



<b>Age Group: Under 15</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 1</b>	<b>Tactical</b>		
<b>Period: Q3</b>	<b>Speed of Thought &amp; Movement</b>		
<b>No. of Players:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<i>Bilateral Skills</i>	<i>Sprint Speed</i>	<i>Hard Working</i>

### Session Aims

1. Develop Speed of Thought & Movement as a Game Based principle
2. Refresh on Bilateral Skills (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 1	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	10m	Bilateral Skills	Practice Bilateral skills with a focus on kicking with solo, bounce & handpass
Small Sided Game	10m	Rondos Game	SSG to develop movement on & off the ball and passing quality and accuracy
Small Sided Game	10m	Give & Go / Play The Way You're Facing Game	SSG to improve off the shoulder runs and maintaining possession within a game environment
Full Sided Game	10m	Break The Tackle / Give It Before Hit	FSG to improve protecting the ball thru the tackle and/or avoiding dispossessing tackles in a game environment
Conditioning	5m	45m Repeat Speed	Develop player's sprint speed over 45m distance

### Coaches Reflective Questions

1. What came up during the session that we didn't expect? How do we address this?
2. How did combining one Rule principles within a game work?

### Players Reflective Questions

1. Reflect on how "buzz words" can help the player perform on the pitch
2. Understand why to as opposed to how to move the ball quickly



## 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

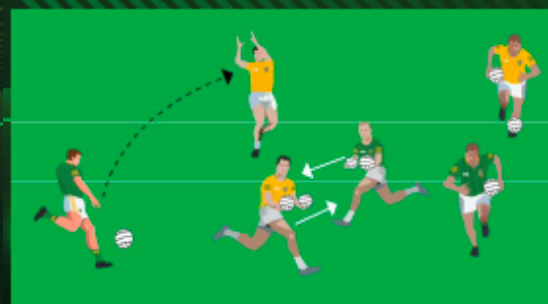
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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, Crouch Lift, Solo and Bounce.



## EQUIPMENT

- Working in pairs
- 2 x footballs per pair
- 2 x Tennis Ball per pair
- 13 minutes

## ORGANISATION

1. Player 1 with 2 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. Player 2 continues sequence. 1 minute on with 30 seconds recovery - handpassing in pairs with 2 balls left and right hand. Repeat x 3
2. Player 1 with 2 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 sequence. 3 minutes on.
3. Recovery for 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 the cycle. 1 minute on with 30 second recovery. Repeat by 3.
5. Recovery for 30 seconds. Each player has a tennis ball and a football. Player bounces football and throws up tennis ball at the same time for 30 seconds.

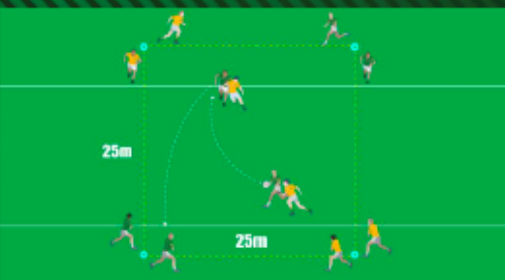
## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- 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

**Rondos Game** – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on good movement, quick passing, switch plays to relieve pressure, heads up scanning and good first touch.



## EQUIPMENT

- 1 x Football
- 12 Players (6 v 6)
- 2 x set of Bibs
- 8 x Cones
- 25m x 25m
- 10 minutes

## ORGANISATION

- Set up 25m x 25m grid. Two even teams 6 v 6.
- 2 v 2 inside the grid and 4 players of each colour placed around the grid as displayed. Each team try to keep possession of the ball, inside players can pass to outside players and to each other. Outside players can pass to inside players and to each other on outside.
- Award a score after set number of passes (for example 6).
- Rotate pairs after a set time.
- Set up additional grids to cater for larger numbers.

## VARIATION (STEPR)

- Use Neutral player in grid to create overload for team in possession
- Add 3 second rule in the game, where once a player receives the ball, they have only 3 seconds on the ball.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Positive body language and confidence in wanting the ball, positional play.
- Focus and awareness of free space to receive the pass.
- First touch in relation to position of an opponent. Quality and accuracy of pass.
- Can you show us where to move to support player with the ball?
- What type of movement should we see on the outside of the grid?

## ACTIVITY NAME & AIM

**Give & Go and Play the Way You're Facing Game** – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the players having good technique, making angled support runs, and developing the ability to know why and how to move the ball faster.



## EQUIPMENT

- 1 x Football
- 28/32 Players
- 2 x set of Bibs
- 7 v 7 or 8 v 8
- 10 minutes

## ORGANISATION

- Set up two pitches across a Full Pitch between the 13m and 65m lines each with goals. Play two games 7 v 7 or 8 v 8 with GKs in.
- Give & Go Principle – Players must move after making a pass. If the movement is not fluid and simultaneous, award a free against. Aim is to avoid players stopping & admiring their work!!
- Play The Way You're Facing Principle - If a player receives a ball with his back to goal they cannot turn. This requires support players to make angled runs towards the player in possession to take a pass, rather than the player looking to turn.
- Play a Give & Go game on 1st pitch and a Play The Way You're Facing game on 2nd pitch for 2 minutes. Normal rules. Take 60 second rest period for review. Repeat both games for 2 minutes but on opposite pitches.
- Play a 3rd game on each pitch, adding variation of 3 second rule. Let players decide which principle, Give & Go or Play The Way You're Facing to be implemented with 3 sec rule.

## VARIATION (STEPR)

- Adjust the size of the pitch and position of the Goals based on numbers of players available.
- Add 3 second rule in the game, where once a player receives the ball, they have only 3 seconds on the ball.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Give & Go principle encourages players to give support to teammates. Allows for "off the shoulder" penetration.
- Play The Way You're Facing principle gets players to concentrate on keeping possession, delivering accurate pass and build momentum.
- How does the 3 second rule impact the game (Speed of Thought)?
- How does not turning with the ball improve team's ability to move the ball faster?



## ACTIVITY NAME & AIM

**Vision & First Touch Game** – The aim of this Small Sided Game is to practice Speed of Thought and Movement principles. Emphasis is on the players having good technique, using their peripheral vision, use of body language and developing concentration.

## EQUIPMENT

- 1 x Football
- 24/30 Players
- 2 x set of Bibs
- 12 v 12 up to 15 v 15
- 10 minutes



## ORGANISATION

- Set up on Full Pitch with 2 teams based on the numbers available, for example 12 v 12 with GKs in place or 10 v 10 with goals on 13m lines and GKs in.
- **Vision Principle** – Players cannot make any noise when defending or attacking. This makes players play with their heads up and the game should open-up and become much faster.
- **First Touch Principle** - If a player has any sort of a fumble, a free is awarded against him. This includes dropping the ball or just fumbling it. Aim is to get players to concentrate on their first touch.
- Combine both principles in a game. Play 2 x 2-minute games under normal rules. Take 60 second rest period between games where players are asked to feedback on how it went.
- Play a 3rd game, adding variation of 3 second rule, where once a player receives the ball, they have only 3 seconds on the ball.

## VARIATION (STEPR)

- Adjust the size of the pitch and position of the Goals based on numbers of players available.
- Add 3 second rule in the game, where here once a player receives the ball, they have only 3 seconds on the ball.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Vision principle allows players to play with heads up, scanning of the field. Generates creative running all round.
- First Touch Principle gets players to concentrate on their first touch and leads to Perfect Quality and increased Handling Confidence
- What types of body language could be used in the game?
- Is your performance negatively or positively impacted by not talking in the game? Why?

## 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 690m)
- 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