30/40 meters apart all kick passing, team must complete 4 passes to score, only allow 1 hop 1 bounce 	H 4v4 6v6 H	<ul style="list-style-type: none"> As Above looking for movement and kicking accuracy
Activity 4: Time: 10 mins	As above normal rules		<ul style="list-style-type: none"> Looking for correct technique and decision making
Cool Down Time: 5 mins	Jog,Walk, stretch		



Safety Info Stationed approach - All groups do the warm up
 Duration of session: 45 minutes - Equipment Required: Cones, Footballs, Poles

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 10 mins	<ul style="list-style-type: none"> Jog, Skip, Knees up, heel flicks, side steps, high skips, Bring in a ball to practice ABC,RJT, PCK Max 3player at cone, cones 15meters apart 		<ul style="list-style-type: none"> Teaching points with Knee lifts, Heel flicks, skipping, get as much movement as you can to introduce ABC, RJT,PCK
Activity 1: Time: 5 mins	<ul style="list-style-type: none"> Block Down, Practice in pairs, 1 Kicking 1 blocking against a ball stop net. 		Teaching points eyes on the ball hands in a W shape, practice lowering hands onto ball while player is kicking genuflect position
Activity 2: Time: 5 mins	As above making a square 5 meters square players must move around square trying to kick pass ball out of square while opposite player tries to block down		As Above add in blocking on the move, teach players to be on the correct side of kicker



Safety Info Stationed approach - All groups do the warm up
 Duration of session: 45 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 10 mins	<ul style="list-style-type: none"> Tackle/Score In pairs 1 attacker 1 defender run from 20 meter line to 30 meters collect ball Attacker must bring ball back over 20meter line to attempt a shoot, Defender continues tackling until ball goes dead 		<ul style="list-style-type: none"> As Above, work on tackling players foot work while defending
Activity 4: Time: 10 mins	Set up Small sided game 3v3, Normal rules, players to get 2 points for every block completed in game, advance then into 6v6 normal rules		<ul style="list-style-type: none"> As Above
Cool Down Time: 5 mins	Jog,Walk, stretch		



Safety Info Stationed approach - All groups do the warm up
 Duration of session: 45 minutes - Equipment Required: Cones, Footballs, Poles

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 10 mins	<ul style="list-style-type: none"> Jog, Skip side to side, Heels up, Knees Up, Skipping high knees/high hands, Using Ball side step hand pass Roll the ball to partner pick up and continue, Throw ball to partner and high catch 		<ul style="list-style-type: none"> Teaching points with Knee lifts, Heel flicks, skipping, get as much movement as you can to introduce ABC, RJT,PCK
Activity 1: Time: 5 mins	<ul style="list-style-type: none"> Scoring, In pairs practice kicking ball over the Bar from 15meters out, Use portable goal in middle of field, in pairs 1 on either side of goal kick through posts, 		<ul style="list-style-type: none"> Teaching points, Head down kicking through the ball right hand right foot, left hand left foot , practice hook kick, shoulder lined up with goal
Activity 2: Time: 7 mins	As Above add in a circle of cones 25 meters diameter from goal both players kicking from a longer distance		As Above



Safety Info Stationed approach - All groups do the warm up
 Duration of session: 45 minutes - Equipment Required: Cones, Hurdles, Sliothars

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time: 8 mins	<ul style="list-style-type: none"> Same drill as above but change into groups of 2s 1player tackling 1 player shadowing, change after 5 shoots 		<ul style="list-style-type: none"> As Above bring in tackling teaching as well (blocking)
Activity 4: Time: 10 mins	Small sided game 4 V 4, circle of cones 10meters away from Goals, shooting from outside cones 2points for every score with non dominant leg		<ul style="list-style-type: none"> As Above
Cool Down Time: 5 mins	Jog,Walk, stretch		



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity		Key Points (Coaching/Others)
<p>Warm Up</p> <p>SOLO - Multiple toe tap</p> <p>Time: 10 mins</p>	<p>This is a basic drill to practice the Solo technique</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 		<p>STEP Variation</p> <ul style="list-style-type: none"> • Space – Organise the drill in pairs with the partners counting for each other
<p>Activity 1:</p> <p>Time: 5 mins</p>	<p>This intermediate drill to practice the Crouch Lift technique requires the players to lift a ball moving away from them</p> <p>Organisation</p> <ul style="list-style-type: none"> • Mark out a distance of 5m using cones • The players line up behind one of the cones • Each player in turn rolls the ball forward and follows it to crouch lift before it stops • The player rounds the cone and fist passes the ball to the next player to repeat the drill 		<p>STEP Variation</p> <ul style="list-style-type: none"> • Task – To increase the difficulty of the drill challenge the players to roll the ball faster



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 2:</p> <p>HIGH CATCH - TOSS & CATCH</p> <p>Time: 8 mins</p>	<p>This is a basic drill to practice the High Catch technique</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 		<p>STEP Variation</p> <ul style="list-style-type: none"> • Task - Adapt the drill by requiring the players to • kick the ball up to perform the high catch
<p>Activity 3:</p> <p>PUNT KICK II - PARTNER KICK</p> <p>Time: 10 mins</p>	<p>This is a basic drill to practice the Punt kick technique</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 practice Punt • Kicking with both left and right feet 		<p>STEP Variation</p> <ul style="list-style-type: none"> • Space - As the players become more • competent increase the distance the players • are required to kick the ball
<p>Activity 4:</p> <p>THE PUNT KICK - HIT THE CONES</p> <p>Time: 5 mins</p>	<p>This is a target game to develop the punt kick</p> <p>Organisation</p> <ul style="list-style-type: none"> • Mark out a grid 25m by 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 <p>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</p>		<p>STEP Variation</p> <ul style="list-style-type: none"> • Task - Alternatively points may be awarded for kicking the ball through gaps in the cones



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity	Key Points (Coaching/Others)
<p>Warm Up</p> <p>THE PUNT KICK - HIT THE CONES</p> <p>Time: 10 mins</p>	<p>This is a target game to develop the punt kick</p> <p>Organisation</p> <ul style="list-style-type: none"> • Mark out a grid 25m by 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 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Task - Alternatively points may be awarded for kicking the ball through gaps in the cones
<p>Activity 1:</p> <p>FIST PASS - STATIONARY PASS</p> <p>Time: 5 mins</p>	<p>This is a basic drill to practice the Fist Pass technique in a stationary position</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 3 metres 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 practice the fist pass 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Space – To increase the difficulty; Increase the distance between the players
<p>Activity 2:</p> <p>Time: 10 mins</p>	<p>This is a basic drill to practice the feint technique</p> <p>Organisation</p> <ul style="list-style-type: none"> • Mark out 6 cones 1 to 2 meters 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 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Task - As the players become more competent the pace should be increased, first to a jog and eventually to running speed • Equipment - Introduce a ball once the players are comfortable performing the technique without a ball



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity	Key Points (Coaching/Others)
<p>Activity 3:</p> <p>CHECKING - ZIG-ZAG CHECK</p> <p>Time: 8 mins</p>	<p>This basic drill to practice the Checking technique focuses on the movement of the feet</p> <p>Organisation</p> <ul style="list-style-type: none"> • Mark a grid 8 to 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 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Task - 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
<p>Activity 4:</p> <p>HOOK KICK - PARTNER KICK</p> <p>Time: 10 mins</p>	<p>This is a basic drill to practice the Hook Kick technique</p> <p>Organisation</p> <ul style="list-style-type: none"> • Divide the group into pairs, one ball per pair • Mark out channel 5 metres 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 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Space - To increase the difficulty of the drill; increase the distance between the players
<p>Activity 4:</p> <p>HOOK KICK - BULL'S EYE</p> <p>Time: 5 mins</p>	<p>This is a target game to develop the Hook Kick</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 15 metre 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 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Space - Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity	Key Points (Coaching/Others)
<p>Warm Up</p> <p>FIST PASS - MOVE & PASS</p> <p>Time: 5 mins</p>	<p>This intermediate drill to practice the Fist Pass technique requires the players to pass the ball while moving</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Space – To increase the difficulty; gradually increase the pace of the drill • Task - Encourage the receiver to move forward to take the pass so that the passer must time their pass more accurately
<p>Activity 1:</p> <p>FIST PASS - DODGE BALL</p> <p>Time: 10 mins</p>	<p>This fun game to develop the Fist Pass technique should be played with extra care</p> <p>Organisation</p> <ul style="list-style-type: none"> • 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 • A hit is cancelled if the ball is caught • Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Equipment- Use a sponge ball when playing the game with young players
<p>Activity 2:</p> <p>THE ROLL - DANCING FEET</p> <p>Time: 10 mins</p>	<p>This is an intermediate drill to practice the roll technique</p> <p>Organisation</p> <ul style="list-style-type: none"> • Mark out a grid approximately 10m square using cones • Place markers of two colours evenly spaced out throughout the grid • 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 of 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 	<p>STEP Variation</p> <ul style="list-style-type: none"> • Equipment - To progress the drill require the players to carry a ball



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: PUNT KICK II - PARTNER KICK Time: 10 mins	This is a basic drill to practice the Punt kick technique Organisation <ul style="list-style-type: none"> • 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 practice Punt • Kicking with both left and right feet 		<ul style="list-style-type: none"> • STEP Variation • Space - As the players become more competent increase the distance the players are required to kick the ball
Activity 4: HOOK KICK - BULL'S EYE Time: 10 mins	This is a target game to develop the Hook Kick Organisation <ul style="list-style-type: none"> • 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 15 metre 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 		STEP Variation <ul style="list-style-type: none"> • Space - Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient
Activity 5: HAND PASS - PRESSURE PASS Time: 5 mins	This Intermediate Drill to practice the Hand Pass technique requires the players to catch and pass in different directions Organisation <ul style="list-style-type: none"> • 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 		STEP Variation <ul style="list-style-type: none"> • Task - To increase the difficulty of the drill, the feeder players pass the ball as the 'central' player is returning the previous pass



Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity
1. Punt kick	<ul style="list-style-type: none"> • Player must punt kick ball from the 14 metre line to pass under crossbar and over goal line • 2 kicks with left leg and 2 kicks with right leg. • Player starts at cone 30 metres from goal, picks up the ball on the 21 meter line and from outside the 14 meter line must punt kick the ball to pass under the crossbar and over the goal-line without touching the ground • Player sprints back around cone at 30 metres and the test continues until he/she has kicked all 4 balls • Sprint to finish at cone 30 metres from goal. • 5 points for each score (Max score 20 points)
2. Hook Kick	<ul style="list-style-type: none"> • Place 4 balls on the 21 meter line • two on the left hand side of the goal and two on the right • the first ball is placed where the semi-circle meets the 21 metre line • second ball placed on the 21 metre line in line with the goalpost. • The player, beginning at a cone on the 14 meter line in the centre of the goals, runs to crouch lift the first ball; Hook Kick the ball from outside the line of cones on the 21 yard line to pass over the crossbar • After each Kick the play must return and touch the cone on the 14 meter line, and repeat the challenge with the remaining balls • 2 kicks with dominant leg / 2 kicks with non-dominant leg • Finish by sprinting to touch cone on 14 meter line. • 5 points for every score (Maximum 20 points) • Deduct 3 points each time the player performs the pick-up incorrectly
3. Solo Run	<ul style="list-style-type: none"> • Set up 5 cones in a zig zag format 10 meters apart between the 21 meter line and the end-line • Starting at the end-line the player must solo in a zi-zag manner around each of the cones using the right foot and the left foot. Solo using the outside foot rounding each cone. • Player cannot take more than 4 steps between each solo. • Turn around at the last cone and continue to Solo back through the cones to finish at the end line. • 20 points if the player performs the test without dropping the ball. • Deduct 5 points every time the player drops the ball.



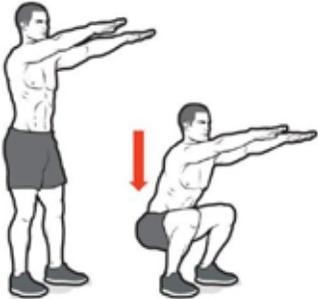
Safety Info Stationed approach - All groups do the warm up

Duration of session: 50 minutes - Equipment Required:

	Description of activity
4. Punt Kick for a score/ Fist over the bar	<ul style="list-style-type: none"> • Player starts at cone 35 metres from Goals • Player runs to pick up Ball 30 meters from Goals • Player must punt kick the ball to from outside the 21 metre to pass over the crossbar. • Player continues to pick up second ball on the 14 metre line • Run and fist pass the ball to pass over the crossbar • Player the sprints out to cone at 35 metres and repeats the 3 more times • Player performs the skills 4 times (2 on the left side and 2 on the right side) • When player is kicking and fist passing with left hand they must also pick up the ball with left leg/ the same on the right hand side of the body • 5 Points for each score (5 for punt kick score and 5 for fist-pass score) • Deduct 3 points for each time the player picks the ball up incorrectly.
5. Catch and Punt Kick	<ul style="list-style-type: none"> • For this test set out 2 squares (a smaller square inside a larger square) • The smaller square is 15 yards in from side line on the 45 meter line (5 metre square on the inside of the 45 metre line) • The larger second square is placed outside the smaller one; place cones 3 metres outside each corner of the smaller square. • Test begins with player standing inside the small parallelogram in front of main goals. • Player runs at an angle away from goal • Coach standing on the 14 metre line • Coach throws the ball up in front of the player • Player must catch the ball overhead with both legs off the ground • Player must then then punt-kick the ball from inside the 21 metre to land inside the squares. • If the kick land inside the small square players receives 10 points • If the kicks lands inside larger square player receives 5 points • After every kick player sprints back inside the small parallelogram and starts again. • Player performs the skill 4 times (2 on the right and 2 on the left) • Deduct 5 points if the player performs the catch incorrectly or drops the ball.
Score	Maximum Score 120 points



Safety Info Stationed approach - Adhere to social distance guidelines
 2m apart / No sharing of water bottles / Cough & Sneezing Etiquette
 Duration of session: 45 minutes - Equipment Required: Cones

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 12 mins	<ul style="list-style-type: none"> Running Mechanics: A focus on correct running technique translates into more efficient running and injury prevention 		<ul style="list-style-type: none"> Posture: Stand tall, zip up posture, show off logo on jersey Arm action: elbows at 90 degrees, Break through glass with elbow, Hip to lip with hand. Leg action: 90 degrees, glass of water balancing on knee, bucket hanging off foot, break glass with knee Ground: On balls of the feet, snap off the ground, running on hot coals
	<ul style="list-style-type: none"> Body Weight Squat: To activate the muscles of the lower body in preparation of the main phase 		<ul style="list-style-type: none"> Feet hip width apart, back straight, bending knees, pretend sitting on chair, come down to 90 degrees, standing back up and squeeze glutes at the top x10
	<ul style="list-style-type: none"> Lunge and Twist: The lunge activates the muscles of the lower body while adding a twist helps engage the core muscles 		<ul style="list-style-type: none"> Take big step forward. Keep back straight, bend front knee and lower the back knee to an inch above the ground. Twist upper body over outstretched leg. x5 each side

Safety Info Stationed approach - Adhere to social distance guidelines

2m apart / No sharing of water bottles / Cough & Sneezing Etiquette

Duration of session: 45 minutes - Equipment Required: Cones

	Description of activity		Key Points (Coaching/Others)
	<ul style="list-style-type: none"> Knee to elbow into tabletop: Activates muscles in the upper and lower body and helps to develop balance and stability in the ankle joints. 		<ul style="list-style-type: none"> Feet hip width apart, back straight, balance on one leg, bring knee to elbow, slowly bring leg under and behind body. Slowly bring leg back to start position and repeat x4 each side
	<ul style="list-style-type: none"> Gate Openers: To mobilise and loosen out the hips 		<ul style="list-style-type: none"> Feet hip width apart, bring one knee up in front of body to hip height. Rotate knee out to the side of body and lower down to ground. Repeat. x5 each side
	<ul style="list-style-type: none"> Dynamic stretches: To stretch and mobilise muscles in preparation for the main phase Hamstrings 		<ul style="list-style-type: none"> Standing tall, put one leg out in front, point toe up to sky, both hands reach down and sweep the ground. x5 each side

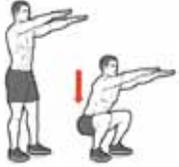
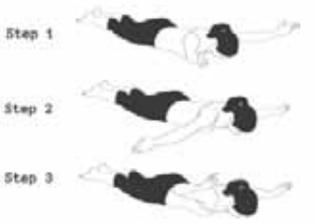
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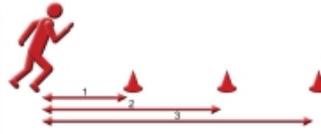
Duration of session: 45 minutes - Equipment Required: Cones

	Description of activity		Key Points (Coaching/Others)
	<ul style="list-style-type: none"> Glutes 		<ul style="list-style-type: none"> Getting on the ground, place one leg out in front and bent at a 90-degree angle, place the other leg straight out behind body, lean upper body over the bent leg. Hold for 2-3 seconds. x5 each side
	<ul style="list-style-type: none"> Quadriceps 		<ul style="list-style-type: none"> Standing tall, bring one leg up behind body grabbing at the ankle, same hand same leg, bring heel to glutes, push out the hips, hold for 2-3-seconds. x5 each side
	<ul style="list-style-type: none"> Calves 		<ul style="list-style-type: none"> Get in push up position, hands under shoulders, balls of the feet on the ground, pushing one heel into the ground and hold for 2-3 seconds and switch sides. X10 each
	<ul style="list-style-type: none"> Body Weight Squat Jumps 		<ul style="list-style-type: none"> Feet hip width apart, back straight, bending knees, pretend sitting on chair, come down to 90 degrees and explode upwards. Landing with feet hip with apart and repeat. x5

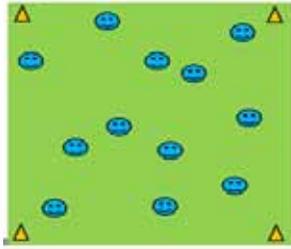
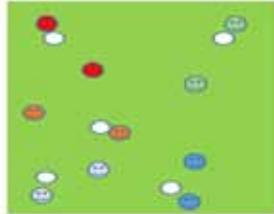
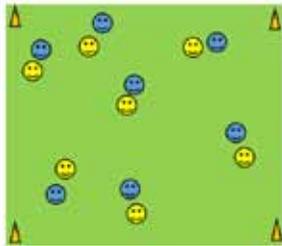
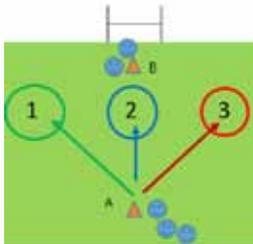
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 Duration of session: 45 minutes - Equipment Required: Cones

	Description of activity		Key Points (Coaching/Others)
Circuit 30-seconds on 30-seconds recover. 1-minute recovery between sets Time: 18-minutes	<ul style="list-style-type: none"> Body Weight Squat 		<ul style="list-style-type: none"> Feet hip width apart, back straight, bending knees, pretend sitting on chair, come down to 90 degrees, standing back up and squeeze glutes at the top
Activity 2:	<ul style="list-style-type: none"> Push Up 		<ul style="list-style-type: none"> Hands underneath shoulders, straight line from head to heels, lowering body to inch above ground, pushing back up, make sure arms are under shoulders, elbows rubbing off the rib cage
Activity 3:	<ul style="list-style-type: none"> Plank 		<ul style="list-style-type: none"> Get into push up position, lower your upper body say that your forearms are on the ground. Keeping a nice straight line from the head to the heels. Engage core, keep breathing. Hold that position
Activity 4:	<ul style="list-style-type: none"> Alternating lunges 		<ul style="list-style-type: none"> Take big step forward. Keep back straight, bend front knee and lower the back knee to an inch above the ground. Drive up through front leg. Bringing front leg back to the start positions, opposite leg
Activity 5:	<ul style="list-style-type: none"> YTW's 		<ul style="list-style-type: none"> Lying face down on the ground, make a "Y" shape with arms. Engage your glutes and core and lift your shoulders and chest up off the floor. Squeeze your shoulder blades together and hold for 2 seconds. Lower upper body back down towards the ground and repeat. Do same for letters "T" and "W".

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	Description of activity		Key Points (Coaching/Others)
Running: 30-seconds on 30-seconds rest. 1-minute recovery between sets. 2 x 5 Activity 1: Time: 12-minutes	<ul style="list-style-type: none"> Shuttle runs 		<ul style="list-style-type: none"> Start off on the first cone. Sprint out to the first and sprint back to the start, sprint out to the second cone and sprint back to the start, sprint out to the third cone and sprint back to the start. Repeat until time is up. 1-minute recovery between sets
Activity 2:	<ul style="list-style-type: none"> Static stretches: To help aid muscle recovery and reduce muscle soreness. Hamstring 		<ul style="list-style-type: none"> Get in half kneel position, place one leg straight out in front of body. With both hands reach down and touch foot. Hold for 20-seconds.
Activity 3:	<ul style="list-style-type: none"> Glutes 		<ul style="list-style-type: none"> Getting on the ground, place one leg out in front and bent at a 90-degree angle, place the other leg straight out behind body, lean upper body over the bent leg. Hold for 20-seconds each side
Activity 4:	<ul style="list-style-type: none"> Quadriceps and hip flexor 		<ul style="list-style-type: none"> Get in half kneel position, bring one leg up behind body, same hand same leg, bring heel to glutes. Then push hips forward. Hold for 20-seconds each side
Activity 5:	<ul style="list-style-type: none"> Calves 		<ul style="list-style-type: none"> Get in push up position, hands under shoulders, balls of the feet on the ground, pushing one heel into the ground and hold for 20-seconds each side

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 Duration of session: 45 minutes - Equipment Required: Cones

	Description of activity		Key Points (Coaching/Others)
Warm Up: Gaelic 15 Time: 12 mins.	<ul style="list-style-type: none"> Players move around two grids warming up major muscle groups. 		<ul style="list-style-type: none"> Players keep moving (2 m) apart.
Activity 1: Soloing Time: 10 min	<ul style="list-style-type: none"> Players solo around two grids with ball each. 		<ul style="list-style-type: none"> Players work on solo. Head up at all times. Right hand, right foot, Left hand, left foot. Protect ball after every solo. Players use both feet. No Hop.
Activity 2: Shadowing Time: 10 mins.	<ul style="list-style-type: none"> Players work in one grid moving at angles with partner shadowing. 		<ul style="list-style-type: none"> Players concentrate on keeping ball in the air. Nice and steady. No contact. Every solo change sides. Rotate player every five minutes
Activity 3: Shooting Time: 14 mins.	<ul style="list-style-type: none"> Player work on solo and shooting points. Two Goals. 		<ul style="list-style-type: none"> Eight players with ball on 21m Line. Each player solo to 13m Line Kicks point. Three players feeding ball back. Aim is to solo with both feet without ball hitting ground. Rotate after seven minutes.



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 Duration of session: 45 minutes - Equipment Required: Cones

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 4: Mini Games Time: 8 mins.	Players work in one grid. 7 V 7. 21 to 21. Two Goals. Points Only. No Contact.		<ul style="list-style-type: none"> Players must pass and move. Create space by good movement. No Tackling. Eight-minute match.
Cool Down: Time: 6 mins.	Players perform various stretches stationery or walking. Back, Quad, Hamstring, Groin, Calves.		

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 Duration of session: 45 minutes - Equipment Required: Cones

	Description of activity		Key Points (Coaching/Others)
Warm Up: Gaelic 15 Time: 12 mins	<ul style="list-style-type: none"> Players move around in 6x2. 		<ul style="list-style-type: none"> Players work on warming up all major muscle groups.
Activity 1: Kicking Time: 10 mins	<ul style="list-style-type: none"> Players work in Pairs. 		<ul style="list-style-type: none"> Players work on kicking and moving. Punt and Hook kick both feet. Head down follow thru. Punt kick with lace (S H, S L). Hook kick (O S in line target).
Activity 2: Time: 10 mins.	<ul style="list-style-type: none"> Players work in Fours. 		<ul style="list-style-type: none"> Players work in 4x3 groups. Start with one ball. Kick and follow pass. Work on both sides.



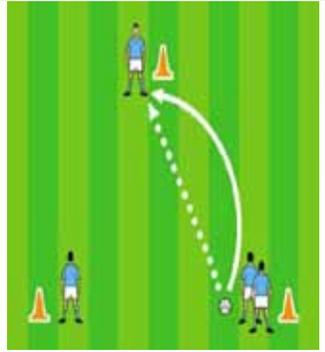
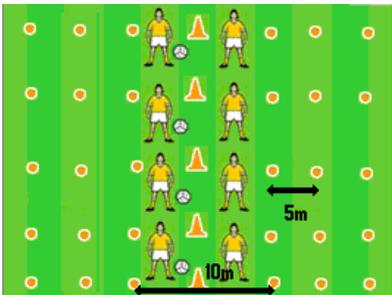
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	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Punt Kicking Time: 10 mins.	<ul style="list-style-type: none"> • Players work on punt Kick. • Use two goals. 		<ul style="list-style-type: none"> • Players work with partner. • One ball per two. • Player with ball takes one solo shoots for goal follows kick. • Head down follow thru (S H, SL). • First to Five on both sides.
Activity 4: Hook Kicking Time: 13 mins.	<ul style="list-style-type: none"> • Players work on Hook Kick. • Use two goals. 		<ul style="list-style-type: none"> • Players work in 3x2 groups. • One ball per two. • Players hook kick with both sides. • Moving off the ball. No Solo. • First to Ten on both sides.
Cool Down: Time: 5 mins.	Players walk or stationery. Back, Quad, Hamstring, Groin.		

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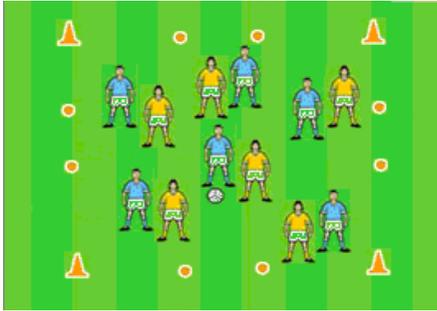
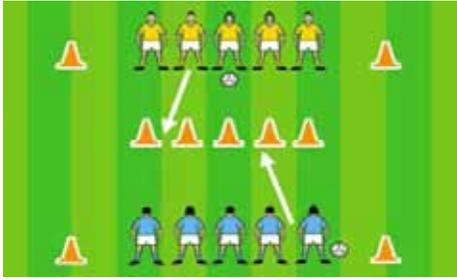
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Duration of session: 60 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up:</p> <p>Time: 15 Mins</p>	<ul style="list-style-type: none"> Stand with feet hip-wide apart, hands on your hips Important Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal. Jog towards the 20m line. 2. Taking short strides flick your heels towards your glutes. 3. Maintain your upper body up straight. 4. Your upper thigh should remain perpendicular to the ground. Jog back to the end line. 5. Complete twice. 		<ul style="list-style-type: none"> EACHING POINTS 1. Jog five steps, stop and lift your knee forwards. 2. Keeping your upper body facing forward, rotate your knee to the side and put your foot down 3. Leg you are standing on stays straight, heel on the ground. 4. Do not allow knee of stance leg buckle inwards. 5. Raised leg: hip, knee and ankle in line 6. After five more steps, repeat exercise on the other leg. 7. Repeat until you reach the 20 m line. 8. Jog back. 9. Repeat twice
<p>Activity 1:</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Each player Punt Kicks to the next player and continues to that line 		<p>Key Points</p> <ol style="list-style-type: none"> 1. Release ball into the hand at kicking side 2. Step forward with non-kicking foot 3. Kick ball with instep 4. Toes pointed, follow through <p>Head - Hands - Feet</p> <p>STEP - Vary the activity</p> <p>Vary Space Vary Task</p> <p>Vary Equipment Vary Players</p>
<p>Activity 2:</p> <p>Time: 12 mins</p>	<ul style="list-style-type: none"> Players in Pairs. Mark out various distances. Players to punt kick to partner over each 		<p>Key Points</p> <ol style="list-style-type: none"> 1. Release ball into the hand at kicking side 2. Step forward with non-kicking foot 3. Kick ball with instep 4. Toes pointed, follow through <p>Head - Hands - Feet</p>



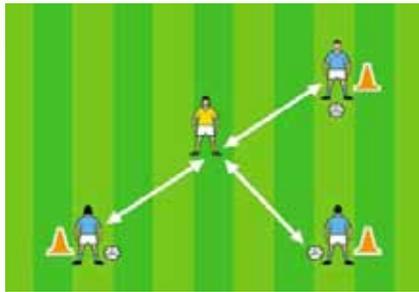
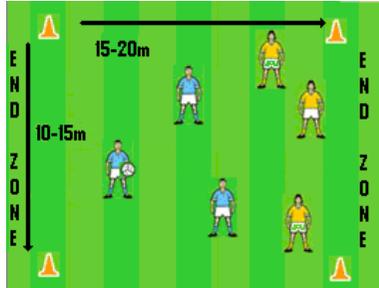
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 Duration of session: 45 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time 15 mins	<ul style="list-style-type: none"> Place 4 goals – 1 in each side of a grid Teams attack and defend 2 sets of goals Teams of 3/4 players 		<ul style="list-style-type: none"> STEP - Vary the activity Vary Space Vary Task Vary Equipment Vary Players
Activity 4; Time 10 mins	<ul style="list-style-type: none"> Hit the Cones Players Punt Kick the ball to hit the cones in the middle 		<ul style="list-style-type: none"> STEP - Vary the activity Vary Space Vary Task Vary Equipment Vary Players
Cooldown; Time 10 mins	<ul style="list-style-type: none"> Jog, High knees, Side steps, Mixed Skipping Drills, Games etc & to include both Dynamic & Static Stretch Routine. 		<ol style="list-style-type: none"> Jog to the 20m line. Make sure you keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knee buckle inwards. Jog back to start line. Repeat twice



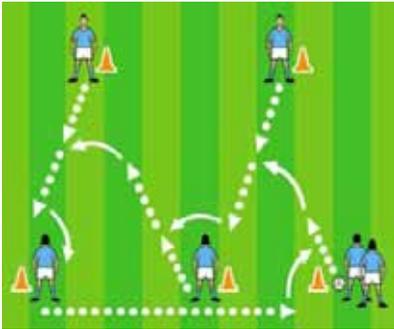
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Duration of session: 60 minutes - Equipment Required: Cones, Footballs, Bibs

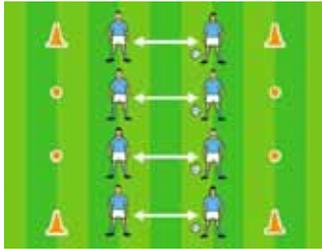
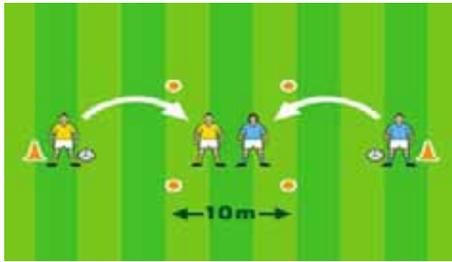
	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up:</p> <p>Time: 10 Mins</p>	<ul style="list-style-type: none"> Stand with feet hip-wide apart, hands on your hips Important Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal. Jog towards the 20m line. 2. Taking short strides flick your heels towards your glutes. 3. Maintain your upper body up straight. 4. Your upper thigh should remain perpendicular to the ground. Jog back to the end line. 5. Complete twice. 		<ol style="list-style-type: none"> Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. Squeeze glutes on the trail leg. Raise your hands straight up in the air, keeping your abdomen muscles tight. Hold for count of two seconds and then walk forward with trail leg and repeat. Complete 6 times.
<p>Activity 1:</p> <p>Time: 10 mins</p>	<p>Pressure Pass</p> <p>Middle player in turn takes and returns a pass from outer players.</p>		<p>Key Points</p> <ol style="list-style-type: none"> Support the ball in the palm of one hand Extend the striking hand back Strike through the middle of the ball Follow through in the direction of the pass
<p>Activity 2:</p> <p>Time: 10 mins</p>	<p>Touch Down</p> <p>3 or 4 players per side. Play the ball from one's own end zone to opposition end zone using hand passes. The ball must be carried into the end zone to gain a score.</p>		<p>Touch Down</p> <p>3 or 4 players per side. Play the ball from one's own end zone to opposition end zone using hand passes. The ball must be carried into the end zone to gain a score.</p>



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 Duration of session: 45 minutes - Equipment Required: Cones, Footballs, Bibs

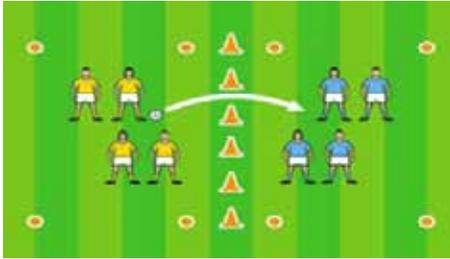
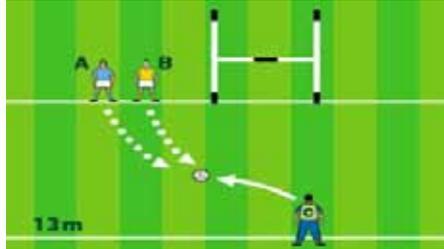
	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time 10 mins	Zig-Zag Pass <ul style="list-style-type: none"> • Players Hand Pass the ball for the next player to run on to and then take their place 		<ul style="list-style-type: none"> • STEP - Vary the activity • Vary Space • Vary Task • Vary Equipment • Vary Players
Activity 4; Time 10 mins	<ul style="list-style-type: none"> • Hit the Cones • Players Punt Kick the ball to hit the cones in the middle 		<ul style="list-style-type: none"> • STEP - Vary the activity • Vary Space • Vary Task • Vary Equipment • Vary Players
Cooldown; Time 10 mins	<ul style="list-style-type: none"> • Jog, High knees, Side steps, Mixed Skipping Drills, Games etc & to include both Dynamic & Static Stretch Routine. 		<ol style="list-style-type: none"> 1. Jog to the 20m line. 2. Make sure you keep your upper body straight. 3. Your hip, knee and foot are aligned. 4. Do not let your knee buckle inwards. 5. Jog back to start line. 6. Repeat twice

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	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up: Time: 10 Mins	<ul style="list-style-type: none"> Plant and push drill while jogging / knee angle specific A ball can be introduced between groups of 4 		TEACHING POINTS 1. Jog 4-5 steps straight ahead. 2. Then coach will indicate that player must turn left, and the person must plant on the right leg and cut to change direction to the left and accelerate. 3. Sprint 5-7 steps (80-90% of maximum pace) before you decelerate. 4. Coach will indicate right, and person must plant on the left foot and cut to change direction to the right. 5. When changing direction, bend knee and hip, lean body forwards. 6. Do not let your knee buckle inwards. Repeat the exercise x 30 seconds.
Activity 1: Time: 10 mins	Partner Catch Player in turn throws the ball up for their partner to High Catch		Key Points 1. Moving forward, extend upwards 2. Extend the arms fully above the head 3. Catch the ball slightly in front of the head 4. Secure the ball to the chest
Activity 2: Time: 10 mins	Opposed Catch One player in the middle High Catches the ball while the other provides opposition		Head - Hands - Feet STEP - Vary the activity Vary Space Vary Task Vary Equipment Vary Players



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	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 3: Time 10 mins	Prisoner Ball <ul style="list-style-type: none"> Players kick the ball to the opposition; if the ball touches the ground the nearest player joins the other team 		Coach to focus on; Head - Hands - Feet STEP - Vary the activity Vary Space Vary Task Vary Equipment Vary Players
Activity 4; Time 10 mins	One on One <ul style="list-style-type: none"> Coach throws the ball for the attacker to High Catch and kick for a score, 		Coach to focus on; Head - Hands - Feet Coach throws the ball for the attacker to High Catch and kick for a score,
Cooldown; Time 10 mins	<ul style="list-style-type: none"> Toe Touches x 7 reps x 20 metres 50 ./. run x 7 reps x 20 metres 		<ol style="list-style-type: none"> Jog 5 steps, place one leg out in front, toes pointing up, heel into ground, straight knee. Keeping your back straight, bend the knee at the back and roll your hand/hurley down the front of the shin. Hold for 3 seconds. Jog another 5 steps and repeat on opposite leg. Continue until you reach 20m line, jog back. Complete twice



Safety Info Stationed approach - Adhere to social distance guidelines

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Duration of session: 65-70 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up: In 3's Kick Long Hand Pass Short</p> <p>Time: 15 Mins</p>	<ul style="list-style-type: none"> • Players are in groups of 3 or 4. • If you receive a kick pass you give a hand pass. • If you receive a hand pass you give a kick pass. • First player kick passes to second player, second player hand passes to third player, third player kick passes to first player, first player hand passes to second player etc. • Space: Use the full width of the field and about half the length. • Time: 45 secs to 1 min work before a rest. In between sets do dynamic stretches for; • Calves, Quads, Hamstrings, Groins, Glutes, Hips & Shoulders. • Equipment: 1 ball per group of 3 or 4. • Players: Split into groups of 3 or 4. 		<ul style="list-style-type: none"> • Catch the ball at its highest point. • Use left hand/foot to pass to your right and right hand/foot to pass to your left. • Increase the length of the passes. • Kick pass is allowed one bounce or better, hand pass to be kept off the ground. • Players receiving a hand pass should be moving away from the passer instead of running towards them. <p>Progressions:</p> <ul style="list-style-type: none"> • Make a dummy run before showing for a kick pass. • Play the passes into space, where the player is running to rather than where they are. You want players to be receiving the ball in their stride.
<p>Activity 1:</p> <p>Play the Way You Are Facing</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> • Players are in 4 groups at the corner cones A-D. • One player starts with the ball. • All players run diagonally across the square at the same cone to the cone on the opposite side to where they started. • You can only hand pass the ball if you are facing the person you are passing to. • If there is no pass on then you pass the ball to whichever player is waiting at the cone in front of you. • Space: Start with a 20m square, once players get used to the activity you can increase the size of the square to 30/35m. • Time: Sets of 1 min to 90 secs with breaks in between for water and coaching. Increase the size of the square between sets slightly IF the players are ready. 		<ul style="list-style-type: none"> • Move the ball quickly. • Finish out your run. • Hand pass right when passing left. • Hand pass left when passing right. • Play the way you are facing ALWAYS. Do not try reverse hand passes where you must turn to pass, these passes go astray or are intercepted in games. • Fast hands. • Call the players' names that you are passing to. • Selflessness always make the run to receive the pass even though you may not receive the pass. <p>Progressions:</p> <ul style="list-style-type: none"> • Increase the size of the square for a longer pass. • Increase the pace of running • Break right or left instead of just running straight across, try to angle your runs. <p>Equipment: 4 cones per group and 5 balls (1 ball being used and a spare ball at each cone for when a pass goes astray.</p> <ul style="list-style-type: none"> • Players: A minimum of 8 (2 at each cone) for the activity to work. If you have 16/24/32 players make a 2nd/3rd/4th group to avoid long queues.



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 Duration of session: 65-70 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 2: Shooting on the Loop Version 1 Time 5 mins	<ul style="list-style-type: none"> • Player A starts with the ball and hand passes to player B. • A loops around B while B makes a run straight towards the goals. • B spins/wheels as if they were stopped by a tackler and hand pass out to A running around them on the loop. • A shoots and both players rotate starting positions, so B shoots next time. • Players move starting positions on the field so they are not shooting from the same position all the time. • Space: Start a comfortable distance from the goals for a shot and then increase the distance as the activity goes on. • Time: 90 secs to 2 mins per set before a break, 2 sets making sure to be shooting from different positions and not just staying in the one spot. • Equipment: A ball per pair, coaches behind the goal getting the balls back out to the players quickly. • Players: Pairs spread out so they aren't crossing each other when making runs or shooting 		For all Activity 2 versions 1-3: <ul style="list-style-type: none"> • Shoot with the instep of the foot (Hook Kick). • Shoulder should be pointed towards the target. • Drop the ball from the same hand as the foot you are kicking with. • Time your run so to not be ahead of the ball and be able to come onto the pass at pace. • Shooting on the run rather than slowing down to get your shot off. Progressions: <ul style="list-style-type: none"> • Have no more than 4 waiting at a group. • Hand passes off the ground. • Can have both sides of the field going at the same time and then swap over so players are shooting off left and right. • Angle your runs or change direction of runs before receiving a pass. • Introduce a dummy hop/solo before shooting.



Safety Info Stationed approach - Adhere to social distance guidelines
 2m apart / No sharing of water bottles / Cough & Sneezing Etiquette
 Duration of session: 65-70 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: Recycling out of A corner Time: 15 Mins</p>	<ul style="list-style-type: none"> Ball starts in either corner. Backs (O's) are maintaining structure and shape. Forwards (X's) aim to get the ball out of the corner and into a scoreable position. Backs are shadowing the player on the ball. Space: Half the field. Time: 3 to 4 minutes before taking a break. Do 3 sets, rotate positions among the backs and the forwards (full back to wing back etc.) Equipment: All footballs start in either corner, Coach calls the player that starts off. Players: Split into 2 teams (Backs & Forwards) with 2 different coloured bibs. Both halves of the field can be doing the same activity. 		<ul style="list-style-type: none"> Never ever go back into the corner. Forwards stay wide and deep to create space. Backs stay tight and compact. 10 & 12 play with their backs to the side-line. 11 drop off to force 6 to stick or drop into the pocket. Move the ball at speed, do not play the ball unless you are taking on your marker, change the angle of the attack by moving the ball. Try to create situations/scenarios on the loop like what were practiced earlier in the session. Pass the ball to the player in the best position. Progressions: Introduce 1 or 2 extra backs. Introduce midfield pairs.
<p>Cool Down: Time: 5-10 Mins</p>	<ul style="list-style-type: none"> Static stretches for same muscles as the warm-up. Hold each stretch for 15-20 secs on each muscle and twice on each side 		



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Duration of session: 65-70 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up:</p> <p>Complex Skills in Pairs</p> <p>Time: 15 Mins</p>	<ul style="list-style-type: none"> 2 balls per pair, one player starts with both balls. Player that starts with the balls firstly take 4 steps solo right, 4 steps solo left, 4 steps hop right, 4 steps solo left, 4 steps hop left, 4 steps solo right, kick pass right, kick pass left to your partner. Partner repeats then passes back to you. Space: Open field, players are free to move anywhere. Time: 90 secs to 2 mins before taking a rest. In between sets do dynamic stretches for. Calves, Quads, Hamstrings, Groins, Glutes, Hips & Shoulders. Equipment: 2 balls per pair. Players: Players are paired up, if you have uneven numbers have one group of 3. 		<ul style="list-style-type: none"> Execute skills on the move. Same hand same foot when soloing & kicking. When kick passing try and have the pass be one bounce or better. When receiving catch the ball at its highest point. Player receiving the pass should be moving into space. <p>Progressions:</p> <ul style="list-style-type: none"> Try dummy solo's and hops. Kick pass to where the player is going to be rather than where they are. Increase running speed when executing the skills. Increase the distance you are kick passing the ball. Player receiving the kick pass should be moving and changing directions before receiving a pass.
<p>Activity 1:</p> <p>Intro to Breaking Ball in 3's</p> <p>Time: 10 Mins</p>	<ul style="list-style-type: none"> Player with the ball tosses up the ball the furthest away player. They break it down for the middle player to collect. Middle player collects the break and turns around to repeat. Space: Open field wherever players find space to do the activity. Time: 90 secs to 2 mins before a break. Equipment: 1 ball per 3 players. Players: Players are in groups of 3, make a group of if the numbers aren't even for groups of 3. 		<ul style="list-style-type: none"> Throwers toss up the ball, so the breaker has the judge the flight of it. Breaker/player knocking down the ball call which way they are going to break it down to. Player collecting the break times the run, so they are gathering the ball at speed. <p>Progressions:</p> <ul style="list-style-type: none"> Increase the distance of the pass, could progress onto a kick pass if the players are good at judging the high ball. Player that is going to break down the ball could move before being passed to Player collecting the break calls which side they want the break instead of breaker deciding. One handed knock down, to simulate someone holding someone off.



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 Duration of session: 65-70 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 2:</p> <p>Down the Line & Through the Gates</p> <p>Time: 15 Mins</p>	<p>Even out the number at the 6 cones.</p> <p>Start the activity with 2 balls moving in play.</p> <p>Space: Start with the grid as a 40*30m rectangle as shown in the diagram below with B & E 5-10m dropped back in the centre to make a hexagon.</p> <p>Time: 90 secs to 2 mins for each set. Start with 2 ball at different cones. Each new set introduce another ball up to a max of 6 going at once. The more players in the grid the easier it is to keep the balls alive</p> <p>Equipment: 1 or 2 football at each cone for misplaced passes.</p> <p>Players: Split players evenly among the 6 cones, if unequal numbers start the extra players where the balls are going to start at the beginning of the activity.</p> <p>Rules:</p> <p>A can kick pass right foot to D or hand pass right to B. B can kick pass right foot to D or kick left foot to E. C can kick pass left foot to F or hand pass left to B. D can kick pass left foot to A or hand pass left to E. E can kick pass right foot to A or kick left foot to C. F can kick pass right foot to C or hand pass right to E.</p>		<ul style="list-style-type: none"> Use the correct side when passing, right side to go left and left side to pass right. Move the ball quickly. Make your mind up fast on which of your 2 options you are going to. Try not to have 2 balls going to the same cone at the same time. Kick passes one bounce or better. If receiving a kick pass, try and catch the ball at its highest point. Keep the hand passes off the ground. Progressions: Increase the size of the grid to make the passes longer. More balls in the grid Increase the pace you run to the cone you passed to, this will become more important the more balls are in the activity to keep the balls alive. Player movement off the cones before receiving a pass, the cones are only a rough guide of where to receive the ball.
<p>Activity 3:</p> <p>Winning Long Awkward Ball</p> <p>Time: 20 Mins</p>	<ul style="list-style-type: none"> Outside players in line 3 deliver a long ball in from midfield. Players in line 2 try to receive the ball and turn and shoot. Players in line 1 are only shadowing & applying light pressure. Line 2 players start between the 13-21m line & must return back after each shot. Each player gets 2 sets in each of the 3 lines. Space: Half the field needed to deliver the long ball in. Time: 1 min to 90 secs per set. Players in line 2 are trying to get as many shots as they can & count their scores. Rotate line position each set Equipment: All the ball starts outside at midfield. Players: Players are split into 3 even numbered groups. 		<ul style="list-style-type: none"> Outside players deliver a long pass preferably one that does not bounce before reaching the shooter. Players receiving the ball try and judge the flight of the ball early. Catch the ball at the highest point. Try and not let the ball bounce when receiving a pass, may need to slide to catch the ball before it hits the ground. Turn and try and get the shot off quickly. Use both feet when passing and shooting. Progressions: Introduce a dummy solo/hop before shooting. Movement inside before receiving a pass.



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Duration of session: 70-75 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Warm Up:</p> <p>Diagonal Pass out & Shoot</p> <p>Time: 15 Mins</p>	<ul style="list-style-type: none"> One player is at each of the cones A-E. The remaining players split in half either side of the goals at F & G. Players at F can only pass diagonally to C-E. Players at G can only pass diagonally to A-C. Once a player from F or G pass the ball out, they follow their pass to the cone they passed to. Once a player on the outside shoots, they go inside and get ready to pass a ball out. Cone C always goes for goal. Space: Start the outside cones 20m from the goals and increase the distance from goals as players improve. Time: 1 min to 90 secs set before a break. Coach counts how many scores the players can get in the set amount of time. In between sets do dynamic stretches for. Calves, Quads, Hamstrings, Groins, Glutes, Hips & Shoulders. Equipment: All ball start inside beside the goals, cones to mark out A-E. Players: 3-5 players at outside cones, with remaining players split into 2 halves and go either side of the goals. No more than 4 players waiting at either side of the goals, If you have more numbers set up the same activity at the other goals. 		<ul style="list-style-type: none"> The pass out must always be a diagonal pass. Make the player on the outside field the ball. Left foot kick passes out from the left side of the goalpost kicking to your right. Right foot kick passes out from the right side of the goalpost kicking to your left. Shoulder to the target when shooting for a point. When going for goal at C, pick your spot early. After passing out from inside, get out to the cone you passed to quickly. Turn around and back pedal the final few steps ready to receive a pass. Call the player that you are passing to. <p>Progressions:</p> <ul style="list-style-type: none"> Player that passes out apply small pressure on the shot. Outside players make different runs before getting a pass. Increase the distance from the goals between sets if the players are scoring a high percentage of their shots.
<p>Activity 1:</p> <p>Diagonal Pass & Shoot Version 1</p> <p>Time: 10 Mins</p>	<ul style="list-style-type: none"> Player C kick passes cross field to Player A, A then shoots straight away. Player C follows their pass and joins the back of the line at A and the player that is just after shooting joins the back of the line at C. Same thing for players at cones D & B. Space: A & B start between the 13 & 21m about 10m right and left of the posts. C & D start about 50m from the goals and are the width of the poles for the nets behind the goals. Time: 90 secs to 2 mins per set. Switch sides you are shooting from after each set and do 2 sets from each side. Equipment: All the balls start at the outside cones and 4 cones to mark A-D. Players: 2 players start at both A & B, remaining players split between C & D evenly. If more than 4 players waiting at C or D you can set up the same activity at the other end of the field to avoid long queues. 		<ul style="list-style-type: none"> Same coaching points as for the shooting in the warm-up activity.



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Duration of session: 70-75 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 2: Over the Blanket Time: 20 Mins	<ul style="list-style-type: none"> O's are the forwards. X's are the backs. Forwards at line A pass into the forward at line D, the backs are at lines B & C are there to intercept bad passes and to shadow the forwards. Outside players can pass to any of the inside forwards. If you have a goalkeeper, they can call a forward from line D that has received a pass to go for goal instead of a point. Space: Players at line A start outside the 45m, players at line B backs are 5-10m off line A forwards. Players at line D are between the 13-21m line with players at line C are 5-10m off line D. Time: 1 min to 90 secs delivering the balls into line D. After each set rotate the forwards, D go to A and A go to D. C & B also swap. Once both forward groups have had a set of shooting then the backs become the forwards. All players get 2 sets of shooting. Equipment: All balls start outside the 45m line and bibs for the backs and forwards. Players: Split players into 2 equal numbered teams and then split the backs and forwards into 2 more groups. 		<ul style="list-style-type: none"> Get the balls over the backs when kick passing the ball in. Backs have their hands up and moving to distract the forwards. Players at line D shoot and return into their start position ready to receive another pass. Try to get as many shots off and scores as possible in the time allowed. <p>Progressions:</p> <ul style="list-style-type: none"> Line D players are moving and changing directions of their runs before receiving a pass. Increase the distance off the pass from line A to line D.



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	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3:</p> <p>Under Pressure for Points</p> <p>Time: 15 Mins</p>	<ul style="list-style-type: none"> • Same groups as activity 2. • Players from line A pass out to the players at line D and they shoot. • Players are in pairs, so the same player from line A pass to the same player at line D. • Space: Players at line D are 21-30m out. Players at line A are on the end line. Lines B & C are in between A & D, B shadowing A and C shadowing D. • Time: 60 secs to count how many scores the player at line D can get. • Rotation 1: A swaps with D, B swaps with C • Rotation 2: A swaps with B, C swaps with D • Rotation 3: A swaps with C, B swaps with D • All players get 2 attempts at trying to score as many points as they can in 60 secs. • Equipment: All balls start inside on the end line with the players at line A, Bibs for the backs & forwards. • Players: Players are split into 2 groups like in activity 2. They then pair up with somebody with a similar coloured bib and that is their partner for the activity. 		<ul style="list-style-type: none"> • Kick pass out make the player field the ball. • Outside player is moving and showing for the ball before receiving it. • Shadow players are there to intercept bad passes. • Outside players are trying to get shots off as quick as possible. • Inside player is ready to pass a ball out to the shooter once they have shot their previous ball. • Moving around outside so players are shooting from different positions. • Shooting and kick passing out off both feet. <p>Progressions:</p> <ul style="list-style-type: none"> • Increase the distance for the pass out and the shot. • Use all non-dominant side.
<p>Cool Down:</p> <p>Time: 5-10 Mins</p>	<p>Static stretches for same muscles as the warm-up. Hold each stretch for 15-20 secs on each muscle and twice on each side</p>		

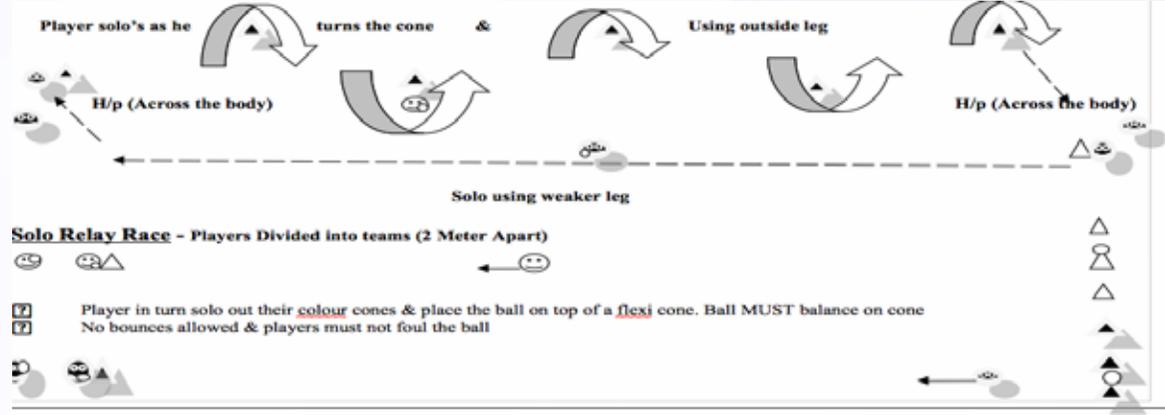
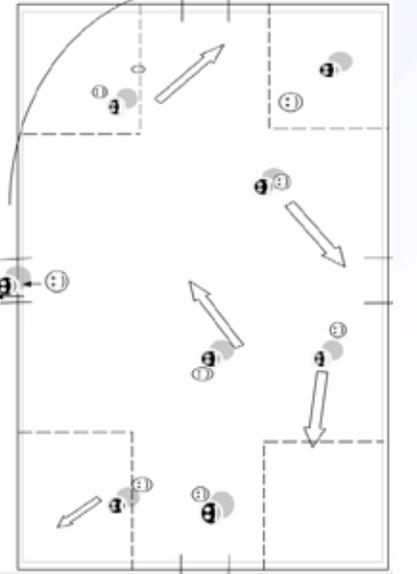


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	Description of activity	Diagram	Key Points (Coaching/Others)
Warm up Time: 15 mins	Gaelic 15 https://learning.gaa.ie/gaa15		
Physical - 150 Meter Sprint Challenge Time: 8 Mins	<ul style="list-style-type: none"> • Players perform 6 sprints • Players sprint for 30 sec's and cover as much distance as possible • Players given 30 sec's to return to start line for the next sprint • Players sprint to 5 meter cone and back to start cone • Players sprint to 10 meter cone and back to start cone • Players continue etc 		<p>Option A</p> <ul style="list-style-type: none"> • All your players perform at the same time • Place start cone 2 meters apart <p>Option B</p> <ul style="list-style-type: none"> • Divide players into two groups • 2nd group sprint while 1st group return to start • Place start cones 2 meters apart
Skill: Catching (over the river) Time: 10 mins	<ul style="list-style-type: none"> • Over the River • Max 5 per box • Minimum 1 ball per pair • Kick passes over into the opposite box using combination of , High & Chest height kicks 		
Point Scoring Time: 10 mins	<ul style="list-style-type: none"> • 40 seconds x 4 (20 seconds rest) good leg , 40 seconds x 4 (20 sec rest) weak leg. Repeat x 5 • Players at A, B & C with remaining players divided at each goal post • Players at goalpost kick to players at cones & race to put unopposed pressure on kicker before replacing them • Player at goalpost CANNOT kick to player on their own side but CAN to player in Middle or Opposite • Kicking players to attack the ball • Players kicking for score are NOT to kick if they WAIT for Ball Or take steps backwards allowing ball to bounce into them • Kickers at 21 meter line <p>Purpose</p> <ul style="list-style-type: none"> • Give forwards a taste token opposition • Develop good feet in players as they cannot wait for to come to them & must attack the ball whatever way it comes • Develop Catching Skills: Over Head, Reach, Body • Develop confidence kicking off both LEFT & RIGHT 		



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	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Skill</p> <p>Solo (Zig Zag & solo race)</p> <p>Time: 5 mins</p>			
<p>Conditioned Kicking Game</p>	<p>Shadow Game (No Tackling)</p> <ul style="list-style-type: none"> Using poles make goals on 13 meter line, Halfway line & on both side lines (As shown) Carry the ball (Without Fouling) through a gate for a score. No same gate consecutively Individual player next score MUST be in a different gate. Prevents a player from camping down in one area Keep possession & attempt to score in one of the remaining 3 gates <p>Conditions 1:</p> <ul style="list-style-type: none"> One play (1 Hop or 1 Solo) No two consecutive H/p's. Unlimited Kicking Cannot pass back to the same player <p>Conditions 2:</p> <ul style="list-style-type: none"> Allow two consecutive H/p's <p>Purpose:</p> <ul style="list-style-type: none"> Lots of long kicking leading to improved kicking especially from different angles i.e most kicking drills are straight line and involve very little movement by receiving player Eliminates congested play in front of goals as players now have four options to attack Also works on player fitness as play is spread out and game is spread out Defending team now have to work harder to win the ball back. Better decision making as players can turn and change the point of attack at any time 		<p>Variations</p> <p>Where a left leg kick most obvious then the player MUST use his left leg</p> <p>Create boxes in the corners (3 Cones will suffice)</p> <ol style="list-style-type: none"> As players become better at defending the gates & to encourage better movement of both players/ball Reward team who can receive a kick pass in the corners 1 pt (increase score's for through gate) <p>Individual players MUST score in every gate before scoring again in the 1st gate</p> <p>Team MUST score in very gate before scoring again in 1st gate</p> <p>If player is tagged (Allow player to call it) before entering gate then the score does not stand</p> <ol style="list-style-type: none"> Challenges player (s) to look up & move the ball away from contact & to another gate Challenges physically bigger player(s) to make decisions based space & not physique
<p>Warm down; Time 10 mins</p>	<ul style="list-style-type: none"> Static Players perform various stretching exercises while stationary OR walking 	<ul style="list-style-type: none"> Groin, Calf, Hamstring, Quad, Achilles, Arch the Back, Shoulders 	



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	Description of activity	Diagram	Key Points (Coaching/Others)
Warm Up: Time: 15 Mins	Gaelic 15 https://learning.gaa.ie/gaa15		
Physical Time: 8 Mins	<ul style="list-style-type: none"> Physical - Circuits & 150 Meter Sprint Challenge Players perform 1 sprint Players sprint for 30 sec's and cover as much distance as possible Players given 30 sec's to return to start line for the next sprint Players sprint to 5 meter cone and back to start cone Players sprint to 10 meter cone and back to start cone Players continue etc Circuits – 30 Second Stations, Two Rounds Press-ups Forward lunges Front Plank - 1 Minute Mountain Climbs Military Burgee's Russian Med Ball Twist (5lb Dumb Bell/Med ball) 30 Second 150 meter sprint challenge 		<p>Option A</p> <ul style="list-style-type: none"> All your players perform at the same time Place start cone 2 meters apart <p>Option B</p> <ul style="list-style-type: none"> Divide players into two groups 2nd group sprint while 1st group return to start Place start cones 2 meters apart
Skill Time: 10 mins	<ul style="list-style-type: none"> Skill Development – Hook Kick A hook kicks to b takes the return H/p and hook kicks to C who hook kicks to d takes the return H/p and hook kicks to A etc B hook kicks to c takes the return H/p and hook kicks to D who hook kicks to a takes the return H/p and hook kicks to B etc After the 2nd kick pass the player joins the back of that group and waits his turn to receive and begin again Encourage players to keep the kick passes off the ground (i.e not bouncing into receiver) to improve accuracy & challenge catching Reverse direction to challenge hook kicking with the Left leg 		

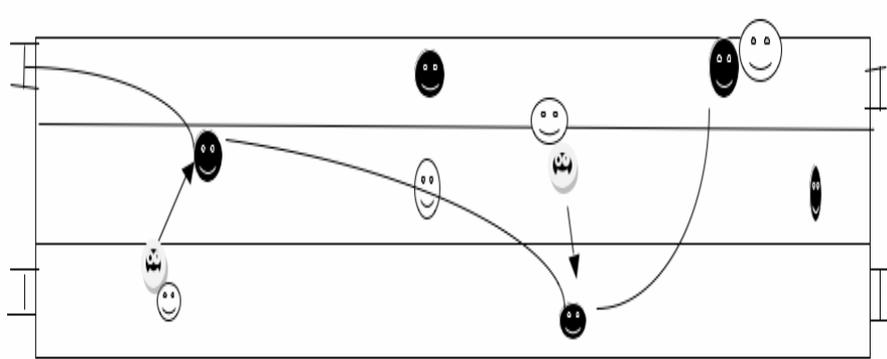
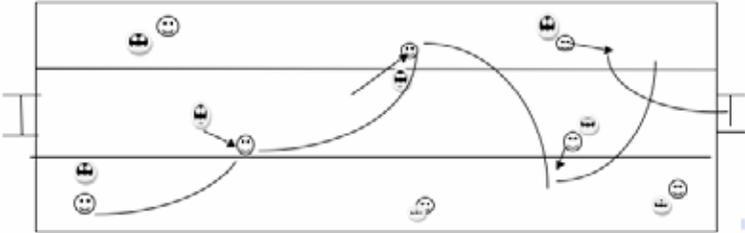


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	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Point Shooting Hook kick boxes (Blocking allowed)</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> Point Shooting- Square box shooting (as shown) Players divided evenly at opposite sides of the box as shown (5 strides x 5 strides x 5 strides x 7 strides) And 21m along end line & 21m distance Forward races around pole marked y and turn into square and shoot with RIGHT leg. Forward pathway identified by Defender races around pole marked x and turn into square and attempt to block the shot. Defender pathway identified by Pole marked x is always an extra 2 strides further out to allow forward extra second to shoot Defender follows the shot while the forward switches to defenders role This is testing their ability to shoot under pressure Testing their ability to use RIGHT and LEFT foot Practise unopposed first to allow forward get distance & timing down Allow opposed thereafter but forward has an advantage 		<p>Key Points (Coaching/Others)</p>
<p>Skill – H/p Develop Left & Right</p>	<ul style="list-style-type: none"> Mark out squares as shown with 5 players (2 at cone A) at each square 5 strides between each cone, no need for a solo or bounce Player MUST follow direction of the arrows in relations to destination cone i.e run to the outside of the cone they are going to Player at A runs to B on an outside line & H/p using Left hand across his body Player at B runs to C on an outside line & H/p using Right hand across his body Player at C runs to D on an outside line & H/p using Right hand across his body Player at D runs to A on an outside line & H/p using Left hand across his body Players time their run to receive the H/p on the run Passing players to place the ball out in front of the receiver so that he doesn't break stride 6 rounds x 30 Sec's (15 sec's rest) Four squares accommodates 20 players Five players per square is ideal for social distancing 		



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	Description of activity	Diagram
<p>Hook kick games</p>	<ul style="list-style-type: none"> 3 Channel/4 Goal Game Divide the playing area into 3 channels The middle should be slightly wider than the 2 outside channels Place and centre a goal along the end line in each of the 4 corners. Moving the portable goals are coaches RESPONSIBILITY. However Slalom poles can also be used alongside or instead of portable goals Normal or condition rules may be used This game is points only Players can only shoot for a point from the middle channel <p>Games Conditions</p> <ul style="list-style-type: none"> Player's cannot receive a pass from a player in the same channel – This promotes movement left & right to receive a pass Player cannot give a pass to a player in the same channel – This promotes looking up before kick passing One Hop & One Solo OR One Hop Or One Solo Players can kick pass all day long but No two consecutive H/p's - Promotes kick passing Cannot pass the ball back to the same player – This promotes Team Play, Decision making, Movement, Looking up <p>Challenge</p> <ul style="list-style-type: none"> Extra points for score's using the Lazy (Weaker) leg Remove Hop, Solo & H/p – This promotes all kick passing and more shooting 	
<p>Challenge</p>	<ul style="list-style-type: none"> 3 Channel/2 Goal Game Using the same rules/condition's as the 4 goal version The 2 goal version reduces the number of goal's players can score into However the players can now score from both Left and Right of the goals This should promote players to shoot off both Left & Right leg's Remove Hop, Solo & H/p. This promotes all kick passing and more shooting 	
<p>Warm down; Time 10 mins</p>	<ul style="list-style-type: none"> Static Players perform various stretching exercises while stationary OR walking 	<ul style="list-style-type: none"> Groin, Calf, Hamstring, Quad, Achilles, Arch the Back, Shoulders



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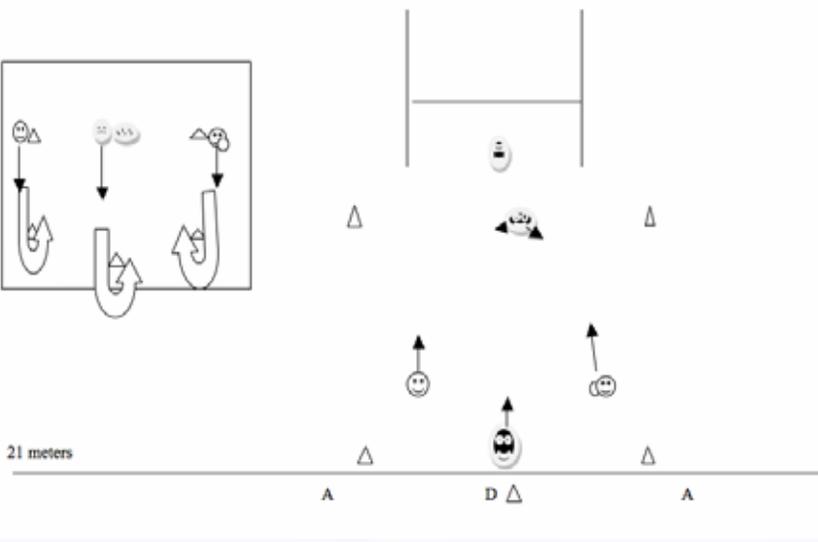
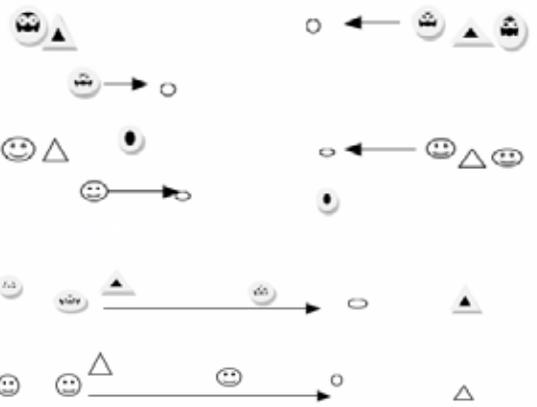
	Description of activity	Diagram	Key Points (Coaching/Others)
Warm up Time: 15 mins	Gaelic 15 https://learning.gaa.ie/gaa15		
Physical Time: 8 mins	<ul style="list-style-type: none"> Circuits & 150 Meter Sprint Challenge (1 X 30 second sprints) Physical – Crazy Square 8 minutes Mark out 20 x 20 meter square and place the following throughout the square 2 pair (Minimum) of Poles in the shape of a large X (Crawl Under) x (Jump over). Pliers either jump over Or crawl underneath Hurdles x 4. Set up two sets of 4 Ladders x 2 – Set up two Ladders in the square 1. Going straight with fast feet & high knees put 2 feet in each space 2. Going lateral with fast feet, one foot followed by 2nd in each space on so on Red Cone – Players perform 10 split lunges when they meet a red cone. Use 5kg power bags if available (max 10kg) Blue Cone – Players perform 10 Squats when they meet a blue cone. Use 5kg power bags if available (Max 10kg) Green Cone - Players perform 30 second front plank White Cone - Players perform 15 press ups Yellow Cone – Players perform 20 crunch situps Orange Cone – Players perform 10 Squats Jumps 1st Hoola Hoop - Players perform 30 seconds mountain climbs 2nd Hoola Hoop – Players perform 10 burpees Traffic cones – 10 meters apart. Players prints for 30 seconds 		
Skill Development Time: 10 mins	<ul style="list-style-type: none"> Skill Development – Hook Kick 7 Stations – 30 sec's x 10 (15 Sec's rest between) Players divided between the cones marked 1 to 7 & start with 3 footballs kicking & following Players have 30 second's to try and keep the 3 balls alive, if ball goes astray it is dead Introduce 4th & 5th football after 3rd attempt Players are challenged to lengthen their kick & kick the full distance between cones Players work their fielding 		<ul style="list-style-type: none"> Players to aim to keep ball off the ground Player to attack the kick pass and to change their feet to field Players cannot kick to player directly in front of them Player to use L or R when needed



Safety Info Stationed approach - Adhere to social distance guidelines

2m apart / No sharing of water bottles / Cough & Sneezing Etiquette

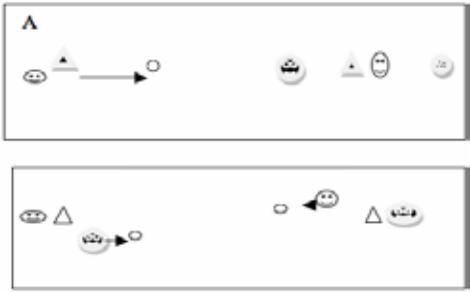
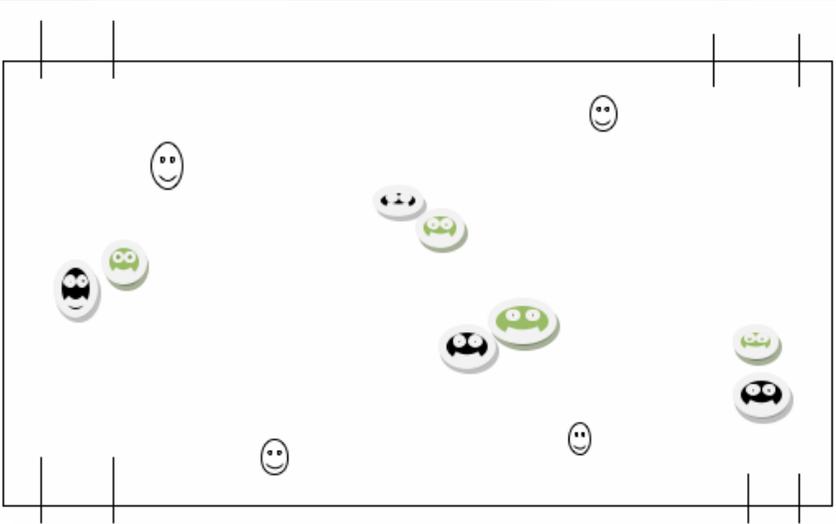
Duration of session: 65 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Goal scoring</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> • Goal Scoring – Overlap Play • Propose is to see if players has the decision making & ball skills to take advantage of a 2 on 1 • Players at cones marked A are attackers & one player has the ball • Players at cone marked D are the defenders • Cone marked d is 2 feet further past cones marked a. This give the attackers the opportunity to create an overlap • On the whistle both attackers race out & around the cones marked A • On the same whistle 1 defender (Only) races out & around cone marked D • Attackers in possession must decide (1) Draw remaining defender & h/p to team mate to shoot for goal (2) Take advantage of defenders confusion & go for goal himself • The remaining defender must decide what to do (1) Go to attacker in possession (2) Delay & allow other defender to recover • Can also be used with Defenders at the cones marked A .This is to create a situation where players are working the ball out of defense or carrying the ball through opposition half forward line 	 <p>The diagram shows a goal on the right. Three cones labeled 'A' are positioned in a line across the field. A fourth cone labeled 'D' is positioned further to the right, closer to the goal. A player with the ball is shown between cones A and D. Arrows indicate the movement of players: two attackers (represented by smiley faces) race out from the cones marked 'A' to create an overlap, while one defender (represented by a sad face) races out from cone 'D'.</p>	
<p>Skill - pick up</p> <p>Time: 5 mins</p>	<ul style="list-style-type: none"> • Stationary Ball: 4 Rounds x 60 Sec & 15 Sec Rest • 4 players per group as shown in diagram with 2 players on each side • Two footballs in use. Each side a ball 5 strides in front of their position • One player from each side leaves at the same time perform a pickup • Player deposits (NOT bouncing) this ball down in front of the opposite group • Players perform pickup with opposite foot every 2nd round • Variation • Place 2 footballs at each side so players performs 2 pickups 	 <p>The diagram shows two groups of three players each, represented by smiley faces and triangles. They are arranged in two parallel lines. A ball is shown rolling from one group towards the other. Arrows indicate the direction of the ball and the movement of players to pick it up.</p>	<ul style="list-style-type: none"> • Rolling Away Ball • Groups of 3 players • 2nd player rolls football at pace in front player 1 • Front player races after ball & perform pickup • Player solo's around the outside cone & H/p to the last player in the group • Every 2nd attempt use the weaker leg



Safety Info Stationed approach - Adhere to social distance guidelines – 2m apart / No sharing of water bottles / Cough & Sneezing Etiquette

Duration of session: 65 minutes - Equipment Required: Cones, Footballs, Bibs

	Description of activity	Diagram	Key Points (Coaching/Others)
Skill - Flick up	<ul style="list-style-type: none"> • Player is groups of 4 as shown • Player at A kicks/Rolls ball along the ground at pace towards player at cone • Player at cone attacks the ball flicks it up before solo & H/p to player A • Activity continues • Change player A after each player has performed 4 flick ups (2 R & 2 L) 		<ul style="list-style-type: none"> • Chip Up • Players in groups of 4. See stationary pick up activity • Player runs at stationary ball and jabs toe under the ball to chip up into hand • Player place ball on the ground (Not Bouncing) for player at opposite cone
Conditioned Game:	<ul style="list-style-type: none"> • 3 Five's – No Tackling (Shadowing Only) 3 teams of even numbers • Red, Blue, Green • Game begins 2 with 2 teams against the remaining team • Game conditions • 1. One Hop or One Solo • A score is awarded a score when a team completes 5 kick passes without turning the ball over • Teams can also use H/p to maintain possession but a is not counted towards the target of 5 • Player that turns the ball over, that team is no against the other 2 teams <p>Progression</p> <ul style="list-style-type: none"> • Teams playing together can ONLY pass to players on the other team eg Reds & Greens Vs Blue. Red can only pass to Green & Green to Red • Turn over results in your team now Vs the other 2 teams <p>Conditions</p> <ul style="list-style-type: none"> • 1. One Hop or One Solo • 2. No 2 consecutive H/p's • Same scoring applies • 4 Goal Game • Game can be using either of the examples above • Score awarded when ball carried through gate without over carrying 		
Warm down	<ul style="list-style-type: none"> • Static Players perform various stretching exercises while stationary OR walking 	<ul style="list-style-type: none"> • Groin, Calf, Hamstring, Quad, Achilles, Arch the Back, Shoulders 	



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

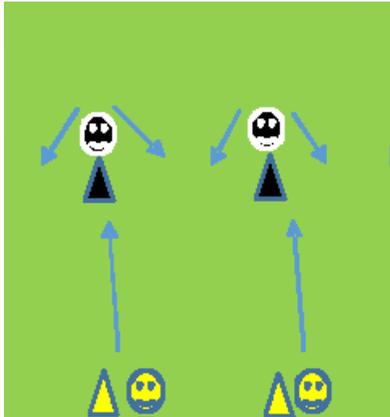
Duration of session: 50 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 15 mins	<ul style="list-style-type: none"> Gaelic 15 warm up 4 lengths of: <ul style="list-style-type: none"> Straight line runs high knees heel flicks 	https://learning.gaa.ie/gaa15	<ul style="list-style-type: none"> Observing key teaching points of each exercise is key.
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Hip in Hip out Run 50% Run 80% 		<ul style="list-style-type: none"> The Gaelic 15 warm up is designed to prepare players for the demands of game based situations through gradually increasing the intensity of action over the course of 15 minutes
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Forward lunge Reverse lunge Squat Single leg deadlift Single leg bridge Plank Nordic curl 		<ul style="list-style-type: none"> Each section is broken into 5 minute blocks
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Jumps Plant and push Plyometric Bounding Speed Run 80% 		<ul style="list-style-type: none"> Movement Preparation Dynamic movement and activation Plyometric movement and speed work



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

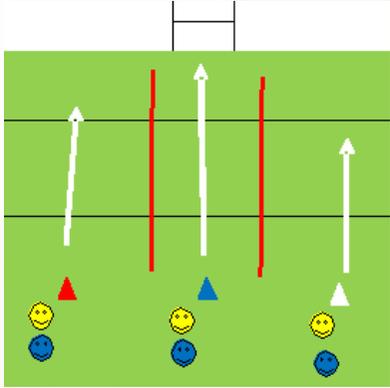
Duration of session: 50 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 1:</p> <p>Ball Sense handling and kicking</p> <p>Time: 6 mins</p>	<p>This exercise introduces players to playing a ball on the ground with the feet</p> <p>Organisation</p> <ul style="list-style-type: none"> • Each player has a ball • In a stationary position the players roll the ball back and forward using the bottom of the foot • Practice this exercise with both feet • Challenge the players to switch from one foot to the other foot quickly 		<ul style="list-style-type: none"> • Goal of initial session is to get players back into the habit of training and used to the guidelines of social distancing and how they will make our sessions look. • Using hook kick for all kicking and looking for a one bounce pass • We're looking for highest quality possible, consistently across the 6 minutes.
<p>Activity 2:</p> <p>Kick Passing and Shooting</p> <p>Time: 3x2 mins 1 minute break in between</p>	<ul style="list-style-type: none"> • Players in Pairs • 20-25m Kick Pass • Shooting from 25-35m • Player 1 (60m from goal) kick passes to player 2 and goes in support looking for the ball off the shoulder. • Player 2 receives kick pass and lays off ball to player 1 coming off the shoulder. • Player 1 shoots for the posts. • Player 2 then becomes shooter and player 1 links for player 2. • Continually taking every second turn Shooting and linking 		<ul style="list-style-type: none"> • Using Hook Kick For Kick Passing and Shooting. • Encouraging players for find their shooting range to maximise scoring %. • Relax over Kick and make sure of score. • Encourage all Players when linking the play to stay in their lane but make a feint in one direction and a hard run to show for the ball.



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 50 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3:</p> <p>Shooting, Goals and Points</p> <p>Time: 3x2 Mins 1 minute break</p>	<ul style="list-style-type: none"> • Shooting for goals and points. • Middle channel – Goal Scoring • Outside channel – Point scoring 		<ul style="list-style-type: none"> • Encouraging players for find their shooting range to maximise scoring %. • Relax over Kick and make sure of score. • Also encourage players to relax in front of goals and pick their spot for finishing
<p>Cool Down:</p> <p>Static Stretch of major muscle groups</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> • 20 - 30 second holds on each muscle group. • Calves • Groins • Quadriceps • Hamstrings • Glutes • Shoulders and chest 		

Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

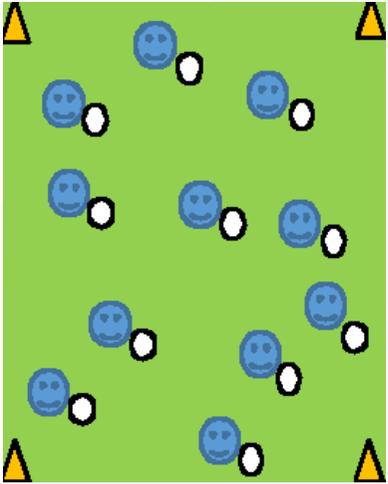
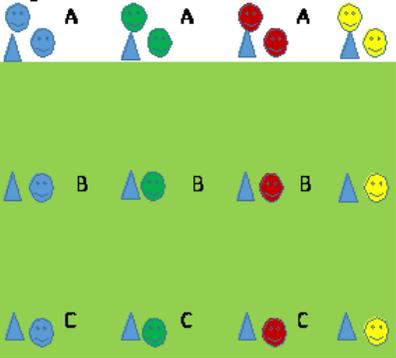
Duration of session: 50-60 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 15 mins	<ul style="list-style-type: none"> Gaelic 15 warm up 4 lengths of: <ul style="list-style-type: none"> Straight line runs high knees heel flicks 	https://learning.gaa.ie/gaa15	<ul style="list-style-type: none"> Observing key teaching points of each exercise is key.
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Hip in Hip out Run 50% Run 80% 		<ul style="list-style-type: none"> The Gaelic 15 warm up is designed to prepare players for the demands of game based situations through gradually increasing the intensity of action over the course of 15 minutes
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Forward lunge Reverse lunge Squat Single leg deadlift Single leg bridge Plank Nordic curl 		<ul style="list-style-type: none"> Each section is broken into 5 minute blocks
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Jumps Plant and push Plyometric Bounding Speed Run 80% 		<ul style="list-style-type: none"> Movement Preparation Dynamic movement and activation Plyometric movement and speed work



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 50-60 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 1: Ball Sense handling and kicking Time: 6 mins</p> <p>Progressing from session 1, every player has a ball. Kick at the same time as partner and receive their ball, swapping balls with every kick</p>	<ul style="list-style-type: none"> • Static Action – Kicking and handling in Pairs • Kick passing 20-25m • Hand Passing 3-5m • Minute 1: Kick passing Right leg • Minute 2: Kick Passing left leg • Minute 3 Hand Passing right hand • Minute 4: Hand Passing Left hand • Minute 5: Kick Passing Right leg • Minute 6: Kick Passing left leg 		<ul style="list-style-type: none"> • Goal of second session is to progress from week 1 and continue to get players back into the habit of training and used to the guidelines of social distancing and how they will make our sessions look. • Using hook kick for all kicking and looking for a one bounce pass • We're looking for highest quality possible, consistently across the 6 minutes. • Take time at the start to build a rhythm with partner and when achieving success, lift the pace.
<p>Activity 2: Kick Passing and Support play Time: 3x2 mins 1 minute break in between</p>	<ul style="list-style-type: none"> • Players in groups of 4 • 20-25m Kick Pass • Player A and C are kicking • Player B is always Handpassing • A kicks to B • B Hand passes to A • A Kick Passes to C • A finishes out run at C and Player C starts the Sequence again by Kicking to Player B • Every 40 Seconds, Player at B changes 		<ul style="list-style-type: none"> • Using Hook Kick For Kick Passing • Encouraging players at A and C to kick pass on the run but time their run off the player in the middle, not receiving the ball having gone above player B. • Encourage all Players when linking the play at Station B to stay in their lane but make a feint in one direction and a hard run to show for the ball.



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 50-60 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3:</p> <p>Shooting, Goals and Points</p> <p>Time: 3x2 Mins 1 minute break</p>	<ul style="list-style-type: none"> Shooting for goals and points. Player A kicks on the run to where B makes their run. Encouraging Players at Station B to Make runs into certain areas for possession, they then decide based on their positioning whether to kick a point or go for goal 		<ul style="list-style-type: none"> Encouraging players for find their shooting range to maximise scoring %. Relax over Kick and make sure of score. Also encourage players to relax in front of goals and pick their spot for finishing
<p>Activity 4:</p> <p>Conditioning</p> <p>3 x 600m Runs 60% - 70% intensity</p> <p>Time: 1:1 work/rest ratio</p>	<ul style="list-style-type: none"> 600m run Mark out 600m. Lengths or laps. 1:1 work rest ratio If the run takes you 2 mins 30 seconds you get 2 mins 30 seconds recovery before your next run 		<ul style="list-style-type: none"> Quality of run is most important 60-70% intensity First bank of conditioning laying an aerobic base for players. 3 runs.
<p>Cool Down:</p> <p>Static Stretch of major muscle groups</p> <p>Time: 10 mins</p>	<ul style="list-style-type: none"> 20 - 30 second holds on each muscle group. Calves Groins Quadriceps Hamstrings Glutes Shoulders and chest 		



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

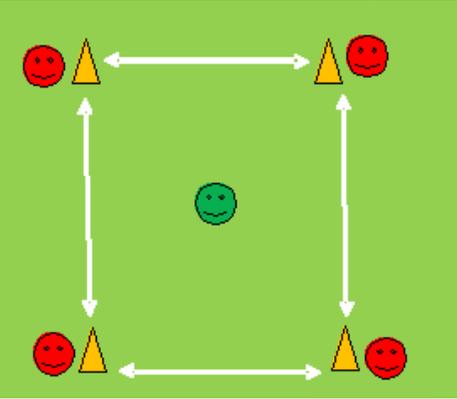
Duration of session: 60-70 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity		Key Points (Coaching/Others)
Warm Up Time: 15 mins	<ul style="list-style-type: none"> Gaelic 15 warm up 4 lengths of: <ul style="list-style-type: none"> Straight line runs high knees heel flicks 	https://learning.gaa.ie/gaa15	<ul style="list-style-type: none"> Observing key teaching points of each exercise is key.
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Hip in Hip out Run 50% Run 80% 		<ul style="list-style-type: none"> The Gaelic 15 warm up is designed to prepare players for the demands of game based situations through gradually increasing the intensity of action over the course of 15 minutes
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Forward lunge Reverse lunge Squat Single leg deadlift Single leg bridge Plank Nordic curl 		<ul style="list-style-type: none"> Each section is broken into 5 minute blocks
Warm up Time: 5 mins	<ul style="list-style-type: none"> 2 lengths of: <ul style="list-style-type: none"> Jumps Plant and push Plyometric Bounding Speed Run 80% 		<ul style="list-style-type: none"> Movement Preparation Dynamic movement and activation Plyometric movement and speed work



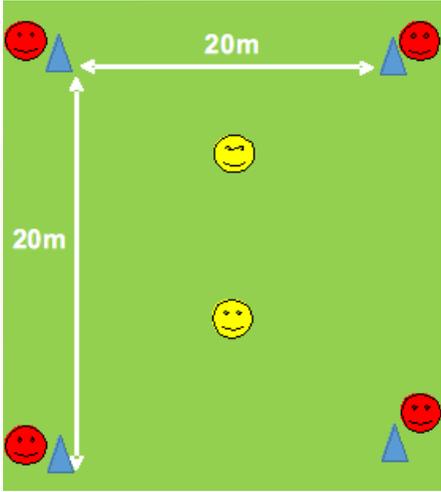
Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 50-60 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 1: Delay and Deny 10-12 mins</p> <p>Keep Possession using the hand pass.</p> <p>Defenders closing space but not selling themselves in the tackle</p> <p>Judging distance between themselves and the attacking player understanding that they can impact a players decision without fully</p>	<ul style="list-style-type: none"> • m x 2m Square • 3m x 3m Square • 5m x 5m square • depending on numbers • 3v1, 3v2, or 3v3 • 4v1, 4v2, 4v3 or 4v4 • Players outside the square can travel along any the walls of the square but not inside. • Having 3 players outside the square means the team outside will always have 1 side wall free to use and they can do this • Players must find a team mate on another outside wall but the pass must travel through the square • Player/s inside the square can delay or deny the pass by intercepting but they cannot physically tackle the player or leave the square. 		<ul style="list-style-type: none"> • Goal of 3rd session is to progress from week 1 and 2 and continue to get players back into the habit of training and continue to adhere to the guidelines on social distancing • Team in possession have no play or solo so must move the ball with 4 steps/ 2 seconds. • Emphasis to move with the ball and for the ball • Overload attacking team with 3v1 at the start for them to gain confidence and understand concept and introduce players to the defending team to make the game more difficult for possession team.

Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 50-60 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 2:</p> <p>Kick Passing Possession game Time: 10-12 mins</p> <p>Keep Possession using the handpass.</p> <p>Defenders closing space but not selling themselves in the tackle</p> <p>Judging distance between themselves and the attacking player understanding that they can impact a players decision without fully committing to tackle and dispossess every time</p>	<ul style="list-style-type: none"> • 15m x 15m Square • 20m x 20m Square • 25m x 25m square • depending on numbers • 3v1, 3v2, or 3v3 • 4v1, 4v2, 4v3 or 4v4 • Players outside the square can travel along any the walls of the square but not inside. • Having 3 players outside the square means the team outside will always have 1 side wall free to use and they can do this • Players must find a team mate on another outside wall but the pass must travel through the square • Player/s inside the square can delay or deny the pass by intercepting but they cannot physically tackle the player or leave the square. • Encourage defenders to hunt down these interceptions above everything else 		<ul style="list-style-type: none"> • Using Hook Kick For Kick Passing, • Shaping their body to receive the ball and know where they're going next. Increasing awareness. • Team in possession have no play or solo so must move the ball with 4 steps/ 2 seconds. • Emphasis to move with the ball and for the ball • Overload attacking team with 3v1 at the start for them to gain confidence and understand concept and introduce players to the defending team to make the game more difficult for possession team.

Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 50-60 minutes - Equipment Required: Footballs, Cones, Training poles

	Description of activity	Diagram	Key Points (Coaching/Others)
<p>Activity 3: Shooting, Goals and Points Time: 3x2 Mins 1 minute break in between</p>	<ul style="list-style-type: none"> Shooting for goals and points. Inside channel (Yellow) – Goal Scoring Outside channel (Red) – Point scoring 		<ul style="list-style-type: none"> Encouraging players for find their shooting range to maximise scoring %. Mimicking coming on the loop to receive and shoot Relax over Kick and make sure of score. Also encourage players to relax in front of goals and pick their spot for finishing
<p>Activity 4: Conditioning 200 – 100s 65% - 80% intensity Time: 2:1 work/rest ratio</p>	<ul style="list-style-type: none"> 200m run followed by 100m run equals 1 repetition Mark out 100m lengths. 2:1 work rest ratio 200m in 50s -1 min, rest for 25 – 30s 100m in 25 -30s rest for 12 – 15s Repeat 5 times 		<ul style="list-style-type: none"> Quality of run is most important 60-70% intensity Second bank of conditioning laying an anaerobic base for players.
<p>Cool Down: Static Stretch of major muscle groups Time: 10 mins</p>	<ul style="list-style-type: none"> 20 - 30 second holds on each muscle group. Calves Groins Quadriceps Hamstrings Glutes Shoulders and chest 		



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 75 minutes - Equipment Required: 15 footballs plus cones, u12 goals

	Description of activity		Key Points (Coaching/Others)
<p>Warm Up</p> <p>Time: 20 mins</p>	<ol style="list-style-type: none"> Groups of 10. Break into 3 groups. Ball per group. Ball per 2 or 3. Solo / handpassing across pitch x4 at 50/75% pace. Stretching, Gaelic 15 Game. 5 v 5 . over the river Running 	<ol style="list-style-type: none"> Game based moves. A kicks to B B handpass to C off shoulder, stop/repeat. A kicks from goal to B, B handpass to C and shoots, B shadow C when kicking. repeat Using full sideline for 30 players . No static stretching. Mark out no mans land in middle, 5 players at each side. Minium 3 passes and ball is kicked back over river Mark out 30m run. 10 runs building up the pace to 75% 	<ol style="list-style-type: none"> Using your time to get lot of plays in a game movement. Not in out to cone. Handpassing with outside hand. Change man in middle if group of 3. Same with solo, outside leg. Give time to this as players not use to it and could pull something. Game based movements, not going around in circles. Make one pass a kick. 1min on, rest repeat 3 times. Stretching out the Hamstrings. Build this up over the weeks speed wise
<p>Activity 1: Drill A</p> <p>Time: 15min 3min recovery and change groups</p>	<ul style="list-style-type: none"> Groups of 3 players. Kicking, passing, shooting in a game based 	<ul style="list-style-type: none"> A kicks from goal line to B around the 40. B solo towards goal and passes to C on loop who shoots for point or goal if have goalies. 	<ul style="list-style-type: none"> This is coach led at first few sessions but encourage players to make different types of runs. Not cone structured A to B To C. Players starting from different positions, player B to make 3 runs before A kicks it out. Have all kick Passing. If no goalie put markers/poles meter inside post either side a player pass ball into net to score. Various ways but no straight lines.



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 75 minutes - Equipment Required: 15 footballs plus cones, u12 goals

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 2: Game. A Time:15m 3min rest and change groups	<ul style="list-style-type: none"> Over the River. U12 goal in middle of pitch 4/6 players either side of goal. Start with 2min games, rest 30sec Building it up as weeks go. 	<ul style="list-style-type: none"> Mark out a pitch either side of goal. Big enough for kick passing. Split pitch into 2 zones 2 players in each zone like 2 FForwards, 2 Half forwards. Game starts with coach kicking to player in zone nearest to goal who passes to player furthest away in back zone. One handpass in each zone and kick pass back to zone nearest goal where 2 players link up and kick for score. Game keeps going on other side with same format. 	<ul style="list-style-type: none"> Encourage kick pass into space, no straight line kicks. 2 players in each zone at a time, if a player comes to support another player in a different zone then another player has to go back to cover there space. Teamwork Communication, Lines of running, Thinking Scoring, Hand/foot, L/R Fitness Get feedback from players. Get players to talk in their groups to come up with ideas. Players like this game as they are involved 100%.
Activity 3:Drill . B Time:15min 3min recovery	<ul style="list-style-type: none"> This is for hand passing L/R, Changing direction Shooting 	<ul style="list-style-type: none"> 2 players start at 45m line , 8/10m apart with one ball. Cones in line towards goal 8/10m apart in to 21m line. Players start by hand passing ball and running to opposite cone and repeat in each box until you reach 21m. Player with ball shoots while player B picks up a spare ball or pass from coach and he scores, Players can stay near 21m line to shadow nest to players when they shoot. This can be done also with 3 players, No Cones Player in middle goes to outside after each pass on loop, have 2 balls waiting for players to shoot. One player can go for goal if you have a goalie. 	<ul style="list-style-type: none"> Pass the ball in front of player and run behind him. Outside hand used at all time, hand further away from player you are passing to. Push off outside leg when going around cone. Head up to pass early. Scoring L/R. Communication. Keep record of shooting. Can start drill from any part of pitch, don't have to be in front of goal, sideline start etc.



Safety Info Stationed approach - Maintain 2 metre social distance, bring own water bottles

Duration of session: 75 minutes - Equipment Required: 15 footballs plus cones, u12 goals

	Description of activity	Diagram	Key Points (Coaching/Others)
Activity 4 Running Time:15min	Set up a run 45m long so players can run out at both ends	1. You have 10sec to run 45m 2. 20sec recovery 3. 10 runs which will take 5min 4. Rest 2/3min and repeat	1. Build up length of run each session 2. Less recovery time. 3. Keep running for the 5min resulting in more runs less rest 4. Getting to 10sec on/off resulting in 15 runs in 5min 5. Every player should hit line in 10sec so some players will maybe be at 45m while more on 50m runs. Grade them. 6. Add meters to players hitting targets easy you feel 7. Be careful on volume as players use to 5k and same pace.
Cool Down: Time:10m	<ul style="list-style-type: none"> Stretching to get rid of latic acid 	In a circle 2m apart.	<ul style="list-style-type: none"> Encourage to recover right by Fluids Recovery snack/meal



**GAA GAMES DEVELOPMENT PERSONNEL LIST**

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