



Age Group: Under 15	Session Learning Outcomes		
Session No: 5	Tactical		
Period: Q3	Improving Scoring		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Sprint Speed	Pressure

Session Aims

1. Develop Improving Scoring as a Game Based principle
2. Refresh on Bilateral Skills (Kicking, Handpass, Solo & Bounce)

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 Kicking with Solo, Bounce & handpassing
Small Sided Game	10m	The Niner to Score	SOG to improve scoring with emphasis on creating scoring opportunity using off the shoulder support and angled running. Good kicking technique of both left and right
Full Sided Game	10m	12 Seconds to Score	FSG to improve scoring with emphasis on crisp and accurate passing, movement off the ball to maintain possession and create the scoring opportunity.
Full Sided Game	15m	Break Ball Midfield	FSG to improve scoring with emphasis is on a long kickout, winning ball at midfield, moving it quickly to inside line and taking a short-range score.
Conditioning	5m	45m Sprint Speed	Develop a player's sprint speed over 45m distance.

Coaches Reflective Questions

1. Were the activities well-paced and appropriately challenging for the players? What adjustments could be made to improve the flow?
2. Did the players understanding of the scoring zone, or when to take a shot improve during the session? How was this manifested?

Players Reflective Questions

1. Can you recall the key concepts or strategies covered in the session? What is key takeaway in your own words?
2. How can you build on your strengths to become an even more potent scoring option or scoring threat?



ACTIVITY NAME & AIM

GAA15 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](http://GAA Learning.ie/GAA15)

ACTIVITY NAME & AIM

Bilateral Kicking. This activity helps develop bilateral technique in kick passing in combination with Handpassing, Solo and Bounce. Players focus on kick passing in pairs and in groups of 4, interspersed with handpassing and Solo & Bounce.



EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 14 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, hand pass left to partner. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.
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. 2 x minute on followed by 60 second recovery as per point 3.
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 secs.
4. Kicking in a group of 4. Ball starts with player 1 who kicks to player 2 who kicks to player 3 who kicks to player 4 and back to player 1. 20m distance between all kicks. 60 seconds all on left, 60 seconds, all on right side.
5. Kicking in pairs. Player 1 with two balls takes 4 steps, kicks ball 1 with right foot instep to player 2, takes 4 steps kicks ball 2 with left foot instep to player 2. Player 2 continues the sequence. 1 minute on with 30 second recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Head down, eyes on the ball; drop ball from hand on kicking side; Kick with instep; toes pointed down, follow thru to target
- Watch out for ball drop height, dropping with opposite hand, lifting the head!!!



ACTIVITY NAME & AIM

The Niner to Score Game – The aim of this Small Sided Game is to improve Scoring. Emphasis is on working as a unit to create scoring opportunity using off the shoulder support and angled running. Good kicking technique of both left and right needed.



EQUIPMENT

- 2 x Footballs
- 12 x Players
- 2 x Set of Bibs
- GK in
- 10 minutes

ORGANISATION

- Set up on half pitch. Divide players into groups of 3. Initially 3 Attackers line up facing 3 Defenders. The 3 Attackers (A1,A2,A3) start on the 20m line facing outfield with centre player in front of goalposts and other two players 10 – 15m either side. Football is placed 5m in front of one of the Attackers. 3 Defenders line up 6m outfield of the football facing the Attackers. GK in. Remaining players line up behind defenders (D1,D2,D3) awaiting their turn.
- On signal, the 3 attackers (Green) sprint out and one picks up the football. At same time, the 3 defenders (Yellow) sprint past the attackers and take up defensive position just outside 20m line facing attackers.
- Attackers look to create a scoring opportunity, initially a shot on goal, but if not an option take the point. Defenders look to prevent score and/or win the ball back.
- Ball (lost, wide or score) is then retrieved by attackers (Blue) and game continues with the 3 defenders now becoming attackers starting from 20m line and next line of defenders placing a ball in the starting position and lining up 6m outfield of the ball.

VARIATION (STEPR)

- Switch roles between attackers and defenders. Get player to start in the different positions
- Add time limit on scoring attempt.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on supporting the player on the ball (Ahead, Beside or Behind options).
- Encourage backward cuts, angled Runs, Off the Shoulder Runs
- Defending as a unit, decision on who presses ball and who tags runners.
- What types of shot are most effective for scoring goals?
- What type of run off the player in possession can create scoring opportunity?

ACTIVITY NAME & AIM

12 Seconds to Score Game – The aim of this Full Sided Game is improving Scoring. Emphasis is on crisp and accurate passing, movement off the ball to maintain possession and create the scoring opportunity. Need for good kicking technique of both sides



EQUIPMENT

- 1 x Football
- Full Pitch
- 20 /24 Players
- 2 x Set of Bibs
- 10 minutes

ORGANISATION

- Set up on full pitch. Play even numbered teams from 11 v 11 up to 15 v 15. GKs in.
- Normal rules apply. Ball starts in in midfield with throw-in. Once a team gains possession, the coach shouts out how many seconds they are allowed to create and take a scoring opportunity. Coach counts down from allocated seconds (12, 11, 10 secs and so on)
- If the team does not score in the allocated time, they are penalised and possession is turned over to the other team. Once a player from the other team gets possession from an interception, turnover or kickout, a new time is allocated to that team.
- Depending on the ability of the team, Coach should know the number of seconds needed for the team to score (11, 12, 13, 14, 15 secs to score).
- As a team loses possession, 2nd coach counts down from 9 seconds. This encourages players to immediately win back the ball

VARIATION (STEPR)

- Adjust size of pitch based on number of players available.
- Adjust the number of seconds "to score" or "to win the ball back"

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Get your "seconds" right based on the age and maturity of the team.
- Encourage crisp and accurate passing and movement off the ball.
- Encourage quick decision making to pick the best option to create scoring opportunity.
- Emphasise the need to press the ball to enable quick turnover of possession.
- What type of mindset is need to play this type of game?

ACTIVITY NAME & AIM

Break Ball Midfield Game – The aim of this Full Sided Game is improving Scoring. Emphasis is on a long kickout, winning ball at midfield, moving it quickly to inside line and taking a short-range score. Need for good kicking technique of both sides



EQUIPMENT

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

ORGANISATION

- Set up on full pitch . Play even numbered teams from 11 v 11 up to 15 v 15. Two attacking and defending players from each team in the semi-circle zones (35m). Remaining players on both team between the 45m lines. GKs in.
- Game starts with kick out to midfield. Contest for ball at midfield either clean catch or break ball. Ball to be transitioned to inside forwards who take a shot at goalposts.
- Game starts with either GK. Next shot on goals must be at the other end. This means that even if a team dispossess the other team, they still attack in same direction. This ensures that the play is end to end and alternate kickouts from each GK.
- Normal rules apply.

VARIATION (STEPR)

- Adjust size of pitch based on number of players available.
- Add and an option whereby when the ball is won at midfield it is moved quickly to the half forward line (either wing) and player takes long range shot.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage moving the ball away quickly from congested area to open-up space for the score
- Focus on anticipation & quickness to compete for breaking ball.
- Encourage players to use decoy runs to create openings for the scoring attempt.
- How do you decide whether to catch or break-ball in midfield area?
- What attributes are important for the player taking the close in score?

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