



Age Group: Under 15	Session Learning Outcomes		
Session No: 2	Tactical		
Year: 2008	Creativity & Press		
No. of Players:	Technical	Physical	Character
Squad:	Bilateral Skills	Conditioning	Coachability

Session Aims

1. *Develop Creativity as an Attacking Principle of Play*
2. *Develop Press as a Defending Principle of Play*

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)	10m	Bilateral Skills	Practice bilateral skills with focus on Tackling in combination with Kicking, Handpass and Solo & Bounce
Small Sided Game	20m	Overload Zone Game	Game to develop the principles of play, Creativity in Attack and Press in Defence. Focus on overload in attack and pressing and tackling technique in defence.
Full Sided Game	15m	Beat The Blanket	Practice Creativity & Pressing at game tempo where Attackers look to use creative skills and movement to score, and Defenders use communication & pressing in Defence.
Conditioning	5m	60m Run Conditioning	Develop player's speed endurance and conditioning with repeated 30m sprint followed by 30m jog

Coaches Reflective Questions

1. Did the players demonstrate an understanding of Creativity and/or Press? Give examples.
2. How did the Bilateral Skills transfer into the Small Sided & Full Sided games?

Players Reflective Questions

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



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

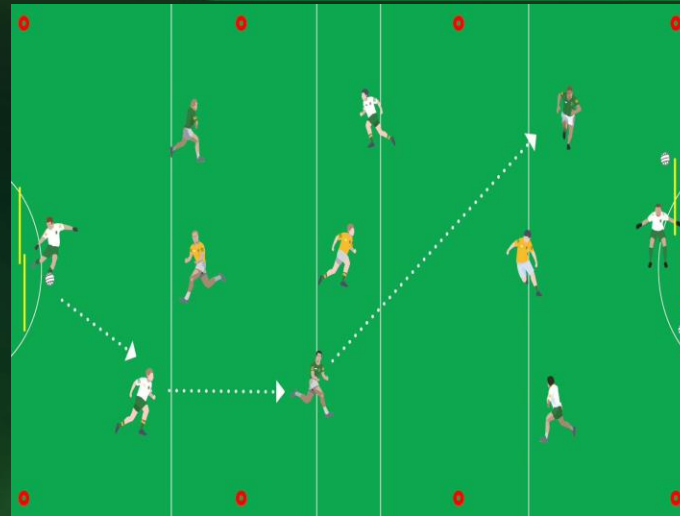
Overload Zone Game – The aim of this Small Sided Game is to develop both **Creativity** & **Press**. Attackers focus on using movement/angles and creative technical skills to receive and play passes through gaps. Defenders focus on pressing but at a disadvantage due to the 6 v 3 overload.

EQUIPMENT

- Grid 70m x 60m (¼ Pitch) split in 3 zones
- 3 x Defending Players (Yellow)
- 3 x Attacking Players (White)
- 3 x Neutral Players (Green)
- 2 x Football. GKs in.

ORGANISATION (STEPR) - ATTACK

- Creativity – Individual and combined skills performed by players that eliminate opponents at appropriate moments in a game.
- 1/4 pitch (70m x 60m), split into 3 zones. Keepers in each goal. 3 teams with 1 player from each team in each zone.
- Two colours play together to create a 2 v 1 in each zone and a 6 v 3 overall, players cannot leave their zones but can skip zones with passes.
- Keeper starts by passing to White who plays with Green. Both players pass among themselves or into either zones to get a goal.
- Keeper restart to same team who attack opposite goal. Play no touches.
- Add Grids to accommodate all players



ORGANISATION (STEPR) - DEFENCE

- Press - Pressing the ball and players to prevent the ball being played forward, to reduce the options of the player in possession and to delay the opposition in attack. We also press to win ball back early to enable a counterattack to take place.
- The Yellow (Y) players initially act as defending team in each zone. Y players decide to press player in possession or look to intercept pass.
- Whatever team gives the ball away become the defenders, and game continues with new colours joining other 3.
- **Variation – Allow touches. Swap defending team after a set time.**
- **Variation – Add in plus 1 defender who can roam between zones.**

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Players encouraged to use technical skills like dummy solos, side steps dummy bounces and evasion skills.*
- *Movement skills like loop runs, angled runs and back door cuts should be encouraged to break down the team that are pressing.*
- *How does player in possession decide to carry the ball or pass to a teammate?*
- *How does supporting attacker effect the play?*

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Communication between defenders in each zone.*
- *Pressing the player in possession – make yourself tall, boxer stance, don't dive in, push him to sideline*
- *Defending as a unit – reduce the options, narrow the playing area*
- *How do the defenders in the non-ball zones provide support?*
- *How do you decide to press the ball or look for intercept?*



ACTIVITY NAME & AIM

Beat The Blanket Game – The aim of this Full Sided Game is to practice Creativity in attacking play and press in defending play. Attackers use technical skills (dummy solo, side steps) and movement skills (decoy runs, overlap runs) and patient build play to score. Defender communicate and organise a Press and then break out and support each other on a turnover.



EQUIPMENT

- 6 x Footballs
- 24/30 Players
- 2 x set of Bibs
- 12 v 12 upto 15 v 15
- 4 x Poles (for Gates)
- 15 minutes

ORGANISATION

- Set up on Full Pitch with 2 sets of gates on 2nd 45m line. Play 12 v 12 with GK in.
- All attackers (G) start outside the zone from the halfway line with a ball to begin. On signal they attack for a goal or point and only then are they allowed inside the scoring zone which is marked as displayed.
- If defenders (Y) win the ball, they must work it out through one of the gates.
- Ball restarts from the 45m line with attackers but only when all attackers are out of the scoring zone.
- Rotate teams after set number of attacks.

VARIATION (STEPR)

- Adjust the size of the pitch (start at halfway line) and/or size of the scoring zone based on numbers of players available.
- Add a time limit on scoring attempt.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Attacking team players should be encouraged to use technical skills like dummy solos, side steps dummy bounces and evasion skills in this activity. Movement skills like loop runs, angled runs and back door cuts should always be encouraged to break down the defending team that are pressing.
- The defence needs to be focused on pressing the designated area, to ensure the attacking team has limited amount of time on the ball. Defence pressuring every shot. Clean tackling in the scoring zone and no cheap frees.
- What type of play worked best in creating a successful scoring opportunity?
- What defensive techniques are used when defending the zone? (Patience, Intercepting, Shadowing etc)

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 210m).
- 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