



<b>Age Group: Under 15</b>	<b>Session Learning Outcomes</b>		
<b>Session No: 3</b>	<b>Tactical</b>		
<b>Year: 2008</b>	<b>Movement and Cover &amp; Balance</b>		
<b>No. of Players:</b>	<b>Technical</b>	<b>Physical</b>	<b>Character</b>
<b>Squad:</b>	<b>Bilateral Skills</b>	<b>Sprint Speed</b>	<b>Coachability</b>

### Session Aims

1. *Develop Movement as an Attacking Principle of Play*
2. *Develop Cover & Balance as a Defending Principle of Play*

<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 focus on Handpass in combination with Kicking, and Solo & Bounce
Small Sided Game	20m	Wide or Decide Game	Small sided game to develop the principles of play of Movement (Att) and Cover & Balance (Def), using varied angles of attack and switch ball options and in defence, defenders communicate about who goes or stays.
Full Sided Game	15m	Arc Defence Game	Full sided type game to build awareness of defensive shapes and how to work thru and incorporating the principles of play of Movement (Att) and Cover & Balance (Def)
Conditioning	5m	50m Repeat Speed	Develop player's sprint speed over 50m distance

### Coaches Reflective Questions

1. Did the players demonstrate an understanding of Movement and/or Cover & Balance? Give examples.
2. Did the players seem engaged in the session? How could you tell?

### Players Reflective Questions

1. What is your understanding of Movement as an Attacking principle of play?
2. What is your understanding of Cover & Balance 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

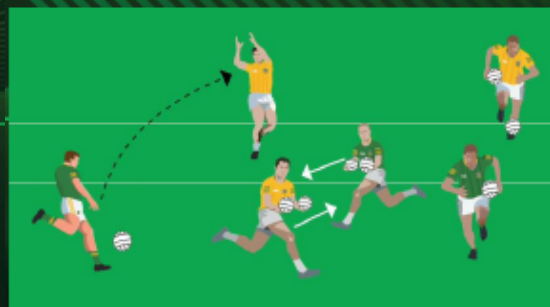
- Players set in groups of 3. Perform each activity.
- Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds.
- Split Squat Iso Hold for 30 secs. Increase by 5 secs each week to 60 seconds
- Single Leg Glute Bridge Hold for 15 secs. Increase by 3 secs each week to 30 seconds.
- Modified 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 – Handpass.** This activity helps develop bilateral technique in Handpassing in combination with Kicking, Solo and Bounce. Emphasis is placed on both using left & right hand and working with intensity throughout the activity



## EQUIPMENT

- Working in 2's or 3's
- 2 x footballs per group
- 15 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, handpass right to partner, hand pass left to partner. Player 2 continues the sequence. 1 minute on x 2 with 30 second recovery - no step kick passing in pairs. Alternate left and right foot.
2. Player 1 with two 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 cycle. 1 minute on x 2 with 60 second recovery.
3. Recovery 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 cycle. 1 minute on x 2
5. Recovery 60 seconds. each pair have 2 footballs. Player 1 bounces 2 footballs at the same time one with right hand and one with left hand then swaps over to player 2 after 30 seconds
6. 2 v 1 Keep Ball - 2 Attackers keep ball from 1 Defender for 30 seconds. No play of ball as in bounce or solo just allowed to handpass left or right. No loopy or handpasses on ground. Make sure attackers pass and move no fouling their handpass. Rotate player in middle if defender intercepts the ball. 1 minute on by 3.
7. Recovery for 60 seconds. Set up small triangle of 3 players. Pass 2 balls around triangle using outside left hand going one way and on coach's whistle change direction use the outside right hand passing ball around.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in the direction of pass
- Watch for throwing the ball; using wrong part of the hand



## ACTIVITY NAME & AIM

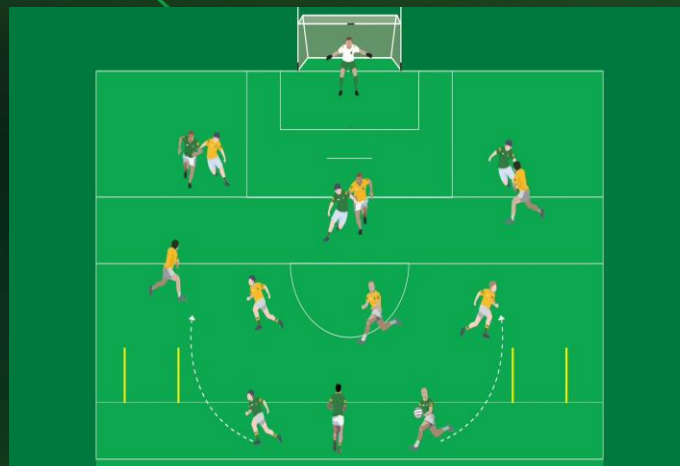
**Wide or Decide Game** – The aim of this Small Sided Game is to develop both **Movement and Cover & Balance**. In attack, look for varied angles of attack and switch ball options. In defence, defenders communicate about who goes or stays.

## EQUIPMENT

- Half Pitch
- 7 x Defending Players (Yellow)
- 6 x Attacking Players (Green)
- Goalkeeper in
- 1 x Football

## ORGANISATION (STEPR) - ATTACK

- **Movement** - Intelligent and calculated movement of players to create opportunities to receive ball, make space for others to receive & to draw opponents out of position.
- Played on Half Pitch. 6 Attackers (G) with 3 outside near the 65m line with a football. Two gates set up wide on 45m line.
- GK in place. Game starts with the 3 attackers just inside the halfway line with the ball.
- One must go through one set of gates and the two remaining must go through the other gate. Once through the gates it becomes a 6 v 7 game and they try and get a score (goal or a point).
- Game lasts 90 seconds or when the defenders clear the ball.
- **Variation - Add more attackers, introduce wide runner.**



## ORGANISATION (STEPR) - DEFENCE

- **Cover & Balance** - Organising players to prevent the opposition from passing or making runs to receive the pass behind the defence. Dictating the play of the opposition to position team to ultimately defend the scoring zone.
- 7 Defenders (Y) with 3 marking inside attackers and other 4 Defenders covering space.
- Defenders must decide to push out on incoming players or mark space in front of goals.
- If defenders turn over the ball, they work it back through either gates. Game over when defenders clear the ball.
- Rotate players after 2 x 90 seconds games.
- **Variation – Track the 3 Attackers coming from halfway line.**

## 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 do you penetrate with the ball – pass or running with the ball?
- How do you 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
- How do you defend the FFs (Full & Corner)
- What role do the cover defenders take?
- How do you cover the runs of the opposition forwards?



## ACTIVITY NAME & AIM

**ARC Defence In Game** – The aim of this Full Sided Game is to build awareness of positional play and shapes, and an appreciation of keeping possession and winning it back, also to help develop principles of play, Movement in Attack and Cover & Balance 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 for 15 v 15 or Goals positioned on opposite 14m lines for 12 v 12. All in game with normal rules.
- Coach guides teams to set up in the defensive shape as shown in diagram in defence. Defensive arc is between 20m & 45m lines to provide balance and cover in defence. Some attackers & defenders are also positioned inside the 20m zone
- Defenders need to be focused on maintaining the defensive shape as the ball moves and to ensure shape is balanced to protect against attacks in wide channels and runs in behind. Look to close gaps in defence to approximately 10m – 15m.
- Attackers need to use movement & passing skills to create space and beat the defensive cover for a scoring opportunity

## VARIATION (STEPR)

- Coach to decide what position the defending team builds the defensive arc on the pitch as per diagram.
- Adjust the size of the pitch and/or size of the arc based on numbers of players available.

## TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- *Attacking team players should be encouraged to use intelligent and calculated movements to create opportunities to receive ball, make space for others to receive the ball and to draw opponents out of position.*
- *Defending team players should be positioned to prevent the opposition from passing or making runs to receive the pass behind the defence. Dictating the play to ultimately defend the scoring zone.*
- *What type of movement works best in creating a successful scoring opportunity?*
- *How do the balancing players stay connected in the defensive set-up?*

## ACTIVITY NAME & AIM

**50m Repeat Speed** – This activity is used to develop the player's speed and acceleration.

## EQUIPMENT

- 50m Grid
- 8 x Space Markers



## ORGANISATION

- Set up 50m Grid.
- Players complete 50 metre sprint in 10 secs, repeat on 20 seconds
- Perform 15 repetitions (Total distance 750m)
- 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*