



Age Group: Under 15	Session Learning Outcomes		
Session No: 1	Tactical		
Year: 2008	Penetration & Compactness		
No. of Players:	Technical	Physical	Character
Squad:	<i>Bilateral Skills</i>	<i>Sprint Speed</i>	<i>Hard Working</i>

Session Aims

1. *Develop Penetration as an Attacking Principle of Play*
2. *Develop Compactness as a Defending Principle of Play*

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 kicking on both left & right foot in combination with solo, bounce & handpass
Small Sided Game	20m	Backfill Game	Small sided game to develop the principles of play, penetration in Attack and compactness in defence.
Full Sided Game	15m	Maximise the Scoring Game	Full sided game to build awareness of creating scoring opportunities and incorporating the principles of Penetration in attack and Compactness in defence.
Conditioning	5m	45m Repeat Speed	Develop player's sprint speed over 45m distance

Coaches Reflective Questions

1. Did the players demonstrate an understanding of penetration and/or compactness? Give examples.
2. Did the session flow as anticipated? How would you improve the flow?

Players Reflective Questions

1. What is your understanding of Penetration as an Attacking principle of play?
2. What is your understanding of Compactness as a Defending principle of play?

ACTIVITY NAME & AIM

GAA 15 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

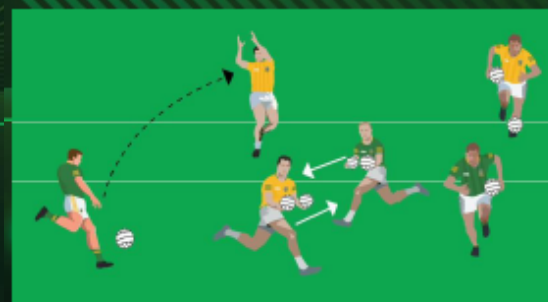
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified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

Backfill Game – The aim of this Small Sided Game is to develop both **Compactness & Penetration**. Defenders focus on not conceding a goal and deciding to fill space or pick up the runner (attacker). Attackers focus on entering the attacking zone with accuracy and timing to maximise opportunity to score a goal.

EQUIPMENT

- Half Pitch
- 8 x Defending Players (Green)
- 6 x Attacking Players (Yellow)
- Goalkeeper in
- 2 x Footballs

ORGANISATION (STEPR) - ATTACK

- Penetration - The intelligent use of possession to enter scoring areas with accuracy, timing and deception.
- Attackers are set up with midfielder on halfway line and other 5 players positioned inside 65m line.
- Game starts with the keeper kicking the ball to the unmarked attacking midfielder on the halfway line.
- The player can run the ball or kick to a teammate. They now have 45 seconds to score a goal, if they don't score in the allocated time, they then have 45 seconds to score a point.
- Game lasts 90 seconds or when the defenders clear the ball.
- *Variation - Play 2 v 2 in midfield with ball with attackers.*



ORGANISATION (STEPR) - DEFENCE

- Compactness - The placement of players between the ball and the goal reducing options to penetrate the defensive structure. Arrangement of players to reduce space for opposition to operate.
- Defenders are set up with two players positioned out wide on halfway line. Other defenders mark attackers, with spare defender covering space on top of the D.
- As soon as the midfielder receives the pass, the wide defenders backfill into the defence.
- If defenders turn over the ball, they must work it out through the hands over the halfway line.
- Game over when defenders clear the ball
- Rotate players after 2 x 90 seconds games.
- *Variation - Add extra attackers to mark wide defenders*

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Good supporting angles. Patience and creativity*
- *Finding space and gaps between defenders.*
- *Player movement to find gaps, quick ball circulation.*
- *How does midfielder decide how to penetrate – pass or running with the ball?*
- *How do forwards create space for shot at goal?*

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Communication. Defend patiently as a group*
- *Move as a unit push up when pressure on ball*
- *Drop back when no pressure on ball*
- *Do you press midfielder? Who presses?*
- *How do you defend the FFs (Full & Corner)*
- *What role do the outside defenders target?*



ACTIVITY NAME & AIM

Maximise The Scoring Game – The aim of this Full Sided Game is to build awareness of scoring opportunities, how to maximise scoring chances and, also to incorporate principles of play, Penetration in Attack and Compactness in defence.

EQUIPMENT

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



ORGANISATION

- Set up on Full Pitch with 2 teams based on the numbers available – 12 v 12 up to 15 v 15. Also keep GKs in place.
- **Double / Single Scores** - This game is operated in 4 segments of 3 minutes each. In the first and third 3-minute segments, Team A's score are doubled while Team B's score remain single scores. In the second and fourth 3-minute segments the roles are reversed, and Team B's scores are doubled. Look for players to concede less frees and defend harder when other team is getting double scores.
- **Scoring Zone** - In this game, set out a danger zone at each goal using cones. In the first 6 minutes, any score either team gets inside the danger zone is worth double. In the second 6 minutes, any score either team gets outside the danger zone is worth double. Both close and long-range scores are being emphasised in the game.
- Emphasise the use of penetration in attack for creating opportunities to score, while focussing on compactness in defence to prevent scores.

VARIATION (STEPR)

- Adjust the size of the pitch and/or size of the zones based on numbers of players available.
- Vary game such that one team has double close scores and the other team having double long scores.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *In attack, Penetration requires good supporting angles, patience and creativity, finding space and gaps between defenders. player movement to find gaps, quick ball circulation.*
- *In defence, compactness requires communication, defending patiently as a group, moving as a unit push up when pressure on ball, drop back when no pressure on ball.*

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*