



Age Group: Under 15	Session Learning Outcomes		
Session No: 3	Tactical		
Period: Q3	Counter-Attack - Midfield		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Sprint Speed	Confidence

Session Aims

1. Develop Counter-Attack - Midfield as a Game Based principle
2. Refresh on Bilateral Skills (Kicking, Handpass, Solo & Bounce, Tackling)

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	GAA 15 plus 5 in 5 Set 1	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	10m	Bilateral Skills	Practice bilateral skills with a focus on Handpass with Solo, Bounce & Kicking
Small Sided Game	10m	3 v 3 Finishing the Attack	SSG to develop Counter-Attack from Midfield using a floating player to play forward, by identifying space and playing penetrating passes.
Small Sided Game	10m	You Attack You Defend	SSG to improve Counter-Attack from Midfield by using quick transitions from midfield to attack if ball is won, defending as a group, pressing or sitting, breaking fast.
Full Sided Game	10m	Sideline Attack Game	FSG to improve Counter-Attack from Midfield. Emphasis is on effective restarts from midfield, counter attacking & defending, delaying attacks.
Conditioning	5m	45m Repeat Speed	Develop player's sprint speed over 45m distance

Coaches Reflective Questions

1. *Did the players seem to understand the instructions and demonstrations clearly? How was this manifested?*
2. *How could you use the session content to instill confidence in the players?*

Players Reflective Questions

1. *What attacking principle of play is most effective when counter attacking from midfield?*
2. *How best to defend a counter-attack from midfield, whether to press high or sit deep. Why?*



ACTIVITY NAME & AIM

GAA 15 and 5 in 5 Set 1 Warm Up – This activity is used to develop movement and running skills, increase leg and trunk strength and optimise landing, cutting and deceleration mechanics to prepare for playing gaelic games and help reduce injuries to the groin, hamstring, knee and ankle.

EQUIPMENT

20m Grid
4 x Space Markers
15 Minutes



ORGANISATION

Part A – Running (All 20 m distance)

- Slow run forwards 20m and return x 2
- Hip out - 20m x 2
- Hip in - 20m x 2
- Heel flicks - 20m x 2
- Toe touches - 20m x 2
- 50% forward, slow back - 20m x 2
- 80% forward, slow back - 20m x 2

Part B - Jumps

- Double-leg vertical jump - 2 x 8 reps

Part C – Sport-specific

- 20m at 80% max speed run slow jog return x 2
- 20m bounding, slow jog return x 2
- 20m plant and cut, slow jog return x 2

5 in 5 Set 1

- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified Push-Up for 10 reps. Increase by +2 each week to 30
- Partner BW Inverted Row for 5 reps. Increase by +1 each week to 15.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

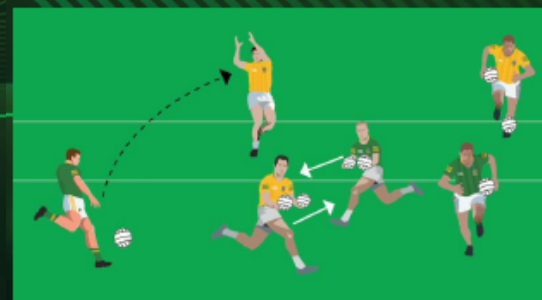
- Check for correct technique execution. Refer to GAA Learning.ie/GAA15

ACTIVITY NAME & AIM

Bilateral – Handpass. This activity helps develop bilateral technique in Handpassing in combination with Kicking, Solo and Bounce. Emphasis is placed on both using left & right hand and working with intensity throughout the activity

EQUIPMENT

Working in 2's or 3's
2 x footballs per group
15 minutes



ORGANISATION

1. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, handpass right to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
2. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drop 1st ball; 4 steps bounce left, 4 steps solo right drop 2nd ball. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 1 minute on x 2 with 60 second recovery.
3. Recovery 60 seconds - Handpassing in pairs where player 1 starts with 2 balls in hand throws 1 up high overhead, hand passes other ball to partner, receives ball back from partner and catches ball 1 overhead. Rotate roles after 30 seconds.
4. Kicking in pairs. Player 1 takes 4 steps, kicks ball 1 with right foot instep to player 2, take's 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues cycle. 1 minute on x 2
5. Recovery 60 seconds. each pair have 2 footballs. Player 1 bounces 2 footballs at the same time one with right hand and one with left hand then swaps over to player 2 after 30 seconds
6. 2 v 1 Keep Ball - 2 Attackers keep ball from 1 Defender for 30 seconds. No play of ball as in bounce or solo just allowed to handpass left or right. No loopy or handpasses on ground. Make sure attackers pass and move no fouling their handpass. Rotate player in middle if defender intercepts the ball. 1 minute on by 3.
7. Recovery for 60 seconds. Set up small triangle of 3 players. Pass 2 balls around triangle using outside left hand going one way and on coach's whistle change direction use the outside right hand passing ball around.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in the direction of pass
- Watch for throwing the ball; using wrong part of the hand



ACTIVITY NAME & AIM

3v3 Finishing The Attack Game – The aim of this Small Sided Game is to practice Counter-Attack from Midfield. Emphasis is on players recognising space available, allowing them to play forward thru the floating player, who looks to identify space and play penetrating passes.



EQUIPMENT

- 3 x Footballs
- 15 x Players
- 2 x set of Bibs
- 6 v 6 plus Neutral
- 10 x Cones
- 8 x Poles
- 10 minutes**

ORGANISATION

- Set up 55m x 35m pitch with goals. Mark out 5m channel across the centre of the pitch. Position a Floater (neutral player) in the midfield channel. Play 3 v 3 in each half with GKs in.
- Add two sets of gates on each line for defensive interceptions and clearance.
- Coach decides which team is attacking and plays the ball to the floater or direct to the attacking zone. Attackers have time limit (15 seconds) to take scoring attempt. After score or wide, coach plays the ball to other team to attack.
- If time limit elapses, ball is placed on the ground and defending team look s to build through the floating player and attack the other end zone.
- If ball is intercepted by defending team, they look to clear quickly and long thru one of the gates. Floating player can be used to create opening.
- Change floating (neutral) player every two minutes.

VARIATION (STEPR)

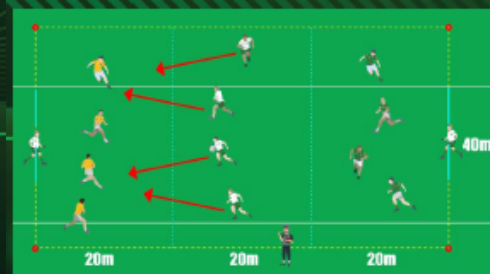
- Allow floating or neutral player to penetrate forward to create 4 v 3 in attacking half. Teammate from defensive half take floater role in midfield.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on quick ball in and players being switched on and alert to opportunities.
- Encourage width & depth to create scoring opportunities
- Neutral player always ready to receive pass, but also aware of opening in attacking 3rd.
- How do you commit defenders to create scoring opportunities?
- Where is best to create space to in attacking third?

ACTIVITY NAME & AIM

You Attack You Defend Game – The aim of this Small Sided Game is to practice Counter-Attack from Midfield. Emphasis is on quick transition from midfield to attack when ball is won, defending as a group, pressing or sitting, breaking fast.



EQUIPMENT

- 1 x Football
- 12 Players
- 3 x set of Bibs
- 4 v 4 plus 4 Neutrals
- 10 minutes**

ORGANISATION

- Set up 60m x 40m pitch with 3 zones and 4 v 4 v 4 with GKs in.
- Coach plays ball to team (W) in the middle zone as displayed. They attack the Yellow team's goal, going for a goal firstly but a point will do. If they are successful, they turn and run back into the middle zone where they get another ball from the coach and attack the Green team's goal.
- If either team dispossess team in possession, they now become the attacking team and move into the middle zone and attack opposite goal in same move. Dispossessed team moves into their zone.
- After each score game restarts by scoring team returning to the middle collecting ball from coach at pace.

VARIATION (STEPR)

- Add players on one or more team (e.g 5 v 5 v 5) or add time limit on score attempt.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on breaking fast and transition to scoring opportunity.
- Encourage passing triangles to be formed for support the fast break
- Defending as a group, decision on whether to press or sit deep.
- How do you commit defenders to create scoring opportunities?
- Where is best to create space to in attacking third?





ACTIVITY NAME & AIM

Sideline Attack Game – The aim of this Full Sided Game is to practice Counter-Attack from Midfield. Emphasis is on effective restarts from midfield, counter attacking & defending, delaying attacks.



EQUIPMENT

10 x Footballs

Full Pitch

24 Players (12 v 12)

2 x Set of Bibs

10 minutes

ORGANISATION

- Set up on full pitch with supply of football at each sideline on halfway. Play even numbered teams - 12 v 12 or 15 v 15. Adjust pitch size based on numbers on each team.
- 12 v 12 with GKs in, One from each team (Red & Yellow) start with supply of footballs at each side-line at the halfway line.
- Coach nominates one team to start. Player at halfway line plays a side-line ball to a teammate in either half, once he plays this pass, his team must attack that goal. Players from other half can join in as attackers & defenders, also player from opposite side-line.
- If defending team turn over the ball, they attack opposite goals.
- If either team score (goal or point), this team stay on the attack. Game restarts in the same way with side-line pass from halfway line into either half.
- If a team kicks a wide, the defending team restarts as the attacking team from halfway line.

- Player who starts game cannot get return pass.
- All attacking players must be in the attacking half for team to score

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Encourage quick passing and movement. Encourage players to get wide & deep.*
- *Encourage passing triangles to be formed to support the fast break*
- *Defending as a group, decision on whether to press high or sit deep.*
- *What type of run should be made to receive a pass?*
- *Where should we scan first for pass?*

ACTIVITY NAME & AIM

45m Repeat Speed – This activity is used to develop the player's speed and acceleration.



EQUIPMENT

45m Grid

8 x Space Markers

ORGANISATION

- Set up 45m Grid.
- Players complete 45 metre sprint in 10 secs, repeat on 20 seconds
- Perform 15 repetitions (Total distance 675m)
- Intensity level at 100%
- Perform World's Greatest Stretch. 3 Reps

VARIATION (STEPR)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Check foot alignment*
- *Check for opposite arm, opposite leg movement*