



Age Group: Under 15	Session Learning Outcomes		
Session No: 5	Tactical		
Year: 2008	Creating Space and Control & Restraint		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Sprint Speed	Growth Mindset

Session Aims

1. *Develop Creating Space as an Attacking Principle of Play*
2. *Develop Control & Restraint 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 bilateral skills with focus on Catching & First Touch in combination with Kicking, Handpassing and Solo & Bounce
Small Sided Game	20m	Late Runner Game	Small sided game to practice Creating Space & Control & Restraint where defenders look to delay attackers shot and track runs, try and turn the Attacker away; and attackers look to create space, late support runs and good movement.
Full Sided Game	15m	Creating Space Game	Full sided type game looking at creating width in attack and runners from deep and how to defend these, incorporating principles of Creating Space and Control & Restraint
Conditioning	5m	45m Repeat Speed	Develop player's sprint speed over 45m distance

Coaches Reflective Questions

1. Did the players demonstrate an understanding of Creating Space and/or Control & Restraint? Give examples.
2. How did the coaches demonstrate Affirmation (explaining why they provide praise) during session?

Players Reflective Questions

1. What is your understanding of Creating Space as an Attacking principle of play?
2. What is your understanding of Control & Restraint as a Defending principle of play?



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

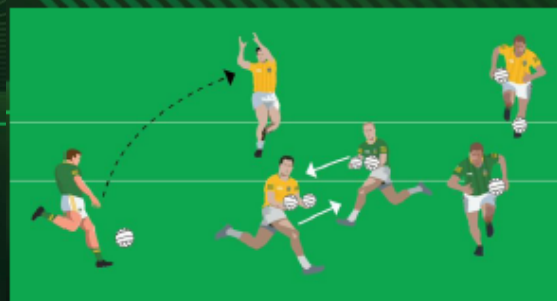
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified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

Late Runner Game – The aim of this Small Sided Game is to develop both **Creating Space in Attack and Control & Restraint in Defence**. In Defence, look for defenders to delay attackers shot and track runs, try and turn the Attacker away. In Attack, look for attackers to create space, late support runs and good movement.

EQUIPMENT

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

ORGANISATION (STEPR) - ATTACK

- **Creating Space** - The ability of a team to spread out from side to side (Width) and end to end (Depth) to more effectively pass or run with the ball.
- Played on Half Pitch. 7 Attackers play 8 Defenders with GK in place. 5 v 4 inside scoring zone and three 1 v 1s outside as displayed.
- Coach (C) plays a ball from different angles to the Green attackers to try and get a score.
- On the coach's signal (**every 10 seconds**) attacker (**G**) from one of the 1 v 1 arrives late to support the attackers inside scoring zone, then another one joins and finally the last attacker, if game is still going on.
- Rotate inside and outside players.



ORGANISATION (STEPR) - DEFENCE

- **Control & Restraint** - Defending the scoring zone showing composure, awareness and sound judgement. Identifying risk and knowing individual and team responsibilities.
- 5 Defenders (Y) inside scoring with 4 marking inside Attackers and one Defender (R) as a sweeper. 3 Defenders as part of 1 v 1s on outside
- On the coach's signal (**every 10 seconds**) one of defenders from the 1 v 1 arrive late to support defenders the inside, then another one joins and finally the last defender if game is still going on.
- If Defenders win the ball, they must work it out to Coach on the halfway line.
- **Variation - Adjust numbers (add or take way). Put time limit on attack.**

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Good movement & supporting angles.
- Finding space and gaps between defenders.
- Look for the option of using the later runner(s) to break defensive lines
- How do you penetrate with the ball – off the shoulder or decoy runs?
- How do inside forwards create space for shot at goal?

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Need to be patient and assess the risk involved in challenging for the ball
- Re-adjust defensive shape to changing scenarios.
- Look to close down attacker with ball and push away from goal.
- What role does the sweeping defender take?
- Does the joining defenders track their attacker or take up a cover position?

ACTIVITY NAME & AIM

Creating Space Game – The aim of this Full Sided Game is to build awareness of creating width in attack and running from deep and how best to defend these, incorporating elements of the principles of play, Creating Space in Attack, and Control & Restraint in Defence.

EQUIPMENT

- 2 x Footballs
- 24/28 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, 13 v 13 with GKs in place. Set up 2 Offload zones (20m x 20m) out from the 13m lines at both end of the pitch as shown.
- Game starts with ball being released to either Green player at A (outside 45m line). Green player at B comes on the loop around player at A and takes the ball. Player B has runners coming from deep and will try to give the ball and break the line. Inside forwards break to the offload zones to give the option of quick pass and create space to attack.
- Yellow defenders track runners from deep and look to intercept the ball. Inside defenders need to exercise control and restraint and re-adjust their shape to changing scenarios (Be Switch On!!). If defenders turn the ball over, they transition to attack & try to score in opposite goals. Normal Rules.
- Game restarts on score or wide from outside the 45m line. If Green team score, they retain possession but restart from AB on the other sideline. If wide, Yellow team restart from either AB combination on their 45m line and attack other goals using same process.

VARIATION (STEPR)

- Adjust the size of the pitch and the AB combination starting position based on the numbers of players available.
- Allow one hop, one solo only.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Attacking team players should be encouraged to spread out from side to side and end to end. This should allow them to more effectively pass or run with the ball.
- Defending team should be encouraged to defend the scoring zone showing composure, awareness and sound judgement of the situation. Identifying risk and knowing individual and team responsibilities are key.
- How can the runners from deep maximise a successful scoring opportunity?
- How should inside defenders show Control & Restraint in their defensive set-up?

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