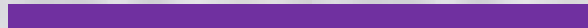


LGFA
Interfirms
Coaching
Resource
Booklet

Ladies Gaelic Football



Coaching Resource

(Part 1)

- **IDEAL Principle**
- **Head, Hands Feet Technique**
- **LGFA Skill Cards**

IDEAL PRINCIPLE

When coaching a technique or a skill to players there are 5 essential steps:

Step	How to Communicate
1. Introduce the Skill	Verbally introduce the skill, providing a brief description.
2. Demonstrate	Demonstrate the skill; perform it in full at least three times.
3. Explain	Break the skill down, providing teaching points of note for the position of the head, Hands and feet. Repeat the skill in full again
4. Attend	Organise an activity to practice the drill and attend to the participants during the activity
5. Look and Observe	Provide feedback and correct errors as participants are practicing the skill

Head, Hands, Feet for Better Technique*

1. Demonstrate skill yourself or select a child who can do it properly. Be aware of the left-handed kids - Demonstrate using both sides of the body if possible.

2. On the second demonstration ask a few questions and allow them to come up with the Head, Hands, and Feet rules:

HEAD:

Where is the head? (Head up / down)

What about the eyes, where are they looking? (Eyes on the ball / looking up)

Why?

HANDS:

What are the hands doing? (Hands together/apart)

What about the fingers? (Together / apart)

Are the arms straight?

Why?

FEET:

What do you want the legs, knees doing?

How do the feet move, is there a sequence? (E.g. Step then kick)

What shape is the foot when striking the ball?

Which part of the foot do you want to strike the ball with? How far apart do you want your feet to be? Why?

3. Summarise the two or three key points.

4. Demonstrate again and then allow kids to copy the demo within a structure (pairs, a drill etc.).

5. LET the kids practice - you OBSERVE. If there are problems, use the SPOT and FIX rules. Look at the head, hands and feet to identify where the problem is, then suggest and show the child how she could improve.

6. Where more than one issue needs fixed in a child's technique, take it one at a time.

* Ideals from John Morrison and Philip Kerr, FUNdamentals Coaching Course May 2003, Ulster Council GAA and Sports Institute NI



SKILL CARDS



The Hand Pass

The hand pass is a basic technique to pass the ball over a short distance.

Technique

The technique involves supporting the ball in one hand while striking it with the other open hand.

Key Points

1. Support the ball in the palm of your hand about chest height in front of the body
Supporting hand should be steady
Face your team mate receiving the ball
2. Strike the ball using mostly your fingertips
Follow the strike through in the direction of the pass
While striking the ball, step forward

Hands

- Ball on hand about waist height
- Use open hand and strike mostly using fingertips
- Follow through in direction of pass



Head

Face your team mate

Feet

- One foot in front of the other
- Take a step forward when striking the ball



Common Errors

Error 1



Not hitting the ball with the correct part of the hand. Not hitting the ball with the fingertips can cause the ball to drop short of the partner waiting to receive it



To correct this error, ensure that when striking the ball, mostly the fingertips are used

Error 2



Another common error is throwing the ball. This happens when there is no defining strike action taken when hand passing the ball to a team mate.



To avoid this, ensure to strike the ball well with an open hand

Error 3



Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball as it is not under complete control.



This can also lead to misdirection of where the ball should go.



It may lead to difficulty performing the technique while moving



To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.



SKILL CARDS



The Fist Pass

The fist pass is a basic technique used to pass the ball over a medium distance.

Technique

The technique involves supporting the ball in one hand while striking it with the other closed fist.

Key Points

1. Place the ball on the upturned palm of the supporting hand at about waist high and in front of the body
Draw the striking hand backwards and forwards while at the same time forming a fist
Face your team mate receiving the ball
2. Strike the middle of the ball with the fist, using the surface formed by middle bones of fingers, side of thumb and heel of the hand

The striking hand follows through in direction of pass

While striking the ball step forward, placing the thumb over the index finger can also form the fist.

The ball is hit by the surface formed by the thumb and index finger

Hands

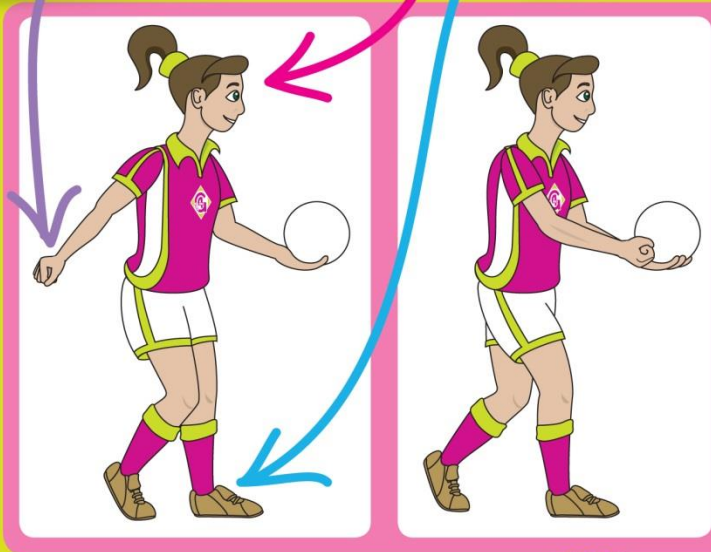
- Ball on hand about waist height
- Form fist with other hand, keep arm straight, draw back and then forward to strike ball
- Follow through in direction of pass

Head

Face your team mate

Feet

One foot in front of the other
Take a step forward when striking the ball



Common Errors

Error 1

Not hitting the ball with the correct part of the fist. Not hitting the ball with the area formed by the thumb and index finger can reduce accuracy of the pass to the partner waiting to receive it.

To correct this error, ensure that when striking the ball that area is used.

Error 2

Another common error is throwing the ball. This happens when there is no defining striking action taken when handpassing the ball to a teammate.

To avoid this ensure to strike the ball well with the fist.

Error 3

Another mistake occurs when the supporting hand is not steady. This can lead to opponents easily dispossessing the ball, as it is not under complete control.

This can also lead to misdirection of where the ball should go.

It may lead to difficulty performing the technique while moving

To avoid this mistake make sure that the hand supporting the ball is steady and has a firm grip on the ball.



SKILL CARDS



The Punt Kick

This kick is used mainly when facing or moving directly towards the target

Technique

The technique involves kicking with the instep (laced part) of the foot in the direction of the target

Key Points

1. Hold the ball firmly with both hands
Keep head down and eyes on the ball
2. Step forward with non-kicking foot and release ball into the hand at the kicking side
Extend opposite arm away from body to keep balance
3. Kick with the instep with toes pointed
Follow through in direction of target

Common Errors



Error 1

Not kicking the ball with the instep causes the ball to travel in the wrong direction



It is important to keep your head down and kick with the laced part of your boot in the direction of the target



Error 2

Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is used to help maintain your balance

Hands

Ball released into hand at the kicking side

It is important to keep your head down and kick with laced part of the boot in direction of the target



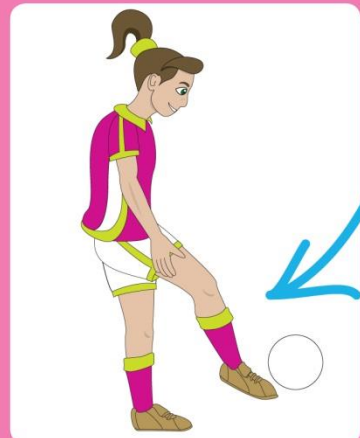
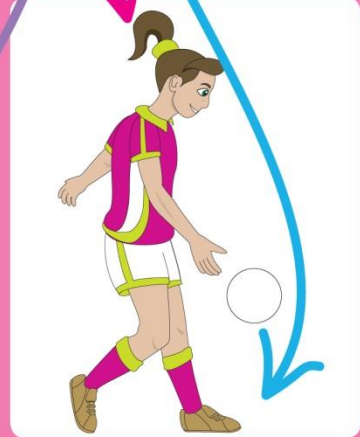
Head

Eyes on the ball at all times

Feet

Step forward with non-kicking foot

Kick ball with instep and follow through in direction of target





SKILL CARDS



The Hook Kick

This kick is mainly used when moving across the direction of the kick to avoid an opponent or to make a better angle.

Head

Eyes on the ball at all times

Technique

The technique involves kicking at right angles to where the player is facing

Key Points

1. Hold the ball firmly with both hands
Keep head down and eyes on the ball
2. Point the shoulder towards the target and step forward with non kicking foot
Release the ball into the hand at the kicking side and extend opposite arm to assist balance
Extend wrist and drop ball onto kicking foot
3. Kick ball with inside of foot
Follow through across body in direction of target with toe pointing upwards

Hands

Ball released into hand at the kicking side

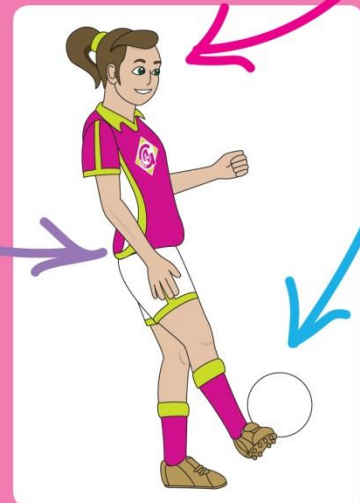
Wrist extended and ball dropped onto kicking foot

Feet

Stand at 90° angles to target, shoulder pointing towards target

Step forward with non-kicking foot

Kick ball with inside of foot and follow through across body in direction of target



Common Errors

Error 1



Turning around to face target before kicking resulting in a punt kick



Point shoulder towards target and kick at right angles to where player is facing. Follow through across body

Error 2



Another common error is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is needed to aid balance



SKILL CARDS

The chest (Body) catch



This catch is used when the ball arrives between leg and head height to the chest area. It is the most common catch.

Technique

The technique involves holding arms out to catch the ball and then pulling ball back into chest.

Key Points

1. Keep head up and eyes on the ball at all times
As the ball approaches the upper body leans forward to receive ball around chest height
Arms are extended out with elbows close together and hands facing up
2. Catch in the arms and cushion the ball into a secure position with both hands
If ball is coming below waist height, crouch to receive ball into the body

Common Errors

Error 1



Arms not close enough together to catch the ball resulting in the ball being dropped



It is important that as ball is caught the upper arms should be close to the body, forearms almost horizontal and less than a ball width apart

Head

Eyes on the ball at all times

Hands

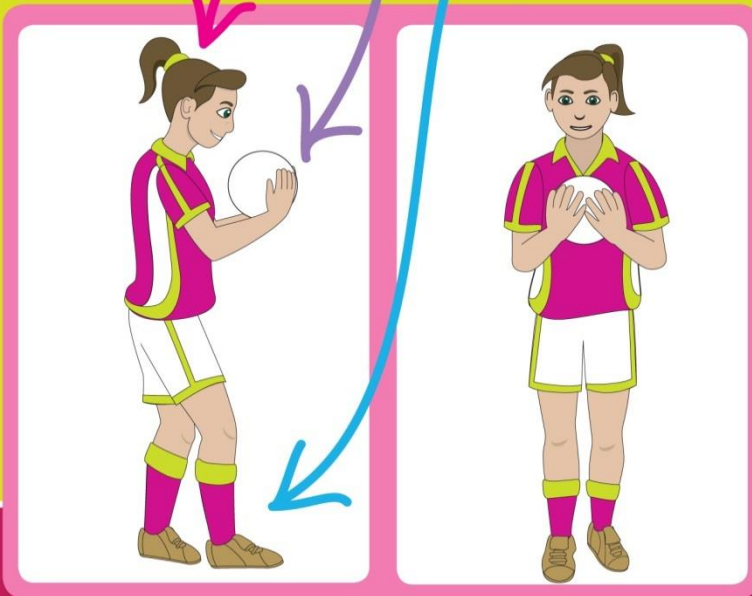
Arms extended and fingers spread

Catch in arms and pull back into chest

Feet

One foot in front of other

Lean towards ball



Error 2



Another common error is allowing the ball to hit off chest instead of cushioning it into chest with your arms.



Keep your eyes on the ball at all times and extend hands and keep fingers apart so ball can be cushioned into chest



SKILL CARDS



The Overhead catch

This catch is used to catch a ball which comes at full reach height or over the players head.

Technique

The technique involves catching ball with fingers spread in front of head and bringing it down quickly.

Key Points

1. Keep eyes on the ball and as the ball reaches highest point assess where the ball is going to land
Approach the ball and move forward
Plant the jumping foot and extend upwards, raise other knee forward
2. Extend arms above head, keep head up and eyes on ball
Reach to catch ball at highest point with fingers spread wide apart and thumbs behind ball ('W' shape)
Catch the ball slightly in front of the head and bring down quickly, cushion the ball and secure into the chest with both hands

Head

Eyes on the ball at all times

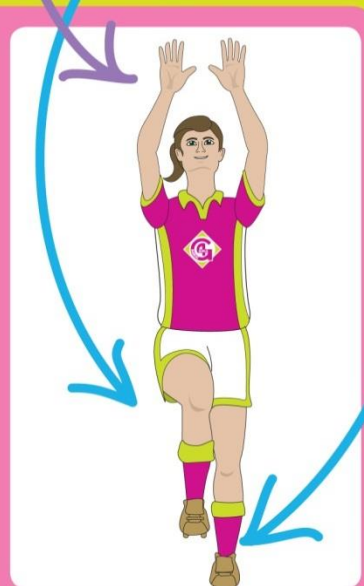
Hands

Arms extended and hands in 'W' shape

Feet

Plant jumping foot and extend

Raise other knee forward



Common Errors

Error 1



Not having hands in correct position to catch the ball



Ensure that hands are in 'W' shape so ball can not slip through hands

Error 2



Another common error is jumping at the wrong time. If player jumps too soon or late the ball will go over the players head and possession will be lost



Ensure to keep eye on flight of the ball and assess where ball is going to land

Error 3



Another error is players closing their eyes and losing the flight of ball



Keep head up and eyes on the ball at all times until ball secured in hands



SKILL CARDS



The SOLO

The Solo is used when a player is carrying the ball down the pitch. The player must solo or bounce the ball after every four steps taken. A player may complete as many solos as they want but can only use one consecutive bounce.

Technique

The technique involves releasing the ball from the hand on the kicking side to the kicking foot and kicking back up into your hands.

Key Points

1. Hold the ball firmly in both hands
Head down and eyes on the ball
2. Step forward with the non-kicking foot and keep your body upright
Release the ball into the hand on the kicking side
3. Drop ball onto the kicking foot and when foot (instep) impacts with ball, flick the toe upwards towards the body
Straighten the leg and extend arms forward to catch the ball
If running maintain a natural stride

Hands

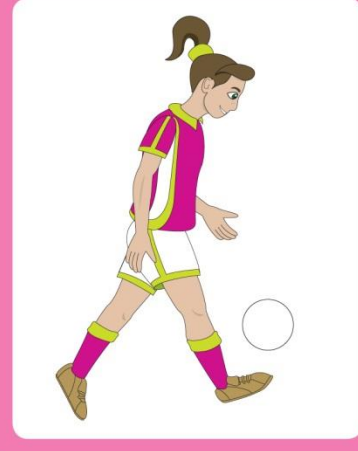
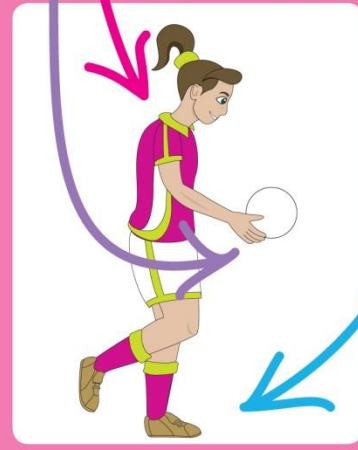
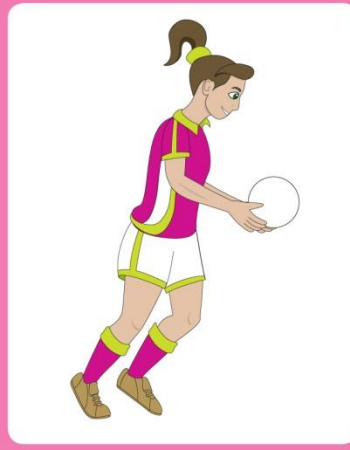
Ball released into hand at the kicking side
Wrist extended and ball dropped onto kicking foot
Hands ready to catch ball as flicked back up from solo

Head

Eyes on the ball at all times

Feet

Step forward with non-kicking foot
Kick ball with instep and flick toe upwards towards body



Common Errors

Error 1

Not kicking the ball with the instep causes the ball to travel in the wrong direction



It is important to kick with the laced part of your boot otherwise the ball will not come back up into arms

Error 2

Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is needed to aid balance

Error 3

Some players do not flick their toe upwards causing the ball to go ahead of them instead of back up into arms



When the foot impacts the ball, flick your toe up so ball spins back into hands



SKILL CARDS



The Tackle

The tackle is used to attempt to dispossess an opponent and regain possession of the ball.

Technique

The technique involves moving alongside the opponent and attempting to flick the ball away with the hand nearest the opponent.

Key Points

- Run alongside opponent
- Keep your eyes on the ball
- When opponent's far leg is moved forward, take a step in with your near leg
- Flick the ball away using your hand nearest the opponent when ball is travelling from hand to toe or when being bounced
- Knock the ball away to regain advantage and recover ball to win possession

Common Errors



Error 1

Player using fist to knock ball away and tackling when ball into body of player in possession



To correct this error, ensure the players use the open hand or hands to knock the ball away and do not tackle when player has the ball in their possession into their body



Error 2

Not standing close enough to kickers leg. It is easier for the kicker to play the ball away without being tackled and also it is more difficult to time the tackle from distance.



Ensure that person tackling gets in close to kickers leg so they can time the tackle to get hand(s) in as player has ball away from body



Error 3

Another mistake occurs when the player tackling closes her eyes or does not keep eyes on the ball. She is then unable to get a view of where the kickers foot or the ball is so may be unable to time the tackles or may get caught by the kicking foot.



Ensure that the person tackling keeps eyes open at all times and on the ball to be aware of where the player and ball is.

Hands

Use nearest hand to flick ball away



Head

eyes on ball

Feet

Move nearest leg across opponents space to get close to ball



SKILL CARDS



The Block

The block is used to attempt to dispossess an opponent and re-gain advantage of the ball.

Technique

The technique involves having your hands in a 'W' shape, held stiffly and keeping your eyes open. You need to get close to the kicker's leg/foot and bring your hands down on the ball to block.

Key Points

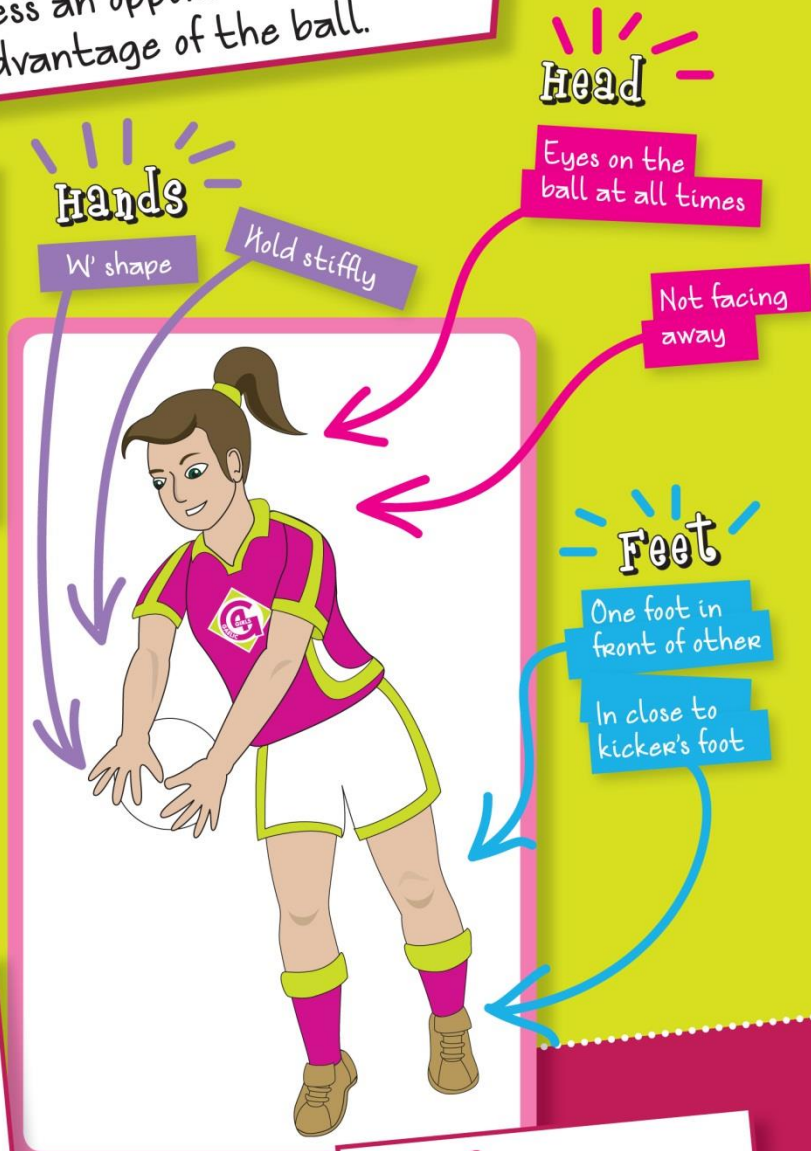
1. Hands like 'W' shape
Hold hands stiffly to give more support when blocking
Get close to kicker's leg/foot so you can get near to the ball

Common Errors

- Error 1**
 ☹️ Not having hands in correct shape. Hands apart trying to block can cause ball to be kicked through arms away or into face
 😊 To correct this error, ensure that when blocking 'W' shape is maintained

- Error 2**
 ☹️ Not standing close enough to kickers leg. It is easier for the kicker to play the ball away without being blocked and also there is a greater chance that the blocker can get kicked by the kicker's leg as playing the ball away
 😊 Ensure that person blocking gets in close to kicker's leg so they can block and dispossess.

- Error 3**
 ☹️ Another mistake occurs when the player blocking closes her eyes. She is then unable to get a view of where the kicker's foot is so may be unable to block or may get caught by the kicking foot.
 😊 Ensure that the person blocking keeps eyes open at all times to be aware of where the player and ball is.





SKILL CARDS

Evasion - The Roll Off

The roll-off is used to evade an opponent while in possession of the ball.

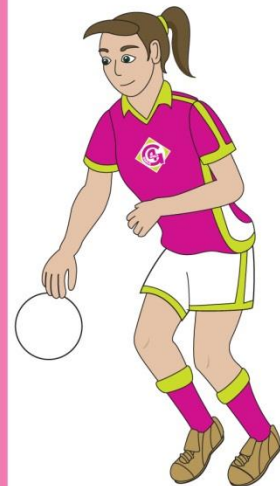


Technique

The technique incorporates a planting your foot and using opponent's shoulder as a hinge to roll off and pivot away in order to avoid the opponent's challenge and maintain possession.

Key Points

1. Solo the ball approaching the opponent
Plant front foot (right) forward towards the opponents left shoulder while transferring the ball to the left side
2. Using their shoulder as a hinge roll off by swinging the left leg around and pivoting on the right foot
3. Plant the left foot on the ground and transfer the ball back to the outside of the body, now the right side
Bring the right leg around and accelerate away
Use a low bounce clearing the opponent



Common Errors

Error 1

☹️ Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.



To correct this error, ensure that the weight is transferred from the most forward foot to the planted foot behind just as the first foot is lifted.

Error 2

☹️ Another common error is taking too many steps in order to get past opponent.



To avoid this ensure to get into your new path of direction as quick as possible and then bounce the ball and catch to hold possession without ever carrying.

Error 3

☹️ Another error is planting the wrong foot first which results in the player pivoting into her opponent instead of around her



To correct this error ensure that left foot is planted first and player pivots on right foot

Error 4

☹️ Soling when reaching the opponent is another fault. It is easier for opponent to get possession if ball soloed in front of her



It is important that the player solos before approaching player so that they can use bounce after pivoting to get away at pace



SKILL CARDS

Evasion - The Side Step

The side step is to evade an opponent while in possession of the ball



Technique

The technique incorporates a step to the side and back again in order to avoid the opponent's challenge and maintain possession.

Key Points

1. Run towards the opponent

When about a metre away from the opponent plant forward foot firmly on the ground

Push hard off the planted foot and transfer your weight to the opposite side

2. Plant the opposite foot and continue forward in the new pathway

Alternate sides

Common Errors

Error 1



Not transferring weight to the planted foot is a common error in young players and may lead to difficulty performing the technique while moving which can cause loss of balance.



To correct this error, ensure that the weight is transferred from the most forward foot to the planted foot behind just as the first foot is lifted.

Error 2



Another common error is taking too many steps in order to get past opponent.



To avoid this ensure to get into your new path of direction as quick as possible and then bounce the ball and catch to hold possession without ever carrying.

Head

Face opponent to know where to plant feet and then move in new direction

Feet

Plant forward foot in ground in front of opponent

Push hard off planted foot and shift weight to plant other foot in new pathway and continue forward

Hands

Solo before approaching opponent so that ball is safe in hands while doing sidestep





SKILL CARDS



The Pick Up

The pick-up is used in Ladies Gaelic Football to lift the ball from the ground into the body

Technique

The technique involves approaching the ball while moving or static to bring the ball from the ground into the body

Key Points

1. Move to the ball. Bend at the hips and knees. Supporting foot beside the ball.
Head down and eyes on the ball
2. Place same hand as supporting foot in front of the ball and the other hand directly behind the ball
Fingers spread
3. Scoop ball up off the ground and draw the ball into the body

Common Errors

Error 1

☹️ Not crouching to lift the ball



😊 Important to bend at hips and knees

Error 2

☹️ Picking the ball up while on the ground



😊 Ensure both feet are firmly paced on the ground before attempting the pick up

Head

Eyes on the ball at all times

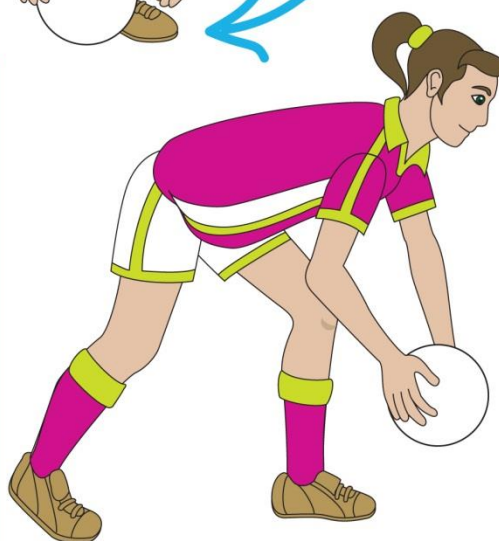
Hands

Place one hand in front of the ball. Same as supporting leg and other hand behind the ball

Feet

Place supporting leg beside the ball

Both feet must be on the ground



Coaching Resource (Part 2)

Warm Ups

Warm Up Overview

Benefits of Warm up

- Increased body and tissue temperature
- Increased blood flow through the muscles
- Increased heart rate, preparing the cardiovascular system to work
- Increased rate of energy release from the cells
- Increase speed at which nerve impulses travel, and thus the speed and efficiency with which muscles contract and relax
- Decreased viscosity of joint fluids, improving range of motion by as much as 20%
- Decreased risk of injury to the muscles

Warm Up has **3 phases** to be done in order described, each phase lasting 5 to 10 minutes:

Aerobic Warm Up: Begin with slow aerobic activities such as jogging while gradually increasing the intensity as the warm up progresses.

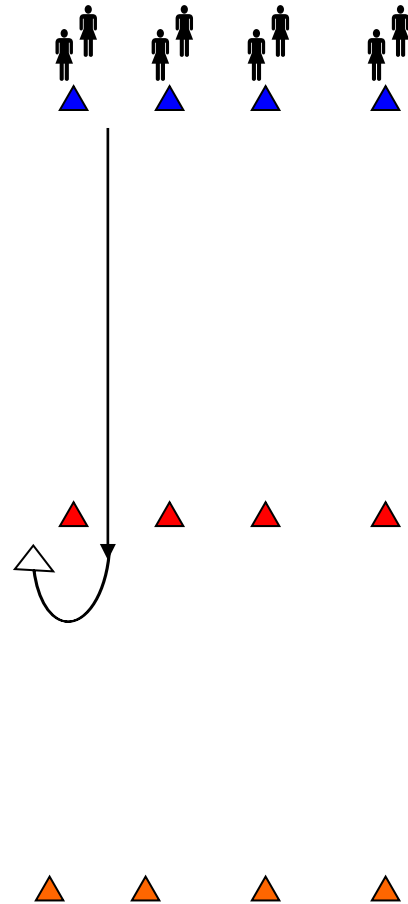
Dynamic Stretching: Always stretch dynamically during this phase as important to warm up the muscles through aerobic activity, not before.

Technical Skill Warm Up: Practice various Gaelic Football activities to exercise specific muscle groups to be used

Sample Warm Up

Before players commence warm up, get them to kick pass ball to each other in groups of three.

Part 1



Line up players into groups behind blue cones as shown

*Players perform following Phase 1 exercises: Go to Red cone only
Jog out and back x 3*

Out: Jog	Back: Shuttle to the side Left leg leading x 3
Out: Jog	Back: Shuttle to the side Right leg leading x 3
Out: Jog	Back: Shuttle to side changing sides x 3
Out: Jog	Back: Carioca with left leg leading x 3
Out: Jog	Back: Carioca with right leg leading x 3
Out: Jog	Back: Carioca changing sides x 3

Stretch upper body – Neck, shoulders, arms, hips

*Players perform following Phase 2 exercises: Go to Red cone only
½ Pace out and back x 3*

Out: ½ Pace	Back: Gentle Skip x 3
Out: ½ Pace	Back: High Knees x 3
Out: ½ Pace	Back: Heel Flicks x 3
Out: ½ Pace	Back: Jog backwards
Out: ½ Pace	Back: Skip Backwards

Stretch Hamstrings and Quadriceps – Perform some squats and lunges

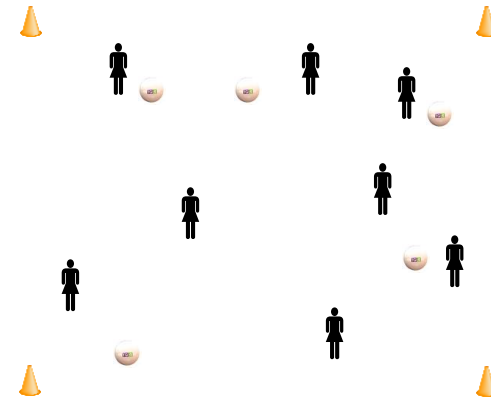
Players perform following Phase 3 exercises: Go to Orange Cone

Start ½ pace but when come to red cone increase to ¾ pace to orange cone and jog back x 3
Start ¾ pace but when come to red cone increase to fast pace to orange cone and jog back x 3
Stretch Groin and calves – Perform some straight leg raises

Sample Warm Up

Part 2

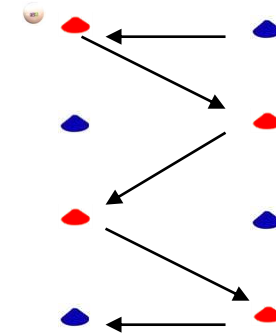
- **Stage 1:** Introduce numerous footballs and players perform the hand pass
- **Stage 2:** Players take a solo and drop ball for another player to pick up and repeats action. On coaches call, Players throw ball in air for another player to perform high catch.
- **Stage 4:** Players perform hand pass once more but players closer together. On coaches demand players change pace. Eg. Jog to $\frac{1}{2}$ pace, to $\frac{3}{4}$ to fast. Do sequence 3 times
- Players stretch various muscle groups dynamically between each phase above. Important to perform exercises like squat, lunge and straight leg raise also.



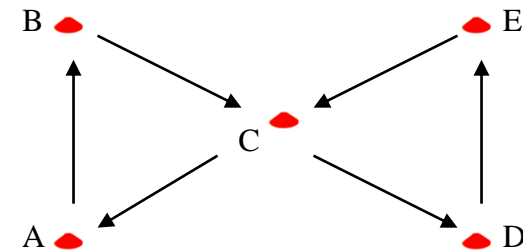
To progress above then you can move onto 1v1, 1 v 2 or 2 v 2 on goals or set up a basic score taking drill.

Other Sample Warm Up Drills

- Players evenly line up behind each of eight cones
- Players at red cones hand passes ball to red cones going in one direction while on way back players at blue cones hand pass ball to players at blue cones
- Players should change pace during drill going from jogging to $\frac{1}{2}$ pace to $\frac{3}{4}$ pace to fast on coaches demand



- A hand passes to B. B hand passes to C
- C turns and hand passes to D
- D hand passes to E. E hand passes to C
- C turns and hand passes to A
- When introduce few footballs, player in middle turns direction ball is coming from
- Phase 1: jogging pace, Phase 2: jogging to $\frac{1}{2}$ pace on coaches demand, Phase 3: jogging to $\frac{1}{2}$ pace to $\frac{3}{4}$ pace on demand, Phase 4: $\frac{1}{2}$ pace to $\frac{3}{4}$ to fast pace
- Players stretch various muscle groups between each phase

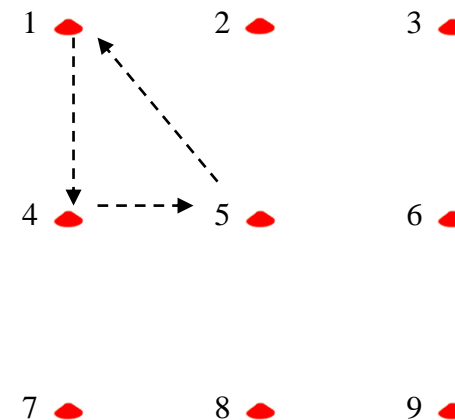


Other Sample Warm Up Drills

- Player at A hand passes ball to player running from cone C
- Player C kick passes ball to player at cone B and follows kick to Cone B
- Player at cone B hand passes to player running from Cone D and then goes behind cone D
- Player coming from cone D kick passes to player at cone A and follows kick to cone A and so on
- Focus on importance of accurate kick pass and timing of run from support player



- Phase 1: Player at cone 1 solos with right leg to cone 4 then to cone 5 and hand passes back for next player to pick up at cone 1
- Phase 2: Player at cone 3 solos with right leg to cone 2 then to cone 5 and rolls back for next player to pick up at cone 3
- Phase 3: Player at cone 9 solos with right leg to cone 6 then to cone 5 and hand passes ball in air for next player to perform high catch on run at cone 9
- Player at cone 7 solos with right leg to cone 8 then to cone 5 and rolls back for next player to pick up at cone 7
- Repeat with left leg in opposite direction
- Players stretch various muscle groups in between phases. Players continually change pace during drill



Coaching Resource (Part 3)

Sample Sessions

Session 1 - Hand Pass with Body Catch

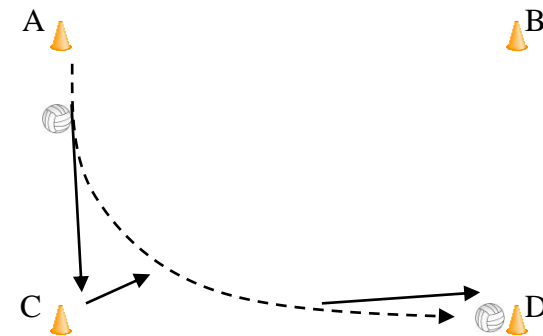
Warm Up – Dynamic Warm Up (see sample)

(10 mins)

Practice Technique Truck and Trailer

(5 mins)

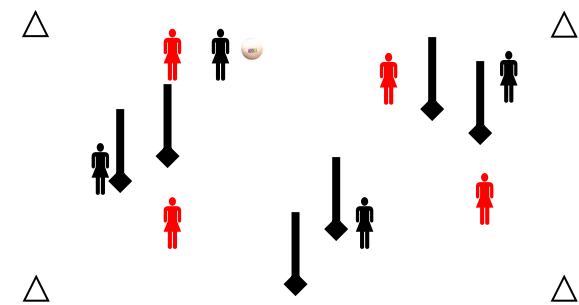
- Divide players up evenly behind each cone
- Football at A and D
- A hand passes to C and continues run. C returns pass to A, A hand pass to D and join D
- D hand passes to C and follows C. hand pass to B and joins B
- Change direction after few minutes. Important players work off both sides of the body



Develop Technique – Drill 1

(10 mins)

- Divide into two teams
- Hand-pass only
- To score attackers (♀) must hand-pass ball through poles (♂)
- Give defenders a chance after 1 minute

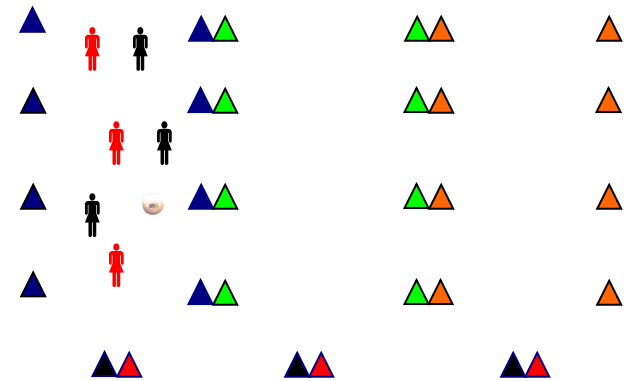


Session 1 - Hand Pass with Body Catch

Develop Technique – Drill 2

(10 mins)

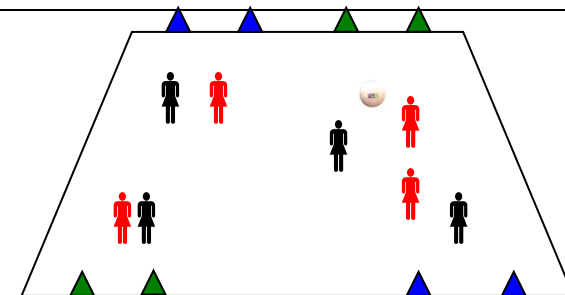
- Divide into two teams
- Hand-pass only
- All players start in Blue zone and ball is kicked into this zone to commence
- Team that wins possession must complete 5 consecutive hand-passes to score in that zone. Coach will topple one of the cones placed along the side of the zone to show that they recorded 5 consecutive hand-passes in this zone
- Once a team has scored in a zone then they must move to the next zone without game stopping and repeat.
- The team that wins is the one that scores in all 3 zones first



Conditioned Game

(10 mins)

- Divide into two teams
- Hand-pass only
- To score teams must hand-pass ball through either of two goals
- To promote chest catch, if player drops ball then ball is given to other team to start attack



Session 1 - Hand Pass with Body Catch

Full Game

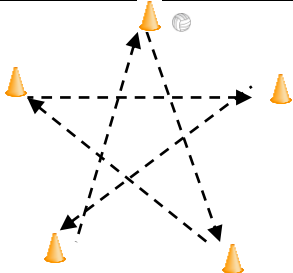
(20 mins)

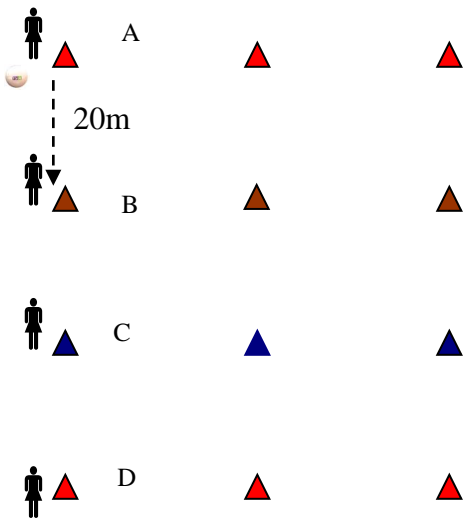
- Conditions
 - Defender must hand-pass 4 times before 45m line
 - Forwards must complete 2 hand-passes before score

Cool Down – Light Jog.....followed by stretching

(10 mins)

Session 2 - Kick Pass with Low/High Catch

Warm Up (Part 1) Dynamic Warm Up (see sample attached)	(5 mins)
Warm Up (Part 2) Revision of Day 1 Skill	(5 mins)
<ul style="list-style-type: none"> • Divide players into 5 groups • First player starts off hand passing skipping group to your right every time • Players follow pass to next cone • On whistle change direction and skip group to left. Can add another football 	

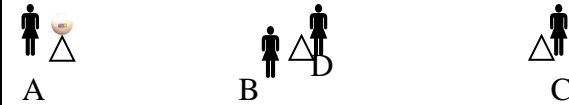
Practice Technique – Drill 1	(10 mins)
<ul style="list-style-type: none"> • Divide players into pairs and get each pair to face each other using the cones. i.e. A to B, C to D • Punt Kick and High Catch - A punt kick to B stationary, C to D. Kick with both feet • Progression - AB and CD line up behind each other <ul style="list-style-type: none"> - A jogs to brown cone and punt kicks low/Chest ball back to B - C jogs to blue cone and punt kicks low/chest high ball back to D - Increase pace after a while and go to third cone. A to Blue, C to Brown • Hook Kick and High Catch – B moves back to blue cone and C back to brown. A hooks kicks to B with B high catching while CD do same • Progression - AB and CD line up behind each other <ul style="list-style-type: none"> - A jogs to blue cone and hook kicks ball back to B who high catches - C jogs to brown cone and hook kicks ball back to D who high catches - Increase pace after a while 	

Session 2 - Kick Pass with Low/High Catch

Practice Technique – Drill 2

(10 mins)

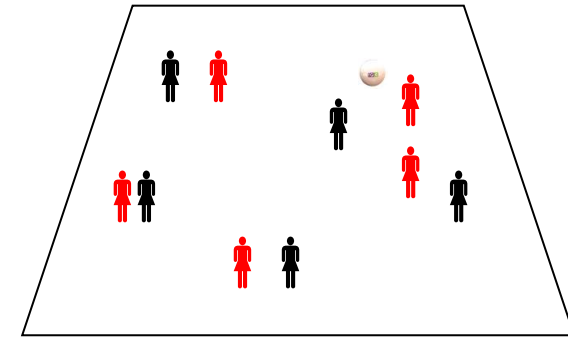
- A Punt Kicks to B. B is shadowed by D and must Hook Kick to C
- Keep changing person in centre at D



Develop Technique – Drill 1

(10 mins)

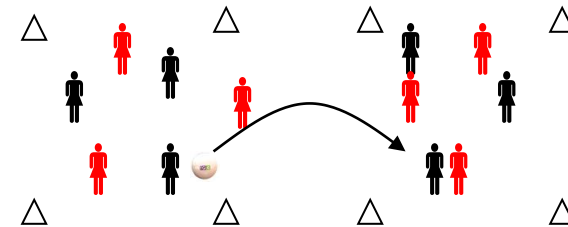
- Mark out a square
- To score players must put kick at least 20m from player and receiving player to chest catch
- If hook kick over 30m and receiving player high catches then reward with double points



Develop Technique – Drill 2

(10 mins)

- Two teams. O's v X's. Forwards in one box defenders in other
- To score defenders must find attackers in opposing box
- Give extra score for high catches

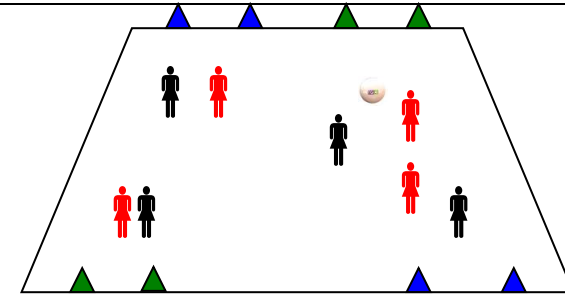


Session 2 - Kick Pass with Low/High Catch

Conditioned Game

(10 mins)

- Divide into two teams
- Alternate Hand pass with Kick Pass
- To score teams must hand-pass ball through either of two goals
- To promote high catch, if player catches ball over the head then extra score is given



Full Game

(20 mins)

- If player performs high catch and score in an attack then that counts as double score

Cool Down – Light Jog.....followed by stretching

(10 mins)

Session 3 - Solo and Pick Up

Warm Up (Part 1) Dynamic Warm Up (see sample attached)	(5 mins)
Warm Up (Part 2) Revision of Day 1 and 2 Skills	(5 mins)
<ul style="list-style-type: none"> Hand-pass, Kick-pass and Catching 1 KP to 7, 7 HP to 5 and 7 joins group at 5 5 KP to 6, 6 HP to 8 and 6 joins group at 8 KP to 2, 2 HP to 4 and 8 joins group at 2 4 KP to 3, 3 HP to 1 and 3 joins group at 1 To increase intensity add more footballs 	

Practice New Technique – Drill 1	(10 mins)
<ul style="list-style-type: none"> Player at 1 solos with right leg to cone 4 then to cone 5, rolls ball back for next player to pick up at cone 1 Player at 3 solos with right leg to cone 2 then to cone 5, rolls ball back for next player to pick up at cone 3 Player at 9 solos with right leg to cone 6 then to cone 5, rolls ball back for next player to pick up at cone 9 Player at 7 solos with right leg to cone 8 then to cone 5, rolls ball back for next player to pick up at cone 7 Repeat with left leg in opposite direction To Increase distance and speed get players to solo the following <ul style="list-style-type: none"> 1 to 7 to 8 and kick-pass back, 7 to 9 to 6, 9 to 3 to 2, 3 to 1 to 4 	

Session 3 - Solo and Pick Up

Practice Technique – Drill 2

(10 mins)

- Divide Group in fours with 2 players on either side
- Players at pace pick up ball at red cone solo and drop ball at blue cone
- Next player does same on way back
- Introduce competition to increase intensity



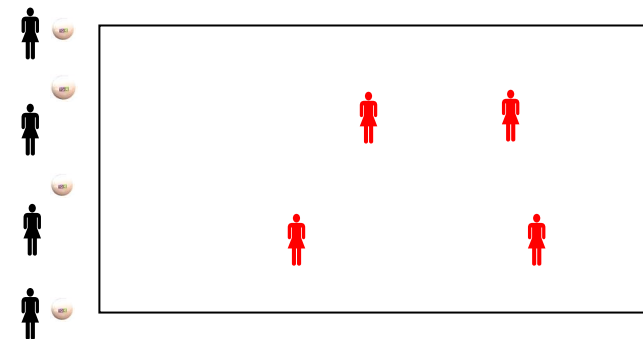
Develop Technique – Drill 1

(10 mins)

- Have more attackers ♀ than defenders
- On coaches whistle, attackers pick up ball and solo into grid with the aim to try and cross the end line
- If a defender dispossess or knocks the ball away from the attacker then that attacker must leave the grid

Start

End Line

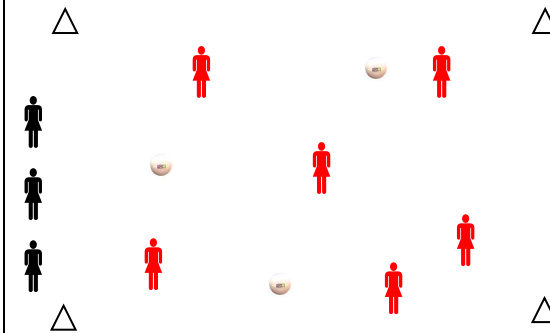


Session 3 - Solo and Pick Up

Develop Technique – Drill 2

(10 mins)

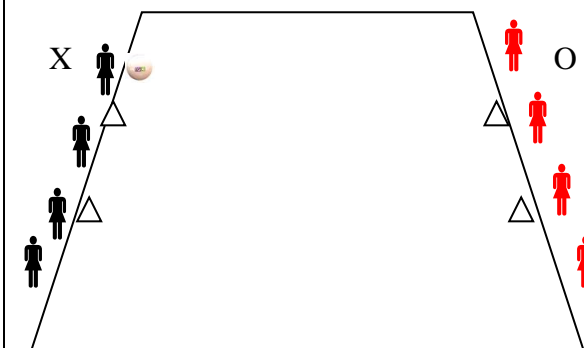
- Leave 3 defenders (♣) out while all other players solo and hand pass three footballs around in marked square area
- When coach blows the whistle the three defenders must try to disposses players inside the area
- If ball drops on ground then that ball is classified as dead and players go to assist other players



Conditioned Game

(10 mins)

- Divide into 2 teams
- The game begins with a team X (♣) punt kicking the ball to team O (♣)
- Team X must pick up ball, solo and hand-pass ball up the field
- A score is awarded when team X solos ball through two cones
- When ball is lost in the tackle or team has scored game re-starts with both teams on their end line with a punt kick



Full Game

(20 mins)

Cool Down – Light Jog.....followed by stretching

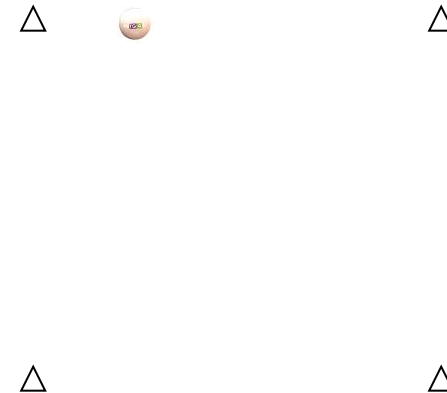
(10 mins)

Session 4 – Tackle and Block Down

Warm Up (Part 1) Dynamic Warm Up (see sample attached) (5 mins)

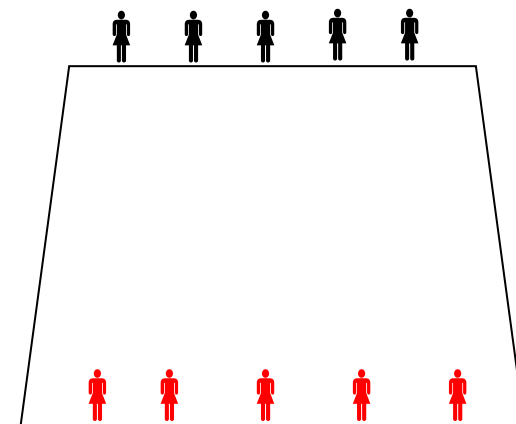
Warm Up (Part 2) Revision of Day 1, 2 and 3 Skills (5 mins)

- Mark out square and ask players to jog around randomly and do following commands:
- Phase 1: Hand-pass / body catch
- Phase 2: Pick up
- Phase 3: High Catch (Players throw ball in the air for player to high catch)
- Phase 4: Kicking (larger square) – Practice both Punt and Hook Kick
(Stretch major muscle group in between phases)



Practice Tackle Technique – Drill 1 (10 mins)

- Defenders (♀) line up along the end line. Forwards (♂) line up opposite defenders about 35m out. Coach gives each player number.
- When coach calls number, i.e. 1, the forward with this number must get to defenders line without being tapped by defender with same no.
- Defender works on: Timing of tackle, Defensive footwork
- After a while Coach calls two numbers. Defenders must communicate in order to ensure that both defenders do not get past
- Introduce footballs to attackers after a while



Session 4 – Tackle and Block Down

Practice Block Technique – Drill 2

(10 mins)

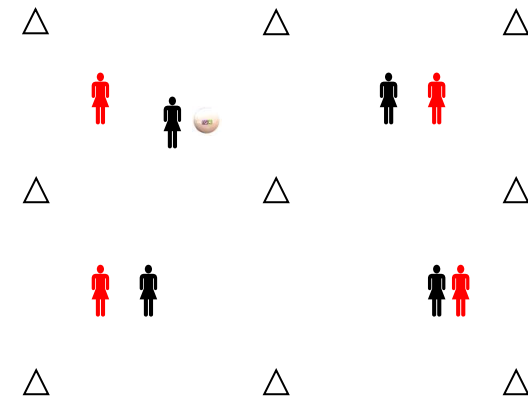
- Players work in threes
- Attacker solos out to and around the defender
- As attacker attempts to kick pass back defender tries to block



Develop Tackle / Block Technique – Drill 1

(10 mins)

- Divide a grid into 4 sections
- Divide players into two teams of four, one player per section
- Players try to retain possession by kick-passing the ball from section to section to a team mate
- The opposing team tries to block the kick attempts
- If kicks is successful then player in other grid must be allowed to retain ball

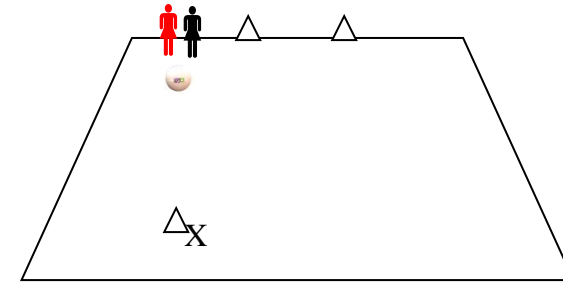


Session 4 – Tackle and Block Down

Develop Tackle / Block Technique – Drill 2

(10 mins)

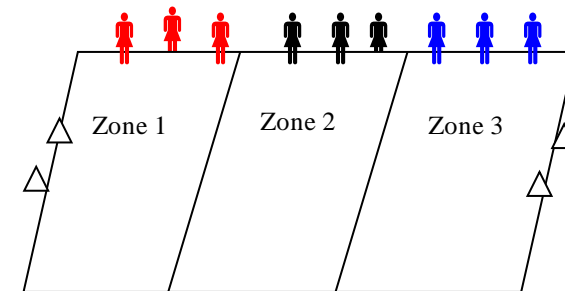
- Defenders and Forwards pair up at end line. Forwards have the ball.
- Both players hand-pass ball out to cone X
- When arrive at cone X, the defender must stop the forward scoring on goal using defensive techniques such as tackle and block



Conditioned Game

(10 mins)

- Divide group into three groups
- Group 1 in Zone 2 must attack Group 2 in Zone to try and score by fisting ball over the bar
- If dispossessed or score then Group 2 attacks group 3 in Zone 1
- Focus on defensive play



Full Game

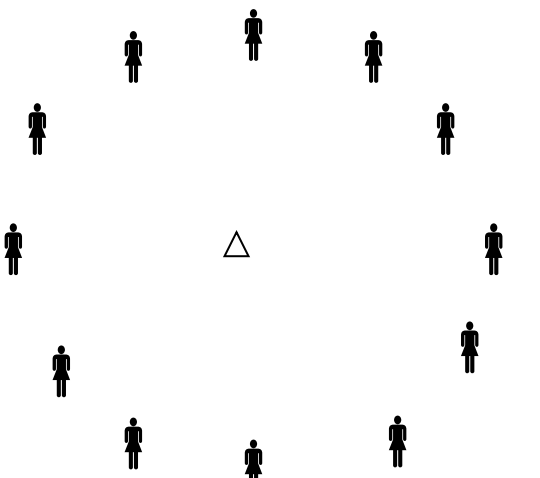
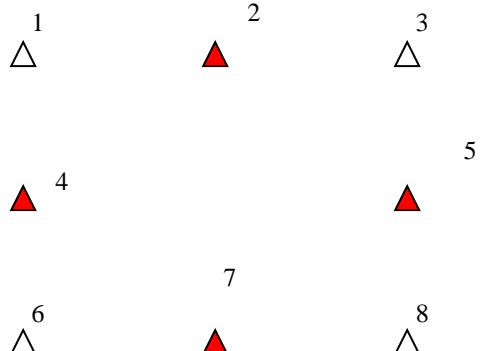
(20 mins)

- Special emphasis on defensive play

Cool Down – Light Jog.....followed by stretching

(10 mins)

Session 5 - Side Step / Feint / Dummy / Scoring

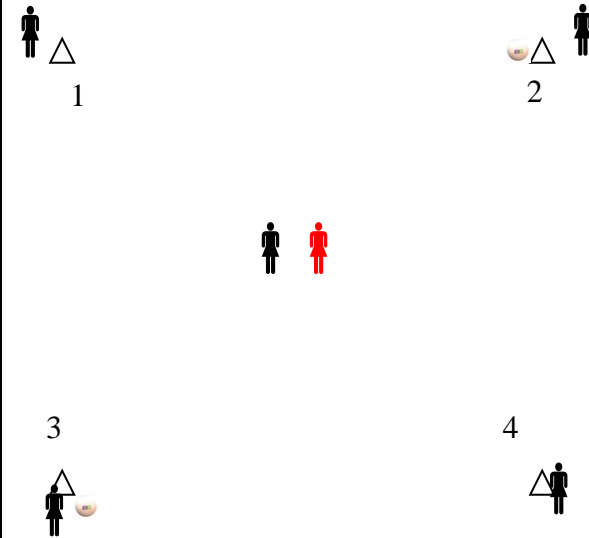
Warm Up (Part 1) Dynamic Warm Up (see sample attached- use all SAQ also)	(5 mins)
Warm Up (Part 2) Revision of Day 1, 2, 3 and 4 Skills	(5 mins)
<ul style="list-style-type: none"> • Players form a circle. • Player jog across the circle and must pass cone before completing the following: • Phase 1: Hand pass/ Body Catch • Phase 2: Solo and drop for next player to pick and solo • Phase 3: Kicking • Phase 4: Tackle - when players hand-passes to player they must close down receiving player • (Stretch major muscle group in between phases) 	 <p>A diagram showing 12 player icons arranged in a circle. In the center of the circle is a white triangle.</p>
Practice New Technique – Drill 1	(10 mins)
<ul style="list-style-type: none"> • Place a defender at cones 2, 4, 5 and 7. All other players line up evenly behind cones 1,3,6 and 8. Give a ball to each group at every corner. • Players work in clockwise position first then after a while go opposite direction. • Act as token pressure while players work on: Side Step, Feint, Dummy Solo • First player at cone 1 takes on defender at cone 4 using one of the above methods. He/she then gives the ball to next player at cone 6 and so on. 	 <p>A diagram of a square field with 8 numbered cones (white triangles) at the corners: 1 (top-left), 2 (top-middle), 3 (top-right), 4 (middle-left), 5 (middle-right), 6 (bottom-left), 7 (bottom-middle), and 8 (bottom-right). There are 4 red triangles representing defenders at cones 2, 4, 5, and 7.</p>

Session 5 - Side Step / Feint / Dummy / Scoring

Practice Technique – Drill 2

(10 mins)

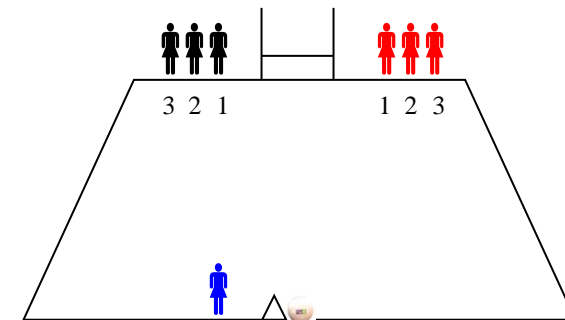
- Place one player at cones 1,2,3 and 4. Give players on cone 2 and 3 a ball.
- Place two players in centre of square – 1 Forward and 1 Back
- Forwards have to receive a pass from cone 2 or 3
- The forward cannot pass the ball back to player he/she received it from but must pass to player without ball on cones 1 or 4 with ball
- The forward must then go to receive other ball.
- The forward continues for certain time frame. The forward must work on various aspects of forward play such as dummy runs, side steps, swerve, etc.



Develop Technique

(10 mins)

- Coach gives Attackers (♣) and defenders (♠) a number each
- Coach calls a number. The attacker receives the ball from the Coach. The attacker must score after taking on the Defender.
- Promote attacker to take on the defender through using attacking techniques

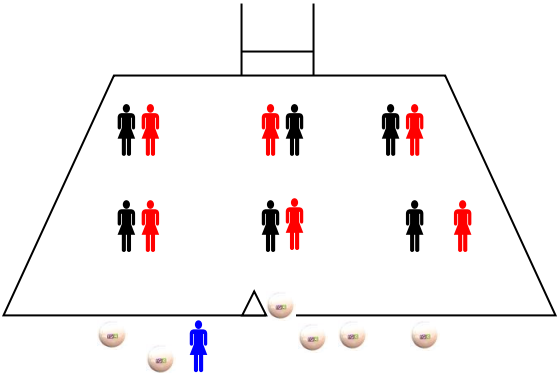


Session 5 - Side Step / Feint / Dummy / Scoring

Develop Technique

(10 mins)

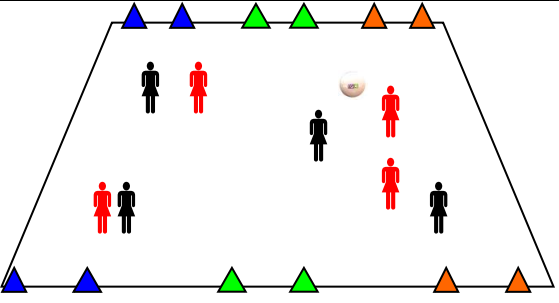
- Divide group into 2 teams depending on numbers. Coach has 6 footballs
- Attackers are numbered 1 to 6. Coach calls number and the attacker runs out to pick up ball
- No other player is allowed to move until attacker has ball
- Attackers must work ball in for a score.
- If scores or ball goes dead, coach calls next attacker to pick up ball



Conditioned Game

(10 mins)

- Divide into two teams
- Each team defends three goals with no goal keepers
- If score in centre goal than score 1 point, 2 points for wing goals
- Method of scoring could be hand-pass, solo through goal or kick pass through goal



Full Game

(20 mins)

- Special Emphasis on attacking play

Cool Down – Light Jog.....followed by stretching

(10 mins)

Cool Down

Cool Down Overview

Cooling down is important and it is part of your role to get players into the habit of cooling down, which becomes more important in later years.

After your training session all athletes should cool down for 10 minutes through light jogging, walking and stretching. Doing this helps remove the lactic acid to speed recovery for the next training session. Cooling down should incorporate a gradual reduction in activity from intense (i.e. running, etc.) to moderate (i.e. jogging and walking).

Benefits of Cool Down are as follows:

- Decrease chance of blood pooling in the lower body causing one to be light headed or dizzy
- Removal of lactic acid from the muscles, which speeds recovery
- Reduce muscle soreness

Cool Down has 2 phases:

Aerobic Phase – The body is gradually brought down to idle speed through low intensity exercise. This exercise is often the same aerobic exercise done to warm up.

Stretching Phase - Muscles that have been contracting repeatedly during exercise remain partially contracted afterward. Stretching helps them return to their optimal length and is also thought to reduce muscle soreness.

Stretching exercises should be conducted in a more static manner and on the ground where possible. Stretches should be held for 10-15 seconds

CONTACT DETAILS

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Notes