



Age Group: Under 15	Session Learning Outcomes		
Session No: 2	Tactical		
Period: Q3	Switching Play		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Conditioning	Coachability

Session Aims

1. Develop Switching Play 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 2	Preparation for playing Gaelic Games & injury prevention
Skill (Random)	15m	Bilateral Skills	Practice bilateral skills with focus on Tackling with Kicking, Handpass and Solo & Bounce
Small Sided Game	10m	Switch Play into Space	SOG to develop switching play by utilising the space left by opposition to exploit
Small Sided Game	10m	Switching Play Opposed	SOG to develop switching play by transitioning the ball thru wide channels to maintain possession
Full Sided Game	10m	Switching Play Game	FSG to develop switching play with the focus on switching the ball to wide channels and ending with a scoring opportunity
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 switch play, how to 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

GAA 15 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](http://GAA Learning.ie/GAA15)

ACTIVITY NAME & AIM

Bilateral – Tackling. This activity helps develop bilateral technique in Tackling in combination with Kicking, Handpassing, Solo & 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
13 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, Kick pass right to partner, hand pass left to partner. 2 minutes on.
2. Recovery 60 seconds – hand passing in pairs with 2 balls left and right hand.
3. Player 1 with two balls takes 4 steps bounce right, 4 steps solo left, drops ball 1, then takes 4 steps bounce left, 4 steps solo right, drops ball 2. Partner picks up 2 balls 1 with left foot one with right foot and continues cycle. 2 minutes on
4. Recovery 60 seconds – handpassing in pairs-player 1 starts with 2 balls in hand throws 1 up high over his head, hand passes other ball to partner, receives ball back from partner and catches ball 1 from overhead. Swap roles after 30 seconds
5. Player 1 & 2 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. 2 minutes on.
6. Recovery 60 seconds - each pair have a tennis ball and a football. Player bounces football and throws up tennis ball at the same time. 1 player works for 30 seconds then swap over
7. Player 1 starts with 2 balls in hand soloing or bouncing every 4 steps while partner tries to knock one of the balls away with a tackle on ball. If he knocks one away let player 1 pick up ball and activity continues. Player with footballs must change direction every 4 steps. 4 minutes on with role swap every 60 seconds.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- How to perform a tackle on the ball?
- Look for focus on the task, communication between players.
- Look for correct skill execution on both sides.

ACTIVITY NAME & AIM

Switch Play into Space Game – The aim of this Full Sided Game is to develop Switching Play. Attacking team looks to switch play into the space opposition give you to exploit, while Defending team look to prevent switching play. Focus on quality & accuracy of pass, and whether to pass to the person or into space.

EQUIPMENT

- 40m x 30m Grid
- 2 Teams (5 v 5)
- 2 sets of Bibs
- 2 x Footballs
- 6 x Cones
- 10 minutes



ORGANISATION

- Set up 5 v 5 teams in 40m x 30m grid with sets of goals to score in.
- 1st Scenario. Green team have a 4 v 2 advantage in own defensive half, looking to switching play at opposition half of the pitch, support their striker in creating 4 v 3 overload and work a score.
- If Yellow team regain possession a) in Green's defensive half, they look to counter-attack and score b) in own defensive half, if counter-attack not an option play ball back to last defender and Yellows became an attacking team looking to switch play while Greens become defending team.
- 2nd Scenario. If Yellow defending team play high line and seek to win the ball in opposition half, attacking Green team now will be forced to beat an opposition high press line by switching play into spaces defending team left to exploit.
- Key \longrightarrow Pass $\cdots\cdots\cdots\longrightarrow$ Movement
- Set up as many grids as necessary to accommodate all players.

VARIATION (STEPR)

- Defending team play high press line (2nd Scenario)
- Both teams play attacking and defending roles

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

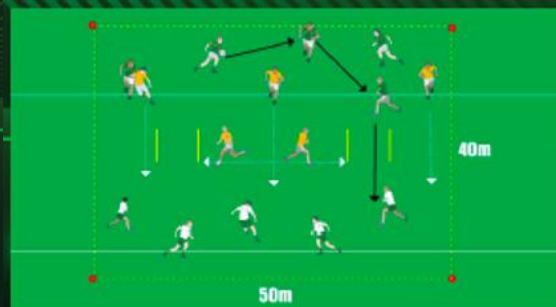
- Recognize the correct moment of the game when to switch play.
- When to switch play using horizontal lane and when to switch using vertical lanes.
- What passing lane make it almost impossible for the opposition to intercept the pass forward?
- Where do you move to support player with the ball?
- How and where you position yourself defensively to prevent switching play?

ACTIVITY NAME & AIM

Switching Play Opposed Game – The aim of this Small Sided Game is to practice Switching Play. Attackers focus on using movement/angles to keep possession and transfer the ball to opposite side. Defenders focus on pressing, tackling technique and working to prevent the play switching across grid.

EQUIPMENT

- 50m x 40m Grid
- 3 x Teams
- 5 x Players per team
- 3 x Bib Sets
- 2 x Football
- 10 x Cones
- 10 minutes



ORGANISATION

- 50m x 40m grid with 2 sets of Goals in middle of grid as shown.
- 3 teams of 5 players, with one team in possession using a switch play in order break lines through goals either side of middle line, while being pressed by 3 defenders. 2 additional defenders will attempt to prevent play thru central area.
- Green team start in possession and look to switch play thru one of gates to the White team in the other side of the grid, while being pressed by 3 Yellow defenders. Two additional yellows are positioned on centre line to prevent thru ball thru middle.
- If Green team succeed in passing ball to the White team, Yellow team must transition to press white team. White team in turn look to switch play back to the Green team.
- If the pressing team (Yellow) win the ball, they maintain possession and the team losing possession (Green or White) then become press team, with 3 pressing and two position in centre line protection the middle area.
- Ensure all team have an opportunity to switch the play.

VARIATION (STEPR)

- Put limit on number of passes before switch play.
- Reduce number of players to 12. Play 4 v 4 v 4.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Attacking players should focus on accurate passing, weight of the pass, ABB type support (Ahead, Beside, Behind), good movement and good communication between passing & receiving players to create switching opportunity.
- Defending players need to focus on pressing in the designated area, to ensure the attacking team has limited amount of time on the ball and is forced to make poor decisions.
- What decisions are made on and off the ball from an attacking viewpoint?
- What is the best approach to increase chances for the defending players to regain the ball?



ACTIVITY NAME & AIM

Switch Play Game – The aim of this Full Sided Game is to develop **Switching Play**. Attackers focus on using movement/angles to create space and switch ball into wide areas to the neutral players. Defenders focus on pressing, tackling technique and working hard to create turnover.



EQUIPMENT

- ¾ Pitch with Goals
- 2 Teams (10 v 10)
- 2 sets of Bibs
- 2 Neutral Players
- GKs In
- 2 x Footballs
- 10 x Cones
- 10 minutes

ORGANISATION

- Set up ¾ Pitch with goals. 10m wide channels on both sides of pitch. Neutral player in each channel. GKs in. Use full pitch if numbers allow.
- Play 10 v 10 game. Neutral players play with whatever team has possession. Team attacks one goal and can pass to either Neutral player by a foot pass or a hand pass. No other players are allowed in the wide channels (only the Neutral player). One Neutral player must be used for each attack.
- No touches allowed.

VARIATION (STEPR)

- Allow the wide men (Neutral players) full touches
- Allow both teams full touches but not Neutral players.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking players should focus on effective passing, weight of the pass, timing of the runs by receiver player(s), movement in wide areas and good communication between passing & receiving players to create switching opportunity.*
- *Defending players need to be focused on pressing the designated area, to ensure the attacking team has limited amount of time on the ball and is forced to make poor decisions.*
- *What decisions are made on and off the ball from attacking viewpoint?*
- *What options are open to the defenders to intercept switch play to Neutral players?*

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*