



Age Group: Under 15	Session Learning Outcomes		
Session No: 4	Tactical		
Period: Q3	Developing Support Play		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Run Conditioning	Mental Strength

Session Aims

1. Developing Support Play as a Games Based principle
2. Refresh on Bilateral Skills (Tackling, Kicking, Handpass, Solo & Bounce)

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	GAA 15 plus 5 in 5 Set 2	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	15m	Bilateral Skills	Practice bilateral skills with focus on Handpass with Kicking and Solo & Bounce
Small Sided Game	10m	Over The Top	SSG to develop support play where the emphasis is on working the ball out of defence using support runners, off the shoulder runs, and using accurate and well-timed passes.
Small Sided Game	10m	Inner & Outer Game	SSG to develop support play with emphasis is on ball possession, awareness of space, passing and mobility to support player in possession.
Full Sided Game	10m	Support The Target Game	FSG to improve support play with emphasis is on support runners from deep, setting up attacks using target man and in defence, tracking runners.
Conditioning	5m	60m Run Conditioning	Develop speed endurance and conditioning with repeated 30m sprint and 30m jog

Coaches Reflective Questions

1. Did the coaches observe progress in the players understanding of switch play during the session? How was this manifested?
2. How well do you think the team communicated and worked together during the training session?

Players Reflective Questions

1. When to switching play recognize the correct moment of the game?
2. When would you use switching play in a horizontal lane and when with vertical lane in a game?



ACTIVITY NAME & AIM

GAA15 and 5 in 5 Set 2 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 2

- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each Side) for 10 seconds. Increase by +5 sec each side per week
- Windmill Push-Up for 5 reps. Increase by +1 rep each side, each week to 10

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

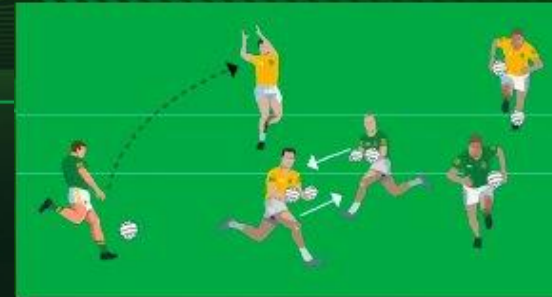
- Check for correct technique execution. Refer to GAA Learning ie / GAA15

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

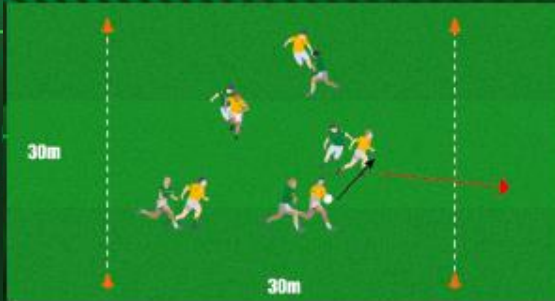
1. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, handpass right to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
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

Over The Top Game – The aim of this Small Sided Game is about developing Support Play. Emphasis is on working the ball out of defence using support runners, off the shoulder runs, and using accurate and well-timed passes.



EQUIPMENT

- 1 x Footballs
- 6 x Cones
- 5 v 5 (10 players)
- 2 x set of Bibs
- 10 minutes

ORGANISATION

- Set up 30m x 30m grid. Play 5 v 5 within grid. Line at either end of grid is goal line.
- Team A face Team B at centre of grid about 2 – 3 metres apart.
- Team A starts in possession and kicks the ball away over the heads of their opponents but not out of the grid.
- Defending team B look to work the ball back past the oncoming attacking team and over the designated end line to score.
- Advancing players should look to use different angles, types and pace of runs to beat attackers and reach end line. If team A win back possession, they look to advance the ball over team B's end line
- Once the team successfully reaches the designated end line, the two teams swap roles.

VARIATION (STEPR)

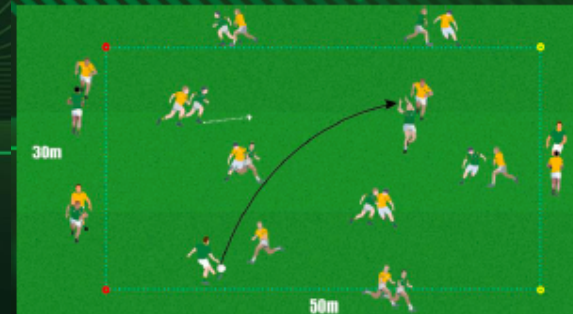
- Adjust size of grid depending on ability of the players.
- Allow only one play of the ball.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on breaking fast and transition to scoring opportunity.
- Encourage passing triangles to be formed to support the fast break.
- Defending as a group, decision on whether to press or sit deep.
- How do you commit defenders to create running lanes?
- Where is it best to create space to attack end line?

ACTIVITY NAME & AIM

Inner & Outer Game – The aim of this Small Sided Game is about developing Support Play. Emphasis is on ball possession, awareness of space and supporting players, passing and mobility to support player in possession.



EQUIPMENT

- 1 x Footballs
- 8 x Cones
- 2 x set of Bibs
- 24 Players (12 v 12)
- 10 minutes

ORGANISATION

- Set up 50m x 30m grid between 45m lines on a pitch. Play 12 v 12 with 6 v 6 inside the grid and remaining 6 players from each team spread around the perimeter of the grid.
- Green team starts in possession and look to play a keep ball game using normal rules
- Outside players must be moving around the outside of the grid when their team are in possession but cannot enter the grid. Inside players can use outside players to maintain possession.
- On turnover, Yellow team continue to play a keep ball game using their teammates on the outside of the grid.
- Rotate 12 outside players with inside players after a 5-minute period.

VARIATION (STEPR)

- Allow outside players to be marked by opposite number.
- Each player swaps with the outside player he passes to.

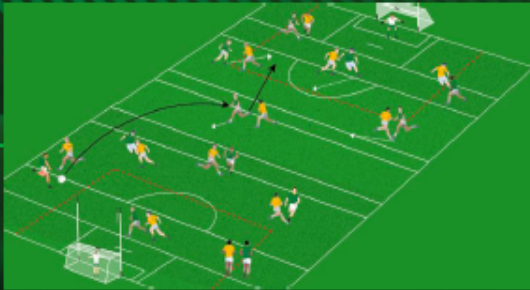
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on passing to receiver's advantage side to cut down on 50/50 ball.
- Encourage passing triangles to be formed to support the player in possession
- Defending as a group, decision on when to press or look for intercept.
- How do you commit defenders to create scoring opportunities?
- Where is best to create space to in attacking third?



ACTIVITY NAME & AIM

Support The Target Game – The aim of this Full Sided Game is about developing Support Play. Emphasis is on support runners from deep, setting up attacks using target man and in defence, tracking runners.



EQUIPMENT

- 1 x Football
- Full Pitch
- 22 / 30 Players
- 2 x set of Bibs
- 10 minutes

ORGANISATION

- Set up on full pitch with 30m scoring zone at each end. Play even numbered teams from 11 v 11 up to 15 v 15. Dotted line for player movement and solid line for ball movement.
- Mark out 30m scoring zone at each end of the pitch and position one player from each team always inside these zones.
- Game starts with ball thrown in by Coach. All in game. Objective is for either team to get the ball into teammate in the attack zone. He cannot score unless set up by a teammate.
- Only 1 attacker and 1 defender inside the zone, however defending team can set up as required outside the zone.
- Attackers must work the ball to teammate and support it via one – twos to try and work a score. Score can be taken inside provided the pass is from outside the zone. Keep changing pair in zone. If ball is turned over inside, game continues. Defenders can follow attackers inside zone but can't be waiting inside for them.

VARIATION (STEPR)

- Adjust size of pitch based on number of players available.
- Add time limit on score attempt or no touch in attacking half

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage quick passing and movement (1-2s). Encourage players to get wide & deep.
- Encourage passing triangles to be formed to support the scoring opportunity.
- Defending as a group, decision on whether to press high or sit deep.
- What is the advantage of getting the ball out wide?
- How to create opening for close in attacker to take scoring opportunity?

ACTIVITY NAME & AIM

60m Run Conditioning – This activity is used to develop the player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog



EQUIPMENT

- 60m Grid
- 8 x Space Markers

ORGANISATION

- Set up 60m Grid.
- Players complete 30 metre sprint followed by 30 metre jog in 30 sec, repeat on 30 seconds.
- Perform 7 repetitions (total distance 420m).
- Intensity level at 100% for sprint and then slow for Jog (¼ pace).
- 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