



<b>Age Group: Under 15</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 6</b>	<b>Tactical</b>		
<b>Period: Q3</b>	<b>Rotations</b>		
<b>No. of Players:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<b>Bilateral Skills</b>	<b>Run Conditioning</b>	<b>Pressure</b>

### Session Aims

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

<b>Activity Type</b>	<b>Time</b>	<b>Activity Name</b>	<b>Key Outcomes</b>
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 Catching, Kicking, Handpass and Solo & Bounce
Small Sided Game	10m	Midfield Rotations Game	SSG to develop Rotations with emphasis on players rotating positions to facilitate transitioning the ball between defending and attacking zones.
Small Sided Game	10m	Rotational Rondos Game	SSG to develop rotations with emphasis on supporting angles, positional rotations in midfield/forwards, and the ability to switch play.
Full Sided Game	10m	Angled Rotations Game	FSG to improve rotations within the inside forward line, and rotation between half forwards and inside forward line on the diagonal.
Conditioning	5m	60m Run Conditioning	Develop speed endurance and conditioning with repeated 30m sprint and 30m jog

### Coaches Reflective Questions

1. Do you feel pressure within the training session and how do you handle it?
2. The focus of the session was rotations. What skills do you need to execute the rotations practiced during the session?

### Players Reflective Questions

1. Do you feel pressure within the training session and how do you handle it?
2. The focus of the session was rotations. What skills do you need to execute the rotations practiced during the session?



## 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

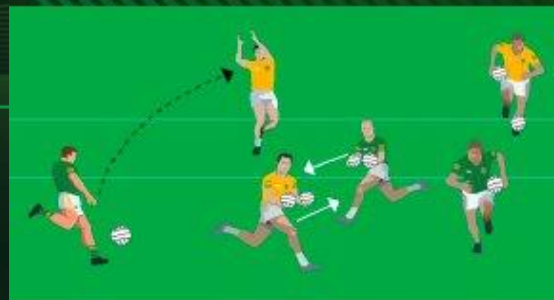
- Players set in groups of 3. Perform each activity.
- BW Prisoner Squat for 10 reps. Increase by +2 reps each week to 15.
- Single Leg Squat for 5 reps each leg. Increase by +1 rep each week to 10.
- Alternating Forward Lunge for 5 reps. Increase by +1 rep each week to 10.
- Plank Circuit (Front & each 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 – Catching & First Touch.** This activity helps develop bilateral technique in Catching and First Touch in combination with Kicking, Handpassing, Solo and Bounce. Emphasis is placed on both using left & right side throughout the activity



## EQUIPMENT

- Working in pairs
- 2 x Footballs per pair
- 1 x Tennis Ball per pair
- 2 x Wristbands

## ORGANISATION

1. 4 Steps bounce right, 4 steps solo left, 4 steps bounce left, 4 steps solo right, Kick pass right to partner, hand pass left to partner. 1 minute on / 1 minute off x 2
2. Recovery 60 seconds - handpassing in pairs with 2 balls left and right hand.
3. In pairs with 1 football and standing 5 m apart player 1 throws ball high at player 2 and follows throw. Player 2 attempts to knock/flick ball right or left into player 1 running path. 1 minute on 1 minute recovery and swap roles of players.
4. Recovery 60 seconds - handpassing in pairs. 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. Swap roles after 30 seconds
5. Pair reaction drill - 2 players face each other about 3 feet apart. Player 1 is the feeder and has ball in hand to either bounce low left, right, middle, throw up high for a catch or flick or roll along ground left or right to player 2. Player 2 reacts to the throw and hand passes back to player 1 - rotate roles after 30 seconds. 4 minutes.
6. Recovery 60 seconds - each pair have a tennis ball and a football. 1 player works for 30 seconds then swap over. Player bounces football and throws up tennis ball at the same time
7. 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. Player 2 continues the cycle for 1 minute on x 2

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Concentration/Focus, Head up and eyed on the ball
- Move forward, plant the jumping foot and extend upwards, swinging the opposite leg.
- Extend arms, Hands in W-Shape, Ball secured to chest



## ACTIVITY NAME & AIM

**3v3 Midfield Rotation Game** – The aim of this Small Sided Game is developing Rotations. Emphasis is on players rotating positions to facilitate transitioning the ball between defending and attacking zones.



## EQUIPMENT

- 6 x Footballs
- 14 x Players (7 v 7)
- 2 x set of Bibs
- GKs in
- 6 x cones
- 10 minutes

## ORGANISATION

- Set up 30m x 70m pitch with 3 zones (20m, 30m, 20m). Play 3 v 3 in centre zone, 2 v 1 in defending zone and 1 v 2 in attacking zone. GKs in.
- Green team in possession. Ball starts with GK and they look to transition the ball thru the zones and create a scoring attempt. Look to implement triangular patterns in midfield area with the 3 players rotating positions to create the opening for the score.
- Use a combination of handpassing and kick passing with the triangular rotations in midfield to stretch the defending team. Also player in position can move up one zone to create an overload to help score. Defenders (Yellow) must stay in their zones.
- Reverse roles with Yellow in possession. Use same methods (triangular rotations) to transition to a score in Green goals.
- Play for 4 minutes and review types of rotation, spacing etc..

## VARIATION (STEPR)

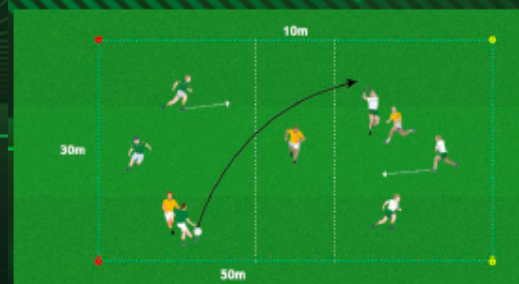
- Use the rotations in midfield to release players forward to create an overload to help score. Defenders (Yellow) must stay in their zones.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on timing of the rotations within midfield area. Use of triangular patterns.
- Look for movement off the ball and good communication in middle zone for effective rotations.
- Encourage attacking players to step up into next zone to create overload.
- How do you defend in a 2 v 1 situation?
- What do the different types of rotations open-up in the midfield area?

## ACTIVITY NAME & AIM

**3v1 Rotational Rondo Game** – The aim of this Small Sided Game is about developing Rotations. Emphasis is on supporting angles, positional rotations in midfield/forwards, and the ability to switch play.



## EQUIPMENT

- 6 x Footballs
- 9 x Players (6 v 3)
- 3 x Set of Bibs
- 10 x cones
- 10 minutes

## ORGANISATION

- Set up 20m x 50m grid with 3 zones (20m, 10m, 20m). Play 6 v 3 with 3 v 1 in each end zone, and 1 defender in middle zone.
- The two end groups of 3 players combine to maintain possession from the 3 defenders. All players at start are restricted to their zones. The two end groups attempt to maintain possession and switch play when possible.
- Players in end zone group must perform at least one rotation of positions before a switch of play. Coach plays ball to other end group if one team lose possession.
- When the defending team has intercepted the possession 3 times, change roles. Group who make the error become the defenders.
- Play for 3 minutes then rest & review. Change roles if no swap in previous 3 minutes.
- Duplicate set-up for more players.

## VARIATION (STEPR)

- Allow the central defender to press by entering the ball side zone.
- Limit touches of specific players

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on overloads to help maintain possession.
- Work triangles to create various passing channels
- Attract pressure to create space
- How does the central defender stop the switch of play?
- What types of pass can the players use to maintain possession?





## ACTIVITY NAME & AIM

**Angled Rotation Game** – The aim of this Full Sided Game is about developing Rotations. Emphasis is on rotations within the inside forward line, and rotation between half forwards and inside forward line on the diagonal.

## EQUIPMENT

- 1 x Football
- Full Pitch
- 26 / 30 Players
- 2 x set of Bibs
- 10 minutes



## ORGANISATION

- Set up on full pitch. Play even numbered teams from 13 v 13 up to 15 v 15. GKs in.
- Game starts with throw-in in midfield and normal rules apply.
- Scenario #1 - Inside forwards look for opportunities to rotate between left corner forward and right corner forward. Identify cues to initiate the rotation and who manages this during the game.
- Scenario #2 - Inside forwards look for opportunities to rotate between left corner forward and right corner forward with half forwards on the same side or on the diagonal. Identify cues to initiate the two different rotations and who manages this during the game.
- Include game principles (3 Sec Rule, Switch Play, Play The Way You're Facing, Give & Go, Break The Tackle etc.) when playing the game.

## VARIATION (STEPR)

- Adjust the size of the pitch based on the number of players available.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Encourage good communications to ensure rotations are initiated as required
- Encourage scanning (looking long before short) to promote "heads up" plays.
- Focus on timing of the rotation and type of runs to create space for a pass.
- What type of cues can be used to initiate the rotations?
- How do the defenders react to the rotations (sit or follow)?

## 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